

# THE CAN CHRONICLE

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

Co-Editors Shannan Breault and Cheryl Perog

Welcome Back – Fall 2017

### 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.



### PEER EDUCATOR CORNER

Welcome to the Peer Educator corner! Here you will be seeing articles submitted from our campus Peer Educators. The Peer Educators are students on campus that work out of the Wellness Center doing health education around campus. You can also catch the Peer Educators around campus with their green wellness wagon, set up at tables, and in residence halls performing health education programs. For more information about the Peer Education program, you can email [peereducators@cobleskill.edu](mailto:peereducators@cobleskill.edu) or like their Facebook page [www.facebook.com/peereducatorcobleskill](http://www.facebook.com/peereducatorcobleskill)

We would like to introduce the Fall 2017 Wellness Center Peer Educators:

Maggie Byrne      Giulia Gionta  
Lucas Melnyk      Sianna Mercado  
Cynthia Strobeck      Jessica Thompson  
Dominique Tracey      Ravaughn Walton

### 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 us out!

### Wellness Center News

Haven't visited the Wellness Center yet? Let us tell you a little bit about what is available while you are a student at SUNY Cobleskill. The Wellness Center is one of 26 college health centers in New York State to be accredited by the Accreditation Association of Ambulatory Health Care. We are unique in that we offer students health care, mental health counseling, and health education services all through one department, as a multidisciplinary team. This holistic approach allows us to offer more effective and efficient treatment as we help you achieve and maintain wellness, and thus make the most of your educational experience. Business hours are Monday through Friday 8am until 4:15pm. Appointments are preferred and limited walk-in services are available. Additional fees may be applied at the time of service.

If you are unsure whether you need to be seen, you can call the Nurse Call Line at **518-255-5622**. The Nurse Call Line provides answers to questions you may have regarding your health and wellbeing. For example if you woke up with a sore throat, call the Nurse Call Line. You may not need to be seen by a provider and you may be able to try over-the-counter medication for relief. Have you had an unprotected sexual encounter? Call the Nurse Call Line for advice, to seek the appropriate appointments and services if needed. All calls are confidential. The Nurse Call Line is a **non-emergency** number and all calls will be returned within 24 business hours.

Visit our website at [www.cobleskill.edu/wellness](http://www.cobleskill.edu/wellness) to learn about our services, health education opportunities available, and other interesting information including back issues of the Can Chronicle!!!

### 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!



### Survey Says....

The most recent ACHA National College Health Assessment II survey found that 80% of SUNY Cobleskill students have never used tobacco. Contact the Wellness Center if you would like to quit by calling (518)255-5225.

### 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)

If you have a concern about the care you received at the Wellness Center, contact Co-Directors Mary Radliff/Lynn Ontl at 518-255-5225