



## President's Message

**Greetings,** Spring has sprung, the grass has riz, and I know where the flowers are! The first daffodil was in my yard by the second week on March, the lakes and ponds did not freeze this year, and snow-what is that? Spring Break already seems like a long time ago and graduation is just around the corner. The academic year has flown by after its horrific start with 9/11. All of us have seen an increase in psychosocial and mental health issues, not necessarily directly related to 9/11, but exacerbated by a slowing economy and increased stress throughout our lives. It continues to be a privilege to be involved in meeting the health and wellness needs of the wonderful young women and men on our campuses.

The Annual ACHA Meeting, *Step by Step, Advocating for College Health*, is coming right up and I hope to see a strong showing from New England. The Annual Meeting will be held in Washington, DC from May 28 - June 1. Remember, the NECHA breakfast meeting is scheduled for 7:00am on Saturday. This is a great time (well, maybe a bit early!) to meet college health folks from throughout New England, to share experiences, get an update on what is happening, and enjoy a light breakfast. Please plan to join us on the 1<sup>st</sup>.

NECHA's 2002 Planning Committee, led by President-Elect Peter Nobes, PA, has been hard at work for our Annual Meeting in Farmington, Connecticut November 7-9. There are lots of great sessions and the Meeting provides a wonderful opportunity to network with colleagues. Please reserve the dates, get your NECHA Affiliate Institutional Membership in place, and send anyone on your staff at the member registration rate.

Past President Thelma Lake is busy chairing the Awards Committee to select the 2002 recipients of the President's and the Louise Gazzara Awards. Check the Web site at [www.acha.org/about\\_acha/affiliates/NECHA/awards.htm](http://www.acha.org/about_acha/affiliates/NECHA/awards.htm) for details on the awards and nomination process.

Thelma also chairs the Nominating Committee that will be proposing the slate of officers and board members for 2003 and beyond. If you are interested in greater involvement in NECHA please let Thelma or myself know; you can e-mail us at [necha@health.uri.edu](mailto:necha@health.uri.edu) and we'll get right back to you.

I would be interested in hearing any reaction that the college presidents may have had to our cover letter, membership information, newsletter, and Hand Washing Position Paper, which we sent them in February. Please forward any thoughts to me at [necha@health.uri.edu](mailto:necha@health.uri.edu).

Last, on an unrelated note, congratulations to the Women Huskies of UCONN for their dramatic 39-0 season topped off by a great win over Oklahoma to win the NCAA championship!

Have a wonder summer and plan to join us in Farmington this coming November for *College Health: What's REALLY Important*.

*Chad Henderson, MBA  
NECHA President  
Director, Health Services  
University of Rhode Island*

*Deadline for the NECHA Fall newsletter is Monday, August 5. Submissions are always welcome! The NECHA newsletter is published three times per year with its Fall, Winter, and Spring/Summer issues.*

*For more information, contact:  
Julie Basol, NECHA Newsletter Editor  
[jnbasol@together.net](mailto:jnbasol@together.net) 802 425-3936*

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### AWARDS NOMINATIONS DEADLINE EXTENDED TO FRIDAY, MAY 17

Nominations for the 2002-2003 NECHA Presidential and Louise Gazzara Awards are due by Friday, May 17. For a nomination application, contact Nomination Chair, Thelma Lake. The Awards Committee will meet over the summer and recipients will be chosen in the early fall. Both recipients will have their registration fee waived for the 2003 Combined Annual Meeting in Saratoga. For more information about the awards, visit the NECHA Web site at: [www.acha.org/about\\_acha/affiliates/necha](http://www.acha.org/about_acha/affiliates/necha)

# Ahoy Mates! We invite you to the ACHA Health Education Social

Georgetown Seafood Grill  
1200 19th Street, NW  
Thursday, May 30  
7:00 - 9:00pm

After making your way through oceans of programs, you've been granted shore leave! A fun evening awaits you, just a leisurely 20-minute stroll (or one metro stop) away from the Marriott Wardman Park Hotel. Join health educators from across the country for our annual social.

Your ticket also makes you eligible for a number of exciting door prizes donated by members of the Health Education Section Executive Committee (an overnight in the Lincoln Bedroom remains unconfirmed at press time!).

Landlubbers and seafarers alike will enjoy a menu of surf, turf and earthly delights, along with good conversation at the Georgetown Seafood Grill, an award-winning restaurant in Dupont Circle.

The price for the social is \$25.00. As a special welcome, first-time attendees to the Health Education Social should take \$5.00 off the price.

Complete this form and return it with a (nonrefundable) check for \$25 (\$20 for first timers). Space is limited, so please reply no later than **May 17**. Send the reply form and check to:  
Donna Denelli-Hess  
Williams College Health Center  
105 The Knolls  
Williamstown, MA 01267  
(413 597-3013)

Name: \_\_\_\_\_  
Affiliation: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Fax: \_\_\_\_\_  
E-mail: \_\_\_\_\_

# Allergic Rhinitis: 'Tis the Season

Rita Sheppard, BSN, ANP, RNCS

The mild, dry winter experienced by most of New England will affect those with seasonal allergies. This, according to Dan Steinberg MD, Assistant Clinical Professor at Tufts School of Medicine and Director of the Allergy and Asthma Center of Massachusetts in Chestnut Hill. Dr. Steinberg spoke to members of the College Health Association of Nurse Directors in April. He advised the group to expect a more abbreviated and intense allergy season this spring given the winter weather pattern.

