

Warsaw Campus
52 Campus Drive
Warsaw, VA
(804) 333-6800



Rappahannock
Community College

Glenns Campus
12745 College Drive
Glenns, VA
(804) 758-6800

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Student Engagement Resources Edition

Volume FA22, Resource Issue

StudentActivities@rappahannock.edu

October 2022

Lactation Stations



Are you a nursing mother?

We now have clean, private areas for breastfeeding moms to pump. All lactation spaces have access to refrigeration.

On the Warsaw campus,

The lactation station is in room W114C and refrigeration is available in the workforce area kitchen.

On the Glenns campus,

The lactation station is in room G133, and refrigeration is on site.

Spaces can be used by students, staff, and faculty.

For more information contact:
Dr. Dave Keel, 804-333-6731
dkeel@rappahannock.edu

Staff and faculty please contact
Human Resources.

SINGLE STOP CONNECTS YOU WITH THE RESOURCES YOU NEED.

Virginia's Community Colleges know that in order to succeed in the classroom, your needs must be met outside of the classroom.

Single Stop is an online screening tool that can estimate what supplemental resources you might be eligible to receive, like:

- ✓ Government Benefits (SNAP, WIC, etc.)
- ✓ Educational Resources
- ✓ Community Support
- ✓ Health Insurance Options

It's available to all students, whether you take classes full-time, part-time, in-person or remotely.



Scan this code or visit
app.singlestop.org/vccs/rappahannockcc



Set yourself up for success this semester

- ◇ Set goals for the semester
- ◇ Use our planner to mark important dates
- ◇ Find an accountability buddy
- ◇ Connect with your professors and advisors

Relax and remember
this is for you!



RCC COLLEGE FAIR

Student Activities and RCC's Navigators are hosting
an IN-PERSON college transfer fair.

October 17
5:30-7:30 pm
Warsaw Campus

52 Campus Drive, Warsaw



RSVP at
<https://bit.ly/3BSBLgz>
or scan code.

Some of the participating colleges and universities:

Christopher Newport University
College of William & Mary
George Mason University
James Madison University
Liberty University
Longwood University
Norfolk State University
Old Dominion University
Radford University
Randolph-Macon College
University of Mary Washington
University of Virginia
Virginia Commonwealth
University
Virginia Tech

....AND MORE!

*Snacks and drinks will be provided to attendees.
For more information contact your navigator.*

StudentActivities@rappahannock.edu

Hosted by Rappahannock Community College & Virginia AHEC

Remote Area Medical—RAM®

FREE CLINIC

November 12-13, 2022

Richmond County Elementary School

361 Walnut St.,
Warsaw, VA 22572



RAMUSA.ORG
(865) 579-1530

VISION
Eye exams
Glasses made on-site
Prescription filling

DENTAL
Cleanings
Fillings
Extractions

MEDICAL
General exams
Women's Health
& much more!

**NO ID REQUIRED.
FIRST COME,
FIRST SERVED.**





Each month there will be two opportunities for group support in a judgement-free zone. The meetings will be held on Zoom and led by April Martinez, mental health professional.

And it's FREE!

We know that life can be overwhelming especially when you're going to school, trying to organize your school work, going to work, and having fun.

Wellness Warrior meetings are here to support you and all of our students. At each meeting there will be introductions of attendees and discussion about the format of the group.

A topic of interest will be shared and discussed and you will be given coping mechanisms for handling stress, organization, or whatever is the monthly topic. Attend whichever meeting times work for you.

Meeting Schedule

Tuesday, September 28, 2 – 3:30 pm
Zoom: <https://vccs.zoom.us/j/87811561446>
Phone: 646-931-3860
Meeting ID: 878 1156 1446

Wednesday, September 29, 3:30 – 5 pm
Zoom: <https://vccs.zoom.us/j/82715611433>
Phone: 301-715-8592
Meeting ID: 827 1561 1433

Tuesday, October 25, 2 – 3:30 pm
Zoom: <https://vccs.zoom.us/j/87811561446>
Phone: 646-931-3860
Meeting ID: 878 1156 1446

Wednesday, October 26, 3:30 – 5 pm
Zoom: <https://vccs.zoom.us/j/82715611433>
Phone: 301-715-8592
Meeting ID: 827 1561 1433

Tuesday, November 29, 2 – 3:30 pm
Zoom: <https://vccs.zoom.us/j/87811561446>
Phone: 646-931-3860
Meeting ID: 878 1156 1446

Thursday, December 1, 3:30 – 5 pm
Zoom: <https://vccs.zoom.us/j/82715611433>
Phone: 301-715-8592
Meeting ID: 827 1561 1433

If you have any questions, please contact Lorraine Justice, Director of the Student Support Services program at ljustice@rappahannock.edu.

