

## Fall 2016 Underway!

Our second year of operations and programs is now fully underway with much to celebrate. We welcomed five Harless Interns to our staff increasing our resident staff by one this year and two interns returned for a second year providing experience and stability to the staff. Harless Center board members have been active participating and supporting the programs. Board members led workshops at staff training, are attending programs, and will be helping with Sunday dinners this fall.

Our occupancy for 2016-2017 increased 15% edging us closer to full occupancy. We are excited to have the building close to full and more residents to serve. Our programs have shown an increase in attendance both from increased residents and intentional outreach to residents and the community to include the in programs. The start of October also began the start of renewal and leasing for 2017—2018, so we are beginning our marketing for NEXT YEAR already.

Enclosed you will find articles written by our resident interns about our fall programs, staff, and training. We hope this gives you a glimpse of our ministry to the residents and WVU community. You are welcome to join our programs too!



WVU students, residents, and community members welcomed visiting Peacemaker from Kenya Veronica Murchiri for our first Faith and Life dinner and speaker this year

## Meet the Interns

There are five resident interns serving the Harless Center and Central Place apartments this year. Three of our interns, Emilee, Elijah, and Savanna are dedicated to hosting events here at Harless Center and building the resident community. They plan and lead programs such as "How to Adult" and "Speed Friending." The other two interns, Mary and Heather, are Ministry interns who are tasked with bringing

faith and fulfillment into the lives of our residents as well as setting up programs to aid in the connection. The Ministry Interns also help lead the Presbyterian Student Fellowship and intergenerational Sunday School at First Presbyterian Church, Morgantown. All interns work in the office once a week and work on a rotating basis at the free Sunday dinner open to residents and friends.

We are all very excited for this year!

Here is brief bio about each intern.

Savanna Totino is a senior in Animal and Nutritional Science with a minor in Horse Management. Her ultimate career goal is to become a veterinarian or breed and raise racehorses. Savanna enjoys riding her horse, working with any and all animals, and football season! She is from Clarksburg, WV.

Mary Murdock is a senior in Forestry Resource Management.

Mary enjoys being outdoors, hiking, and hammocking anywhere she can find a spot! Mary is from Dayton, OH. Mary is our first Ministry Intern.

Heather Kennedy is a sophomore in Elementary Education. She is from southern Maryland. Heather loves to work with kids and listening to music! Heather's ultimate career goal is to be a first or second grade teacher. Heather is our second Ministry Intern.

Elijah Spade is a junior in Industrial Engineering. He enjoys listening to music and anything to do with film. Elijah is from Winfield, WV.

Emilee Lamb-Hart is a junior in the Dance major. She is originally from Marion, OH. Her ultimate career goal is to open a dance studio after graduation. Emilee loves Jesus, teaching dance to her students, spending time with her family, and playing with her dogs!

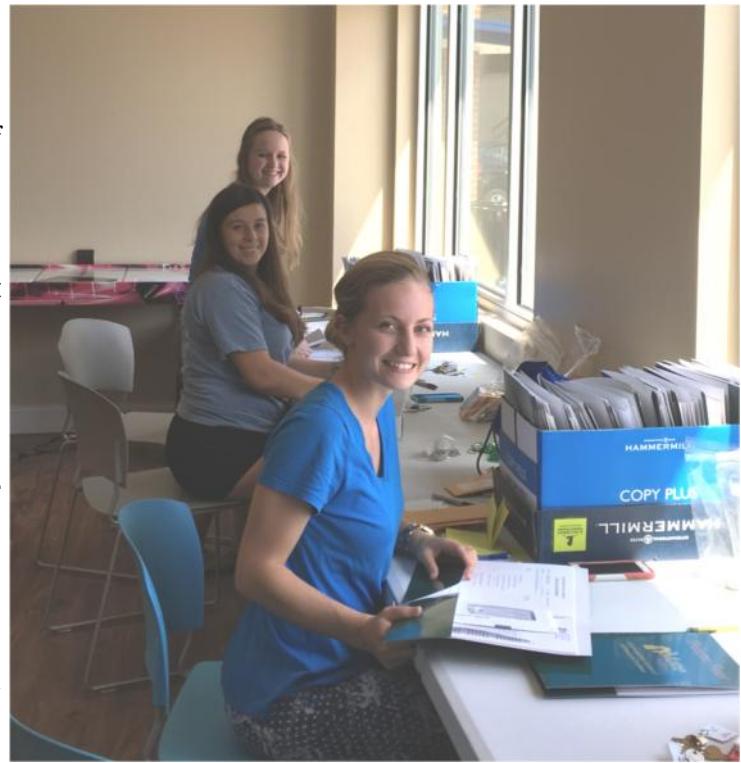
Savanna Totino



## Staff Training

During the first two weeks of August, the Harless Center Interns returned to campus. We were refreshed and ready for a new year, new challenges, and new residents. For me, there was a mix of nerves and excitement. I didn't know what this job would have in store for me. But, during those two weeks of staff training, we as the interns painted a picture of the year to come. Throughout training, we focused on three major things: the health of our residents, our clarity of mind, and a place of fellowship and fun for our residents.

