March Featured Events

Mar 2: Winter Masquerade Ball
8:00 pm - 12:00 am, Collis Commonground

Mar 4: Mental Health Monday
5:30 pm - 6:30 pm, GRAD Lounge

Mar 19: Haven Dinner
4:30 pm - 7:00 pm, Haven

Mar 30: GWISE Fashion Show for Professional Women
5:00 pm - 8:00 pm, Collis Commonground

Monthly Wellness Tip

It’s been shown that spending time in nature can help relieve and reduce stress. So bring the greenery into your home to spruce up your living space, purify your air and help relieve your tension after a strenuous day at work!

~ Aloe plant
~ Rubber tree
~ Peace Lily
~ Snake Plant
~ Bamboo Palm
~ Philodendron
~ Red-edged Dracaena
~ Golden Pothos

Volunteer Opportunities

Want to become more involved in the Upper Valley Community? Look no further! Here are some volunteer opportunities where you can connect with the UV community while helping others:

Haven: Volunteer at their seasonal shelter, or be a part of their childcare or dinner team

Dartmouth Hitchcock Hospital: Work as a greeter, help patients and families, or play with children

ManyMentors: Volunteer as a mentor to a high school student in the Upper Valley

Graduate Relief Team (GRT): Join the GRT and learn about upcoming volunteer events for graduate students

Upper Valley Rescue League: Love animals? Volunteer to socialize with cats/dogs or general clean up

LISTEN: Help coordinate a food or donation drive or work at the LISTEN thrift store

Article Spotlight


The purpose of this study was to observe the overall health benefits of pet ownership for older adults. They did a computerized review using various combination of key words: pet ownership, health benefits, elderly, elderly population, older adults, pet's, companionship, older population, dog ownership, physiological effects, mental health, physiological response, animal care, health risks. Through an examination of literature, it was determined that there are a wide of physical, emotion, and social benefits of pet ownership.

Bad Jokes

What type of bow can’t a leprechaun tie?
~ A rainbow

Comments?

Send us your feedback, ideas or questions!
Graduate.Student.Council.Student.Life@dartmouth.edu