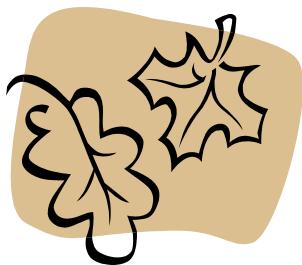


# NCCCHA Newsletter

## Message from President Wendy Schuh



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Many of us in the Midwest and specifically in Minnesota, were thankful for continued operations this summer in the wake of a state government shutdown. Whew, we got through that one. But where will higher education be after the lawmakers agree on a budget?

As Scott Adams of the Dilbert comic strip wisely advises, "Never base your budget requests on realistic assumptions, as this could lead to a decrease in your funding." If you're like me, there are days I feel like Dilbert – balancing difficult requests while maintaining the human factor of co-workers and students. Typically, we can turn to those on our campuses for support. But remember, we also have resources who understand college health – within driving distance! The North Central College Health Association Executive Board works on business items such as bylaws, position descriptions, and

investment plans, but we have also worked to be a resource for college health regionally and nationally. We offer individual scholarships to attend the regional and national College Health Association meetings as well as \$500 matching grants for student groups. The NCCCHA Board meets every few months on volunteer time to keep college health connected and informed.

This past year, we developed an email list to communicate more closely with NCCCHA member institutions. If you would like to be added to this list along with your institutional representative, send our membership coordinator an email ([www.acha.org/nccha](http://www.acha.org/nccha)).

We want your feedback! Let us know what role we can play and if at all possible, try to attend our regional meeting, which will be held in Madison this October. Hope to see you there!

## Message from President Elect Gerald Ryan

This has been a busy summer planning for the fall meeting here at the University of Wisconsin- Madison. Hotel rooms have been reserved at both the Lowell Center and the new Wisconsin Union Hotel. Both hotels are located in the heart of campus. The Wisconsin Union Hotel is located within the new Union South, a brand new, beautiful state of the art student center. The presentations have been divided into four categories this year: Medical, Mental Health and Counseling, Prevention and Administration. I feel confident everyone will find the program stimulating and informative. For more information visit <http://www.uhs.wisc.edu/nccha/>.

While on the topic of the regional meetings we had an interesting discussion during our section meeting at the ACHA meeting. Tightening restrictions on corporate sponsorship of meetings and speakers although entirely appropriate will make it more difficult for the regional meetings to serve as a funding source for NCCHA scholarships and awards. The many requirements of the various organizations awarding continuing education credits places a significant strain on the hosting institution's administrative personnel who have to continue to deal with the daily demands of their own organization while trying to find the time to complete the necessary accrediting tasks on schedule. In conversations with other regions finding institutions willing to host regional meetings is an ongoing concern due to the demands the meeting place upon the host

institution's time and resources. With these realities in mind it is time NCCHA begins a conversation about the future direction of regional meetings.

I think many would agree that a primary value of the regional meeting is the opportunity to meet with colleagues to share concerns, triumphs, new ideas, forge alliances and spend time getting to know our colleagues in college health. This sharing of ideas might be better served by a meeting focused on the discussion of these issues and concerns and not scheduling presentations structured to meet the requirements of continuing accreditation agencies. These meetings would also be much easier to organize and some of the smaller schools in our organization may be able to host the meeting without overextending their resources. I would envision an alternating schedule of one meeting in the current format alternating the following year with a meeting to discuss common issues and concerns. I recognize that many people have difficulty getting funding approved for meetings that do not award continuing education credits but I am concerned we will experience increasing difficulty finding institutions willing to spend the administrative energies necessary to host a meeting. I would welcome the thoughts and comments regarding this possible change in direction.

In closing I would like to thank the 2011 NCAA hockey champs University of Minnesota-Duluth for volunteering to host the 2012 fall meeting.

## 2011 NCCHA Annual Meeting October 6th -8th, 2011



*Forward Thinking*  
New Approaches in College Health  
**2011 NCCHA Annual Meeting**

The meeting will bring together college health professionals to explore new ideas, discover innovative strategies, and share effective programs, services, techniques and solutions through workshops and networking.

For complete conference details and to register, visit [www.uhs.wisc.edu/nccha/](http://www.uhs.wisc.edu/nccha/).

Contact: Jerry Ryan, [ggyan@uhs.wisc.edu](mailto:ggyan@uhs.wisc.edu)

## Message from Past President Corie Beckermann

In October, I will finish my term as Past President of NCCHA.

When I became the director of our Student Health Service 10 years ago there were so many things I didn't know. (I still feel there are many things I don't know – always room to grown and learn right?)

