



# Log & Dialogue

As College health nurses, we strive to provide communication and peer support among members while encouraging professional growth and providing educational opportunities.

Fall 2010

September 13, 2010

Renew your  
Membership at  
[www.spchna.org](http://www.spchna.org)  
by Oct. 1 to avoid  
late fee and to get  
member conference  
rates

This and That

- Flu Season – Get free promotional material for seasonal Flu Vaccinations at <http://www.cdc.gov/flu/>
- Pertussis outbreaks in PA— As you review your incoming immunization records be aware of the following medication alert: <http://www.ismp.org/newsletters/acute/20100701.asp>  
Booster with a pertussis vaccine.
- Hardin MD Medical Picture Gallery— free resources, free to copy photos and more. <http://www.lib.uiowa.edu/hardin/md/index.html>
- SHS Listserv—Send an email to [listserv@listserv.utk.edu](mailto:listserv@listserv.utk.edu)— subject line: subscription, message: SUB SHS (your name)



Delaware County Community College

<http://www.dccc.edu/>

## Gearing up for another Fall Semester



We are back in the swing of things for this fall semester. Sports physicals, homesickness, the first flu of the season and the list goes on.

One of my colleagues mentioned that it seemed the issues and problems seem more severe. This colleague had dealt with two spontaneous pneumothorax and a hemorrhaging kidney from trauma all in the same week. Bloomsburg University was recently dealing with a student death linked to alcohol. Suicidal gestures and serious mental health issues may be some of the things you have been dealing with.

This summer I had a student with a respiratory infection with a history of asthma. During my assessment I smelled a strong odor of cigarette smoke. Offering to assist with smoking cessation and encouraging a move from the contemplative stage seemed to be too tough at that time for this student. At the start of the fall semester I had the opportunity to see this student again and congratulate him on being smoke free for over two months. What a joyful surprise!

So often we are not fortunate enough to be able to experience the effects we can have on students and their health. We have to savor those experiences and remember that every encounter we have -- does make a difference!! If the issues are more severe -- then the contribution as nurses that we make is more important. Keep up the good work! *Chris Rooney, RN - President.*

## Fall Conference – Nov. 6th, 2010

Delaware County Community College will be hosting the SPCHNA Fall Conference along with Millersville University. The fall meeting is scheduled on a Saturday to provide our organization the opportunity to meet on a weekend during the regular fall semester.

You can anticipate learning about STI update, asthma and allergies (specifically peanut allergy) and some helpful tips for an ENT assessment. Watch the Listserv and your email for information and plan to

register early to save your spot. Registration will be online at [www.spchna.org](http://www.spchna.org). Group registrations are available for this event. Please be sure and select the appropriate registration type – member or non member. Member registrations are only available if your yearly dues are paid by October 1, 2010

Hope to see you all on Nov 6th at Delaware County Community College. More information will be available at [www.spchna.org](http://www.spchna.org).

**SPCHNA NEEDS YOU:** Consider hosting our Fall 2011 Conference -- Take a moment to recall the "great" conferences hosted by our membership:

Spring 10	Widener University
Fall 09	Swarthmore College
Spring 09	Immaculata University
Fall 08	Villanova University
Spring 08	LaSalle University
Fall 07	West Chester
Spring '07	Philadelphia University
Fall '06	York College
Spring '06	Comm. College of Philadelphia
Fall '05	Alvernia College
Spring '05	Franklin and Marshall College

Sign up early to host -- beat the rush - you choose the date!

## Future Conferences and Networking Opportunities

### Mid Atlantic College Health Association Annual Conference

October 10th and 11th, Baltimore, MD <http://www.acha.org/MidAtlantic/> (Two of our very own members are presenting!)

### SPCHNA 2010 Fall Conference

November 6th, 2010 Delaware County Community College  
[www.spchna.org](http://www.spchna.org)

### SPCHNA Winter Networking

January 6, 2011 Villanova University -- Topic - Disabilities

### SPCHNA 2011 Spring Conference

York College of PA Thursday, May 19th, 2011

### Spring Conference May 20, 2010 -

Widener University hosted the Spring 10 Conference. Speakers highlighted topics ranging from Strategic Planning, Smoking Cessation and Sexuality Trends. Lunch provided the opportunity to network and hold our business meeting. The staff of Widener University did a great job! Thanks!!

## Membership Registration

Registration now open. Our membership fee is \$25 for July 1, 2010 to June 30, 2011. Registration and/or receipt of dues after October 1, 2010 will make you **ineligible** for member conference rates. Normally our member registration deadline is 7/01 but we have extended for your convenience. This may be the last year that we allow late registration without incurring a considerable fee.

Please go to <http://www.spchna.org/> to register today!

## SPCHNA News

We have received confirmation of our non-profit status from the IRS. A big thank you to Karen Dahlquist our treasurer for persevering and getting the paperwork in for processing. She went above and beyond for our organization. Thank you Karen!

By-law Amendments -- As a result of the 501c3 designation, and our incorporation, we need to amend our by-laws to include a fifth member. Information about this by-law change was submitted to the list serv in the last few weeks. You should have received an email with this information. Please review the change from a four member board to a 5 member board. The fifth member will be a past president or member at large. We will vote on the by-law change at the Fall business meeting at our next conference at Delaware County Community College.

Consider nominating a colleague or yourself for a leadership position with SPCHNA. We will be soliciting nominations for the Spring elections at the Fall business meeting. You may access a nomination ballot on our website and forward to De Vitale at [dvitale@dccc.edu](mailto:dvitale@dccc.edu). Chris Rooney and Pat Roberts have held two terms in their current positions (President and Secretary) and must vacate those positions. It would be great to have two candidates for every office -- discern carefully and consider the value of our organization. **There is no "I" in Team but there is a "u" in volunteer! Do what "U" can for SPCHNA.** If a leadership position on the board is not for you -- host a conference in Fall 2011 or Spring 2012 -- others have given for you -- return the favor!

## Leadership Directory

President: Chris Rooney Millersville University 717 872-3250 [chris.rooney@millersville.edu](mailto:chris.rooney@millersville.edu)

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