

# GABLES GAZETTE

MARCH 2021

## Spring is Coming!

Anyone else LOVING these warmer, sunnier days? Spring is just around the corner! Without our normal Spring Break, we hope you take advantage of the scattered days off to rest, do something fun, and take a much needed break.

We have lots going on this month, so take a few minutes to stay informed on what's happening here at Gables!

**Your managers,  
Greg & Kelsey**

### Contact Us!

**Greg Goulski**

[gregory.goulski@unh.edu](mailto:gregory.goulski@unh.edu)

**Kelsey Gilmore**

[kelsey.gilmore@unh.edu](mailto:kelsey.gilmore@unh.edu)



@unh\_gables



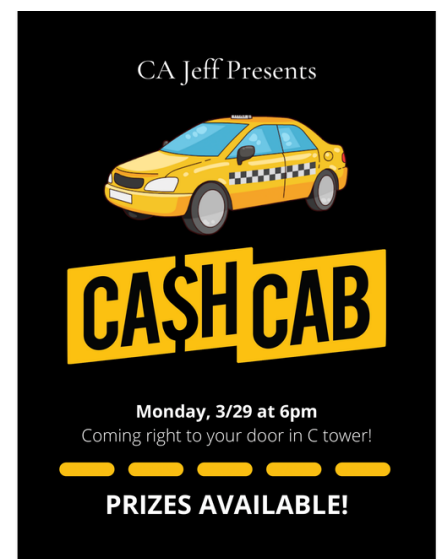
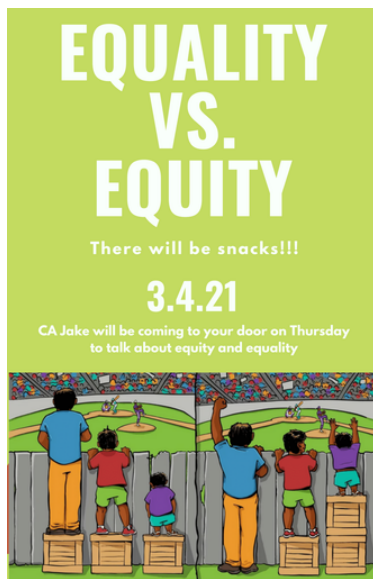
@unhgables



# This Month @ Gables!



We've got lots of things going on this month at Gables! Keep an eye out for flyers, social media posts, emails, etc, so you don't miss out!



# MAINTENANCE NEEDS



Did you know UNH has 24/7 maintenance staff on campus for emergencies? Should you experience an emergent maintenance need in your apartment, **call (603) 862-1437 immediately!** If you call after 5PM or on a weekend, **PRESS 1** to speak to a live operator. Do not attempt to fix these issues in your apartment on your own!

## EXAMPLES:

- Plugged sink or toilet
- Leaks
- Heat issues
- Broken fridge or oven
- Beeping smoke detector

**For NON-emergent maintenance needs, put in a maintenance request here!**

# PRACTICE SELF-CARE

Take some time this month to take care of yourself! You need it.

## START THE WEEK WITH SELF-CARE

Practicing self-care is important. Try these simple tips to reduce stress and improve your mood and energy.



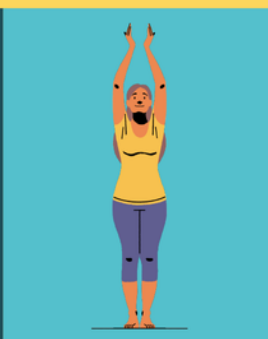
### GO FOR A WALK

Feel the air or the warmth of the sun.



### TAKE A BREATH

Take a pause with some deep breaths.



### YOGA MOMENT

At your desk or in your living room, do some relaxing moves.



### TAKE A WARM BATH

This is also a way to take a digital break from your phone and/or computer.



### CALL A FRIEND

Catch up and share the latest. This will boost your happiness and it's a natural way to destress.



### SLEEP

Go to bed early, read, relax, do some bed yoga, sleep soundly, and wake up refreshed!

# COMPOSTING @ GABLES

We are working with several groups across campus to get composting up and running at the Gables. More info to come, but here's some important info to know for now!

COMING  
SOON



## WHAT IS COMPOSTABLE?

*Food Waste: fruit/veggie scraps (remove stickers), coffee grounds, meat (no bones), eggshells, etc.*



## WHAT IS NOT COMPOSTABLE?

*Bones, fruit/veggie stickers, cardboard, paper, compostable utensils, recyclable material. plastic, anything that is NOT food waste*

## WHERE DO I BRING MY COMPOST?

*All compost should be frequently brought to the yellow bins by the dumpsters! Just open the lid, dump your compost, and **secure the lid** to prevent animals or bugs from entering!!*





# Trash @ Gables

As a reminder, you are responsible for the removal of your trash, recycling, & compost!



*Please note that your apartment will be charged for any trash that is not properly disposed of, including trash left in hallways or stairwells.*

## Lost & Found



Lost something? Check the Gables Mail Room! People turn in lost items all the time. If it is something more valuable (ie: phone, wallet, etc), check with UNH PD as well! If it was turned in to us, we likely passed it off to them.

