

THE CAN CHRONICLE

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

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Say Something Beautiful CAMPUS SPEAK OUT:

This highly engaging, action-packed presentation tackles the key issues facing campuses today, including the need for bystander empowerment and sexual assault prevention.

Say Something Beautiful is designed to bring the SUNY COBLESKILL community together to experience the power they have to **BE THE CHANGE**.

Monday, February 16th
Bouck Theater @ 7:00p.m.

Wellness Center News

Reminder: Walk-In Clinic Hours
8-11am and 1-3pm - MTWF
1-3pm – Thursday

Meet Your Provider

Cheryl Perog



Cheryl Perog is a certified Physician Assistant. She did her undergraduate studies in Biology at Utica College and her Masters degree

as a Physician Assistant at Duke University. Cheryl has extensive experience in college health, coming to Cobleskill from Siena College, where she worked for 5 years in their health center. As part of our staff, Cheryl is able to care for your medical needs: she can diagnose, treat, and prescribe medications. Cheryl grew up on a dairy farm in Waterville, NY. She lives locally with her husband, two college-age kids, a dog named Rosie, and two attack cats. Come see Cheryl for your health care needs!

News from CASE

The Center For Academic Support and Excellence has an updated Webpage (Tutors schedules can be found here)
<http://www.cobleskill.edu/academics/center-academic-support-excellence/case-tutor-schedules.asp>



Faculty and Staff

Did you know?

There is help, when you need it.

The Employee Assistance Program is a *confidential* assessment and referral service for New York State government employees and their family members who need assistance with personal problems or concerns that may be affecting their work performance or overall well-being. Employees or their family members experiencing problems are referred by the EAP Coordinator to qualified community providers. The program addresses whatever problems are affecting an employee. Individual problems can range from a need for information about elder or child care to serious difficulties with depression, alcohol or drugs.

For more information: Contact your Coordinator, Marie Gerhardt at Ext. 5327 or stop by Ryder 114 on Wednesdays from 1 to 4.

A few TIPS to stay healthy at SUNY Cobleskill.....

1. Wash your hands, often! Colds and flu are spread by direct contact.
2. Don't cover your sneezes and coughs with your hands; cough or sneeze into the bend of your elbow, and away from others, or use a tissue and wash your hands after.
3. Don't touch your face.
4. Drink plenty of non-alcoholic, decaffeinated fluids.
5. Get fresh air and open your windows often.
6. Do aerobic exercise regularly.
7. Eat foods containing phytochemicals (from a plant source).
8. Don't smoke.
9. Cut alcohol consumption.
10. Relax.
11. Get plenty of sleep.
12. Practice safe sex if you choose to be sexually active.
13. Eat a variety of foods, watch your portion size, and read nutritional labels.
14. Remember basic hygiene: bathing daily, brushing your teeth, laundering your clothes and sheets regularly, and keeping your dorm room space neat.

The Wellness Center is available for all your health and counseling needs. Please stop down or call to schedule appointments at your convenience at 518-255-5225.

Concerned about anxiety, depression, substance use or other issues?

Anonymous/Confidential Mental Health Screenings are available on our website:

www.cobleskill.edu/wellness



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

National Suicide Hotline – 1-800-273-8255

Mobile Crisis Assessment Team (24 hours day/7 days week) – 1-877-369-6699 or 1-844-732-6228