After I had the first year under my belt, I thought it would be important to attend my first NCCHA Conference, which was held in Grand Forks that year. As long as I was making the trip, I set up a visit with the director of the Health Services in Moorhead, MN. We spent hours discussing clinic flow, policies and procedures and touring their facility. The director graciously arranged for me to tour a neighboring college health facility in Fargo at North Dakota State University. Again, I was met with warm hospitality and an extreme willingness to share the knowledge and expertise of these experienced directors with me – a new professional.

I continued on to Grand Forks and met many more colleagues who would eventually become friends, mentors, sounding boards and resources for me in my work. The programming at the conference helped expose me to all areas of student health. Some topics were directly related to my job, but some of the best learning came when I went to a session about a part of our clinic I really knew little about.

The NCCHA regional conference continues to be an affordable place for our members to meet other colleagues, brainstorm, gain new knowledge and form lasting bonds. I encourage NCCHA members to try to attend this year's conference in Madison, Wisconsin if you

are able. NCCHA has several \$500 scholarships available – but the deadline for applications is coming up soon!

As I mentioned earlier, I will complete my term on the NCCHA Executive Board in October. It began seven years ago with another student health director picking up the phone and asking me to consider being on the ballot for a member at large position. It was scary, but she assured me it was just a few meetings per year and about keeping my state's NCCHA members informed. I did it and it was fun.

I served two terms as MN member at large, and I met a lot of great people in the process. As President-Elect, now it's my turn to call on colleagues and ask them to take that step and get involved. Saying yes when asked to get involved seven years ago has been a decision that has led to other great opportunities and I have never regretted the decision.

Open positions for this year's election include: Member at Large for South Dakota, Member at Large for Minnesota, Member at Large for Iowa, Student Representatives (2 or more open), and President Elect. Position descriptions can be found on the NCCHA website at: [http://www.acha.org/about\\_acha/affiliates/NCCHA/bod.html](http://www.acha.org/about_acha/affiliates/NCCHA/bod.html)

Call or email me if you are interested in being on the ballot,

Call or email another NCCHA member who would be great in one of these positions,

Think about students who would grow from a great experience like this and invite them,

Better yet, – don't wait to be asked, just jump in and give me a call! 320-308-4848

### Open NCCHA Board Positions

**The following positions on the board are open for nominations this fall:**

*President-Elect*

*Member-at-Large Iowa*

*Member-at-Large Minnesota*

*Member-at-Large South Dakota\*

*Student Representatives*

*Do you know an outstanding college health professional? Nominate him or her for the Gail Proffitt*



## 2012 NCCCHA Gail Proffitt Nomination Form

*The intent of the award is to recognize special people and to acknowledge the unique service or expertise they bring to the field of college health.*

Nominee: \_\_\_\_\_ Institution: \_\_\_\_\_

### **Introduction**

*(Write your introduction for the nominee here).*

### **Rationale**

*(Write your nominating rationale here).*

### **Nominator**

**Name**

**Telephone**

**E-Mail**

### **Nominations Sent To:**

Send Nominations by September 15<sup>th</sup> by email to Wendy Schuh, NCCCHA President: [wendy.schuh@mnsu.edu](mailto:wendy.schuh@mnsu.edu)



## Pat Fischer Memorial Scholarship

1947–2008

The Pat Fischer Memorial Scholarship is funded annually by UnitedHealth/Student Resource Insurance. The scholarship honors Pat Fischer, RN who dedicated her nursing career to the service of college students. Pat graduated from the nursing program at Century College in White Bear Lake, MN. She went on to serve the students of her alma mater for 25 years as the Century Health Service Nurse. In this role she touched the lives of thousands of students, faculty & staff alike. Her dedication,

gentle, affirming presence endeared her to all who knew her. Pat has been described by her professional peers as one who brought out the best in others & was always willing to go the extra mile for a student in need. Those of us who had the privilege of working with her appreciate the experience & treasure her memory.

During her career, Pat was unable to attend any of the American College Health Association (ACHA) annual conferences. This \$1,000 scholarship is offered to offset the costs & encourage attendance at the ACHA annual conference.

### *Pat Fischer Memorial Scholarship*

*If interested, please complete application form & submit by January 15th for consideration. Preference will be given to applicants who have never attended the conference and demonstrate financial need (limited or no professional development funds).*

## Pat Fischer Scholarship Recipient: Stephanie Beecher

After I received the ACHA schedule of presentations, I went through and circled the sessions I would like to attend. You know your profession is a perfect fit when about 90% of the sessions are circled.

