

NCCCHA Newsletter

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Message from President Wendy Schuh

As we're digging ourselves out of the winter of 2010-2011, I anxiously awaited to see if the Groundhog would see his shadow on February 2. In my search, I learned that Punxsatawney Phil has not seen his shadow only sixteen times since 1887. This is the year. Spring is coming early! With the short days and negative temperatures and two children under 5 cooped up in the house, Phil has given me hope. Spring is also a time when college health professionals need to take a deep breath, regroup, and find some balance rather than counting down the days to summer. While most of us are doing more with less these days, it's empowering to work with colleagues across our NCCCHA region to program share and bounce ideas off of each other. For the past couple of years, NCCCHA has been able to provide scholarships to help members attend the regional and national meeting. The Executive Board has worked to update our by-laws so they mesh with ACHA's standards. We also continue to support student grant initiatives and offer \$500 mini-grants on a

rolling basis. Consider contributing on your own whether that means volunteering for a board position or simply working with us on ideas. For example, Tracy Hughes, RPh, from Iowa State University has spread her enthusiasm in preserving the history of NCCCHA as an organization and among member institutions. It's amazing to see these archives and the advances we've made from our earliest NCCCHA documentation in the 1950's!

On a national level, the ACHA annual meeting is coming up from May 31 -June 4, 2011 in Phoenix, AZ. Arizona sounds pretty nice about this time in the Midwest as I stare longingly at their pictures of palm trees and poolside beach chairs. Find more information about the national meeting at www.acha.org/annualmeeting11. Hope to see you there to refresh after a great spring semester!

Wendy Schuh
Interim Director of Student Health Services
Minnesota State University,
Mankato



2011 NCCCHA Annual Conference
October 6-8th, 2011
Madison, Wisconsin



Message from President Elect Gerald Ryan

It seems like just yesterday I made the transition from the University of Wisconsin-Madison Family Medicine Residency to University Health Services. My first ACHA meeting was my introduction to the variety and breadth of college health facilities providing services to students and faculty across the country. In many ways I feel I am still on the upslope of the learning curve and so find it a little surprising I find myself the president elect for NCCHA.

NCCHA is comprised of a broad spectrum of member institutions, large and small, private and public. Regardless of size or structure we have all been faced with similar challenges in recent years. Questions of finances and new avenues for revenues to support services are a part of almost every discussion about the future of student health. Finding new ways to provide services and communicate with a generation more familiar with social networking than the traditional one on one office visit challenge us daily. The future of health care reforms and how these reforms will affect student health services is looming concern just over the horizon.

During such challenging times it is important to have an organization that facilitates discourse between colleagues and helps disseminate ideas and information. NCCHA in concert with ACHA will continue its efforts to promote such discussions and encourage innovative approaches to meet our current challenges. Despite the uncertainties facing college health I feel fortunate to have daily contact with the people who will shape our future and have a glimpse of what that future may hold. As if being president elect is not enough, the University of Wisconsin- Madison will also be hosting the regional meeting this year from October 6-8. Unlike previous years the meeting will be held from Thursday noon until Saturday noon due to limited accommodations. Who would have thought the World Dairy Expo would have taken every room in town? A call for programs has been sent out and I hope for a great conference. October is usually a great time to be in Madison but I won't make any promises about the weather. So here's to hoping the worst is behind us and for a good year ahead. I look forward to seeing many of you in Madison in the fall.

2010 NCCHA Annual Conference Eau Claire, Wisconsin

The fall 2010 North Central College Health Association annual meeting was held in Eau Claire, Wisconsin, hosted by the University of Wisconsin – Eau Claire Student Health Service. 150 college professionals attended from around the region.

Three keynote speakers were featured: Ann Recine spoke on “Integrative Medicine Therapies for the College-aged Student”; Kao Kalia Yang presented “The Intersections of Health: Body, Heart and Soul”; and Richard Swenson spoke on “The Health Risk of Overload: The Therapeutic Benefit of Margin.” The keynote speakers were well-received by the audience.

At our Wednesday evening banquet, Gayle Nelson of the University of Iowa was honored as the recipient of the Gail Proffitt Award. The purpose of this award is “to recognize special people and to acknowledge the unique service or expertise they bring to the field of college health.” Gayle Nelson of the University of Iowa earned this award through her amazing service to the field of college health as an RN at Student Health Service.

Next fall's conference will be held October 6th – 8th in Madison, Wisconsin.

Do you know an outstanding college health professional?

Nominate him or her for the Gail Proffitt Award!



