



NCCHA Newsletter

Message from President Paul Baumert

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Greetings from the University of Iowa! It's been several weeks since we hosted the NCCHA annual meeting, and winter break has finally provided us the chance to stop and reflect on the past few months, and prepare for the spring semester. Fall is my favorite time of year for a variety of reasons. A mentor of mine who felt the same way once told me that he considered fall to be "the year's final smile". As we look back on 2007, we have a lot to smile about.

At our winter board meeting last February, the board unanimously voted to become a united affiliate of ACHA, along with Ohio and New York - and in 2008, the words "united" and "non-united" will no longer need to be used when referring to the member affiliates of ACHA. All affiliates are now united, which establishes a more uniform governance and reporting structure. With this NCCHA board decision, the tax liability and overall liability of NCCHA became a concern of ACHA, and the personal liability of each of the board members that you have elected, was essentially eliminated. This was an important decision in the history of NCCHA, and although this transition will be difficult for

some, it is in the best interest of all. The current board will meet in February to strategize ways to encourage and even fiscally support current NCCHA member institutions who feel that the cost of ACHA membership causes a significant financial hardship. If you have any specific suggestions in this regard, please let a board member know. We are only as strong as our membership!

The ACHA annual meeting in San Antonio was a great success. I had the opportunity to arrive a day early and attend the Leadership Roundup and make several new friends from other regions around the country. Networking is my favorite part of being a part of the college health community, both nationally and locally. Our region was honored when the 2 national Koster Grants were awarded to individual projects from Iowa State University, and the University of Iowa. NCCHA is truly at the center of what's happening in college health! Our planning committee's many hours of hard work finally came together in October when we hosted the NCCHA annual meeting and educational conference. It was wonderful to have so many of you attend and

experience "planting the seeds for a healthy life" with us. We had very few "glitches" in the 3 day conference, and our evaluations were quite positive overall - leaving everyone on the planning committee with lots of smiles. Our 2008 conference is scheduled for October 15, 16, & 17 in La Crosse, Wisconsin. Mark your calendars early, and let the planning committee know if you have a topic to share.

As we endure the cold weather that winter brings to the upper Midwest, may you be warmed by the relationships and experiences that have shaped your corner of college health over the past year. The NCCHA Board will convene in chilly Bloomington, Minnesota on February 1. If you have any issues for us to discuss, please contact one of us by whatever means is most convenient for you. Just a reminder: you can find a link to each of us on the ACHA web site. The board is still looking for a member-at-large from South Dakota, and another student representative.

Have a great spring!!



2007 NCCHA Annual Conference President Dana Mills presented the Dr. Gail Proffitt Award to Dr. Allan Allary

Everyone in college health knows that we work with complex students in a complex world. Students come to our institutions from markedly different backgrounds and with markedly different interests and skills. When they leave our institutions, students go on to even more diverse situations. Because of that, college health must be an integral part not only of the campus community but also of the broader health care community and the communities from which our students come and to which they return after their time on-campus.

The award recipient was a great example of how to merge all of those connections in a way that benefited everyone with whom he interacted.

In his unique style, he was able to connect rural health and urban health, the health of the aged and the health of college students, medical care and public health, the needs of individuals and the needs of a population, the needs of special populations and the needs of the majority, and the service and administration pieces of health care. And, he was always looking for new connections and ways to expand and extend those already in existence because he saw that those connections enriched all of the programs and services involved and broadened the horizons of all the participants in those programs, both recipients and providers. But most of all he understood that those connections ultimately strengthened the communi-



ties that were the real focus of his passion for health and social justice.

He was a quiet leader who mentored, befriended, and educated many in his too short life. He deserves the Gail Proffitt Award not just for his many accomplishments and his leadership but for the expanded vision of health and community that he freely shared with all of us. We are all better because of his time with us.

He is a former President of the North Central College Health Association and a close friend and professional colleague to many of those here tonight. In addition to his college health accomplishments, he was the Director for the National Resource Center on Native American Aging, located in the



On behalf of the NCCCHA Executive Board Barb Lonbaken and Dana Mills drove to Grand Forks on November 16 to present the Dr. Gail Proffitt award plaque, won by Dr. Alan Allery, to his wife, Katherine. As you know, Alan passed away unexpectedly on July 14.

