

THE CAN CHRONICLE

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

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Co-Editors Shannan Breault and Cheryl Perog

Peer Educator Corner

Peer Educators work out of the Wellness Center; they are committed to health education on campus and providing resources to their fellow students. This is a paid campus position that is continually accepting applications. Check the Wellness Center Website for an application if you are interested in applying for a position.

Please join the Wellness Center in welcoming our newest peer educators.

Faith Carleton
Taj Joseph
Steven Gilbert
Nicole Gisondi
Jocelyn Gramit

Exercise

The benefits of exercise are more than just for weight management. Exercise also combats stress, promotes better sleep, and activates the immune system.

Mental Health Screenings

Depression, and Seasonal Affective Disorder (SAD), can cause people to isolate. This winter, make sure you get out and visit with friends and family to help support your mental health, and take a mental health screening to check in with your symptoms.

<http://screening.mentalhealthscreening.org/cobleskill>



Free Safer Sex Supplies
The Pleasure Package

Condoms
Lubricant
Dental Dams
Female Condoms

www.cobleskill.edu/campus-life/wellness-center/pleasure-package.aspx

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. Our phone number is (518)255-5225. For **emergencies** after hours, please dial 911. Students are encouraged to schedule appointments for health and counseling services. Medical appointments may also be made on line using the patient portal. Please be courteous to others by calling to cancel or reschedule appointments if necessary. Walk-in medical visits with the Registered Nurse are available daily (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 for when you do not 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.

Services Provided by the Wellness Center

Medical Services

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

Is it a cold or flu?

Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

Flu and the common cold are both respiratory illnesses, but they are caused by different viruses. Because they have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms are worse.

To avoid the flu, get a flu vaccine. It is not too late. Try to avoid close contact with sick people. Wash your hands often with soap and water and avoid touching your eyes, nose, and mouth. If you are sick with a flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.

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 8:00am – 4:15pm

For after hour emergencies all University Police at: 518-255-5555 OR 911

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