

NORTH CENTRAL COLLEGE HEALTH ASSOCIATION

# newsletter

## NCCHA Executive Committee

**JULIE MARTINDALE**  
President

**ERIN BALDWIN**  
President-elect

**JULIANA KAHRS**  
Secretary

**SARA PARRIS**  
Treasurer

**BETH BAAS**  
Membership

**TARA GIRARD**  
Immediate Past President

**BETTY TYWINSKI**  
Member-at-Large, North Dakota

**CHRISTINA NITTI**  
Member-at-Large, Minnesota

**MELISSA MILLER**  
Member-at-Large, Wisconsin

**JULIE WEBER**  
Member-at-Large, Iowa

**DEANNA SARGENT**  
Newsletter Editor

**Happy Spring from the board for the North Central College Health Association!** We are excited to send out this newly formatted newsletter. In this issue you'll find updates about the association, meet the board members and resources surrounding the COVID-19 pandemic.

## ASSOCIATION UPDATES

### FALL NCCHA CONFERENCE CANCELED

Unfortunately, due to the many unknowns on campuses in our region we will not have a Fall Conference. We know many campus might not be allowing travel in addition to the challenges facing health services around the next phases for many campuses.

### SAVE THE DATE: JUNE 9 MORNING CALL COVID-19

We are planning a call for the morning of June 9th for our region regarding how campuses are addressing bringing staff, faculty and students back to campus. See additional information in the newsletter and watch for an email with an invite and more details.

### ACHA GUIDELINES ON REOPENING CAMPUSES AVAILABLE

View the ACHA Guidelines: [Considerations for Reopening Institutions of Higher Education in the COVID-19 Era \[pdf\]](#)

**JULIE MARTINDALE**  
President



Health Director  
Ambrose Health Center

**ACHA MEMBER:** 4 years  
**BOARD MEMBER:** 2.5 years

**WHY YOU SERVE ON THE BOARD:**  
*I get to meet great people that can help me serve the college population - I learn from them. Plus it gives me an opportunity to give back – to help create a group that is supportive, listening, and aimed at serving the students on a campus – whatever size campus that may be.*

**FUN FACT ABOUT YOURSELF:**  
*I had to cancel my wedding this summer due to COVID.*

**ERIN BALDWIN**  
President-Elect



Assistant Vice President for Student Health & Wellness and Director, Thielen Student Health Center

**ACHA MEMBER:** 4.5 years  
**BOARD MEMBER:** 2 years

**WHY YOU SERVE ON THE BOARD:**  
*I enjoy connecting with other college health professionals in the Midwest and having the opportunity to learn from and benchmark with each other.*

**FUN FACT ABOUT YOURSELF:**  
*I never envisioned a career in college health but I love it. Students are the best patient population to work with and I love supporting our team's creativity as they focus on providing holistic health and wellness services.*

**JULIANA KAHRS**  
Secretary



Assistant Director of Health Promotion

**ACHA MEMBER:** 4 years  
**BOARD MEMBER:** First year

**WHY YOU SERVE ON THE BOARD:**  
*To expand and strengthen professional networks*

**FUN FACT ABOUT YOURSELF:**  
*I play the cello.*

**SARA PARRIS**  
Treasurer



Associate Director, Thielen Student Health Center

**ACHA MEMBER:** 1 year  
**BOARD MEMBER:** First year

**WHY YOU SERVE ON THE BOARD:**  
*Because Erin volun-told me. Also because I love college health and want to do what I can to see our schools succeed.*

**FUN FACT ABOUT YOURSELF:**  
*I studied abroad in Olomouc, Czech Republic.*

**BETH BAAS**  
Membership



Director, Student Health and Counseling

**ACHA MEMBER:** 13 years  
**BOARD MEMBER:** First year

**WHY YOU SERVE ON THE BOARD:**  
*I have a desire to give back to ACHA for all the valuable ways they contribute to college health*

**FUN FACT ABOUT YOURSELF:**  
*We have 4 children.*

**TARA GIRARD**  
Immediate Past-President



Health and Wellness Center Director

**ACHA MEMBER:** 6 years  
**BOARD MEMBER:** 3 or 4? years

**WHY YOU SERVE ON THE BOARD:**  
*I have really enjoyed getting to know my peers across the region. They have been invaluable to be professionally when I have questions and personally when we're at conferences having fun! I have also enjoyed better understanding our professional organizations and how they operate, both ACHA and NCCHA.*

**FUN FACT ABOUT YOURSELF:**  
*We are moved into a brand new space on 2/21/20...and I swear a lot.*





**BETTY TYWINSKI**  
Member-at-Large  
North Dakota



Director for Health  
and Wellness Services

**ACHA MEMBER:** 2 years  
**BOARD MEMBER:** First year

**WHY YOU SERVE ON THE BOARD:**

*I value the importance of being actively involved in professional organizations and service groups that directly impact my ability to promote health and wellness on our campus. I have been a nurse for 34 years, but I am new to college health; by being a member of ACHA and a NCCHA Board Member, I have the opportunity to network with and learn from other college health colleagues across the nation, take advantage of the wealth of resources provided by ACHA and encourage my North Dakota colleagues to join ACHA as well.*

**FUN FACT ABOUT YOURSELF:**

*I come from a large farming family – I am one of 11!*



**CHRISTINA NITTI**  
Member at Large  
Minnesota



Director of Health Services

**ACHA MEMBER:** 3 years  
**BOARD MEMBER:** First year

**WHY YOU SERVE ON THE BOARD:**

*ACHA has been incredibly helpful as I've been learning how best meet students' needs and navigate the college health environment. ACHA Connect has been a lifesaver for me. I've met so many amazing and helpful peers through ACHA Connect as well as regional and national conferences. Being on the board felt like a good way to continue learning and give back to the community that has given me so much already.*