Center for Rural Health, within the School of Medicine and Health Sciences at the University of North Dakota. The Center assists on American Indian, Native Hawaiian, and Alaskan Native elder issues. He was a member of the Turtle Mountain band of Chippewa Indians. We will miss his glowing smile, wise counsel, laid-back "no problem" style, and deep James Earl Jones' voice.

This year's winner of the Dr. Gail Proffitt Award, the highest honor that NCCCHA can bestow, is Dr. Alan Allery, former Director of the Student Health Service at the University of North Dakota in Grand Forks. As I'm sure you know, Alan passed away unexpectedly on July 14, 2007. Accepting on behalf of Alan and his wife Katherine is Linda Palmiscno. Representatives of the NCCCHA will personally deliver this award to Katherine in Grand Forks. He will be missed, yet his selfless contributions to his family, friends, university, and the college health community will endure.

—Dana Mills

North Central College Health Association
Winter 2008

2007 NCCHA Fall Conference “College Health: Planting the Seeds for a Healthy Life”

By Sarah Hansen

The University of Iowa Student Health Service was the proud host of the North Central College Health Association's annual meeting, held in Iowa City, Iowa on October 17-19, 2007. Over 200 attendees enjoyed a variety of presentations and discussions around the theme of “College Health: Planting the Seeds for a Healthy Life”. We were honored that current ACHA President Lesley Sacher, Director of Thagard Student Health Center at Florida State University in Tallahassee, FL attended the meeting, as did our current ACHA Region II representative, Jeff Uszacki, Associate Director of the Health Center at Auraria at the Metropolitan State College of Denver in Denver, CO.

The role of college health in helping our young people establish and maintain healthy habits was reinforced by Dr. Richard Keeling's keynote address, “Challenges and Complexities in College Health.” Dr. Keeling's key points included:

- We are educators of whole human beings.
- Health is a learning issue and health services are *learning support services* that improve engagement and educational outcomes.

Student health services provide convenient access to care delivered with understanding of student health patterns and lifestyles.

Other educational sessions highlighted ways to market your health service, mindfulness-based stress reduction, evaluation of the “100 day” cough, dermatological concerns, and handling psychological urgencies, among many other topics.

At the Thursday evening banquet, NCCHA President Dana Mills addressed the members in attendance before turning the Association's leadership over to Paul Baumert, for 2007-2008. Linda Palmiscno, medical office manager at the University of North Dakota Student Health Services in Grand Forks, ND accepted the 2007 NCCHA Gail Proffitt Award presented posthumously to the late Alan Allery, a recent past president of NCCHA. We were all enlightened and entertained by a presentation on “Personal Branding” to round out the evening. The conference wrapped up on Friday morning with a presentation on using technology to reach students (“Myspace on Facebook is Totally Wikid”) which gave us many important points to consider about our highly techno-savvy target populations.

The annual meeting is such a great chance to network and talk with others about our work in college health, its rewards and challenges. We hope that those who attended found it helpful in professional development and re-energizing for the important work we all share.

A Message from Dana Mills— NCCHA 2006-07 President

Dear Colleagues,

As your out-going President, and not so "lame duck", I'm feeling pretty good about things. We have had a productive year handling the business of the Association and developing its infrastructure, and which culminated in the wonderful annual meeting in Iowa City! Many thanks to the Iowa folks that wholeheartedly continued our Affiliate's tradition of a warm welcome and quality programming. I continue to hear comments about how much attendees enjoyed that meeting!

With regard to the Executive Board we do say "goodbye" (for now) to Jim Nelson (as "Past Past" President from Iowa State U.) and Barb Lonbaken ("Past" Treasurer from North Dakota State U.). These two have provided excellent leadership, advice, and professional skills in their positions on the Board. They can leave with great confidence that, through their efforts, those that follow have the skills and abilities to "step up to the plate" and serve the Association well. I have personally appreciated working with them. (And remember you two, the door does swing both ways!) The other person leaving the Board, the Association, and the field of college health is Kathy Poi ("Past" Secretary from U. of Wisconsin - Madison). You have already heard me extol her virtues at the annual meeting, so let me just say that we have all appreciated her time with us and wish her (and her family) well in whatever retirement path she takes.

