COVID-19 Reporting to Remain During Christmas Break

As students return home for the Christmas Holiday Break in between fall and spring semesters, it is important to note that campus is still aiming to control the spread of COVID-19, not only among the campus community in St. Paul, but also to family and friends as students, faculty and employees spend time with loved ones over the extended break.

We are looking forward to welcoming our students back for in-person learning in January. Our spring calendar remains intact and will be the same structure as our successful fall semester.

During the break, please continue to engage in the positive behaviors that helped Concordia stay ahead of the curve in Minnesota which allowed classes to meet in person and students to live in the residence halls. Limit your contacts, use social distancing, wear masks at all times indoors and remember to use effective hygiene habits.

The Minnesota Department of Health will continue to track confirmed COVID-19 positive cases to campus, please continue to report positive test results or quarantine requirements directly to HR Orchard@csp.edu so we can be
transparent with our University data.

Please continue to test, especially when travelling and potentially exposing yourself or others to the virus. CSP offered free testing in December, and will have two more dates in January when students return to campus on Wednesday, January 6 and 13 from 10 a.m. to 12 p.m. noon in the Gangelhoff Center.

If you are experiencing any symptoms over break, please consult a healthcare professional or your physician to determine if you need to take a COVID-19 test prior to returning to campus.

**KEY LINKS & REMINDERS:**

- **Follow COMET'S Commitment** ([https://www.csp.edu/coronavirus/comets-commitment/](https://www.csp.edu/coronavirus/comets-commitment/))
- **Use the COVID-19 Reporting Form** to report any need to test for COVID-19, close contacts with a known COVID-positive individual, or cases of positive COVID-19 to CSP ([https://cm.maxient.com/reportingform.php?ConcordiaUnivStPaul&layout_id=7](https://cm.maxient.com/reportingform.php?ConcordiaUnivStPaul&layout_id=7))
- **Need to take a COVID-19 test over break?** Minnesota Department of Health can help! Out of state students should check with their state/local agencies for testing options. ([https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp](https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp))
- **Monitor your health over break** – if you begin to feel symptoms, reach out to a healthcare professional before returning to campus to help stop the spread
- **Free on campus testing when you return** – Gangelhoff Center, January 6 & 13, 10am to 12pm courtesy of Hy-Vee

**KEY DATES: BREAKS, GRADUATION, LAST DAY OF CLASS**

- Thanksgiving break – November 25-29
- Graduation – December 12
- Last Day of Classes – December 18
- Semester Break – December 19 to January 10
- Spring Semester Begins – January 11
- Spring Break – March 1-7
- Easter Break – March 31 to April 5
- Last Day of Classes – April 30
- Graduation Ceremonies – April 30 & May 1
Alex's Advice

How to have a Hygge Christmas

I know we have been at home A LOT this year, but we can still find ways to enjoy our time indoors and make Christmas magical with the simple principle of Hygge. Hygge (pronounced hoo-gah) is a Danish and Norwegian word for a mood of coziness and comfortable conviviality with feelings of wellness and contentment. Here are several Hygge ideas to enjoy this holiday season.

The Hygge Manifesto

"Ten Key Elements to a Hygge Life"

- Atmosphere
  - Lose the lights, light some candles & crank up that fire.

- Pleasure
  - Brew tea or hot cider in cute cups & eat delicious sweets.

- Comfort
  - Get as cozy as you can with blankets, sweaters & socks.

- Truce
  - Drop the drama & choose to only discuss happy things.
Wellness

With the emergency passage of vaccine through the FDA, COVID vaccinations in the state have begun. When available to the general public, the COVID-19 vaccine itself will initially be provided by the government at no cost to health plans or members. However, the Concordia Health Plan will cover the administration cost of the provider dosing the vaccine at 100% with no member cost share for employees participating in one of the health care plans.

The Concordia Health Plan will be extending 100% coverage of COVID treatment and traditional telehealth thru 3/31/2021. COVID testing will also remain covered at
100% as specified by regulations.

**Virtual ways to wellness**

*By Megan Sherman, Health and Wellness Educator*

Educational webinars are a great way to promote health and wellness within your ministry and can typically be accessed live or on-demand. Here are a few resources available to your co-workers.

- **Vitality Health FYI:** Each month in the Vitality calendar has a special health-related topic. The aim is to create a short learning experience and show you how engaging in Vitality can help you live with these topics. Upcoming topics:
  - Jan 21: Stay smart when shopping for supplements
  - Feb 18: Eat your way well
- **Cigna Employee Assistance Program (EAP) Webcast:** Several sessions each month are offered to ALL LCMS workers as part of the EAP.
  - [2021 Cigna EAP Wellness Webcasts Schedule](#)
  - [EAP Wellness Webcasts Access Instructions](#)
- **Concordia Plans Financial Wellness Webinars:** Whether you have a specific financial need or are looking for a place to begin, you’ll find what you need in the Financial Resource Library. Let our friendly Financial Educators walk you through the simple steps to tackle any financial topic!
  - Dec 10: Goals and New Year’s Resolutions
  - On demand: Watch previous webinars with topics such as emergency savings, student loans, insurance basics, retirement savings and health savings accounts.

**Recipe**
Golden Bear of the Semester Award

Nominate a Golden Bear
We are still accepting nominations for Golden Bear of the Fall Semester award! The deadline for Fall nominations will be January 15. Nominate a colleague for recognition of service above the call of duty and in the spirit of the Concordia mission and promise statement. To do so, simply click here and submit a short description of why your colleague deserves to be named Golden Bear of the Semester.

https://mail.google.com/mail/u/0?ik=7e22965f13&view=pt&search=all&permthid=thread-f%3A1686365609709564437&simpl=msg-f%3A1686365609709564437&
SHOUT OUT!
Want to give immediate, positive feedback to your peers? Don’t forget about our newer initiative for peer recognition, SHOUT OUTS! Give someone a SHOUT OUT! to let them know they are appreciated.

Office Hours

HR Hours of Operation
8:30 a.m – 4:30 p.m.
RT 900
Questions or comments regarding the Human Resources Advisor can be directed to Alex Miller: amiller1@csp.edu or 651-641-8224

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