# house of WSR

WELCOME TO OUR

# WSR Newsletter

Welcome to the second edition of WSR's Newsletter!

There are only 15 school days left in this semester and all of us are focused on ending the term strong and ready for JTerm and Spring 2026. In the next 15 school days, there is also the Thanksgiving break and time to pause and be grateful for all that you have. In the spirit of gratitude, I uplift my WSR colleagues who show up with empathy, curiosity, and deep care for students. Over an academic year, WSR receives 1100-1300 care forms; has 1 in 5 students who use the Pantry; has over 800 appointments in TimelyCare for counseling/medical/coaching; and, offers in-house care for counseling, health, accommodations, military affiliated; works directly with faculty and staff to support students who are struggling with transition to college or making decisions to support their progression. This work is different everyday and this team shows up each day. So, I am most grateful for them during a time in the year when a lot of us at PLU are busy and overwhelmed. So– in this season of gratitude- WHO OR WHAT ARE YOU MOST GRATEFUL FOR?

-Dr. Eva Frey || Associate Vice President for Wellbeing Services and Resources, Dean of Students

ISSUE #2

NOV 2025

## Inside this week's issue:



WSR Hours
M-F 8am-5pm
care@plu.edu

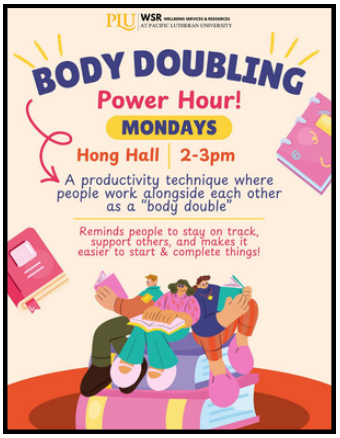
# WSR Group Sessions + Upcoming Events


Join us on Thursday 11/20 for the second session of art group.

**Topic: Pointillism**
**Time: 11am-12pm**
**Location: WSR lounge**


Looking to de-stress before the break? Come to the apple cider and crafts drop-in.

**Time: 2-4pm**
**Location: WSR lounge**




## Body Doubling: Power Hour!

Looking for a way to stay productive? Want to get homework done and stay accountable?

**Stop by WSR on Mondays from 2-3pm for Body Doubling: Power Hour!**

Make connections with fellow Lutes while getting your to do list done. No need to sign up – just stop by!

## WSR Yoga Group- Interest form

WSR is in the process of organizing a Yoga Group on campus for students! There will be a J-term and Spring group. If you are interested in participating in both or either of these groups, please fill out this interest form here or scan the QR code.

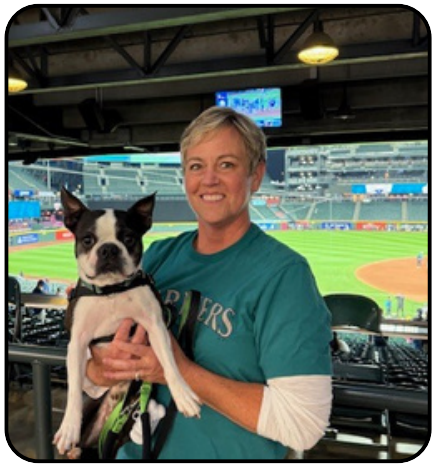
# Get to Know the WSR Staff: Capital "A" Adults

## AUSTIN BEIERMANN

### DIRECTOR FOR ACCESSIBILITY AND WELLBEING RESOURCES

### SPECIALTIES

- QUESTIONS ABOUT SAGE THE SQUIRREL
- UNIQUE/COMPLEX ACCOMMODATION QUESTIONS
- ACADEMIC PATHWAY ADAPTATIONS
- NINTENDO



## JEN CHILDRESS-WHITE

### ASSISTANT DEAN OF STUDENTS, UNIVERSITY TITLE IX COORDINATOR

### SPECIALTIES

- SUPPORT STUDENTS THROUGH THEIR COLLEGE EXPERIENCE
- ENSURE PLU'S COMPLIANCE WITH TITLE IX
- POLICY PERSON
- BISCUIT IS MY ADMIN ASSISTANT!

## DR. EVA FREY

### ASSOCIATE VICE PRESIDENT FOR WSR, DEAN OF STUDENTS

### SPECIALTIES

- HONEST, FAIR MENTORSHIP & GUIDANCE
- SUPPORT WSR TEAM MEMBERS AS THEY CARE FOR STUDENTS
- I CAN'T DO MATH: BUT I CAN DO COLLEGE

"BEFORE THERE WAS GIRL MATH, THERE WAS EVA MATH"

