

THE CAN CHRONICLE

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

Welcome Back Edition - August 2016

Co-Editors Shannan Breault and Cheryl Perog

Welcome back!

The Beard Wellness Center welcomes all new and returning students back to college this August.



We hope you all had a relaxing summer vacation and this upcoming year keeps you in good health and spirits. Come to the Wellness Center to check out our new look!

Welcome Vice President Hopkins Gross



Hello! My name is Anne Hopkins Gross, and I am the new Vice President for Student Affairs. I started in January here at SUNY Cobleskill. I have enjoyed working with college students for 25 years and am excited to be part of the SUNY Cobleskill family. I graduated with a bachelors in business from The College of New Jersey, a master's from Miami University of Ohio, and I have my doctorate in education from New England College.

Outside of work, I enjoy spending time with my husband and three kids ... and our Huskie, Metrie. I love to kayak, hike, sew clothes, and read. Stop by Knapp 237 to say hello!

Wellness Center Services

The Wellness Center offers a wide variety of medical and mental health services:

- Care of acute illness or injury
- Emergency contraception
- Immunizations
- Women's health services
- HIV testing
- STI screening
- Laboratory services
- Prescription refills
- Mental health counseling
- Health education

For questions about our services, stop down or give us a call at (518) 255-5225, and remember all our services are CONFIDENTIAL.

We're Here to Help!

Peer Educator Corner

Peer Educators will once again be assisting the Wellness Center with promoting health education on campus. You will see them throughout the campus - in classrooms, residence halls, and at campus events. They will serve as positive role models and resources for their peers.

We would like to introduce the Fall 2016 Wellness Center Peer Educators:

Brittani Austin **Sianna Mercado**
Sabrina Colletti **Alyssa Riewerts**
Amanda Eichler **Jose Salaman**
Jessica Guarneros **Dominique Tracey**

5 Ways to Build a Caring Community

1. Get involved

Attend campus community events, join clubs, talk to people.

2. See something, say something

Don't assume someone else will step in & address an issue. It's everyone's responsibility.

3. Be supportive of one another

Offer help when you can. Lend a hand when possible.

4. Respect

Respect one another AND respect yourself.

5. Smile

A smile can go a long way to make a difference in someone's day!

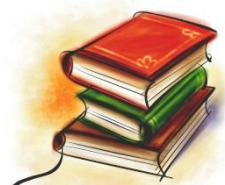


Wellness Center Visits

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. The majority of medical appointments can be scheduled on-line through the Patient Portal. Please be courteous to others by calling to cancel or reschedule if necessary. Walk-in nurse visits are available on a first come, first served basis. Be proactive and ask the receptionist what the wait time may be for the walk-in clinic if you need to leave for class or choose not to stay. 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.

Online Student Health Registration

If you have not completed the Health and Immunization requirements through the online student health portal, located at <http://cobleskill.medicatconnect.com>, please do so immediately. If you need assistance, please call or stop down at the Beard Wellness Center and we will be happy to help.



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)

