

# CENTRAL COLLEGE HEALTH ASSOCIATION

SPRING 2024  
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Newsletter



This picture was taken at the Meeting of the Minds. People from left to right: Andreea Baker, May Smith, Kelly Jirovec, Ruth Srna, Jaime Sharp, Jaime Shutter and Gracye Kauffman



As the fresh breeze of spring begins to swirl around us, we're reminded of renewal and growth. Here at the Central College Health Association, we're embracing this season of transformation with open arms, ready to dive into new initiatives, share inspiring stories, and collaborate on future endeavors. Our mission to cultivate wellness is more vibrant than ever, and we're excited to involve each of you in this journey of health and discovery.

Dear Members of the CCHA Community,

Greetings! Over the past months, our collective efforts have propelled the Central College Health Association to new heights, fostering initiatives where wellness is not just hoped for, but cultivated.

Our upcoming participation in the Meeting of the Minds in collaboration with Partners in Prevention from April 4-6, 2024, in St. Louis, MO, promises to be a landmark moment for our association. Here, we will showcase initiatives that embody our commitment to health and well-being.

Furthermore, the unveiling of the CCHA Strategic Plan is upon us. This blueprint for the future not only reflects our mission and values but also outlines the path forward in nurturing healthy campus communities.

Your voice and participation are crucial in this journey. Together, we can shape a future where every student's well-being is a priority.

As we look ahead, I invite you to dive deeper into these initiatives, join our discussions, and contribute to our mission. Your engagement and expertise are what make CCHA a beacon of health and wellness in higher education.

Thank you for your continued support! I hope you all enjoy this newsletter!

For more details and to become an active part of our journey, visit our website [acha.org/ccha/](http://acha.org/ccha/)

With warmest regards,  
Jamie Shutter, President, CCHA

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## EXECUTIVE COMMITTEE



### Cheri LeBlanc, MD

Cheri LeBlanc is the immediate past president of CCHA. She currently works at the Washington University in St. Louis as the Executive Director of the Student Health Center. She has spent her career caring for students at various institutions across Canada and the US.

Cheri has been with us for several years and has worked hard to strengthen the clinical presentations at our annual CCHA meetings.



### Jamie Shutter, MEd

Jamie Shutter is the CCHA President and Executive Director of Student Health & Well-Being at the University of Missouri. With a history of several roles in ACHA and 29 years at the University of Texas, including seven as Executive Director of University Health Services, she's a seasoned college health professional. Jamie, holds degrees in community health education from Southern Illinois University at Carbondale. Jamie enjoys endurance activities and lives in the Midwest with her husband and two daughters, after over 30 years in Texas.



### Andrea L. Kimura, MEd, CHES

Andrea Kimura is the vice president of CCHA. Andrea, Health Educator at the University of Missouri-Columbia has 13+ years experience in higher education and advocates for wellness from a holistic perspective. Her multi-level work in data analysis, recognizing emerging trends from research, and employing best practices increases access thus supporting a healthy campus. She served as the Health Promotion Section Planner 2021-2023 and currently sits on the ACHA Bylaws Committee.



### Jamie Sharp, MS, RN, MLAC

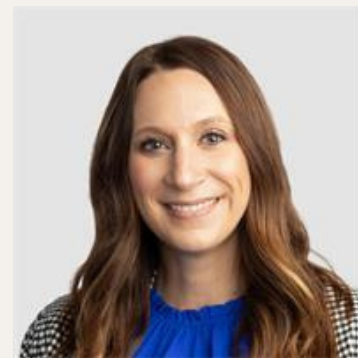
Jamie Sharp serves as the Secretary of CCHA. She currently works at the Butler Community College, Kansas as the Director of College Health Services. She has her BSN along with an MS in Addiction Counseling. Jamie's past roles include Kansas Member at Large, VP, President, and Past-President.

She has been involved in CCHA for about 9 years and is passionate about helping students achieve their wellness goals so they can be successful in life.



### Heidi Garcia, MSE

Heidi Garcia is the Treasurer for CCHA. Going on her 17th year, she works at the University of Kansas as the Director of the Health Education Resource Office. She is a member of CCHA since 2008. Heidi is known for her passion and commitment to helping others. During her time with CCHA, she has played a crucial role in networking efforts, coordinating events, and creating a strategic plan. Her focus is on supporting students so that they can thrive in and out of the classroom.



### Andreea Baker, RN, BSN, MSN

Andreea currently serves as Vice President on the ACHA Board of Directors for the 2023-2025 term. Starting as a member-at-large for Nebraska, she progressed to Vice President, President, Past President, and Region 2 representative, liaising with CCHA, NCHA, and RMCHA. She is the Director of Health and Wellness at Doane University, Nebraska.