The ACHA conference was an extremely beneficial experience to my career development as a first year professional. The conference provided me with so many useful tools to incorporate into my practice as a Health Educator. Not only did I gain specific information and resources from individual sessions, I met so many amazing professionals. For the week that I was in Phoenix, I felt a part of a family. Everyone was so welcoming and willing to share ideas. Even though the conference is over, I can honestly say that I still feel a part of the family. As a result of this conference, I established a great network of College Health Care professionals that I can always turn to for ideas, resources, and support.

Attending ACHA has truly been an amazing experience and could not have been possible without the support of NCCHA. It is my goal to pay forward this experience some day to an upcoming new professional. The words in this article cannot express how thankful I am for the Pat Fischer Memorial Scholarship provided by NCCHA.

### Eye Sun Safety

We all know the importance of using sunscreen to protect our skin from the sun's harmful rays, but what about protection for our eyes? According to the American Academy of Ophthalmology, everyone is at risk for eye damage that can lead to vision loss from exposure to the ultraviolet (UV) rays of the sun. Sunglasses and a wide-brimmed hat are the best defense to protect your eyes against sunlight and harmful UV rays. To be effective, both must be worn every time you're outside for prolonged periods of time, even when it's overcast. Look for sunglasses that block 99 to 100 percent of UVA and UVB rays.

### NCCHA Treasury Report

**Balance in Checking Account-**

**\$14,569.34**

**Balance in Savings Account-**

**\$525.91**

**Balance in Time Account-**

**\$24,034.09**

–NCCHA Treasurer Report  
Submitted by Amy Kelly

## NCCHA Membership Report

Prepared by Michelle D. Eslinger, M.B.A.  
NCCHA Membership Coordinator/Historian

Prepared: 5/3/11

### Iowa

Current: 22 institutions; 50 members

Institution missing from April 2011: Drake University

### Minnesota

Current: 24 institutions; 49 members

### North Dakota

Current: 5 institutions; 13 members

### South Dakota

Current: 4 institutions; 8 members

### Wisconsin

Current: 27 institutions; 50 members

### Canada

Current: 1 institution; 1 member

**Net change in Grand Total(s): 83 to 82 institutions & 156 to 171 members**

*For more information about NCCHA membership, please contact Membership Coordinator/Historian, Michelle Eslinger at [michelle.eslinger@email.und.edu](mailto:michelle.eslinger@email.und.edu)*

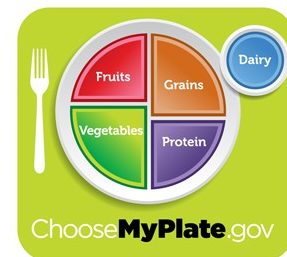
Visit our website!

[www.acha.org/nccha](http://www.acha.org/nccha)

The USDA presents the

new food pyramid:

MyPlate



The new MyPlate is all about balancing food groups and managing portion sizes.

Find out more information at [www.MyPlate.gov](http://www.MyPlate.gov).

## TRIO Becomes part of University of North Dakota's Health and Wellness Unit

The University of North Dakota has received funding for the first year of a TRIO/Talent Search grant award for a five year grant cycle (2011-2016). The TRIO programs were established by the Federal government to ensure equal education opportunity to all Americans, regardless of race, ethnic background, or economic circumstances. The purpose of the Talent Search Program is to provide services to low-income, first generation potential college students in targeted public middle/high schools which support their academic success, retention, graduation, and enrollment into postsecondary education. The grant is 100% funded by the U.S. Department of Education in the amount of \$443,151.

TRIO Programs are sponsored by the University of North Dakota and funded by the United States Department of Education. They are designed to identify and serve promising students ([Talent Search](#)) prepare them to do college work ([Upward Bound](#)), provide information on academic and financial aid opportunities ([Educational Opportunity Center](#)), provide tutoring and support services once they reach campus ([Student Support Services](#)), and to encourage and prepare students for doctoral studies ([Ronald E. McNair Post baccalaureate Achievement Program](#)). These five distinct programs enable students to progress through the academics pipeline from middle school to post baccalaureate studies.

## Information For Students

The NCCHA student section now has a Facebook page and a Google group. These are forums for Students in North Central College Health Association (NCCHA) member schools to network, share information and ideas, and make priceless connections among themselves and with National leaders in College Health.

Both on the Facebook page and the group site, you will find information about the NCCHA \$500 matching student grant for projects, and programs for student organizations on your campus. Also, there are a host of discussion topics and pages to which you can contribute and send messages to the entire group about what you are doing on your campus. You can also: find out how other students solved problems in their organizations similar to yours, get new ideas on activities you can have on your campuses, have your questions answered in a matter of days by other students who may have crossed the hurdle you anticipate crossing or have suggestions that might help.