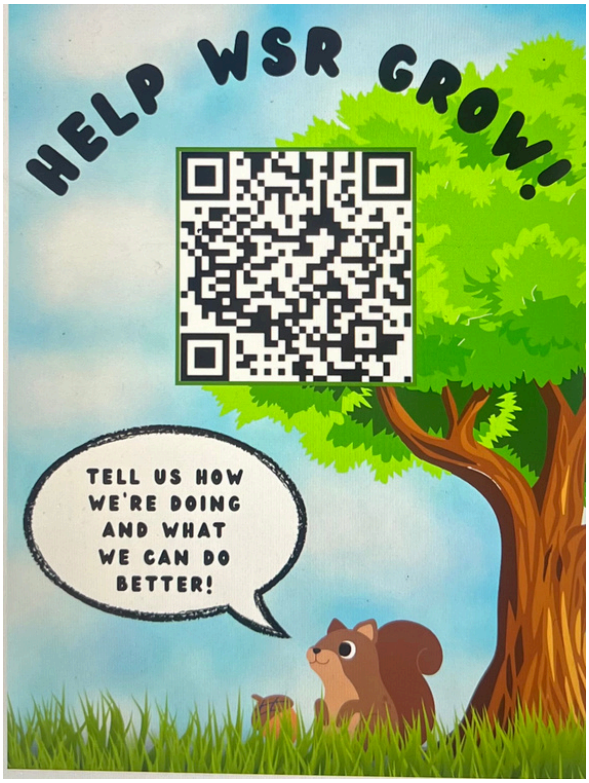
## SUSAN PAVUR

### STUDENT CARE NETWORK MANAGER, PANTRY SUPERVISOR, COMMUNITY DINNER CO-COORDINATOR

### SPECIALTIES

- HELPING STUDENTS WITH FINANCIAL AID QUESTIONS, BILLING QUESTIONS, AND BASIC NEEDS
- ALWAYS LOVE GIVING MOM ADVICE

## WSR Updates + Important information




We want to know how we're doing!

Fill out this survey to tell us all about your experience and how we can make WSR an even more welcoming and supportive space for students.

This survey is short and confidential, with a space for you to leave your name if you want us to follow up with you (this is optional).

## Take The Survey!

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Edna's Squirrel count


Have an event idea for WSR? Let us know! Stop by WSR or email care@plu.edu with your idea.

# Food Security Resources Available + How You Can Help — A message from WSR and the Federal Policy Group at PLU

## On-Campus Support: PLU Pantry

**The PLU Pantry is here for all members of our campus community who need food assistance. Whether you're facing a temporary setback or ongoing need, please know this resource exists without judgment, with purposeful care and with respect for privacy.**

- **Location:** First floor of Wellbeing Services and Resources (WSR) in Hong Hall
- **Hours:** 8:00 am to 5:00 pm, Monday through Friday
- **Who Can Use It:** All PLU students, faculty, and staff. Bring your PLU ID to swipe in.
- **What's Available:** Non-perishable food items, fresh produce when available, and personal care items

## Community Partner: Trinity Lutheran Parkland Food Pantry & Community Meal

**Our neighbors at Trinity Lutheran Church also operate a food pantry that serves the broader Parkland community:**
Trinity and PLU also partner to host a FREE community meal once-a-month. **The next meal will take place on Thursday, Dec 11th from 5:00 - 6:00 pm.** Come share a meal with neighbors from the PLU, Trinity, and Parkland communities! More details here.

To find food pantry resources in locations beyond PLU and Trinity, please visit efoodnet.org for Pierce County options or Findhelp.org, a resource that will allow you to search for options using any zip code.

- **Location:** 12115 Park Avenue South, Tacoma, WA 98444
- **Hours:** Tuesday 11:00 AM – 2:00 PM; Friday 11:00 AM – 2:00 PM; & Sunday Noon – 2:00 PM
- **Who Can Use It:** All community members are welcome.
- **What's Available:** Non-perishable food items, fresh produce, dairy, bread, and proteins, and personal care items

**These resources exist because we believe in taking care of one another, especially during uncertain times.**

## How You Can Help

If you're in a position to support continued availability of these essential resources in our immediate community and neighborhood, both pantries welcome donations. The following assist with the short and long-term sustainability of both food security resources:

***Donated items may be dropped off at PLU's Food Pantry, Wellbeing Services & Resources, first floor of Hong Hall. Items for Trinity Lutheran's food pantry may be dropped off directly at Trinity Lutheran or at the box outside of the Center for Diversity, Justice, and Sustainability (AUC 150).***

- Non-perishable food items
- Personal care products, including laundry detergent, dishsoap, shampoo, bodywash, toothpaste, and toothbrushes. This is currently the most urgent need for the PLU pantry.
- Financial contributions
  - Donate to PLU's Food Pantry
  - Donate to the PLU WSR Student Emergency Fund
  - Donate to Trinity Lutheran Food Pantry (Feeding Ministry)
- Volunteer time to help host Trinity's monthly community meal

# WSR Events Calendar
# Weeks 11/17-11/21 + 11/24-11/28


## PLU Student Discount opportunities

***All discounts require a valid PLU student ID**

### Tacoma Grand Cinema

- $2.50 ticket discount
  - students who live within the Tacoma city limits and meet the Tacoma Creates program requirements can get a free ticket when purchased at the box office on the day of the show

**Hours of operation:** M-Th open between 1-2pm || F-Sun + holidays open between 11am-12pm

**Location:** 606 Fawcett Ave, Tacoma, WA 98402

### Mission Thrift

- 10% discount

**Hours of operation:** Tues-Fri: 9am-7pm ||
Sat: 9am-6pm || Sun: 11am-6pm ||
Mon: closed

**Locations:** 6331 6th Ave, Tacoma, WA 98406 || 2502 6th Ave Tacoma, WA 98405