Married to Jeff, they have two children, Cayden and Graham, and live on a farm with a cow, three dogs, seven goats, and several cats; their favorite is named Kevin. Andreea, a nurse for 15 years, has specialized in college health for 11 years.



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## EXECUTIVE COMMITTEE



**Kathleen Claxton,  
MBA**

Kathleen Claxton, with two years as Missouri's member-at-large for CCHA, works at the University of Missouri-Columbia's Wellness Resource Center, emphasizing harm-reduction and student learning. Holding an MBA focused on Health Care from William Woods University and a Business Administration bachelor's from Columbia College, she's committed to student wellness. Kathleen excels in advising student groups from underserved communities, fostering their sense of connection and involvement within their peer groups.



**Jodi Seals,  
EdD**

Jodi is the mental health promotion specialist at Washington University St. Louis. She earned her Doctoral Degree in Health Promotion from the University of Kentucky in 2012 with a research specialty in food security and nutrition. She also holds a Master's Degree in Educational Counseling from the University of Massachusetts. She attended the College of the Holy Cross for her undergraduate work where she graduated with a Bachelors in Mathematics and pre-medical concentration. Jodi has been involved in CCHA for the last year.



**Simran Bhatia,  
MS**

Simran leads the communication and marketing efforts of CCHA and is also involved with the broader community through her involvement with ACHA. Currently, she holds the position of Senior Organizational Health Education Specialist at Missouri S&T.

Her academic journey has allowed her to contribute to various scholarly works, including project reports for UNICEF. At the heart of her efforts is a commitment to supporting positive change and enhancing health and well-being in our communities.



**Grayce Kaufmann,  
RN, BSN**

Grayce Kaufmann has contributed to the CCHA board as the member-at-large for two years, enhancing interprofessional connections and promoting the Meeting of the Minds conference. With a Bachelor of Science in Nursing from Bethel College and currently pursuing an MSN-FNP at Rockhurst University, she works part-time as a nurse at Butler Community College's health clinic.

Committed to the transformative power of education, she is also a devoted mother of three, actively engaging her family in exploring diverse cultures and perspectives.



**May Smith,  
RN, BSN**

May Smith has served as a member of the CCHA for 6 years and serves as Member at Large. She heads the Student Health Clinic at Midland University and is passionate about promoting the health and well-being of students through prevention, education and treatment of illness and injury. Her goal is to empower students to be advocates for their health and well-being throughout their lifespan.



**Karri Ahlschwede,  
RN, BSN**

Karri Ahlschwede is the Director of Student Health Services at Nebraska Wesleyan University. She currently serves CCHA as the Nebraska Member at Large and has been a member of ACHA since 2022. She is a registered nurse with a background in OB and Women's Health at Bryan Health.

Karri has 7 children, 3 grandchildren, and enjoys spending time with her Pugs, goats, horses and chickens on the family acreage. Karri co-founded a Nebraska nonprofit organization called Pediatric Cancer Action Network (PCAN) in August 2014!

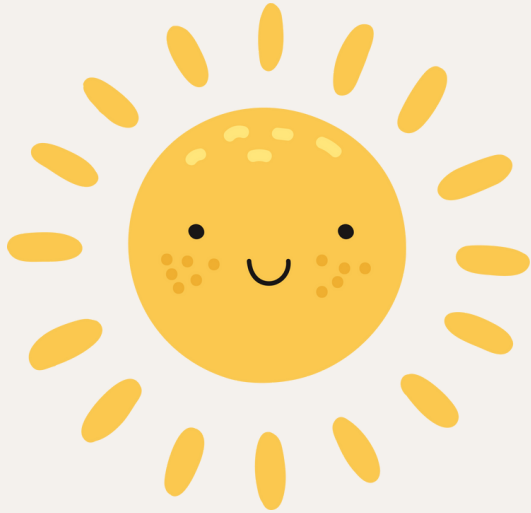




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## BOOST YOUR WELL-BEING

### Spring Forward - Benefits of Embracing the Outdoors



Spring heralds a season of renewal, longer days, and a resurgence of life making it the perfect time to reevaluate and rejuvenate our well-being. The milder weather and blossoming landscapes provide a canvas for activities that nourish the mind and body.

Embracing the outdoors during spring can significantly enhance our physical health. Sunlight, more abundant in spring, is essential for synthesizing Vitamin D, which is pivotal for bone strength and immune function. It also aids in regulating our natural sleep-wake cycles, leading to better sleep patterns and improved mood. But the benefits don't stop there. Engaging with the great outdoors, whether through a brisk morning walk, cycling, running, or even light gardening, is a natural mood enhancer. Physical activity in the open air is known to combat stress and anxiety, providing a sense of calm and relaxation that's hard to find in our often hectic daily routines.