Visit our website!
www.acha.org/nccha

Message from Past President Corie Beckermann

Today I am feeling exhilarated and exhausted at the same time – Let me explain, and you will probably be able to relate...

It is the week before spring break & for our campus it has been a challenging year. We have transitioned to electronic health records, felt anxiety about budget cuts & reorganization. There's been uncertainty about Health Care Reform & how it will impact college health and for direct patient care providers the daily concerns about those one or two students who you think about long after they leave your exam room or lab chair. All of these things are part of college health & leave us exhausted. (There's a reason colleges have spring breaks...I see it clearly now!!!)

So you may be wondering – where is the exhilaration in all of this? This morning I am reflecting on this past week & the opportunities that have presented themselves & the impact those opportunities can have.

Ed Ehlinger (former U of M Boynton Health Director & now MN Commissioner of Health) mentioned at an NCCCHA meeting a while back that there may be some funds & partnership possibilities for college health coming to work on tobacco policies.

Opportunity #1 – Come to NCCCHA & ACHA meetings to network and get ideas about new partnerships.

We needed to do something about our smoking policy (or lack of policy), so we watched for the announcement and worked with our local county public health agency to make the partnership happen. We began the work (as have many other Minnesota campuses) on moving our campus to becoming tobacco free. This week our task force presented our initial policy recommendation to become tobacco free as of Aug 1, 2012. Our recommendation includes a transitional year beginning Aug 1, 2011 (in which we have reduced designated areas by about 50 percent and moved them to better locations).

Opportunity #2 – Moving toward a healthier campus, even if it takes more than one year or more than one step, is positive movement.

So here's how the week has gone:

Monday – Our task force makes front page news in the local paper with a story about how our low-tech method of gathering feedback (a marker and flip chart for people to give us their opinions) was a huge success in getting people to join the conversation.

Opportunity #3 – Raising awareness in the community about who we are and what we do (telling our story).

A student and I presented the initial policy proposal to the President's Council later that morning.

Opportunity #4 – What a great experience for a student to be able to have!

After the presentation he told me his work on this task force has led him to a decision to change major to Higher Ed.

Administration because he feels like this work is a way to “make a difference”.

Opportunity #5 – Student development happening – that “aha” moment where a student changes their life's path

Task force members shared the recommendation with the neighborhood council the next night. The response was great – past work with alcohol efforts have paved the way for this partnership to continue the positive momentum and improved neighborhood relations.

Opportunity #6 – Building town and gown relationships takes time and continued communication.

The next day we were off to the food service building's lunch line to gather student feedback about the new policy recommendation. I had a great conversation with two students. During the discussion, I could see the light bulb going off for them – they understood how changing the tobacco policy could impact their own health as well as have lasting impact on the campus community.

Opportunity #7 – Their conversation let me know they understood things like the impact of social norms, environmental change model, and the negative health affects of multiple forms of tobacco.

Hanging out by the comment board became a “teachable moment”. Last night was the presentation to Student Government. Two students from the task force presented and answered questions. They did a fabulous job!

Opportunity #8: Students take on leadership roles in their work with us and gain valuable experience for their personal and professional lives.

This week I also am aware that there is a student preparing her public policy presentation on our smoking policy review process. Nursing students are preparing their presentation on second hand smoke for the health fair and the Student Health Advisory Committee is figuring out their first event as a new organization – a clean up effort to illustrate the environmental impact of cigarettes. Peer Educators are working with our Health Educator and have a whole plan mapped out for education in the next two months (because they do programming and they do it well!).

Opportunity #9 – Our work intersects with academics. When we make ourselves accessible to students as a resource, they can do a great job teaching each other about health and public policy process.

So... we've had a busy week and there is still much work to do. The policy has not yet been approved and an implementation plan is far from being laid out. I see lots of future opportunities to make a difference with our tobacco policy work.

Are we exhausted? YES. Are we exhilarated? ALSO YES!

That's why we do what we do – because it gives us so many opportunities to make a difference.

