

NORTH CENTRAL COLLEGE HEALTH ASSOCIATION

# newsletter

## NCCHA Executive Committee

**BRIAN VANDERHEYDEN**

President

**VACANT**

President-elect

**DIANA SORAN**

Secretary

**SARA PARRIS**

Treasurer

**BETH BAAS**

Membership

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Immediate Past President

**JESSICA SHANNON**

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**JENNIFER JACOBSEN**

Member-at-Large, Minnesota

**BETTY TYWINSKI**

Member-at-Large, North Dakota

**MARIAH WEBER**

Member-at-Large, South Dakota

**LOGAN EDWARDS**

Member-at-Large, Wisconsin

**DEANNA SARGENT**

Newsletter Editor

## A Message from our Leadership

### Hello fellow ACHA Members!

I hope the Fall semester has started off well for everyone and you all had a relaxing summer! I wanted to introduce myself to the North Central College Health Association community as your current President-Elect. I am so excited to be in this role and serve alongside so many talented professionals in our region.

First, and this cannot be understated, **thank you** for all that you do! Our work has never been more important as we continue to work through various public health challenges including systemic racism, acts of violence and mass shootings, COVID-19 pandemic, disinformation campaigns, and more. Our work is important, complex, and ever evolving. I am so thankful to have the NCCHA and broader ACHA community to lean on as we work together to address these challenges and create equitable, health promoting environments for our campus communities.

I know the past few years have been busy for all of us and NCCHA was not able to hold some of our traditional professional development opportunities as we could in years prior. However, we are now at a space where we can start planning for these opportunities again and we wanted to share with you all some of our upcoming goals for the year.

1. *Increase knowledge of ACHA resources and the NCCHA organization among NCCHA members through various communication strategies.*
2. *Increase knowledge on college health and wellbeing best practices among NCCHA members through professional development engagement opportunities.*
3. *Increase institutional membership and individual member involvement in NCCHA among our region institutions through various recruitment strategies.*

We are excited for the new year to begin and we will continue to share out communication and information with you all during the year. If you have any questions, or would like to get more involved in NCCHA, we are always looking for folks to help out. Be sure to let us know and we will get you connected.

**Be well!**

**Brian Vanderheyden (he/they)**  
NCCHA President

nccha

North Central College Health Association







# LUNCH & LEARN

If you have additional topic ideas or want to volunteer for future Lunch & Learns please contact Brian Vanderheyden, ([brianv1@iastate.edu](mailto:brianv1@iastate.edu)).



## STUDENT MEMBERSHIPS

Did you know that Students can join ACHA through their college or university's membership for FREE? And college students love to hear the word FREE!

Student members will have access to the same member benefits including access to resources and information that will help them grow in their field of study.

Do you know a student that should join? Head over to the [ACHA website](#) and get them started today. Then nominate them to be a part of the Executive Board.

## FALL 2023 REGIONAL CONFERENCE

Just a quick plug that plans are underway for a Fall 2023 NCCHA conference. It has been too long since we have been together as a region and will be looking forward to learning and networking with all of you next fall!



## ENJOY A WELLNESS WALK ON YOUR CAMPUS



## EXECUTIVE BOARD OPEN POSITIONS

We are asking for nominations from the membership for the open positions on our Executive Board. Please see below for the positions and **please contact Brian Vanderheyden, ([brianv1@iastate.edu](mailto:brianv1@iastate.edu)) if you are interested in serving.**

**President Elect** (*One Year Term, through 11/2022*)  
*Accepting Nominations*

**Student Representative (2)** (*No term*)  
*Accepting nominations*



# COLLEGE HEALTH



# ACHA CONNECT AND LISTSERVS

*Contributed by: Beth Baas, RN, BSN*  
*NCCHA Membership*  
*Director, Student Health and Counseling, Dordt College*

American College Health Association provides a variety of ways for its members to connect with others; if you are like me, sometimes the choices can feel confusing. Here’s an attempt to un-muddy the waters.

## ACHA CONNECT

This is essentially a more robust listserv and is supported by ACHA. This online member community **for ACHA members** helps you to connect with other members, participate in discussion groups, and share resources.

ACHA Connect offers many **user-friendly features** including:

- Online discussion with multiple options for viewing messages and participating in conversations according to your individual preferences.
- Searchable member profiles with privacy options that allow members to decide exactly what information to share and with whom. You’ll have instant access to your ACHA contacts!
- Resource libraries that allow members to share documents and information with others. No special technical skills are required – it’s a simple as attaching a document. You can even share large files without cluttering your inbox!
- ...and much more!