Virtual care from anywhere.

Get on-demand support from counselors and more, right at your fingertips.



Create your **FREE** account:

1. Visit timelycare.com/vccs or download the TimelyCare app.
2. Click "Sign In."
3. Create your profile **using your school email**.
4. Follow the prompts to start your first visit.

FOR FREE.



TALKNOW

Get 24/7, on-demand mental health support.



SCHEDULED COUNSELING

Access licensed counselors in your state.



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StudentActivities@rappahannock.edu

Thrive Virginia will be providing supplemental meals during spring, summer, winter, and Thanksgiving breaks. You may know persons who may benefit with additional access to food for their families. **Please share the following link to those who may benefit from this service:**

https://customervoice.microsoft.com/Pages/ResponsePage.aspx?id=ef_1vww33EKB3eDKYN1ufLsNfyhf53FMiKqPo5slgdRUNUVJSU9VWFI3NVJTUVVGNtMVVdTT01DWC4u

A colorful graphic for "Squall's Stall RCC Food Pantry". At the top left, a red banner says "NOW OPEN". Below it is a white seagull holding a basket of food. To the right is a large orange box overflowing with various food items like cans, boxes, and bags. The text "SQUALL'S STALL" is in blue, "RCC Food Pantry" is in green, and "WARSAW & GLENNS CAMPUSES" is in black. Below that, it says "Open to RCC students, faculty and employees." and "Fresh, frozen, non-perishable food items and personal hygiene items are available.".

NOW OPEN

SQUALL'S STALL

RCC Food Pantry

WARSAW & GLENNS CAMPUSES

Open to RCC students, faculty and employees.

Fresh, frozen, non-perishable food items and personal hygiene items are available.



To schedule a food pantry request, email foodpantry@rappahannock.edu or scan code.

Include:

- Name, phone#, ID# (if applicable)
- Number of persons in your household (adults and children)
- Known food allergies
- Preferred campus (Warsaw or Glenns)

NO PERSONAL INFORMATION IS RETAINED



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If you need food assistance, please visit one of the pantries listed below.

Pantry	Service Area	Address	Number	Distribution
Tappahannock 7th Day Adventist	ESSEX	1683 Tappahannock Blvd. Tappahannock, VA	443-5085	Wednesdays 12-3PM
Holy Tabernacle of God	LANCASTER	2445 Merry Point Rd. Lancaster, VA	462-0056	3rd Tuesday 1-3PM
Upper Lancaster Community Food Pantry	LANCASTER	8484 Mary Ball Rd. Lancaster, VA	462-5908	2nd Thursday 2-6PM
White Stone Baptist	LANCASTER	549 Chesapeake Dr. White Stone, VA	435-1413	Tuesdays 1-3PM (only one visit per month)
Kilmarnock Baptist	LANCASTER & NORTHUMBERLAND	65 E. Church St. Kilmarnock, VA	435-1703	3rd Wednesday 1-4PM
White Stone Church of the Nazarene	LANCASTER & NORTHUMBERLAND	57 Whisk Dr., White Stone, VA	435-9886	2nd Saturday 8-10AM
Wicomico United Methodist	LANCASTER & NORTHUMBERLAND	5060 Jessie DuPont Memorial Hwy. Wicomico Church, VA	436-4252	3rd Wednesday 3-5PM
Clarksbury United Methodist	MIDDLESEX	15924 Gen. Puller Hwy, Deltaville, VA	776-6060	1st Saturday 9-11AM
Hands Across Middlesex	MIDDLESEX	7485 Gen. Puller Hwy, Locust Hill, VA	758-2044	2nd Tuesday 10AM-4PM 3rd Saturday 9AM-12PM 4th Tuesday 10AM-7PM
Union Shiloh Baptist	MIDDLESEX	Rt. 17, Jamaica, VA	758-4865	1st Tuesday 8:30-10:30AM
Gleamers and Blenders	NORTHUMBERLAND	16097 Nbland Hwy. Burgess, VA	761-7783	2nd, 3rd & 4th Thursday 10AM-12PM
Melrose United Methodist	NORTHUMBERLAND	1317 Lewisetta Rd. Lottsburg, VA	529-6344	3rd Saturday 9-11AM
Callao Rescue Squad	NORTHUMBERLAND	1348 Northumberland Hwy. Callao, VA	529-6630	4th Sunday 2-4PM
Bethany Baptist	RICHMOND WESTMORELAND NORTHUMBERLAND	16256 Richmond Rd. Callao, VA	529-6890	3rd Friday 9-11AM
Farnham Baptist	RICHMOND & UPPER LANCASTER	4632 Farnham Creek Rd., Farnham VA	394-9630	2nd Tuesday 1-3PM
Emmanuel Christian Fellowship	RICHMOND & WESTMORELAND	440 Emmanuel Church Rd. Warsaw, VA	313-2022	4th Saturday 9:30-11:30 AM
Warsaw United Methodist	RICHMOND & WESTMORELAND	287 Main St. Warsaw, VA	333-3220	The Friday after the 1st Thursday 8AM-12PM
Colonial Beach Baptist	WESTMORELAND	10 Garfield Avenue	224-7555	Every Thursday 10AM-12PM
Ebenezer Church	WESTMORELAND	144 Ebenezer Church Rd. Oldhams, VA	472-4642	3rd Saturday 9-11AM
Little Zion Baptist Food Pantry	WESTMORELAND	7748 Leedstown Rd. Oak Grove, VA	224-0418	3rd Saturday 9-10:30AM
Oak Grove Baptist Church	WESTMORELAND	8096 Leedstown Rd. Colonial Beach, VA	224-9695	1st Sunday 1-3PM
St. James Episcopal	WESTMORELAND	15870 King's Hwy. Montross, VA	493-8285	2nd Saturday 9-12PM
St. Mary's Episcopal	WESTMORELAND	203 Dennison St. Colonial Beach, VA	224-7186	2nd & 4th Monday 10AM-12PM

