

## Immigration Updates

### **Immigration Response to COVID-19**

On March 20, 2020, the Office of International Services sent out an e-mail to all visa-sponsored foreign nationals containing general immigration-related information and institutional policies in response to the COVID-19 pandemic. Additionally, our office sent out visa-specific information to those specifically affected by certain changes.

#### **Important Takeaways are:**

- SEVP will allow F-1 students to temporarily count online or remote instruction classes towards a full course of study in excess of normal limitations, even if they have left the United States and are taking classes from home.
- LSUHSC has is accepting remote-work requests to be approved by direct supervisors. All changes in work location should be reported to OIS.
- Per usual, all international travel requests should be reported to OIS.
- USCIS has announced temporary suspension of premium processing for H-1B petitions.
- US Department of State has recommended postponing the start of J-1 programs for 60-days. Further, guidance was issued for current J-1 scholars that wish to end their program early.
- **ALL residential address changes must be reported to International Services via e-mail (F-1s and J-1s) or AR-11 confirmation (H-1Bs)**
- DSOs can now send scanned versions of physically signed Forms I-20 or electronically signed Forms I-20 to student email addresses listed in SEVIS.
- For applicants and petitioners who receive an RFE or NOID dated between 3/1 and 5/1/2020, any responses submitted within 60 calendar days after the noted response deadline will be considered by USCIS before any action is taken.

Information provided by: **NAFSA**

## Social-Distancing Entertainment

### **Dance & Exercise**

- Maksim and Val Chmerkovskiy are offering free dancing lessons for fans. The Dancing with the Stars mirrorball champions are reaching out to quarantined fans during the COVID-19 health pandemic with the news that they will begin live classes and private lessons online. Visit <https://www.youtube.com/user/DanceWithMeOfficial>
- Planet Fitness is offering free online workout videos through the following methods:
  - Download the Planet Fitness app for access to more than 500 exercises designed for people of all fitness levels.
  - Tune into Facebook Live for daily workouts at 7pm ET featuring our awesome Planet Fitness trainers and special guests.

### **Music & Movie Entertainment**

- Together at Home Concert Series- Global Citizen, the World Health Organization (WHO), and a group of exceptional artists launched this online music experience — to bring people together around the world and ask them to take action by calling for more funding to the WHO and supporting its historic COVID-19 Solidarity Response Fund. Visit <https://www.youtube.com/user/GlobalPovertyProject>
- Amazon made [more than 40 kids' shows available free](#), which previously required an Amazon Prime subscription.
- Netflix and Google Chrome created [Netflix Party, a free Chrome extension](#) that lets you watch Netflix and chat with friends from separate locations.

**The deadlines to FILE and PAY Federal Income Taxes and 2019 Louisiana Resident Income Tax Return is extended to July 15, 2020.**

**What is the meaning of GEAUX? The LSU community celebrates the Cajun influence of the surrounding area by playing on the (Cajun-) French language and has created GEAUX, which is "GO!"**

## Did you know?



## International Tiger of the Month

**Dr. Frances Ernst**  
Department of Psychiatry

**From: Oranienburg, Germany**

Dr. Frances Ernst was born and raised in Germany (former East Germany). Since age 13, when she first visited the United States, Frances had a fascination with living in the U.S. and with becoming a Psychologist. After high school graduation, Frances traveled and worked in various places in the world. She then moved to Miami, FL to obtain her Bachelor's, Master's, and Doctoral degrees in Psychology. She subsequently conducted an internship in Clinical Psychology at LSUHSC and has remained there ever since. Frances is now a Clinical Faculty at the School of Medicine (SOM) and provides psychological services in the HIV Outpatient Center at UMC and Behavioral Science Center of LSUHSC. In her clinical practice, Frances has been working with a wide variety of patients and feels especially drawn to treating those with severe mental illness (e.g., schizophrenia, PTSD, substance use disorders). Frances is also the intervention coordinator of two clinical trials that investigate the effectiveness of specific psychological treatments for adults living with HIV. These trials are collaborations between the SOM's Physiology Department, the Comprehensive Alcohol Research Center (CARC), and Brown University.

Aside from psychology, Frances is also very interested in spirituality and mysticism. She has been diving deep into her own exploration of modern and ancient spirituality throughout her adult years. Frances has now undergone various trainings herself and is a certified Reiki Master of the Usui Method of Natural Healing, a 200-hour certified Yoga Teacher, and a Priestess Initiate. She also is very drawn to learning about indigenous healing methods and has been studying under various native medicine people from the Amazon rainforest, the Andean mountain range, and North America. Frances is visualizing a future of integrating native wisdom, holistic and alternative healing methods, and traditional psychology by creating her own therapeutic modality that bridges the aforementioned practices and fields.

### **LEARN MORE ABOUT FRANCES:**

#### **What made you choose LSUHSC?**

I came to LSUHSC without much of a choice, through the automated medical matching system for clinical psychology interns. However, this was one of my top ranked sites and so, this match was a great celebration for me! I thoroughly enjoy the friendly personalities and "big easy" attitudes since day one when I attended my first interview. I felt at home, comfortable to be myself, and accepted in all that I bring to LSUHSC. Staying here after the training years was a choice though, and one I definitely don't regret.

#### **What is your favorite place or activity in New Orleans? Why?**

My favorite place in New Orleans is the wind chime tree in City Park. I love going there because it is a perfect place to unwind from a busy week and ground back into my body after sitting and using technology a lot. I enjoy taking a picnic blanket, books, and instruments and relaxing with the support of the calming sounds of the wind chimes.

#### **What are some cultural shocks or funny surprising moments that you have experienced so far?**

One culture shock I experienced is the food (sorry y'all!). Being from Germany I am used to bland or savory flavors and rarely ever eat spicy or fried foods. There have been many times that I went out to eat here in New Orleans and ended up with a dragon's mouth due to my taste buds being overly sensitive. I have adapted well though and usually ask for adjustments, if needed.