Moreover, spring's invitation to the outside world is also an invitation to community and connection. Participating in group hikes, outdoor classes, or neighborhood clean-ups can enrich our social lives, fostering feelings of belonging and happiness. With its inherent beauty and serenity, nature offers a unique setting for building and nurturing relationships.

This spring, challenge yourself to integrate outdoor activities into your schedule. Whether it's a new morning routine that includes a short walk in the sunlight, running, joining a local outdoor fitness class, or simply spending time in a park, the shift can significantly improve your mental and physical health.

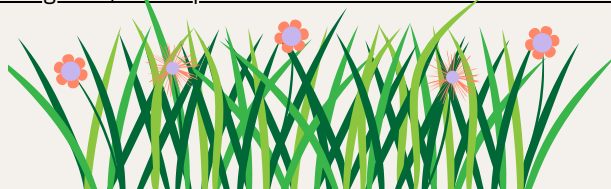
Remember, it's about small, manageable changes. Start by finding moments to step outside, breathe fresh spring air, and appreciate the natural beauty around you. Let the energy of spring inspire a healthier, happier you.

Looking for ideas to get started? Explore local parks, community gardens, or even your backyard. And for those seeking guided outdoor adventures, consider apps like TrailFinder, offering personalized recommendations for local walks and hikes.

As you enjoy the rejuvenating power of spring, embrace mindfulness by appreciating the small wonders of nature. The fresh bloom of flowers, the sound of birdsong, and the warmth of the sun can all contribute to a serene and more joyful state of mind. Let's welcome spring by stepping into nature and a healthier version of ourselves.

Research references - Getting out in nature supports wellness mentally and physically:

- [NatureRx@UMD: A Review for Pursuing Green Space as a Health and Wellness Resource for the Body, Mind and Soul](#)
- [Minimum Time Dose in Nature to Positively Impact the Mental Health of College-Aged Students, and How to Measure It: A Scoping Review](#)
- [Associations between green/blue spaces and mental health across 18 countries](#)





This picture was taken at the ACHA Annual Meeting in San Diego, CA. People from left to right: Andreea Baker, Heidi Garcia, Arie Baker, Cheri LeBlanc, and Jaime Shutter



This picture was taken at the Meeting of the Minds. People from left to right: Cheri LeBlanc, Jaime Sharp, Andreea Baker, and Jaime Shutter

## MEETING OF THE MINDS - ANNUAL CCHA MEETING

Meeting of the Minds is an annual health, safety, and well-being conference designed to help campus professionals address the critical health behaviors of college & university students.

The conference brings together student peer educators, student affairs professionals, campus and local law enforcement and public safety professionals, campus counseling, health, and well-being professionals, and alcohol and other substance misuse prevention professionals for three days of professional development, educational sessions, and networking!

The Central College Health Association takes immense pride in sponsoring the Health and Well-Being track.

By participating, you join a dedicated community eager to exchange ideas, share best practices, and pave the way for innovative health strategies on campuses across the states. Visit: <https://www.mopiptraining.org/mom/index.html> for more details.



When: **April 4-6, 2024**

Where: **St. Louis Airport Marriott**



### CCHA Scholarship Information for attending Meeting of the Minds

Central College Health Association offers three \$500.00 stipends annually to encourage attendance and participation in the CCHA annual conference.

- Stipend is extended to individuals who have not attended the CCHA annual meeting in the last two years.
- Priority is given to one individual from each state. Multiple applications from the same state will be selected by lottery method.
- Stipend is applicable to CCHA annual conference registration only.
- For more information visit: [bit.ly/CCHAGrants](http://bit.ly/CCHAGrants)

#### 2024 Scholarship Recipients:

- Christina Kirkendoll, Central Methodist University
- Courtney Swoboda, University of Central Missouri

### Frequently Asked Questions

#### Q1: What is the Central College Health Association (CCHA)?

A1: The Central College Health Association (CCHA) is a multidisciplinary organization dedicated to college health and wellness for the purpose of student success. The organization creates opportunities for advocacy, education, and collaboration to promote development and cultivate leadership.

#### Q2: Who can join CCHA?

A2: Anyone who joins ACHA is automatically added into their regional affiliate.

#### Q3: What are the benefits of joining CCHA?

A3: **Networking:** Connect with college health and wellness professionals, sharing insights and best practices.

**State-Level Connections:** Access a network within your state for collaboration and sharing of resources.

**Resources:** Utilize a wealth of information and tools dedicated to enhancing college health and well-being.

Joining CCHA enhances your professional growth and enables you to significantly impact student health.

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## STORIES OF IMPACT



### PROGRAM GENERATING IMPACT

Read about how Simran started the Grit and Resilience Workshop Series at Missouri S&T to help students bounce back from setbacks and achieve their goals with determination!