To become a fan of the Facebook page and contribute, go to:

<http://www.facebook.com/pages/NCCHA-Students/298074575668>

To join the Google group,

Go to the link below (replace the last part of the link: "youremail" with your email address):

<http://groups.google.com/group/nccha-students/boxsubscribe?email=youremail>

or

Send an email to [nccha-students+subscribe@googlegroups.com](mailto:nccha-students+subscribe@googlegroups.com)

After you join the Google group, you can send emails to start new discussions and respond to old discussion topics by sending emails to: [nccha-students@googlegroups.com](mailto:nccha-students@googlegroups.com)

Contributions will be posted within 24 hours.

If you have any problems joining with the googlegroups site, please email Wobo Bekwelem at [bekwelem@gmail.com](mailto:bekwelem@gmail.com).

Please send this information to your student leaders on campus, student health groups, SHACs, SHABs, Student Athletes, Health centers, Health Educators, NCCHA List-servs, and everyone else who might benefit or want to contribute to discussions.

We need to start getting together as students in NCCHA member institutions. Together is better.

Wobo Bekwelem

Student Representatives NCCHA Board 2010

### Student Grant Guidelines

NCCHA will make available to college students/groups/organizations, matching funds of up to \$500 for projects/programs that are directly applicable to College Health. It is the expectation of NCCHA that by having a funding source available, students will become actively involved in issues related to College Health, and thereby contribute to the enhancement of the overall health and wellness of college students within the North Central Affiliate.

The applicant's institution must be an NCCHA member in good standing, with current membership dues paid in full. A formal application form must be submitted (see below for downloadable form).

A written request (including financial statement) must be electronically submitted (via attachment) to the NCCHA President (see [Board Members](#) for current president's email address). It is the discretion of the Board to consider or reject a proposal based on the financial status of NCCHA at the time of request and merits of the proposal. Only one program/proposal per institution will be funded during any given year. Grants will be awarded to programs/projects on a rolling basis From September 1 through April 30. Project or program must be directly applicable to college student health.

**A complete application package, including guidelines and instructions, application form, and financial statement form can be downloaded by going to the [www.acha.org/nccha](http://www.acha.org/nccha) website .**

## NCCHA Leadership Positions

### Laura Chellman

Greetings from the newly elected Wisconsin Member-at-Large. I have been at the Student Health Service at UW-Eau Claire over 22 years. I started as the Clinic Nurse Manager in 1988 & became the Director in 1995. I like the blend of nursing duties within the clinic & administrative duties. I earned my Bachelor's & Master's Degree in Nursing from UW-Eau Claire & am Board Certified in College Health Nursing through the American

Nurses Credentialing Center. Prior to college nursing, I worked at Midelfort Clinic (a Mayo affiliate) as an RN in Cardiology & Gastroenterology.

My husband also works at UW-Eau Claire in the Counseling Dept. Our 21 year-old son is in the Navy. Our daughter is 14 and active in gymnastics. My interests include reading, hiking, biking, needlework & watching sports. I look forward to being a representative of Wisconsin college health as serving on the NCCHA Board.

### Amy Kelly

Greetings from the new NCCHA treasurer! I was born in Oshkosh, WI, and grew up in Rhinelander, a small town in North Central Wisconsin. I earned my bachelors degree from the University of St. Thomas. I attended medical school at the Medical College of Wisconsin in Milwaukee, followed by a pediatric residency at the Mayo Clinic in Rochester, MN. During my residency training I fell in love with adolescent and young adult medicine, and subsequently completed an adolescent fellowship at the University of Minnesota where I also earned my masters degree in public health. As a fellow, I was fortunate to have a clinical

rotation at St Catherine University and it became very clear to me that college health was where I wanted to focus my career. I started working at St. Kate's in 2006, and after a year and a half became the Director of the Health and Wellness Clinic at St. Kate's. I love working with college students, and I also really enjoy being part of the St Kate's community.

My husband of 18 years is an orthopedic surgeon and also spends a fair bit of time with college students as the team physician at St Thomas. We have two amazing children, Jack who is 9 and Kate who is 7. My hobbies include triathlons, running, running my kids around, travel and interior design.

### Linda Lamont

As the new secretary for the NCCHA I've been asked to offer of brief biography. As many of you can appreciate, it is hard to condense a career of 40 years into a paragraph so bear with me. First – I did the usual stuff – was a nurse for 20 years, thought about doing/ being more, went back to school first to be an enterostomal therapist, then, in 1992, a NP. I 'discovered' college health about 10 years ago – and love it! I wish I had another 40 years to devote to this career – this is where we can make a positive difference!

