

From: [Perlas, Char](#)
To: [AllMailboxes](#)
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Attachments: [swm.png](#)
[Birthdays-Anniversaries_June-July2022.pptx](#)

Hello Siskiyous!!!

I hope everyone had a wonderful 4th of July Holiday!

This week's updates:

- **Enrollment Report:** The fall 2022 enrollment report can be accessed [here](#). As you can see, we continue to be up in enrollment compared to this time last year.
- **COVID Status:** Currently we have 0 positive campus cases.
- **Celebrating June and July Birthdays and Work Anniversaries!** Please see attached for those with a June or July Birthday and/or Work Anniversary! Happy, happy Birthday-Anniversary!
- **COS Awarded \$32 mil. Housing Grant!** We received confirmation on Saturday that the College has been awarded the \$32 mil. Housing Grant! This will allow us to build a new student housing complex consisting of 76 units and 252 beds. KUDOS to everyone!!!!
- **Theater Renovation Proposal - APPROVED!** Our Theater Renovation proposal has been accepted which allows us to move forward with our proposed renovations. I have a weekly meeting scheduled with ALMA and we will be scheduling Town Halls to provide everyone with additional information as well as to solicit feedback.
- **California Medical Scholars Grant:** College of the Siskiyous is one of 8 UC Davis partner colleges eligible to send students through UC Davis's pathway to medical school. The newly form pathway, named Avenue M, provides students with the required support and resources needed to successfully achieve a medical degree.

July is Social Wellness Month. The following National Institutes of Health site provides strategies to improving social health including building health relationships, improving your family's health habits and making connections: <https://www.nih.gov/health-information/social-wellness-toolkit>. Nurturing yourself and your relationships enhances quality of life. Research shows that:

- People who have a strong social network tend to live longer.
- The heart and blood pressure of people with healthy relationships respond better to stress.
- Strong social networks are associated with a healthier endocrine system and healthier cardiovascular functioning.
- Healthy social networks enhance the immune system's ability to fight off infectious

diseases.

Social Wellness Month

Char Perlas, PhD MPA MS

Interim Superintendent/President

College of the Siskiyous

800 College Ave.

Weed, CA 96094

(530) 938-5248

College of the Siskiyous Vision

Transforming students' lives through lifelong learning and success.