

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...HERE'S SOME NEWS YOU CAN USE

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Eat your heart out!

Take care of your heart by eating a balanced diet, including 5 servings of colorful fruits and vegetables daily. Five may seem like a lot, but start out slowly and work your way up to this goal, and grab a piece of fruit at the dining halls for a quick and easy snack. Don't forget a lean protein source (chicken, pork or venison), and a complex carbohydrate, such as a sweet potato.

Have Your Own Health Insurance?

Don't forget to submit an insurance waiver and a copy of your insurance card (front & back) to the Wellness Center before February 8, 2017. Otherwise you will be enrolled in the college health insurance plan. To obtain a waiver please go to <http://www.cobleskill.edu/campus-life/wellness-center/accident-and-sickness-insurance.asp>.

Healthy Relationships Week

Some events include:

I ♥ Female Orgasm
Monday, February 6
7:30pm
Bouck Theater

Join us to laugh and learn about the "Big O" as this popular program returns to our campus! Whether you want to learn how to have your first orgasm, how to have better ones, or how to help your partner, these sex educators cover it all with lots of humor, plenty of honesty, and an underlying message of sexual health and women's empowerment. Are you coming?

SuperPowerment
Tuesday, February 7
6pm
Upper Champlin

SuperPowerment is a gripping roller coaster ride through poignant, relatable accounts of harassment and discrimination. *Christina Irene* reveals a proven, 3-step process to defeat the fears that hold many women back, plus a secret superpower that's within us all – why we have no choice but to be unstoppable.

Watch for more programs during that week!

Welcome Back

The Beard Wellness Center welcomes all students back for the Spring semester! We hope you had a relaxing break and this upcoming semester keeps you in good health and spirits!

The Wellness Center is open Monday through Friday from 8 a.m. to 4:15 p.m. For **emergencies** after hours please dial 911. Students are encouraged to schedule appointments for health and counseling services. Medical appointments can be scheduled on-line from the comfort of your room! We also offer a nurse call line! If you have a question for a medical provider, you can call: 518-255-5622, and your call will be returned by the end of the business day. Please be courteous to others by calling to cancel or reschedule your appointment if necessary. Walk-in medical visits are available from 8am – 11am and 1pm – 3pm every day (except for Thursday mornings). Be proactive and ask the receptionist what the anticipated wait time is for the walk-in clinic. You can then decide to stay or schedule an appointment if you have to leave for class. Walk-in mental health consults are available throughout the day. Please reference your class schedule when booking appointments and allow for an appropriate amount of time. No excuses will be given for missed classes from our staff; it is the student's responsibility to communicate with faculty or staff and schedule visits accordingly.

Medical Services

- Evaluation & treatment of acute illnesses & injuries
- Women's & Men's health
- STD testing
- Contraceptive services

Counseling Services – Brief Supportive Counseling (including):

- Developing self-care plans
- Improving coping skills
- Developing short & long terms goals
- Making positive behavioral changes

Health Education

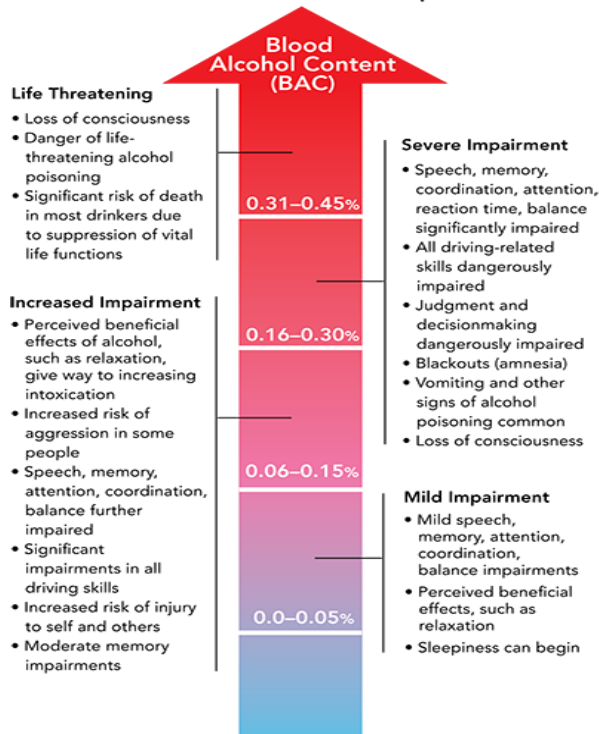
- Education on a variety of health and well-being topics



BAC – A Fine Line

SUNY Cobleskill Substance Education Committee

As BAC Increases, So Does Impairment



BAC (Blood Alcohol Content) rises with the amount of drinks consumed. It is influenced by factors such as weight and gender. Apps and online calculators can help you predict your BAC, but are not a guarantee. Feeling fine does not equal being fine.

As consumption of alcohol increases, so do the risks. Alcohol poisoning is life threatening. Call for help if someone who has been drinking is experiencing:

- ❖ Mental confusion
- ❖ Seizures
- ❖ Difficulty breathing
- ❖ Vomiting
- ❖ Trouble breathing
- ❖ Blue skin

<https://pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm>

Concerned about anxiety, depression, substance use or other issues?

Anonymous/Confidential Mental Health Screenings are available on our website:

www.cobleskill.edu/wellness

The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819 Nurse Call Line 518-255-5622

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>.

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)