This is also the occasion to welcome the "newbies" or "returnees" to the Board. Their very interesting "bios" are contained in this newsletter, but I have a word or two for them as well. Ruth Swisher the new President-Elect from U. of Wisconsin - Whitewater is currently new to the Board but not new to the work of the Association. Among other things, she was instrumental in planning the Annual Meeting at Lake Geneva and is well-versed in the infra-structure and activities of the Association and has presented on numerous occasions at our annual meetings. As President-Elect her current focus is assisting Dr. Brian Allen and his team in the planning of the annual meeting in La Crosse in October of next year. Madonna McDermott the new Treasurer from the U. of St. Thomas (St. Paul) is another of the experienced health service directors/clinicians on the Board that I have had the pleasure to work with outside of the business of the Association. She is known for her strategic planning and innovation in college health and also presented at our annual meetings. As Treasurer she will help us coordinate our finances with ACHA as we implement our agreement and new business relationship. The real "newbies" to the Board are: Keven Syverson, "Member-at-Large (Wisconsin) from the U. of Wisconsin - River Falls; Jo Ellen Anderson, Member-at-Large (Iowa) from Luther College; and Dagny Oliver, Member-at-Large (North Dakota). I very much look forward to working with you! And, I should mention that Julie Bonner will move from Member-at-Large (WI) to the position of Secretary for the Association. Many thanks for her continued commitment and support of the Association! So, welcome everyone to (or back to!) the Board! I can guarantee that you will be working with some of the nicest and most supportive and productive professionals in college health!

On behalf of the Association, Barb Lonbaken, I, and my wife Patsy met with Katherine Allery in Grand Forks (ND) on November 16 and presented her with the Dr. Gail Proffitt Award plaque on behalf of her late husband, Dr. Alan Allery. We took her out for lunch and then went to the Student Health Service, at the request of the SHS staff and with Katherine's permission, to further commemorate the event. As I reflect on that day I know that Katherine and was deeply touched by our recognition and I think that it gave her and the SHS staff the opportunity to truly celebrate and remember the highpoints of Alan's accomplishments and life. Thanks, Barb, for your support and to all the Board members for your wisdom.

Holiday greetings to everyone! Enjoy your families and come back to us for the spring semester with renewed energy and dedication to the important work you do! I look forward to continuing work with President Paul Baumert and the rest of the Board, on your behalf.

Dana

Your "Past President" for 2007-2008

College and Stress

Common stressors in college life include:

- Greater academic demands
- Being on your own in a new environment
- Changes in family relations
- Financial responsibilities
- Changes in your social life
- Exposure to new people, ideas, and temptations
- Awareness of your sexual identity and orientation
- Preparing for life after graduation



Safe Sex Word Find



r o m d d t l p e
 m a g n u m j e l
 t n a c i r b u l
 r e r u s a e l p
 o l h m d d m x r
 j e p m o d h g c
 a c a u d d r o o
 n t i i p x n e x
 o r d a d a l o d
 o a r i b b e d c

