

**SPECIAL POINTS
OF INTEREST:**

- Letter from the President
- Spotlight-Kim Cullers
- OCHA annual conference

Social Media

The OCHA website is a great place to get information.

The address is:

www.acha.org/ocha

The American College Health Association and the Journal of American College Health Association both have facebook pages. Just click "like" to join.

Ohio College Health Association

VOLUME 1, ISSUE 1

WINTER 2013

A Message from OCHA President

Well here we are again, in the heart of another semester of college health, busy with new and returning students. My hope is that clinics are up and running smoothly with students that are thankful and aware of the great services you provide. Sometimes, if not most, our students don't realize the ease of college health services until after graduation. It's when they make that first call to a Physician's office and they schedule an appointment that is three weeks out, not the next day. Or they must take a prescription to the pharmacy and wait...what? An entire hour? For it to be filled. AND then...the bills start coming in, not only for the visit but for the medicine too?

And the OTC they used to get free from you needs to be paid for now? What is the world coming to? Our role in our patients/ students lives may seem small, but I believe the services we provide, the care we administer and the education we ensure with every visit make a huge impact!

I would love for you to consider being a part of our OCHA board. We are a team of college professionals whose goal is to facilitate communication between Ohio college health professionals, create a link between our OCHA affiliate and ACHA and plan and implement our annual conference or meeting. We meet four times a year at various colleges/universities around the state. Please contact any board member if you have questions or are considering running for a position.

Welcome to our new board members and thank you in advance for your service to OCHA and college health.

Members at Large:

Michelle Bangen, Wellness Coordinator, The Ohio State University

Monica Yost Kiss, Associate Director of Women's Health Advocacy, Case Western Reserve University

Tara Clymer, RN, The University of Findlay

Last but not least I would like to personally invite you to our annual OCHA conference in April. If you haven't attended in the past or it's been awhile since you have, we would love to spend the day with you. There's something about having other college health professionals all in one place that is exciting, reassuring, encouraging...and down right fun!! Our OCHA president elect, Kim Cullers is busy planning this event, full of speakers, collaborative time and enrichment. Save the Date—April 4, 2014.

Happy to be in the trenches with you-

Julie Yingling, OCHA President

SPOTLIGHT



Kim's favorite vacation would be Thanksgiving dinner on the beach in Jamaica with her husband.

Please join the OCHA listserv! It is a great networking tool for college health professionals. Please send your name and email to

yinglingj@findlay.edu. You will then begin to receive messages sent to our list by college health colleagues in the area.

If you would like to send a message to the entire list you may do so at

ocha-1@lists.findlay.edu

The executive board listserve address is

ocha-exec@lists.findlay.edu

Kim Cullers, CNP is the Director of the Health Center at Kenyon College and has been there for 5yr. She is married to Mike for 24 years and they have one daughter, Hanna, who is 23. They have a very adorable Yorkshire terrier, Mickey (to replace daughter when she left for college!) Kim says the best part of her job is seeing the growth and maturity in college students from Freshman to Senior year. The worst part of her job is re-assuring anxious parents. In her free time, Kim likes to hike, camp, knit, ski and travel. Some of Kim's bucket items include: participate in a medical mission trip to Africa, knit a sweater without mistakes, publish an article, and live out of a deluxe RV for a year. The person she most admires is her husband. "He is the strongest person I know, and is the glue that holds our family together." "He has an incredible ability to make me laugh and challenges me to live outside of my comfort zone." Kim's favorite way to wind down is a hike in the woods with her dog, followed by a large piece of chocolate cake (or at this time of year..anything pumpkin!!) Kim's favorite vacation would be Thanksgiving dinner on the beach in Jamaica with her husband.

Mini-grant Applications Available



The Ohio College Health Association will award ONE \$1,000 mini-grant for the 2014-2015 academic year.

Application deadline is January 31, 2014.

The winner will be notified by the end of February 2014.

YOUR Foundation Board Members Recognize YOU!

The ACHF Board of Directors congratulates you for your leadership in helping to advance the field of college health. The American College Health Association is thriving because of the leadership skills you volunteer to contribute in committees, task forces, sections and official elected positions. It's the creativity, commitment, dedication and unselfish giving of your time and energy that keeps ACHA growing.

Likewise, Board members of the American College Health Foundation are volunteers as well. The success we have enjoyed through our fund raising efforts the past 25 years since the Foundation was established enables us to "give back" annually a substantial amount of money to help support our members various wants and needs.

As a recognized ACHA leader, you are invited to help us grow the Foundation in order to assist the field of college health to keep advancing by adapting to the changing health care environment and students' changing health needs. Let's put the "you" in YOUR Foundation. Please help us spread the word about the Foundation, the gift-giving opportunities and the various financial awards available annually to ACHA members for various forward-reaching projects intended to make a difference to college health workers and the students we serve.

The ACHF section of the ACHA website is chock-full of descriptions about the various Funds and the Awards available...the Funds for receiving, the Awards for giving. (<http://acha.org/ACHF/index.cfm>) Please join us in spreading the word about the Foundation, both its purpose and value and help promote and continue the legacy of giving by ACHA leadership. For more information, contact the ACHF Office at mproudfoot@acha.org or one of the ACHF Board members listed below. Thank you!

Connie Crihfield, BSN, MSN – Chair
J. Robert Wirag, HSD- 1st Vice Chair
Ralph A. Manchester, MD – 2nd Vice Chair
Pamela A. Bowen, MD, MPH – Treasurer
Nancy Anderson, BSN, RN, BC
Jackie Ayers, PhD

Sacared Bodison, MD, MBA
John Dorman, MD
Alan I. Glass, MD
Dana Mills, MPH, FACHA
Peggy Veesser, EdD, FNP
Stephan D. Weiss, PhD

Current OCHA Board Members

Julie Yingling-President, The University of Findlay
Denise Smith-Past President, Mount Vernon Nazarene Univ.
Kim Cullers- Pres. Elect, Kenyon College
Heidi Bobek-Vice President, Capital University
Barbara Dudley-Secretary, Ohio Dominican
Lois Wells-Treasurer, Case Western Reserve, Retired
Michelle Bangen-Member-at-Large, The Ohio State University
Monica Yost-Member -at-Large, Case Western Reserve
Karen Borneman-Member-at-Large, Cleveland State Univ.
Tara Clymer-Member-at-Large, The University of Findlay
Marsha Tilden-ACHA Region III Rep., Ohio Wesleyan Univ.

SAVE THE DATE

2013 Annual OCHA Meeting

Friday April 4, 2014

**It will be on the campus of
Ohio Dominican University.**

More details to come later



Nominations for ACHA Awards



Recognize Your Exceptional Colleagues, Students, and College Health Programs By Nominating Them for an ACHA Award or Fellow Distinction!

Each year, ACHA Awards and Fellows distinctions are granted to college health professionals who have made extraordinary contributions to ACHA and/or the field of college health.

We invite you to continue this tradition by nominating your talented colleagues. Through the awards and fellows program, ACHA recognizes students, college health professionals (including [those new to the field](#)), and [college health programs](#).

ACHA Awards, Affiliate New Professionals Award, and Fellows nominations must be postmarked or emailed by **January 7, 2014**.

For complete details on the criteria and procedures for submitting a nomination, visit www.acha.org/For_Members/Awards_Fellows.cfm. A detailed description of each award is available.

Questions? Please contact Rachel Mack at the ACHA national office at 410-859-1500, ext. 234, or rmack@acha.org