Happy Spring Break J

2010 NCCHA Annual Conference Gail Proffitt Award



2010 NCCHA President, Corie Beckerman, presented the Gail Proffitt Award plaque to Gayle Nelson

Past Recipients

1972 – Gail Proffitt	1992 – Janice Rising
1973 – Lawrence Nelson & William Watson	1993 – Mary Engstrom
1975 – Dorothy Jaconson	1994 – Pat Utecht
1978 – Florence Winquest & Margarethe Hansen	1995 – Larry Hudson
1979 – Karen Delesha, Judy Dulski, & Ramona Yunger	1996 – Robert Patterson
1980 – Edward Dvorak	1997 – Lynn Ebner
1982 – Paul Rupprecht & Barbara Lee	1998 – Jane Larson
1984 – Greta Buller	1999 – Pat Veole
1985 – JW Hanson & Lorraine Stucky	2000 – Mary Khowassah
1986 – Harley Feldick	2001 – Don Smith
1987 – Kathleen McNamara	2002 – Barbara Bloomer
1989 – Corinne Schaure	2003 – Barbara Bester
1990 – Mary Jule Brown & Doris Haukebo	2004 – Edward Ehlinger & Donald Craig
1991 – Malcom McCutcheon	2005 – James Rothenberger
	2006 – Kathleen Poi
	2007 – Allan Allery
	2008 – Dana Mills
	2009 – Paul Baumert & Diane Palm
	2010 – Gayle Nelson

Since Gayle's first day at the Student Health Service, she has embraced the role of the RN as a teacher, guide and mentor for those around her. She is a kind, thoughtful, respectful and knowledgeable educator and speaker on many topics within her realm of expertise. She thinks nothing of taking on monumental jobs to coordinate and plan large-scale educational adventures. Almost single-handedly, she developed and implemented a series of review classes for RNs who were studying for the College Health Nurse certification exam. She helped quite a few college health nurses pass the exam with shining colors that year! Gayle's talents were tapped into again when the U of I Student Health Service was asked to host the NCCHA meeting in 2007. Her resume is full of teaching and consulting experiences too numerous to list here.

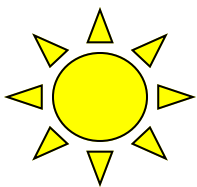
Gayle works in the Travel/Allergy Clinic and the Nurse Care Room, where the Tuberculosis Surveillance activities are centered at the U of I Student Health Services. She has been instrumental in creating a strong TB Surveillance Program on our campus. Her knowledge of TB and her ability to create a strong foundation of activities related to screening clinics, follow up and education have gained her a reputation as being an expert in this field. She has been asked to consult with other universities in Iowa and other colleges regionally, and within the US through her work with ACHA, the CDC, and in other countries.

She was at the forefront in performing IGRA testing rather than skin tests, before any other clinics in our area were even considering it. She has presented lectures and has had poster displays at numerous educational programs across the country.

Gayle also enjoys working with International students. Gayle provides informational lectures on Health Care in the US to newly enrolled international students. During her lectures she is able to connect so easily with the students through her kind and reassuring ways and of how we will take care of them in our clinic. Gayle was instrumental in the creation of a video used for International student orientation, "A World in Balance" that has been shown to our students, staff, and at past ACHA meetings. She has written grants to fund many projects that benefit International students, including translations of our Self-Care Guide and our medical history forms. Gayle has been active in promoting the education of our staff on multicultural issues, most recently advocating for many of our staff to attend ongoing cultural diversity sessions. She attends conferences and meetings using her own time and money, if it will benefit her work here at Student Health.

Lastly, in 2009, Gayle was named one of "100 Great Iowa Nurses", selected from thousands who were nominated.

Today's Tip: Spring Cleaning Burns Calories!



Goodbye winter, spring is officially here! Music to the ears of many who endured a harsh winter! And although cold weather may still be lingering where you live, it's a good time to start planning your spring cleaning. The benefit-besides a cleaner and more organized house, of course-is a calorie burn comparable to walking 3 miles per hour. Even the American Heart Association counts housecleaning as moderate exercise. But, you need to get in there and really clean! No feather duster allowed. While a little spring cleaning doesn't replace structured exercise, it's a great way to be active.

2011 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 **October 1st** by email or fax to Wendy Schuh, NCCCHA President
E-Mail: 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.

The 2011 recipient of the Pat Fisher Memorial Scholarship is Stephanie Beecher from the University of Iowa.

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).

2011 ACHA Conference-Phoenix

May 31st—June 4th, 2011

Scholarship recipient: Sandra Leicht

**Director/Nurse Practitioner
Student Health & Counseling.
University of Wisconsin– Parkside**



Preventing Your Risk of Cancer

Cancer is the second most common cause of death in the U.S. The American Cancer Society estimates that roughly one-third of all cancer deaths can be attributed to poor nutrition, physical inactivity, or being overweight/obese. It doesn't have to be this way. Prevention and early detection can save lives and help those who develop cancer to survive. Lower your cancer risk with timely screening tests, good food choices and an active lifestyle. If you're a smoker, commit to quitting today!