condom Trojan Magnum
 Durex Electra lubricant
 ribbed diaphragm pleasure

North Central College Health Association

Treasury Report

Balance in Money Market account is \$7971.09

We're on the web!
 Www.acha.org/nccha

Balance in Certificate of Deposit is \$22,473.97

Submitted by Barb Lonbaken, NCCHA Treasurer

Aim for Eight program launched by Minnesota State Mankato

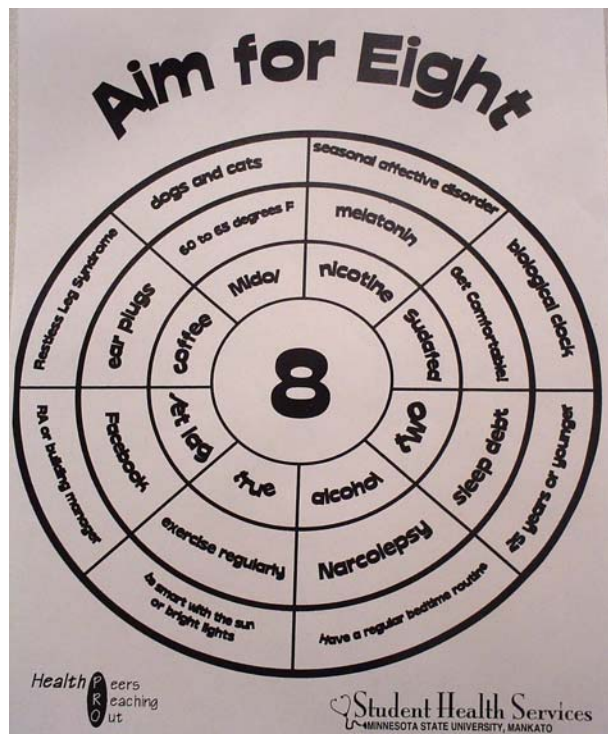
By Lori Marti

Health PROs, the peer health education program at Minnesota State University, Mankato recently launched a new program called Aim for Eight. 2007 National College Health Assessment data collected from students attending Minnesota State Mankato indicated a need for improved sleep habits. Peer Health Educators Emily Kelly and Nicole Stahlman received NCCHA student grant funding to help provide a sleep education program that specifically targeted freshman.

ments like, "The game was fun because it involved everyone," and "I learned a lot about sleep facts." The Health PROs believe this program will help students better achieve their academic goals.

Aim for Eight is an interactive, game-based presentation. Each participant receives a "playing card" that resembles a target and a mini dauber to mark answers. Questions and answers followed by discussion, a challenge category, and handout materials allow students to learn ways to incorporate healthy sleep habits into daily life. All student participants receive a copy of the Snooze News, herbal tea, and a pair of ear-plugs, as well as the chance to win sleep CDs and other prizes.

Students who were enrolled in First Year seminar for fall semester rated Aim for Eight as "good to excellent", offering com-



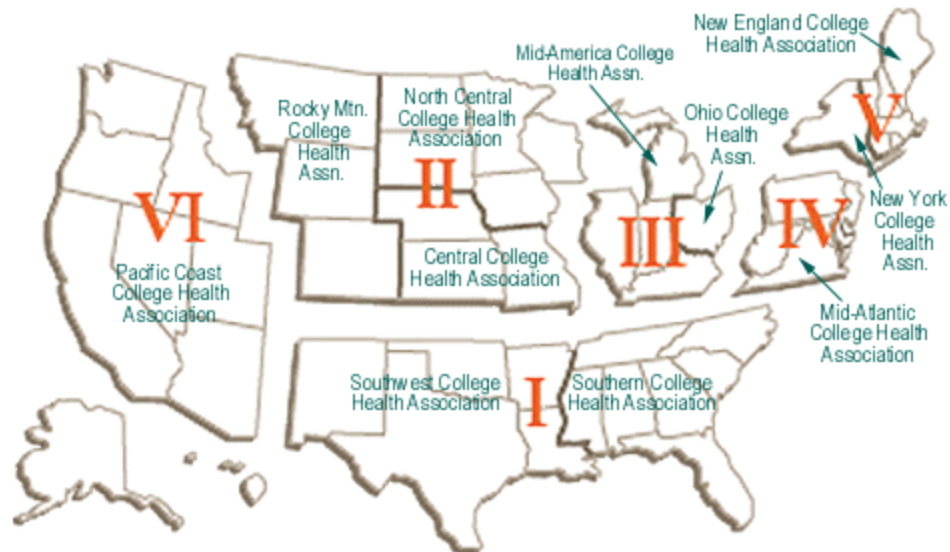
A Message from President-Elect Ruth Swisher

Warm Greetings to all from Whitewater Wisconsin!

As we complete our fall semester and look forward to beginning spring term, I wish you all a wonderful holiday season and a healthy and energized start to what promises to be a robust, eventful and sometimes challenging new year. While we provide essential services to our students, and serve our campuses in innumerable ways I know that the balancing act requires our expertise and creativity. Our work is often made more manageable and we can benefit from the clarity achieved through the networking available with our NCCHA colleagues. I know I have found this to be so in my role at the University of Wisconsin-Whitewater, where I currently serve as the Interim Director of Health Services, in a combined unit of health and counseling.