Since its inception in Fall 2022, the Grit and Resilience Workshop Series at Missouri University of Science and Technology has significantly enhanced student success and well-being. This pioneering program, grounded in scientific research and evidence-based practices, emphasizes developing qualities such as grit, passion, perseverance, and resilience. These focus areas have led to notable improvements in students' abilities to overcome academic and personal challenges. Due to its effectiveness, the program has expanded to include a comprehensive colloquium for a deeper exploration of these transformative skills, serving as a model aiming to cultivate a resilient and motivated student body.

Simran Bhatia, who spearheaded this series, invites collaboration from those interested in implementing a similar program on their campuses. For information on adapting the Grit and Resilience Workshop Series to meet your institution's specific needs, contact Simran at [simran.bhatia@mst.edu](mailto:simran.bhatia@mst.edu). Let's work together to prepare our students not only for academic achievements but also for a thriving, resilient future.

### PEOPLE GENERATING IMPACT

Let's Meet: Joan Masters



Joan Masters is the Senior Project Director at Missouri Partners in Prevention. She is a member of the Student Health and Well-Being staff at the University of Missouri.

Missouri Partners in Prevention is a consortium of Missouri colleges and universities dedicated to creating healthier and safer campus communities. Joan directs the annual Meeting of the Minds, which also serves as the annual CCHA meeting.

**What do you enjoy most about your work?** As part of my work, I most enjoy helping campuses make connections with each other to share resources and mentor new professionals.

**What do you do for fun?** I am a mom to two boys, 18 and 12, who are active in sports and school activities. I am also the wife of a high school football coach, and I run a middle school flag football league in my free time. Therefore, a lot of my free time involves volunteering with youth sports and watching my family members' sports activities.

**What is something that others may not know about you?** I love to cook and bake!

**What is the best advice you have ever received?** Just keep swimming. Behavior change is a marathon and not a race. Keep moving forward, no matter how slow.

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## MINDFUL MOMENTS

### Quick and Easy St. Pat's Recipe **GREEN GODDESS HUMMUS** from Forks Over Knives

#### Ingredients:

- ¼ cup tahini
- ¼ cup fresh lemon juice (about 1 large lemon's worth)
- 2 tablespoons olive oil
- ½ cup roughly chopped, loosely packed fresh parsley
- ¼ cup roughly chopped, loosely packed fresh basil
- 2 to 3 tablespoons roughly chopped green onion
- Garlic powder, to taste
- ½ teaspoon salt, more to taste
- One (15-ounce) can of chickpeas/garbanzo beans, drained
- Water as needed



- Combine all ingredients (except water) in a food processor or high-powered blender and blend until creamy. Add water one tablespoon at a time while blending as needed to make it even creamier.
- Serve with chips, veggies, or on a sandwich! Store hummus in an airtight container and refrigerate for up to one week.

## NATURE-INSPIRED YOGA MINI-FLOW

Connect with the serenity of nature through this brief, nature-inspired yoga sequence. Ideal for integrating into a busy day, this flow invites you to embody the calming elements of the natural world.

#### Tree Pose (Vrksasana)

Stand rooted on one foot, with the other pressed to your ankle, calf, or inner thigh. Hands can meet at the heart or reach towards the sky, mimicking a tree's branches swaying in the breeze.

Feel grounded and stable, fostering a sense of growth and balance.



#### Child's Pose (Balasana)

Fold forward from a kneeling position, extending your arms ahead or resting them by your sides, forehead touching the ground.

Surrender to the support of the earth beneath you, reminiscent of a seed safe in the nurturing soil.



#### Cobra Pose (Bhujangasana)

Lie on your stomach, hands under your shoulders. Press into your hands and lift your chest off the ground, keeping your elbows close to your body. Feel the stretch in your chest and the strength in your back, embodying the powerful rise of a snake.



End your practice with a few moments in Corpse Pose (Savasana), lying on your back with arms and legs relaxed, allowing the energy of your practice to integrate and the essence of nature to envelop you in calm.

This concise sequence is designed to reconnect you with the calming, grounding presence of nature. Pair each pose with a visual of its natural inspiration to deepen the experience, allowing the imagery and the physical practice to bring a moment of tranquility to your day.

**Let this practice remind you of the connection between your inner-self and the vastness of nature around you.**

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# PROFESSIONAL DEVELOPMENT

## Annual Meeting of the American College Health Association



The ACHA 2024 Annual Meeting is the ultimate conference for campus health and wellness stakeholders to get the insights and knowledge they need to enhance their campus health and wellness programs and advance student well-being.

### KEY DETAILS:

When: **May 28-June 1, 2024**

Where: **Atlanta Marriott Marquis, Georgia**

- 150+ Educational Sessions and Workshops
- 50+ Poster Presentations
- Attend sessions led by experts in the field and gain access to the latest best practices, research, trends, and innovations in college health.

Early bird registration is still open! Register at <https://registration.experientevent.com/ShowACH241>



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