## HOURS

Monday - Thursday	<b>10:00 AM - 8:00 PM</b>
Friday	<b>10:00 AM - 6:00 PM</b>
Saturday - Sunday	<b>1:00 PM - 5:00 PM</b>



# BE A TOUR GUIDE



## WHY?

- professional experience
- volunteer hours
- cool new friends
- share your love for UNH

**DUE  
MAR  
19**



# March is...

## National Nutrition Month®

*Use the Wildcat Plate to Personalize Your Plate!*



## MARCH 2021

Health & Wellness is here to help you be well so you can make the most of your UNH experience [unh.edu/health](http://unh.edu/health)

😊 *Wellness for Academic Success*

It's National Nutrition Month! Being in a global pandemic is hard enough. This month, prioritize eating foods you enjoy. We're dreaming about sweets! Click on each day's prompt to learn more.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1 Personalize Your Plate</b> Your plate does not need to look like everyone else's. Create nutritious meals with foods you enjoy. #PhysicalWellness 😊	<b>2 Save Money</b> Get your non-prescription medications at our pharmacy. Up to 50% less expensive than local retailers. #FinancialWellness	<b>3 National Nutrition Month</b> Join our Nutrition Peer Educators on IG live to learn helpful tips on how to build a balanced diet. #PhysicalWellness 😊	<b>4 Grow Your Mindset</b> Your mindset can help increase motivation and confidence. Face challenges as an opportunity for growth. #IntellectualWellness	<b>5 Take a Creative Break</b> You've been studying hard. Take a break & try doodling or coloring for a while. Your brain will thank you. #IntellectualWellness	<b>6 Look Inside</b> "Isn't it odd? We can only see our outsides, but nearly everything happens on the inside." — C. Mackesy #SpiritualWellness
<b>7 Move Your Mood</b> Move your body to enhance your mood. Our friends at Hamel Recreation Center have lots of options to help you feel better. #EmotionalWellness	<b>8 Get Help</b> If you are struggling with depression or anxiety, help is available at Psychological & Counseling Services (PACS). #EmotionalWellness	<b>9 Be Affirmed</b> If you or someone you know is coping with relationship abuse or sexual trauma, reach out to SHARPP for confidential help. #BeWellUNH	<b>10 Say "Thank You"</b> Give thanks to UNH Dining for ensuring your tummy is full and your body is nourished. #BeWellUNH 😊	<b>11 Spark Intellect</b> UNH Library is committed to helping you succeed. If you aren't sure of all they have to offer, just look at their website. #IntellectualWellness	<b>12 Spark Curiosity</b> Escape into fiction with a book or audio book. You can get a library card at the Durham Public Library. #IntellectualWellness	<b>13 Vaccinations</b> Stay up-to-date with your routine vaccinations. We can help. Schedule an appointment on our website. #PhysicalWellness
<b>14 Daylight Savings</b> 🕒 Loss of 1 hour sleep got you low on energy? Change your environment by going outside, getting more light, and moving your body. #PhysicalWellness	<b>15 New Week</b> New Monday, new week, new goals. How can you best care for YOU this week? #BeWellUNH	<b>16 Eat Something New</b> Eating the same things all the time? It might be time to mix things up. Challenge yourself to try a new food. #PhysicalWellness 😊	<b>17 St. Patrick's Day</b> Today isn't a day about high-risk drinking. Join our peer educators to learn about alternatives for celebrating St. Patrick's Day. #PhysicalWellness 😊	<b>18 Sex and COVID?</b> Having sex during a pandemic can increase your risk for getting COVID. But, there are things you can do to reduce risk. #PhysicalWellness	<b>19 Gratitude Attitude</b> Want to boost your mental health? Engage in the practice of gratitude. #EmotionalWellness	<b>20 Uncertainty</b> "When the big things feel out of control... focus on what you love right under your nose." — C. Mackesy #EmotionalWellness
<b>21 Spring Equinox</b> 🌸 Hello, spring! Today marks the astronomical first day of spring in the Northern Hemisphere. #EnvironmentalWellness	<b>22 Get Involved</b> We're seeking student interns, peer educators, and mentors for the 2021-2022 academic year. Come work with us. #OccupationalWellness	<b>23 Toxic Positivity?</b> When someone shares a struggle, instead of saying "Think happy thoughts," try "I know things can get really tough. I'm here for you." #SocialWellness	<b>24 Eat the Rainbow</b> Different colors of fruits and vegetables provide different nutrients. How many colors can you get on your plate? #PhysicalWellness 😊	<b>25 Grieve Your Way</b> Grief is a natural response to any kind of loss. Grieve in your own way. #EmotionalWellness	<b>26 Energy Check</b> Consider how you're spending your time; is there anything you'd like to be doing more of? Less of? Adjust as needed. #IntellectualWellness	<b>27 You are Worthy</b> Taking care of yourself isn't something you need to feel guilty about. You matter. Your wellness matters. #EmotionalWellness
<b>28 Full Moon</b> 🌕 Embrace the light and reduce stress with a 15-minute moon yoga practice. #SpiritualWellness	<b>29 3 Good Things</b> Even on challenging days you can get a happiness boost by finding 3 good things in your life. #EmotionalWellness	<b>30 Crying is Good</b> Let yourself be. Tears are healing and authentic. Tears release suffering and create connection. Tears are beautiful. #EmotionalWellness	<b>31 Food Insecure?</b> UNH can help. Swipe It Forward is a program available to UNH students who are food insecure. #PhysicalWellness 😊			