I enjoy family, friends, adventure and challenges! I've walked 192 miles across England (by choice!), biked across Wisconsin, visited Nepal, India, Egypt, China, and Indonesia. I try to knit and play the harmonica. I cherish my husband of 40 plus years. Late last year we became proud 'in-laws' when our son, Lance, married Alexia.

I look forward to working with the members NCCHA – obviously an exciting, motivated group dedicated to college health. Thanks for this wonderful opportunity!

#### Tip Of the Day: Strength Training

Did you know that strength training can give you a boost in your resting metabolic rate (the calories you burn while at rest)? The reason?

Muscle is active tissue that consumes calories while stored fat uses little energy. It is estimated that each pound of muscle burns roughly 3 times more calories than does fat. As a result, strength training can be helpful for weight loss and long-term weight control.

## NCCHA Leadership Positions

### Ashley Hunter

Hello, from Iowa State University and your new student representative. I graduated last May from Iowa State University with a B.S. in Community and Public Health and an Entrepreneurship Minor. Currently, I am working on my masters in Public Policy Administration and as a graduate assistant for the Prevention Services Dept. in the Thielen Student Health Center at ISU. Following graduation I plan to pursue a career in health care administration. During my time as an undergraduate, I became very interested in

college health, and was a member of the Student Health Advisory Committee (SHAC) and Students 2 Students Peer Education. I served as president of SHAC for two years and attended the ACHA Annual Meeting in 2009. During my free time I enjoy working on show cattle and traveling to livestock shows across the country. This year I attended the NCCHA Annual Meeting and was one of three students, as a result, I look forward to working on increasing student involvement in the NCCHA.

## St. Cloud State University: Creating a Healthy Appetite Campaign

Real Education About College Health (R.E.A.C.H) of St. Cloud State University applied & received a grant from the NCCHA to carry out our "Creating a Healthy Appetite" campaign, which took place during National Nutrition Month (March) throughout April.

The goal for the campaign was to make SCSU a healthier campus. We educated the students & faculty on the importance of healthy snacks, eating breakfast every day, proper portions, myths on nutrition, substitution while dining out & tips on making healthy choices.

R.E.A.C.H. Peer Educators collaborated with *SCSU On The Move*, which is a 12 week campus-wide wellness/nutrition incentive program. The program gave us access to over 1,000 students/faculty/staff that joined to track their workouts & attend various educational programs to earn points.

R.E.A.C.H. Peer Educators were responsible for creating the weekly nutrition letter that was sent to all participants every Sunday with information on how they can earn their "points" for the week, a healthy recipe, Monday motivator (goal for the week), a stretch workout without going to the gym & nutrition facts. People receive points by attending our events, participating & signing the attendance sheet once finished.

Over the 12 weeks, R.E.A.C.H. Peer Educators conducted three nutritional presentations which included: NuVal, Energy Drinks, and Nutrition Bingo. At each presentation we had a dietician for the question/answer session following each presentation. R.E.A.C.H. Peer Educators also conducted three nutritional booths in the Student Center (Atwood Memorial Center) on the following topics: Eating Out, Nutrition Facts Panel, Portion Distortion, Tips on Eating for Fruits and Vegetables, Smart Snacking for Students, Eating Right for a Healthy Weight, 20 ways to enjoy more fruits, Vegetables, Whole Grains and Dairy, Know the MyPyramid, and Power up with Breakfast.

The Peer Educators distributed a healthy breakfast, healthy afternoon snack, and healthy evening snack. The goodie bags included a healthy snack and additional information regarding the nutrition topics previously listed.

The Peer Educators designed and created four nutritional signs which were placed in plastic display boards located in each bathroom in all the residence halls (totaling 100 copies of each poster). The topics for the four posters included: Portion Size Wise, MyPyramid Table, OBESITY in a bottle, and Breakfast Basics. The four posters were also viewed via television across campus Monday-Friday between 8am - 6pm.

Overall, we would like to thank the NCCHA for contributing to make our nutritional awareness campaign a success. The SCSU community had many questions regarding nutrition and the dietician that assisted us throughout our campaign was an incredible resource to answer questions that were not covered in either presentations or awareness booths. The materials that were purchased for the grant will be used for further presentations and events to come.

## Current NCCHA Board Members

**President**

(1 yr. term thru 11/2011)  
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**Secretary**

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## Current NCCHA Board Members

**Member-At-Large, IA**

(3 yr. term thru 11/2012)  
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**Member-At-Large, WI**

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**Region II Representative**

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**Student Representative**

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