Throughout staff training, we had many speakers come in to talk to us. We dedicated one of our days to listening to speakers that focused on the mental and physical health of our residents. George Lilley, Cathy Yura, and Jan Palmer all came to help us develop strategies for handling situations we may come across. George Lilley focused on residents' mental health, and how we can use active listening strategies for their benefit.



For me, I found this to be a very important discussion. It helped to prepare us for simple small talk to being there for someone through a hard time.

Dr. Jan Palmer and Cathy Yura gave us brochures and pamphlets that we were able to distribute in our Welcome Packs. These were centered around WELL WVU and the Carruth Center. It was our hope that through the resources we can give them, along with being an open and friendly ear, we could be a support system for anyone who may need it.

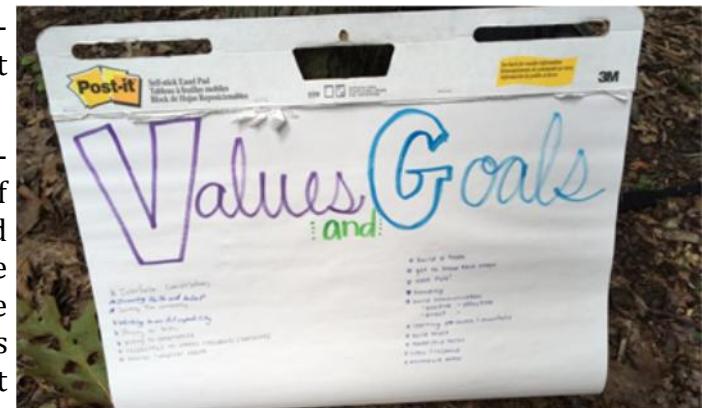
Another part of staff training was how we can develop ourselves, both personally and as a team. Dana Sutton, a life coach, came to help us identify our Executive Skills. As we are a group of interns, it was helpful to understand everyone's different strengths and weaknesses and how we can support each other best.

This type of team building really helped us on our visit to a low ropes course. We had to rely on each other and problem solve to carry a board- along with our "residents", represented by some rubber chickens and pigs. This was probably the most fun part of our training, as we really got to trust each other as a team and build off of each other's strengths and weaknesses. It also got us out of our seats and mov-



ing. During this time, we also put together a covenant. This helped us set a vision for what we want the Harless Center to be.

The last focus, and what I feel is the most meaningful focus for me, was putting together a program of activities for the Central Place residents. We focused on effectively reaching out to all residents to invite them to any programs we might be having. There was an emphasis on our international students. It's been helpful to have an insight on what the different cultures all have as far as communication. Having this knowledge from staff training has been helpful in making sure we are ready to encourage and welcome anyone. For our program planning, we relied on the results of surveys and our own past experiences to try and create a calendar of events people will want to come to. Programs include Sunday dinners and workshops to help college students learn skills they will need in their adult life. During staff training we also made our move in packs in order to help welcome everyone who would be moving in. We went to various restaurants and stores as a team to get any coupons, menus or flyers they could provide to us. It was a great way to get us into the community, and letting people know about the great place Harless Center at Central Place is. I really found that staff training was helpful in preparing me to be an intern here. I got to learn about myself and my peers. In general, I wouldn't have had the personal knowledge about myself I have now. I wouldn't not have been as prepared to help my peers in need. And without staff training, I wouldn't have such amazing events to attend.



Heather Kennedy

## Why I chose to be an Intern

Before my freshman year of college I knew I wanted to be involved in college and I knew one way I would for sure do that would be through hopefully a Presbyterian group on campus. Lucky for me when I went to orientation I ran into Will Armentrout manning the Presbyterian Student Fellowship booth, at my freshman orientation. Free meals on Wednesday and a time of fellowship how could that go wrong? I signed up immediately.

