



October 2020

A Message from the President

Welcome to the fall semester to all our members!

As was announced back in March, due to the COVID-19 pandemic, the PCCHA Executive Board unanimously voted to suspend any Board spending and activities until at least August 2020. We recently got back together and decided we'd like to hear from our members as to how you want to receive support from our Executive Board. Please stay tuned for a short survey that will be sent at a later date so we can better understand what our members would like to see.

We know this pandemic has been exceedingly difficult to navigate and has put each of us and our Institutions in a place we never could have conceived of. I hope each and every one of you will find additional strength within yourself having faced these challenges and overcome unthinkable obstacles.

The Executive Board also feels it is critical to continue planning for the future of the affiliate knowing we need to recruit volunteers to participate on the Executive Board. Please consider reaching out beyond your university or college and participate in a broader scope to support our entire membership of the Pacific Coast College Health Association. Even if you don't consider yourself a leader, there are critical Board positions that could use your help and the professional growth opportunities are real. Feel free to contact me at any time if you'd like to discuss what participation looks like.

Stay safe and be well!

Sincerely,

Donna Hash
PCCHA President
Washington State University
hashd@wsu.edu

PCCHA Board Vacancies

Affiliate Members!

We have several exciting PCCHA Board positions to fill. Please help us spread the word to fill two key positions: **Secretary** and **Historian**. Each are two-year positions. Please email PCCHA President Donna Hash at hashd@wsu.edu if you are interested or would like more information about these positions!

Arizona State University's Virtual Wellness Programs

PCCHA's Vice President-Elect Christiana Sletten graciously shares with us her Arizona State University Wellness Offerings for the COVID-19 era.

From Christiana Sletten:

We are focused on supporting students in building healthy habits and healthy lifestyles to obtain academic success. We do this by encouraging students to “Build Your Best You” through the recognition that wellness in an individualized journey for each student. This is our version of the “wellness wheel” and includes four categories: Live, Feel, Learn and Engage.

- *Live:* Improve your physical well-being by making healthy choices on a daily basis – staying active, eating healthy, sleeping 8-10 hours per night and routine health care can help you to live a healthy lifestyle.
- *Feel:* Your emotional, mental and spiritual well-being matter. Accept your feelings as true and uniquely yours. Seek support and ask for help when you need it.
- *Learn:* Your mind is naturally curious. Learn something new every day to allow yourself to see the world as full of learning opportunities to elevate your health, as well as society's.
- *Engage:* Engage in conversations and experiences with diverse individuals and groups.

[View the virtual offerings here.](#)

ACHA COVID-19 Resources

The [ACHA COVID-19 Weekly Updates](#) contain up-to-date resources on topics such as proper mask cleaning, testing and contact tracing, preparing for the second wave, mitigating isolation and loneliness, and best practices in sexual health promotion in the COVID-19 era.

Yours in Health,
Cynthia Mauzerall
PCCHA President-Elect

Closing the Gap: Strategies to Promote Health Equity and Racial Justice on Campus

Virtual Summit | October 27–28, 2020

ACHA members receive discounted registration!

RESERVE YOUR SPOT TODAY



Get Your Affiliate News in The Source!

Did you know that more coalition, affiliate, and section news also appears in each issue of The Source, ACHA's weekly e-newsletter? Check out the "Networks Announcements" section to see what your groups are up to!



This email was sent to you from the American College Health Association National Office. To unsubscribe or manage your subscription options, please [click here](#).