### CLICK HERE TO GET STARTED!

Questions or comments about ACHA Connect? Let them know by emailing [contact@acha.org](mailto:contact@acha.org).

ACHA Connect allows you to choose which “Communities” you would like to be a part of:

- Member Forum
- Health Promotion
- Higher Education COVID-19 Community of Practice
- Travel Health Coalition
- Healthy Campus



## ACHA LISTSERVS

The ACHA listservs digests contain only listserv posts; they do not contain ACHA Connect posts, as these are separate forums. The ACHA listservs are a carry-over from before ACHA Connect was implemented. ACHA opted to continue to host the listservs as a courtesy to those in the field who are not ACHA members.

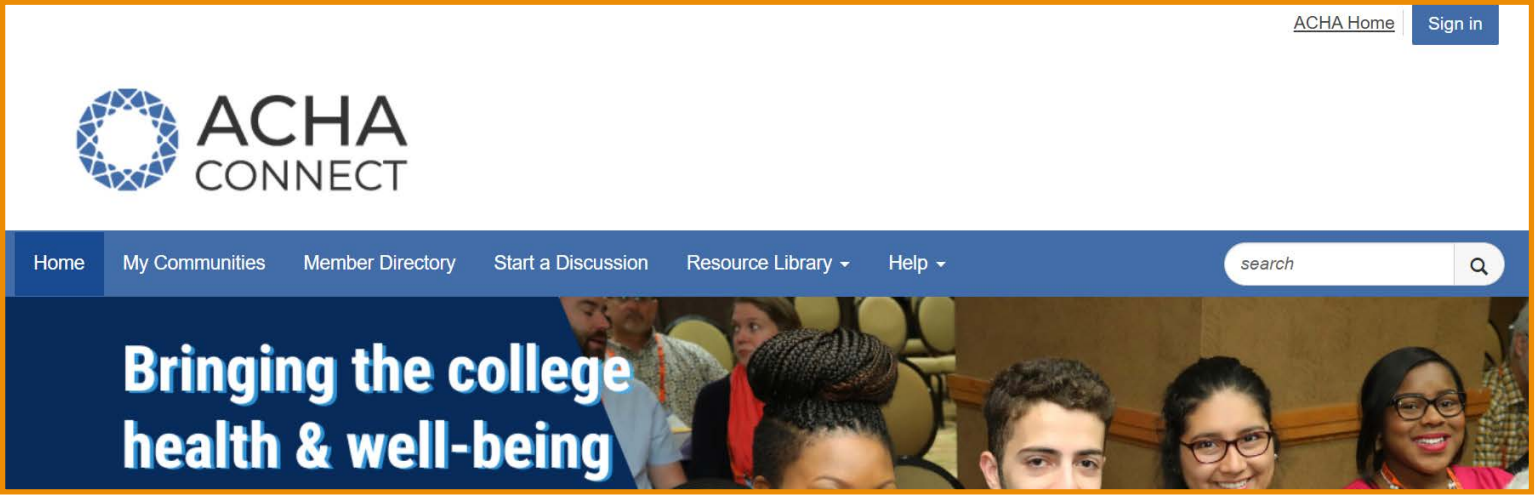
Members are encouraged to use ACHA Connect because of its much higher level of engagement/activity, advanced features, and user-friendliness.

The other listservs/discussion groups were not created by ACHA and are not managed by them. ACHA does not vouch for how active they are nor how many people are part of those groups. They are listed on the ACHA “Discussion” page simply as another potential resource for members.

The Source and The ACHA Weekly Consolidated Digest are delivered to your inbox and will contain any new posts in ACHA Connect for the previous week, *new posts from the listservs or discussion groups are not part of the consolidated digest*.

Posts from listservs and discussion groups outside of ACHA Connect provide email notifications when there is a new post.

Looking for how to join ACHA Connect or a listserv/discussion group? Check out [Discussion Groups](#).



# LEARN SOMETHING NEW



BRIAN VANDERHEYDEN  
President



Director, Student Wellness

**ACHA MEMBER:** 6 years  
**BOARD MEMBER:** Second year

**WHY YOU SERVE ON THE BOARD:**

College health and wellness is one of the most important jobs in higher education because of the connection between student success and wellbeing. I love being able to connect with colleagues across our region in working to enhance the work we do every day.

**FUN FACT ABOUT YOURSELF:**

I grew up in Green Bay Wisconsin, right next to Lambeau Field, so I am a very passionate Packers fan!