Source: American Cancer Society, Tip of the Day

NCCHA Treasury Report

Balance in Checking Account-

\$10,722.08

Balance in Savings Account-

\$500.65

Balance in Time Account-

\$24,031.13

Submitted by: Amy Kelly– NCCHA Treasurer

NCCHA Membership Report

Net Change in Grand Total(s): 95 to 90 institutions & 185 to 171 members

Iowa

Current: 24 institutions; 47 members

Institutions missing from 2007 / 2008: Drake University, Waldorf College

Wartburg College added since 7/09; Drake University added since 10/09

Institutions missing from 2008 / 2009: Buena Vista University

Minnesota

Current: 28 institutions; 48 members

Institutions missing from 2007 / 2008: Alexandria Technical College, Crown College, Normandale Community College, Park Nicollet/Methodist Hospital, U of M-Crookston, U of M-Morris

RSP Architects added since 7/09; Crown College, Hays Companies added since 10/09

Institutions missing from 2008 / 2009: Martin Luther College, RSP Architects

North Dakota

Current: 6 institutions; 17 members

Institutions missing from 2007 / 2008: none Institutions missing from 2008 / 2009: none

South Dakota

Current: 5 institutions; 7 members

Institutions missing from 2007 / 2008: Northern State University, University of Sioux Falls, Presentation College, University of South Dakota

Presentation College added since 02/10

Wisconsin

Current: 27 institutions; 51 members

Institutions missing from 2007 / 2008: Concordia University – Wisconsin, Mount Mary College, University of Wisconsin – Fox Valley Lake Land College added since 7/09

Institutions missing from 2008 / 2009: Lake Land College, Northland College, University of Wisconsin – Eau Claire, Western Technical College

Columbia College of Nursing added since 02/10

Canada Current: 1 University of Saskatchewan (counted as member vs. institution)

If you would like contact information for any institution, please email michelle_eslinger@mail.und.edu

- NCCHA Membership Report
Submitted by Michelle D. Eslinger

Edward Ehlinger appointed as Minnesota's Commissioner of Health

Ed Ehlinger, Director of the Boynton Health Service at the University of Minnesota-Twin Cities, is stepping down to become the Minnesota State Health Commissioner in the administration of incoming Governor Mark Dayton.

While this will be a real loss to those of us who greatly value Ed's leadership and expertise in college health, I think we can be very proud that someone from our field has been chosen for a position like this.

I know all us of on this list send our congratulations to Ed and wish him well as he takes up his new responsibilities later this month.

Jim Mitchell

Director, Student Health Service

Montana State University

2010 NCCHA Annual Conference Scholarship Recipients

Roxanne Antil

I received a scholarship for the NCCHA conference in Oct. Since I am new to college health, by attending this conference was very beneficial to me. It helped me to understand the difference in a college health practice from a general health care facility. It also gave me the opportunity to network and meet a lot of other nurses working in this field and share their experiences. Not only am I new to college health but our health services on campus was just opened 1 year ago. I feel I learned information that I could bring back to our health services that will help in developing our practice and better serve our students. I very much appreciate the opportunity you provided for me to attend this conference. I am excited to continue to expand my knowledge of college health and be able to offer our students quality care.

Thank you,

Roxanne Antil LPN
College of St Benedicts
St. Joseph, MN

Carol Humburg

I just returned from my first NCCHA Conference and would like to express my sincere appreciation for the \$500 scholarship I received allowing me to attend. The conference was well-organized, very informative, and educational. The keynote speakers delivered a powerful message and information for reflection and introspection, a good start to each day. The topics offered were timely and relevant to our clinic. At times it was difficult to decide which of the concurrent sessions to attend. We are following the implementation of IGRA testing for tuberculosis screening and I appreciated the statistics and experiences related by Gayle Nelson from the University of Iowa. We dedicated part of our summer planning time visiting with EHR vendors and the insights offered by Dr. Beasley will be taken into consideration as we plan our EHR purchase and implementation. I appreciated the opportunity to visit with EHR vendors attending the conference as well as staff from other student health clinics who are using their products. My client interview and assessment skills will benefit from attending the sessions on Female Athlete Triad, Eating Disorders, Female Health, Foot Problems, Sleep Disorders, and Eye injuries and Disease. The Q and A portion of the sessions also offered valuable experience and wisdom from peers as was the case in the Meningococcal and Respiratory Viruses Updates.

My background is in acute care and, although I more recently worked in K-12 settings, college health was new to me when I started at the Student Health Clinic three years ago as a PRN nurse. My clinic colleagues have been great mentors and meeting a number of staff from different institutions this last week has given me even more resources to draw from.

