



Log & Dialogue

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

Spring 2009

January 28, 2009

This and That

- The Economy – Resolve to be optimistic – We know the benefits of laughter and the power of positive thinking. Look for opportunities.
- Giant Foods is giving 9 varieties of antibiotics for free until 3/21/09. See <http://www.giantfood.com/antibiotics>
- Chlamydia is at a new all-time record 1.1 million cases (CDC 2007 Data)
- According to Hallmark Cards, Inc., the Super Bowl represents the #1 at home party event. More than \$55 million will be spent on food. Go Steelers!
- Do you know a new college health professional—let them know about SPCHNA. Encourage them to come to our Spring Conference.
- Do you have a topic for future conferences— ideas welcome. Do you want to present a topic? In this, our 30th year, we are looking “within our own membership” to celebrate our professionalism. Contact Chris Rooney at chris.rooney@millersville.edu



Are You Like the Hummingbird?

One day an elephant saw a hummingbird lying on its back with its tiny feet up in the air. "What are you doing?" asked the elephant. The hummingbird replied, "I heard that the sky might fall today, and so I am ready to help hold it up, should it fall." The elephant laughed cruelly. "Do you really think," he said, "that those tiny feet could help hold up the sky?" The hummingbird kept his feet up in the air, intent on his purpose, as he replied, "Not alone. But each must do what he can. And this is what I can do."
--Chinese Parable



So here we are in the middle of a cold snowy winter and I am asking if you are like the hummingbird? We are all busy with work and our lives and feel we are doing what we can do. We have gifts/talents, as well as limitations and have learned to set boundaries on our commitments. As nurses, we respect our professionalism and appreciate the time and energy given by volunteers.

SPCHNA will hold its biennial elections for executive board officers at the Spring Conference. Several individuals were nominated for office, many declined the opportunity to serve our community. Can you take a few moments and contemplate where your feet are -- are they holding up the sky? Would you be willing to assist with SPCHNA leadership? SPCHNA needs a few good “hummingbirds.”

I would be happy to discuss the duties, activities and probable time commitment for any of the SPCHNA officer positions. Give me a call or send an email.....it's a great opportunity to network and “make a difference!”

Chris Rooney, RN - President, SPCHNA 717 872-3250

Spring Conference – May 20th, 2009

Immaculata University will be hosting the spring conference. Meeting on a weekday later in May provides an opportunity for many of our colleagues to join us and still keep our weekends free for family commitments.

You can anticipate garnering information about Immaculata's alcohol preven-

tion initiative, social networking, and more. Watch the Listserv for information and plan to register early to save your spot.

Hope to see you all on May 20th at Immaculata (North of West Chester and West of Philly near Route 30.). It is a great opportunity to network, meet old and make new friends. **SAVE THE DATE!**

SPCHNA NEEDS YOU: Consider hosting our Spring 2010 Conference -- Take a moment to recall the "great" conferences hosted by our membership:

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
Spring '05	Franklin and Marshall College

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

Fall Conference October 20, 2008 -

Villanova University hosted the Fall '08 conference. Kicking off the day was a informational program on asthma (humorous slides intermixed by the presenter were entertaining.) "Oh No Onco" was great, as well as the presentation on rashes - great slides! Thank you Villanova Planning Committee. The Villanova Hummingbirds were doing their part!

Fall 2009 Conference - Swarthmore University

Future Conferences and Networking Opportunities

SPCHNA Spring 2009 Conference

May 20, 2009 Weekday Conference, Immaculata University

American College Health Association Annual Conf.

May 26-30, 2009, San Francisco, California

Maryland College Health Nurses Association

June 3-5, 2009 Ocean City, Maryland

Winter Networking Meeting

Thanks to those members who were able to attend the Winter Networking Meeting at Haverford College on Jan. 7. Protocols for treatment of concussions, especially concerning athletes, were shared. Resources and care of students with eating issues were also discussed.

Concerns about budget cuts, hiring freezes, staffing and physician's salaries were voiced. Possibilities for pooling resources for better pricing were also mentioned.

Debbie Mathis asked for input for a program to educate high school students and their parents to prepare them for college life especially relating to stress and time management.

Beth Kotarski, Director at Swarthmore, asked for topic suggestions for the Fall Conference which they will be hosting. Suggestions were made to reach out to the resources within our own Association and local MD's to reduce the fees for the honorariums

Thanks to Haverford for hosting the WNM. More hummingbirds at work!

SPCHNA NEWS

By-Law Revisions: Prior to the Fall Conference, Pat Roberts, secretary, prepared a ballot for proposed revisions to our by-laws. At the Spring '09 meeting the membership will vote to ratify these changes. One of the major changes is to include associate non-voting members. This category expands our membership beyond nurses. One other change is to change the membership year to July 1st to June 30th, following a fiscal year. Membership dues will remain due by October 1st. Dues paid after October 1st will be accepted but membership rates for conferences will not be applicable for those not paying their dues by October 1st. Other revisions aligned current practices with our bylaws. Watch the Listserv prior to the Spring Conference for a copy of the new proposed bylaws and be prepared to ratify at the Spring Conference business meeting.

Dues: As voted at the Fall '08 Business Meeting, the dues for 2009-2010 will be \$25.00. Membership forms will be available online and at the Spring Business Meeting. Please include your nursing designation on this form as this will determine membership status.

Website: Discussion tabled at Fall business meeting. More bids to be considered prior to redesign decision.

Leadership Directory

President: Chris Rooney Millersville University 717 872-3250 chris.rooney@millersville.edu

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