VACANT  
President-Elect

DIANA SORAN  
Secretary



Physican Assistant

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

**WHY YOU SERVE ON THE BOARD:**

I want to connect with others in the college health community to learn from and support each other.

**FUN FACT ABOUT YOURSELF:**

My favorite season is spring. I love seeing all the plants pop up and start to bloom.



SARA PARRIS  
Treasurer



Associate Director,  
Thielen Student Health Center

**ACHA MEMBER:** 2 years  
**BOARD MEMBER:** Third 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:** 15 years  
**BOARD MEMBER:** Third 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:**

I grew up in Massachusetts. My husband and I enjoy hiking, kayaking and visiting our 4 children spread across the eastern U.S.



MELISSA MILLER  
Immediate Past-President



Health Director  
Ambrose Health Center

**ACHA MEMBER:** 2 years  
**BOARD MEMBER:** Third 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!





JESSICA SHANNON  
Member at Large  
Iowa



Assistant Director of Nursing and Patient Services, Sexual Assault Nurse Examiner

JENNIFER JACOBSEN  
Member at Large  
Minnesota



Executive Director

BETTY TYWINSKI  
Member-at-Large  
North Dakota



Director for Health and Wellness Services

MARIAH WEBER  
Member-at-Large  
South Dakota



Assistant Director , Programs and Development

LOGAN EDWARDS  
Member at Large  
Wisconsin



Assistant Professor, Health Education Program Coordinator

DEANNA SARGENT  
Newlsetter Editor



Communications and Marketing Manager, Student Health and Wellness

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

**WHY YOU SERVE ON THE BOARD:**  
It is an honor to be part of a team that embodies the same purpose as I do – fostering and enriching student-centered health and wellness practices across the college campus. I am grateful for this opportunity. This position gives me a chance to collaborate with other college health centers to provide evidence-based practices with a focus on health promotion, mental health services, diversity, equity, and inclusion. I am a passionate leader with a deep commitment to building collaborative partnerships while promoting a culture of health and wellness on our campus.

**FUN FACT ABOUT YOURSELF:**  
I love incorporating wellness activities into our morning meetings and starting off our days with fun and laughter. It's amazing what 5 min of laughing can do for your morale.

Jen Jacobsen, MA MPH serves as the Executive Director of Health and Wellness at Macalester College; previously, she was in the role of Director of Health Promotion and Sexual Respect. Prior to this, she was the Director of Wellness & Prevention and deputy Title IX coordinator at Grinnell College for 11 years and also spent 18 years coaching Division III men's and women's track & field and cross country. Jen has participated in the NCAA Sexual Assault Task Force, the NCAA Step UP! advisory board, the ACHA campus safety coalition, and currently serves on the Division III Alcohol and Other Drug advisory group, NASPA's Culture of Respect, and the ACHA's Title IX committee. Jen's primary areas of research and practice include active bystanderism, the role of alcohol in both sex and sexual assault, mental health promotion, the intersection of student affairs and athletics, and leveraging a public health approach to our work on college campuses.

**ACHA MEMBER:** 3 years  
**BOARD MEMBER:** Third 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!

Mariah is currently the Assistant Director of Programs and Development at the SDSU Wellness Center. "I oversee wellness programming, nutrition services, fitness programming, and memberships." Her special areas of interest in the field of nutrition include: intuitive eating, sport and fitness nutrition, and disordered eating.

Mariah's #1 piece of advice for those pursuing their degree in dietetics is to not get tunnel vision. "Nutrition is awesome but be open to a variety of jobs and specialties within the field. You never know where your job can take you. I never thought I would be working at a Wellness Center overseeing wellness and fitness. Be open to a variety of different opportunities with dietetics. Having variety helps with potential burnout.

Mariah is that she is a very big advocate of intuitive eating. "Learn everything you can about this way of eating as it has been a game changer for myself and the way I treat patients."

Dr. Logan Edwards is an Assistant Professor, Master Certified Health Education Specialist (MCHES), and Health Education/Teacher Education (HETE) Program Coordinator for the Department of Kinesiology at the University of Wisconsin-Whitewater.

His specialty is teaching and integrating mental wellness education into traditional health education curriculums, as well as designing technological curriculum and instructional materials and applications for health education classrooms.

He has a keen interest in best pedagogical practices in health education; teaching mental and behavioral health skills; reforming traditional school health education practices; and training future health and physical educators at the primary, secondary, and post-secondary schooling levels how to teach complete mind-body-community health in schools and classrooms.

**ACHA MEMBER:** 3 years  
**BOARD MEMBER:** Third 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!