**News Items Professional Development**

Future Conferences in 2018/2019

MACHA/NYSCHA - Syracuse, NY: 10/17-10/19

SPCHNA Winter Conference – Muhlenberg College

Date: January 2019 –TBA

Conference Registration Coming Soon on spchna.org!!!

SPCHNA Spring Conference – May 2019

ACHA – Denver : May 28-June1, 2019

100 Year Celebration!

ACHA 2020 – Chicago, Il

May 28 – June 1, 2020

Congratulations to Sally Heimann on her retirement from Bryn Mawr College. Thanks for all your years of hard work and care in college health.

UPCOMING POSITIONS ON SPCHNA BOARD:

President – Spring 2019

Secretary – Spring 2019

Member-at-Large – Spring 2019

Please consider a position on the Board of this wonderful college health nurses association!!

Website: [www.spchna.org](http://www.spchna.org) President: Catherine Sharbaugh, csharbau@haverford.edu; Vice President: Betsy Knight, betknight1@gmail.com; Secretary: Tonya Walter, [twk004@bucknell.edu](mailto:twk004@bucknell.edu); Treasurer: Christine Lynch, clynch@muhlenberg.edu; Member at Large: [Mary](mailto:Mary) Agnes Ostick, maryagnes.ostick@villanova.edu

Greetings Members,

Our Campuses are starting to fill with excited students who are eager to start the new academic year. As we welcome the Class of 2022, Health Services staff is busy making sure all the health records and immunization records are up to date so our campuses remain “Healthy.”

As health providers, some important health and wellness tips to pass along to college students include: Eat healthy – it helps to boost your immune system and that begins daily with breakfast, avoid excessive caffeine & sugary drinks, it’s best to stick to water; Exercise daily – walk, get to the gym, join an intramural sports program; Get plenty of sleep, it’s a great way to relax and increase brain function; Don’t smoke or vape, both lead to harmful lung disease; Avoid excessive use of alcohol, it makes you feel bad and leads to poor academic results; Wash you hands – to avoid colds, viruses and flu; Get an Annual Flu Vaccine – stay healthy this season; Relax – college life can be stressful! Join in some fun activities or a hobby, watch a movie, read a book, watch your favorite TV show!

Our campuses are full of resources and support for our students. Make sure to ask, “How is it going?” and refer to Counseling, Academic Support, Disability Office, Dean’s Office, Financial Office, Faculty Advisors and Peer Tutors.

Our students come to campus with a complex set of needs that have an influence on their overall health and success as college students. So often, Health Services is the epicenter for student wellness and the Health Center staff can collaborate with campus shareholders for student success.

Have a great year!

Catherine Sharbaugh DNP

Family Nurse Practitioner

Director of Haverford College Health Services

Fall 2018

Newsletter

October 29, 2013

Southeastern Pennsylvania College Health Nurses Association, Inc.



Log and Dialogue

*Renew your membership in SPCHNA by Jan 31, 2014 at www.spchna.org*