

THE CAN CHRONICLE

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

November 2016

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Eating Healthy in Champlin Dining Hall

Wednesday
November 2, 2016
4 pm

Join Chef Kimberly Sternheimer and Maureen Blanchard, Project Director of the Creating Healthy Schools and Community Grant, for a half hour tour through the dining hall discussing available healthy food choices.



Nurse Line

Not Feeling Well? Unsure if you need an appointment? The Wellness Center announces our Nurse Phone Line 518-255-5622

Not feeling well? If you have a medical question or are unsure if you really need an appointment to see a provider, you can ask one of our Nurse's by calling 518-255-5622. If the nurse is unavailable, please leave a message with your name, 800 number, phone number, and question. The nurse will get back to you as soon as possible. Calls received after 3:30 will be returned the next business day. As always, if it is an emergency call 911.

Don't Just Sit There

Exercise helps memory and thinking through both direct and indirect means. The benefits of exercise include the ability to reduce insulin resistance, reduce inflammation, and stimulate the release of chemicals in the brain that affect the health of brain cells, the growth of new blood vessels in the brain, and even the abundance and survival of new brain cells. Indirectly, exercise improves mood and sleep, and reduces stress and anxiety. Problems in these areas frequently cause or contribute to cognitive impairment.

<http://www.health.harvard.edu/blog/regular-exercise-changes-brain-improve-memory-thinking-skills-201404097110>

10 Thoughts College Students Have Before Thanksgiving Break

It's almost time for the long awaited Thanksgiving break. A time for catching up with friends, eating food, doing lots of shopping, and did I mention eating lots of food? Here are some of the thoughts that might be going through your mind before you head home:

1. "Turkey!"
2. "I have a project/quiz/exam/paper due in every class before break starts."
3. "I wonder how many times my relatives will ask if I have found 'the one' at college."
4. "They will probably also ask how I am going to get a job with the major I am deciding to pursue."
5. "Stuffing!"
6. "I don't have to wear flips flops in the shower!"
7. "I don't have to worry about people stealing my laundry! Oh, the luxury!"
8. "Pie!"
9. "I will be spending the whole break catching up with my friends from home."
10. "Wait, it's almost December? The finals are coming! The finals are coming!"

So there you have it! Enjoy your Thanksgiving break! You deserve some time off from the daily hassles of college life.

<https://www.theodysseyonline.com/12-thoughts-college-students-thanksgiving-break>

Mental Health Screenings

Stressed? Worried about the holidays? If you're think that it's more than "normal" stress - take the Wellness Center on-line screening! Go to: www.cobleskill.edu/wellness and select "Online Mental Health Screening."

Active Bystanders

Are people who:

- Interrupt sexist jokes that objectify women and girls.
- Seek information about why sexual violence is so prevalent in our society and how they can help prevent it.

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

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)



Peer Educator's Corner

By Sabrina Colletti &
Alyssa Riewerts

Tobacco

Tobacco use is the leading cause of preventable illnesses and death in the United States. Tobacco use can lead to multiple forms of cancers, respiratory issues, lung diseases such as emphysema and bronchitis, and pregnancy related problems.

Who smokes cigarettes containing tobacco?

- 1 in 5 adults and teenagers smoke tobacco products
- Each day more than 3,200 people under 18 smoke their first cigarette, and about 2,100 youth and young adults become daily smokers

Why is tobacco harmful?

- More than 16 million people already have at least one disease from smoking
- On average smokers die 13-14 years earlier than nonsmokers

Why is second hand smoke harmful?

- 52 % of children ages 3-11 are exposed to secondhand smoke
- An estimated 3,000 nonsmoking Americans die of lung cancer due to secondhand smoke a each year