

THE CAN CHRONICLE

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

August 2015

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.

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!

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 and 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!

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.

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. 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.

Surviving Roommate Roulette

Chances are good that at some point in college, you'll have a roommate. Whether it is in a dorm, an apartment, or a house off campus, living with a roommate will require setting some rules and boundaries in order to maintain a comfortable living situation. Here are some ways to make the Roomie situation live-able:

Establish Rules from the Get-Go

Talk about your preferences from the start. Loud or quiet? Early bird or night owl? Set rules that work for both of you.

Communication is Key

Your roommate can't read your mind, so you have to tell them what's bothering you. Communication means being respectful - not critical. Communication involves talking...AND...listening. It is vital, but it has to work both ways.

Compromise

Compromise is essential whenever two people live together. You both have different likes and dislikes and you must learn to blend both of your lifestyles together in order to create a comfortable living situation. Compromise does not mean giving in to someone, or arguing about a situation. Compromise is coming to an agreement you can both live with.

Wellness Center Peer Educators

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 2015 Wellness Center Peer Educators:

Alyssa Riewerts	Victoria Primett	Hernesha Florestal	Kateri Pavlik
Aneury Rojas	Karyna Serrano	Timothy Darby	Kassandra Hetherly
Brittani Austin	Valeria Leon	Astrid Ballard	Sabrina Colletti
Jessica Guarneros			

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)

