



Log & Dialogue

As College health nurses, we strive to provide communication and peer support among members while encouraging professional growth and providing educational opportunities.

Fall 2009

August 15, 2009

Renew your
Membership at
www.spchna.org.

This and That

- H1N1- According to the CDC 40% of the population may contract H1N1 in the upcoming flu season.
- Walmart continues to provide some of the common prescriptive medications for \$4.00. See www.walmart.com/4prescriptions for a complete listing of medications, including women's health.
- Emergency contraception now approved by the FDA for one dose of 1.5 mg
- Health Care Reform - What does it look like a year from now? Is your voice being heard?
- Tissue regeneration; cloning; stem cell research.....an exciting time in research with astounding results that could change lives for those with chronic disease or injury.



SWARTHMORE COLLEGE

<http://www.swarthmore.edu/x18.xml>

What Would Be Your "Last" Health Tip?



We are all familiar with the "Last Lecture" concept. If we had only one more opportunity to share a health tip or piece of advice to our students, what would we say? Keep in mind, that our students are busy and want to come in, get their treatment (a.k.a. antibiotic) and be on their way. In other words, we may have a captive audience, but not the best teachable moment.

We all agree that good hand washing and health hygiene are important - especially with the upcoming Flu season. We recognize the importance of good nutrition, enough sleep and moderate exercise as healthy habits.

We always mention the importance of "safe" relationships, stress reduction activities, and the reduction of risky behaviors....smoking cessation, responsible drinking, safer sexual activity, and the list goes on and on. But what is the one piece of advice you have for your son or daughter going off to college, the boy next door or the mom you talked with at the department store buying linens to send to college?

Would it be "BE SAFE?" Or "GET INVOLVED?" "GO MAKE FRIENDS WITH THE HEALTH CENTER NURSES?" Or maybe it would be "STOP, CONTINUE, and START?" That is stop doing things that don't get the results you want, continue with the things that get the results you want and start doing those things that you haven't been doing to get different results. In other words, "Knowing is not enough, we much apply. Willing is not enough, we must do." (VanGoethe)

I'm not sure what my "last" health tip would be, but I know I have to stay connected with other College Health professionals and SPCHNA is a great mechanism to do that - RENEW YOUR MEMBERSHIP TODAY --- go to www.spchna.org and click on Membership Application. Let's Continue!!
Chris Rooney, Pres. SPCHNA

Fall Conference – October 10, 2009

Swarthmore College will be hosting the spring conference. The Fall Meeting is scheduled on a Saturday to allow our organization to utilize rooms that are not available during the school year. This also allows staff from smaller schools to attend that cannot get away during the week.

You can anticipate learning about

depression, eye problems, headaches and sexual violence.

Watch the Listserv for information and plan to register early to save your spot.

Hope to see you all on October 10th at Swarthmore. See www.spchna.org for full details. It is a great opportunity to network, meet old friends and make new friends.

SPCHNA NEEDS YOU: Consider hosting our Fall 2010 Conference -- Take a moment to recall the "great" conferences hosted by our membership:

Spring 09	Immaculata University
Fall 08	Villanova University
Spring 08	LaSalle University
Fall 07	West Chester
Spring '07	Philadelphia University
Fall '06	York College
Spring '06	Comm. College of Philadelphia
Fall '05	Alvernia
Spring '05	Franklin and Marshall College

Sign up early to host -- beat the rush - you choose the date!

Future Conferences and Networking Opportunities

SPCHNA Fall 2009 Conference

Saturday, October 10th, Swarthmore College

Mid Atlantic College Health Association Annual Conf.

October 11th and 12th, Morgantown, West Virginia

SPCHNA Winter Networking Meeting

Date to be determined University of Pennsylvania Philadelphia

Maryland College Health Nurses Association

June 8-11, 2009 Lafayette College, Easton, PA

Spring Conference May 20, 2009 -

Immaculata University hosted the Spring '09 conference. Speakers highlighted Immaculata's efforts to reduce risky drinking behaviors with a social norming campaign. Marketing efforts and brief motivational interviewing techniques were discussed. A presentation on social networking sites, Facebook and MySpace, was presented. The small staff of Immaculata did a great job! Thanks!!

Membership Registration

Registration now open. Our new membership fee is \$25 for July 1, 2009 to June 30, 2010. Registration and/or receipt of dues after October 1, 2009 will make you ineligible for member conference rates.

Please go to <http://www.spchna.org/> to register today!

SPCHNA NEWS

By-Law Changes: Our new bylaws were ratified at the Spring Business meeting. Our fiscal year now begins July 1st and ends June 30th. We have included Associate memberships in our organization. Associate members are non nursing college health professionals. We welcome new members. To review our bylaws and all the changes please visit our website: <http://www.spchna.org/>

Dues: As voted at the Fall '08 Business Meeting, the dues for 2009-2010 will be \$25.00. Membership registration is online at <http://www.spchna.org/> Payment options include credit card payment or pay by check.

Website: We are excited to introduce our newly redesigned website. The executive committee worked with Blue Pixels Media to help with our website design and allow for membership and conference registrations online. Please visit our site. Comments welcome.

Financial - With a large turnout for the Spring Conference our cash position is very encouraging. Sponsorships and the hard work of our planning committees controlling our costs helps maintain our solid financial position.

Leadership Directory

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