**FUN FACT ABOUT YOURSELF:**

*I've driven from Minnesota to the Panama Canal.*



**MELISSA MILLER**  
Member at Large  
Wisconsin



Nurse Practitioner

**ACHA MEMBER:** about 2 years  
**BOARD MEMBER:** 1 year

**WHY YOU SERVE ON THE BOARD:**

*I love the opportunities it provides to connect with others who are passionate about college health.*

**FUN FACT ABOUT YOURSELF:**

*I love animals! I have a rabbit named Stella, a guinea pig named Hank, and a Sulcata Tortoise named Bob. My kids and I sometimes dress up the furry animals in costumes!*



**CONSTANCE WAGNER**  
Member at Large  
Iowa



Nurse Manager  
Infection Control Officer

**ACHA MEMBER:** 5 years  
**BOARD MEMBER:** First year

**WHY YOU SERVE ON THE BOARD:**

*To learn more and to be engaged in helping others learn*

**FUN FACT ABOUT YOURSELF:**

*I like to run half marathons, although I am very slow.*



**DEANNA SARGENT**  
Newsletter Editor



Communications and  
Marketing Manager,  
Student Health and Wellness

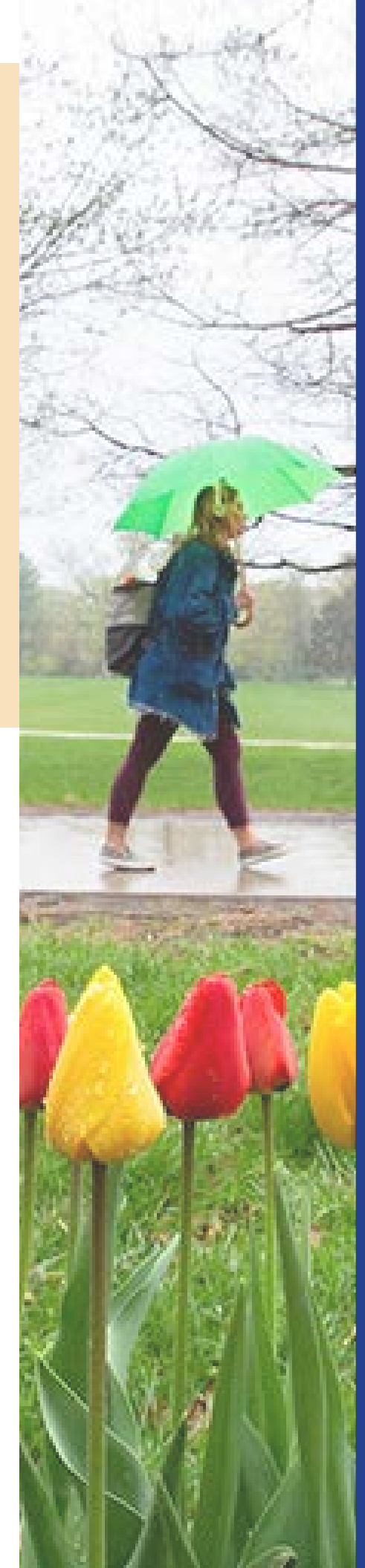
**ACHA MEMBER:** 1 year  
**BOARD MEMBER:** First year

**WHY YOU SERVE ON THE BOARD:**

*Other duties as assigned. Just kidding. I enjoy volunteering for organizations and I find its the best way to learn more about them. As a non-medical person, it's fun to learn more about college health and how it impacts the success of students.*

**FUN FACT ABOUT YOURSELF:**

*My former position before joining Iowa State University, I was the Director of Marketing and Communications for the Des Moines Metro Opera. I do not have a musical bone in my body!*





# COVID-19 GLOBAL PANDEMIC

## REOPENING POST-COVID CONFERENCE CALL FOR OUR REGION:

**June 9th, morning**

One person from each college would give a 5-min report to share what they are doing for re-opening.

Questions to consider:

- How are schools making their decisions?
- What guidance are they using?
- Is Health Services at the table?
- Are you requiring masks or cloth face coverings?
- How are decisions on quarantining students being made?
- Will your campus be testing students/faculty/staff?

### RESOURCES:

ACHA: [Considerations for Reopening Institutions of Higher Education in the COVID-19 Era](#)

KUALI: [Higher Education Return to Campus Guide](#)

PREVENT EPIDEMICS: [When and How to Close due to COVID-19 Spread](#)

JOHNS HOPKINS: [Public Health Principles for Phased Reopening During COVID-19: Guidance for Governors](#)

NCAA: [Core Principles of Resocialization of Collegiate Sport](#)

## GRANT & SCHOLARSHIP WINNERS

North Central College Health Association (NCCHA) awarded three scholarships in the amount of \$1,000 in 2020. The scholarships are awarded to encourage attendance and participation at the national American College Health Association (ACHA) Conference. **Due to COVID19 and the cancellation of the conference, we are allowing winners to use towards a future conference, CEUs, or CHWP certification.**

NCCHA also awarded a grant in the amount of \$500 to a college student group or organization in support of a college health project of program in 2020.



**HELEN LUCE  
DO**

University of Wisconsin  
Stevens Point, WI

**KATE JEFFERIES  
RN**

University of Wisconsin  
Whitewater, WI

**BETTY TYKWINSKI  
RN, MSN**

Valley City State University  
Valley City, ND

**Briar•Cliff  
UNIVERSITY**

**SEXUAL ASSAULT AWARENESS AND  
PREVENTION MONTH**

Sioux City, IA

**CONGRATULATIONS!**