I appreciate your financial assistance allowing me to attend my first NCCHA conference and I look forward to sharing the information received with my colleagues at South Dakota State University.

With gratitude,
Carol Humburg, RN, BSN
SDSU Student Health Clinic & Counseling Services

Karina Wittmann

Dear NCCHA Board,

Thank you so much for selecting my application for the scholarship money to attend the NCCHA Annual Conference in Eau Claire, WI this fall. The conference was a very worthwhile experience for me, as I had never attended a conference like this before.

There were so many excellent sessions offered throughout the conference, however two really stood out to me. First, the session entitled "Eating Disorders: Food for Thought". In my position as the Clinical Dietitian within our clinic, I often work with students who suffer from eating disorders, This session was very helpful in creating good open-ended questions to ask these patients, and what I should really be looking for in their answers. With the information I learned from this session, I will also be updating my Intake form so that I will have one specifically focused on patients with eating disorders and will be a more complete and thorough session.

The other session that I found to be the most beneficial was the session entitled "College Health in the New Decade". This session discussed the use of Wellness Coaching in the college clinic. Since people's food choices take many behavior changes, I try to use the Wellness Coaching concept as much as possible in my practice. This session was a great refresher on some of the basics, but also helped me think of some situations differently.

Overall, I thought it was an excellent conference. It was nice to hear what other clinics are doing and challenges that they are facing. Thank you again for this wonderful opportunity and I hope to see you at a future conference.

Sincerely,
Karma Wittmann, IRD
Clinical Dietitian

Ione Jacobs

I am very thankful for receiving a grant that allowed me to attend the NCCHA Conference in Eau Claire, WI. This is my first time attending a conference, having worked at St. Cloud State University for more than 18 years in the lab.

I was especially impressed by the keynote speakers. Kao Kalia Yang truly brought her past alive to the audience. Dr. Richard Swenson also had valuable information on the "everyday overload" and how it affects the health of our students and staff. The reality of the electronic world leaves us with little precious downtime or time to just get back to nature. Another speaker that impressed me was Dr. Ann Laros. She was able to bring humor into the topic of vaginosis and pap smears and keep the audience interested.

Overall, it was a great experience to meet other college health professionals and to hear about their challenges and successes.

Ione Jacobs, MT (ASCP)

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: "youreemail" with your email address):

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

or

Send an email to 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

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.

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 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 of 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 & Public Health & an Entrepreneurship Minor. Currently, I am working on my masters in Public Policy Administration & as a graduate assistant for the Prevention Services Department in the Thielen Student Health Center at ISU. Following graduation I plan to pursue a career in health care administration. As an undergraduate, I became very

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

Tip Of the Day: Detect and Prevent Colon Cancer

Colorectal cancer is highly curable when detected early. Screenings can also prevent colorectal cancer altogether, says the American Cancer Society. This is because some polyps, or growths, can be found and removed before they turn into cancer. Beginning at age 50, both men and women at average risk for developing colorectal cancer should get screened for the disease.

If you have a family history or other risk factors, you may need to start screenings earlier and/or be screened more often.

Discuss screening options with your doctor.

UND Student Health Awarded Provider's Choice

The University of North Dakota Student Health Services was presented with a Providers' Choice Award by the North Dakota Department of Health during an immunization conference held in Mandan August 24 and 25, according to Molly Sander, Immunization Program manager.

Providers' Choice Awards are presented to immunization providers who have made extraordinary contributions towards increasing immunization rates in the state.

The Department of Health received 17 nominations for the Providers' Choice Awards. A panel selected seven people and/or organizations to receive the award, including UND Student Health. Other award recipients were:

- Wanda Kratochvil, Walsh County Public Health – Grafton
- Nita Sherwin, Innovis Health – Fargo
- Chantel Hillius-Kramlich, Medcenter One – Bismarck
- Dr. Rafael Ocejo, Medcenter One – Bismarck
- Altru Health System – Grand Forks
- Custer Health - Mandan

Student Health Services was also recognized for this award at the Healthy UND 10th Anniversary Celebration on Thursday, August 26, 2010. Dr. Robert Boyd, Vice President for Student Affairs,

expressed his appreciation to Student Health Services for protecting the health of the campus community. Student Health administered more than double the amount of Gardasil vaccinations compared to other large institutions. Significant vaccination rate increases were also shown for Tdap (tetanus, diphtheria, and pertussis) and Hepatitis B. Flu vaccinations administered to students, faculty, and staff at campus clinics increased by 244% this past year.

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