Once I started attending PSF meetings regularly I kept hearing about that big construction site across the street, 'Harless Center.' This did not mean much to me at first except for the fact I knew it was going



to be a faith based apartment building, with a community center. During my sophomore year new challenges and questions began to arise, who are my real friends, where do I belong, will I live in a dorm forever. Then I heard about the opportunity to be a ministries intern for the Harless Center, which meant I could start to answer some of those questions, I have real friends at PSF, maybe this is where I belong, and my junior year I could live in a brand new apartment rather than a dorm. So I applied.

Being a ministries intern I get to plan for both The Harless Center and PSF. Through my time as an intern I have learned more than I thought I would, about myself and others. It has provided me with not only unique housing, but a unique community I would have never had else where.

Mary Murdock

## Harless Center Fall Programs

The Harless Center was built with the purpose to provide a space to promote spiritual, emotional, and intellectual growth on campus while building a community among students. With this in mind, the interns worked hard during staff training to brainstorm ideas that would provide this kind of environment. We came up with a list of programs for fall semester that we felt were a good balance of learning and fun that would appeal to the WVU students. We kept the free Sunday dinners that were implemented last year as it seemed to be a hot commodity. Of course, what college student doesn't love free food? We have had an impressive turn out this year at dinner, averaging about 60 students a meal. This has been a great way for the interns to get to know the students and build new relationships.

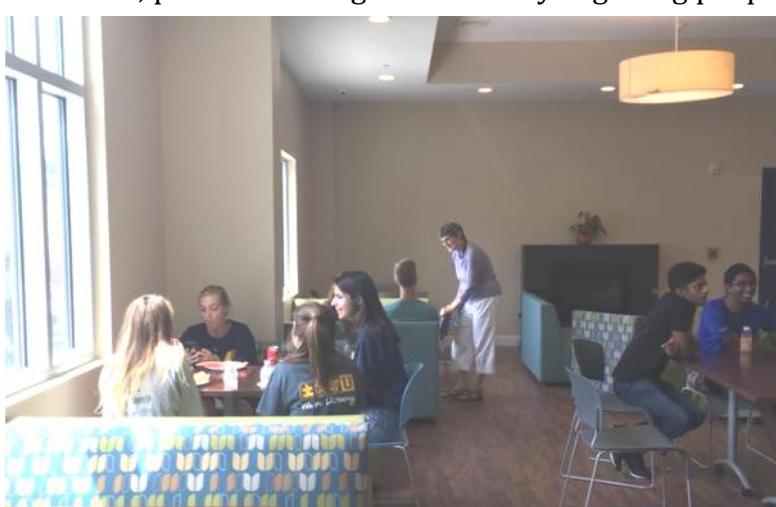


Additional programs we are having this semester include our new "How to Adult" series and our Faith and Life speakers. Our "How to Adult" series will bring in guest speakers to talk about budgeting, taxes, time management, etc. Our hope is that students will find this useful as they make the transition from home to living on their own.



We have two Faith and Life speakers this semester joining us to share their wisdom on how their faith has shaped their life. Our first speaker was on September 29. We welcomed Veronica Muchiri, visiting peacemaker from Kenya to share about her advocacy work with women and girls. Her sense of call was grounded in Hebrews 12:14 — Make every effort to live in peace with everyone. Our next speaker is Professor Ken St. Louis on Tuesday, November 1. We invite each speaker to join us for dinner and then to speak following dinner.

Of course, part of building a community is getting people to also interact and have fun with one another. We hope the Harless Center will be a safe place for people to do that. This semester we are also having a "Speed-friending" night, bingo, Halloween party, Pancakes and Pottery brunch on election day, Thanksgiving potluck, and a finals party. All of our programs are open to residents as well as anyone in the WVU community. We hope to see growth at each event through intern outreach and as students spread the news about the good things happening at Harless Center.



Emilee Lamb-Hart

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*Connect with us online*

Instagram: [www.instagram.com/harlesscenterwvu/](https://www.instagram.com/harlesscenterwvu/)  
Twitter: [www.twitter.com/HarlessCenter](https://www.twitter.com/HarlessCenter)  
Facebook: [www.facebook.com/HarlessCenter](https://www.facebook.com/HarlessCenter)

*Connect with us in person*

The Executive Director and board members are available to:

- Speak at your church or religious community
- Speak at a community organization or event
- Lead a youth program or adult class
- Provide publicity materials
- Set up a display

Please call Shelly Barrick Parsons, Executive Director, for more information or to explore other ways your community can learn about the mission of Harless Center and Central Place apartments. If you are going to be in Morgantown, and would like a tour, please call us.