I had the good fortune of meeting many college health colleagues at the terrific NCCHA meeting in Iowa City. While I have been in college health for more than 25 years, there is always much to be learned at our annual meeting. Look for updates on the October '08 meeting in beautiful La Crosse WI.

ACHA Regional College Health Associations



NCCHA Leadership Positions Announced at the Annual Conference

Kevin Syverson

My name is Keven Syverson and I am the Health Education Coordinator at the University of Wisconsin-River Falls (UW-RF). I have been in this capacity for over 6 years now. I am also the Head Cross Country coach at UW-RF and an assistant track and field coach as well. Previous to UW-RF I worked for the Minnesota Department of Health in their Tobacco Prevention and Control program. I also worked for the Dakota County Public Health Department in S. St. Paul, Minnesota. My first professional experience was with the Multnomah County Health Department in the Tobacco Prevention Program in Portland, Oregon.

My undergrad is from UW-RF and my MPH is from UW-La Crosse. I have completed course work for my doctorate from Walden University and am beginning my dissertation. I was also stationed in Germany in the late 80's with the U.S. Army. I am married and have three children ages, 9, 7, and 4.

I look forward to serving on the NCCHA board for 2008.

Madonna McDermott

Madonna has been the Director of Student Health Service & Wellness Center at the University of St. Thomas (UST) since 2000 – a University that supports a 10,000 student body population. She has enjoyed leading the implementation of mandatory student health insurance and third party billing process as well as managing a surge in patient visits that has more than tripled during her tenure at UST. Prior to St. Thomas, she worked primarily in the field of oncology and pain management including roles as a Nurse Practitioner, Clinical Nurse Specialist and Clinical Trials Coordinator.

Madonna received her undergraduate degree in Nursing from Marycrest College in Davenport, Iowa. She received a Masters in Science in from Oregon Health Science University and a Masters in Public Administration from Portland State University in Portland, Oregon. After relocating to the Twin Cities, Madonna completed a postmasters program at the College of St. Catherine in St. Paul, MN for the Nurse Practitioner certification.

She enjoys a number of passions including caring for her two daughters, reading, biking and traveling. Madonna will be traveling to Uganda in January assisting in establishing a medical mission site for UST students for the future.

NCCHA Leadership Positions Announced at the Annual Conference Cont.

JoEllen Anderson

Hi. I am JoEllen Anderson and would like to introduce myself to all the members of NCCHA. I was elected to the Board as the Iowa representative at large during the October NCCHA meeting in Iowa City. Jim Nelson, from Iowa State University, caught me in a weak moment and asked me if I would be interested in "running for the Iowa at large position". Since I do try to run for exercise three to four days per week, I figured I could "run" for a position as a board member. I did not realize I was the only one "running" so there was not even someone else I could vote for! I had an opportunity to meet other board members early the next morning and realized this position will allow me to "run and train" with a team that is very knowledgeable and committed to college health.

I am a nurse practitioner and administrative director of Health Service at Luther College in Decorah, Iowa and have been in this position for seven years. Luther is a small, liberal arts college nestled in the bluffs of North-eastern Iowa along the Minnesota/Wisconsin boarder with an enrollment of approximately 2,500, of which 90% are residential. My husband and I have two children; a daughter that will graduate from Luther May 2008 and a son who will graduate from high school the exact same day! He has his eye on Iowa State, so I may be able to get even with Jim Nelson after all and become a helicopter parent at ISU. I am like most of you and love my job (most days) and enjoy the variety and challenges associated with college health. I look forward to learning more about NCCHA members and ways the board can help members meet the demands of the always challenging, ever changing world of college health. Thank you for this opportunity.

Dagny Oliver

I am the NCCHA Board's newest "Member at Large" for North Dakota. I am the Associate Director of the Student Health Service at North Dakota Sate University in Fargo, ND. I graduated from Lenoir Rhyne College in Hickory, North Carolina where I earned my bachelor's degree in nursing. I went on to get my master's degree in nursing and nurse midwifery education at Emory University in Atlanta.