The Affordable Connectivity Program

Provides eligible households with a discount on broadband service and connected devices. Anyone receiving a Federal Pell Grant during the current award year qualifies. Call 877-384-2575

<https://www.fcc.gov/acp>

The Benefit provides:

- ⇒ Up to \$30/month discount for internet service
- ⇒ Up to \$75/month discount for households on qualifying tribal lands
- ⇒ A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

Rappahannock Community College will provide an additional \$200 grant per semester to students whose house households participate in the Affordable Connectivity Program!


⇒ **The grant** will be applied to the student's account. RCC anticipates funds to be available for fall, spring and summer of the 2022-23 academic year or until budget is exhausted.

⇒ **The Federal Communication Commission's Affordable Connectivity Program (ACP)**

<https://www.fcc.gov/acp> provides benefits to ensure families can afford broadband for school, work, healthcare and more. Families with incomes at or below 200% of the federal poverty guideline are eligible to apply.

⇒ **To receive a grant**, please complete the [Survey](#) by October 31, 2022 (for fall 2022 semester) and upload a copy of a recent cable bill for the student's primary residence, indicating participation (credit reflected) in the ACP program. If the household recently enrolled in ACP and credit is not reflected on current bill, please upload conformation email from program by Oct. 31 deadline.

⇒ **Students will be prompted** to complete the application at the beginning of each semester as long as funds are available.



AFFORDABLE CONNECTIVITY PROGRAM

WHAT IS IT?
The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

The benefit provides:

- Up to \$30/month discount for internet service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

WHO IS ELIGIBLE?
A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:

- Participates in any of the following assistance programs: SNAP, Medicaid, Federal Public Housing Assistance, Veterans Pension or Survivor Benefits, SSI, WIC, or Lifeline;
- Participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start (income based);
- Participates in the Free and Reduced-Price School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

TWO STEPS TO ENROLL


1
Go to [AffordableConnectivity.gov](https://www.AffordableConnectivity.gov) to submit an application or print a mail-in application

2
Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must **both** apply for the program **and** contact a participating provider to select a service plan.

LEARN MORE
Call 877-384-2575, or visit [fcc.gov/acp](https://www.fcc.gov/acp)



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StudentActivities@rappahannock.edu



Students ride for
FREE on Bay Transit

To and from RCC Campuses with Student I.D.

Need an ID?

email: library@rappahannock.edu

Make Travel Arrangements:

Call the Bay Transit ride line at 877-869-6046 at least 24hrs. before you need a ride.

Tip: Calling even earlier increases the likelihood of accommodating your trip request.

- ◆ Identify yourself as an RCC Student when making the reservation.
- ◆ Pick-up from home, work, or an RCC campus Mondays thru Fridays.
- ◆ Be at your designated pick-up point at least five minutes prior to your scheduled departure.
- ◆ Show your Valid RCC Student ID as you board.
- ◆ If you need to cancel a ride, call Bay Transit ASAP. Not "No-Show."
- ◆ Three no-shows or five same day cancellations may result in suspension of your privileges.

The RCC Educational Foundation
Subsidizes the free fare program
for RCC students.



Provides shelter and services

The haven is committed to preventing and eliminating all types of domestic violence and sexual violence.

Support is available in the following counties:

[Westmoreland, Richmond, Essex, Lancaster, and Northumberland](#)

For more information visit

<https://www.havenshelter.org>

24/7 Confidential Hotline:
1-800-22HAVEN(4236)

Question of the Week!

When you need
advice who do you feel
most comfortable
asking?

Email your answers to:

StudentActivities@rappahannock.edu