



Lincoln University

LEARN. LIBERATE. LEAD.

www.lincoln.edu

Office of the President

1570 Baltimore Pike
Lincoln University, PA 19352-0999

484-365-7400 phone
484-365-7316 fax
officeofthepresident@lincoln.edu

April 1, 2021

Greetings Faculty, Students and Staff,

At the urging of the Student Government Association and sanctioning by the Faculty Union, Department Chairpersons and the Faculty Council, I am happy to declare Monday, April 12, 2021 as Orange and Blue Mental Health Day. The day will be dedicated to taking a pause from classes and schoolwork in an effort to attend to some self-care and relaxation.

The students are planning a variety of Mental Health and self-care activities such as meditation, yoga and exercise classes. Faculty and staff are invited to join the activities or simply take the day for their own self-care regiment. Staff should consult with their immediate supervisor in advance to ensure the completion of any time-sensitive projects or responsibilities. Staff will not be required to use accrued paid-time off for this day.

The Lincoln community has been steadfast in dealing with many current challenges. We appreciate the students' perseverance and want to support a day of relaxation. I am hopeful that faculty and staff members will support the day including taking some time for themselves.

Thank you,

Brenda A. Allen
President