My first position as a CNM (Certified Nurse Midwife) was in Milwaukee at the Teen Pregnancy Service /Medical College of Wisconsin. In 1991 I returned to Minnesota, the land of my birth, after being out of the region for 15 years. I worked in a private practice setting with a group of OB/GYNS and midwives for eight years. I transitioned out of full scope midwifery into clinic practice and management at Planned Parenthood in Moorhead where I worked for several years.

Before I took the position at NDSU in March of 2006, I taught nursing at Concordia College for three years. I have discovered that I really enjoy the energy of college students and the campus environment. College health is a new and very pertinent area of interest for me as I currently have two college students of my own in addition to a 12 year old who will be heading in the same direction.

I live in Moorhead with my husband who is an HR manager. When I am not working I enjoy traveling with my husband, reading, working on home improvement projects and most recently, participating in a women's curling league.

I am look forward to learning more about the NCCHA organization and working with the board.

North Central College Health Association Executive Board – 2007-2008

President (2007-2008)	Paul Baumert, MD Physician University of Iowa Student Health Service 4189 Westlawn Bldg. Iowa City, IA 52242 PH 319-353-5968 FAX 319-335-7247 paul-baumert@uiowa.edu
President Elect (2007-2008)	Ruth Swisher PH 262-472-1300 ext.2223 swisher@uww.edu
Past President (2007-2008)	Dana Mills, MPH, FACHA Director Marquette University Student Health Service Milwaukee, WI 53201-1881 PH 414-288-5745 FAX 414-288-5732 dana.mills@marquette.edu
Secretary (2007-2010)	Julie Bonner, MD Executive Director University of Wisconsin-Milwaukee Norris Health Center PO Box 413 Milwaukee, WI 53201 PH 414-229-5684 FAX 414-229-6608 jbanner@uwm.edu
Treasurer (2007-2010)	Madonna McDermott MS, MP Director, Student Health Service & Wellness Center University of St. Thomas 2115 Summit Ave. St. Paul, MN 55105 Phone 651-962-6879 Fax 651-962-6751 mkmcdermott@stthomas.edu

Membership Chair

(2006-2009)

Wendy Schuh, MA, CHES
Assistant Director of Student Health Services
Minnesota State University, Mankato
100 Carkoski Commons
Mankato, MN 56001
PH 507-389-5689 FAX 507-389-5787
wendy.schuh@mnsu.edu

Member-At-Large, IA

(2007-2008)

Jo Ellen Anderson RN, ARNP
Administrative Director of Student Health Services
Luther College
PH 563-387-1045
andersje@luther.edu

Member-At-Large, MN

(2006-2008)

Corie Beckermann, MS
Director
St. Cloud State University
Student Health Service
720 4th Ave. S
St Cloud, MN 56301-4498
PH 320-308-4848 FAX 320-308-3192
cabeckermann@stcloudstate.edu

Member-At-Large, ND

(2007-2009)

Dagny Oliver MN, APRN
Associate Director
Student Health Service
North Dakota State University
Wellness Center
18th Street and Centennial Blvd.
P.O. Box 5313
Fargo, ND 58105-5313
Fax 701-231-6132
Phone 701-231-8758

Member-At-Large, SD

(Interim, term 2007-08)

Open as of 12/21/07

Member-At-Large, WI
(2007-2009)Kevin Syverson
UW River Falls**Newsletter Editor**
(2006-2009)Ellie Trautman, BS, CHES
Health Educator/Advisor
South Dakota State University
Student Health and Counseling Services
905 Harvey Dunn Street, Box 510
Brookings, SD 57007
PH 605-688-4157 or 605-688-4312 FAX 605-688-4032
Ellie.Trautman@sdstate.edu**Region II Representative** Jeff "Zack" Uszacki
(2007-2009)Assistant Director
Metropolitan State College of Denver
Health Center at Auraria
Campus Box 20, PO Box 173362
Denver, CO 80217-3362
PH 303-556-4742 FAX 303-556-3881 Cell 303-884-3225
uszackij@mscd.edu**Student Representatives**

(2007-2009)

Open as of 12/21/07

Jennifer Ciske

Marquette University
Straz Tower #1806
915 W. Wisconsin Ave.
Milwaukee, WI 53233
PH 920-427-8006
jennifer.ciske@marquette.edu