Allergic rhinitis affects 45-50 million Americans and is responsible for 2 million lost school days annually. It also accounts for over 11 million office visits annually. Most college health centers have already begun to see an increase in allergy-related visits since spring break. Seasonal pollen patterns begin with tree pollen in the spring. The symptoms usually peak at midday from 11:00am-2:00pm. In the late spring and early summer, grass pollen causes symptoms

peaking in the early and late morning. Weed pollens are at their peak in the early morning from 7:00am-9:00am. From August until the first frost, ragweed and late blooming weeds are the culprits. These allergens cause the most symptomatology about 2 hours after sunrise.

Persons affected by allergic rhinitis often exhibit co-morbid conditions. These include otitis media, hearing deficits, sinusitis, asthma and bronchitis. Up to 80% of patients with asthma have rhinitis and 5-15% of persons with perennial rhinitis have asthma. On physical examination, the person is usually afebrile with clear nasal mucus, and benign lymph nodes.

While avoidance of the allergen is always the best preventative, it is not always an option. Air conditioning and air purifiers may help. There are a number of medications available depending on the nature and severity of the symptoms. Non-prescription decongestants, antihistamines and nasal cromolyn, and first generation antihistamines are often effective. Second-generation antihistamines, nasal steroid sprays, and anticholinergic nasal sprays may be ordered by prescription. For the more severe cases, a referral to an allergist is beneficial.

## QU Helps U Quit Smoking

*Editor's Note: It has been a little over a year since NECHA collaborated with the New England Division of the American Cancer Society for its Smoke Free Summit. Since then, several schools have achieved positive results with their stop smoking and never start campaigns. Lori Fresina, Director of Smoke Free New England, reports that Quinnipiac University is breaking new ground in the fight against smoking.*

Quinnipiac University has started what is believed to be one of the first smoking cessation programs on a college campus. A group of Quinnipiac University students, faculty and staff wants the campus community to learn about the dangers of smoking and what to do to kick the habit if you're already lighting up. The group formed QU Helps U Quit Smoking, believed to be one of the first smoking cessation programs offered at an east coast university, said Ronald Rozett, MD, a former smoker who directs the health administration program, in the School of Business at Quinnipiac.

"We've let down the current generation of college students by not properly educating them about the dangers of smoking," Rozett said. "While the percentage of smokers in the adult population has dropped dramatically in the last 15 years, the percentage of students in high school and college who start smoking is growing at an alarming rate."

Rozett said approximately 30% of high school and college students smoke. Adult smoking has dropped from 40% in 1987 to about 25% currently. The group kicked off its educational campaign recently, setting up educational exhibits near gathering places of on-campus smokers. The Quick Stop convenience store on campus also agreed to not sell cigarettes that day and instead, stocked its shelves with gum and nicotine patches to help smokers quit.

Smoking is already prohibited inside all academic buildings and residence halls at Quinnipiac. According to Kathryn Macaione, RN, BSN, Director of Health Services at Quinnipiac, smoking is already prohibited inside all academic buildings and residence halls on campus.

# Join us for C-T-O-2!

## 2002 New England College Health Association Annual Meeting



**Hartford Marriott Farmington**  
**Farmington, Connecticut November 7 – 9, 2002**

## College Health: What's *REALLY* Important

Plans are in full force for NECHA's upcoming Annual Meeting. Led by Program Chair, Peter Nobes, PA, the Planning Committee met at Saint Anselm College on Friday, March 1 to review the call for proposals, comments from last year's meeting and collaborate on the gaps needed to create a great program for the fall. Special thanks to Connie Richards for hosting us!

One of the key elements surrounding the theme of 'What's *REALLY* Important' is that of listening. Many new faces are making up the Committee this year and it has been great listening to the fresh perspective they bring to the table. Many thanks to the new people on the Committee this year: Dr. Connie Hiller and Mary Ellen McGinty, Brown; Dr. Melanie Thompson, Colby; Donna Durfee, UMass Boston; Laurie Magoon, Babson; Paula Cappuccia, University of New Haven; Anne Cole, Fairfield; Rebecca Donohue, Simmons.

The NECHA Board of Directors toured the Marriott in January during their winter meeting. The site received a 'thumbs up' for everyone. The meeting rooms are all in close proximity to each other and the general session and exhibit areas are spacious. Plan to take a brisk walk each morning around the property, take a swim or work out in the hotel's fitness center. The coffee nook transforms into a sushi bar in the evening. During your stay, you must try both!

We are pleased to offer a reduced rate of \$99 per night for single or double accommodations. If you are planning to attend the Meeting, but in need of a roommate, please contact Julie Basol at 802 425-3936.

### **C-T-O-2 Announces Three General Session Speakers**

**Helen Meldrum, EdD** Consultant, lecturer and educator, Helen Meldrum is an Associate Professor of Psychology and Communication at Massachusetts College of Pharmacy and Health Sciences and Director of the Health Communication Program. She will open day two of the Annual Meeting, speaking on the importance of listening for the college health professional. Dr. Meldrum will provide us with a progressive approach to

the contemporary challenges of the internet-educated patient. Following the general session, she will lead a hands-on concurrent workshop entitled, The Art of Active Listening.

Dr. Meldrum has addressed a wide variety of groups across the country and internationally. Her articles, interviews, editorials and reviews have appeared in many publications including *USA Today*, *The Wall St. Journal*, and *The Journal of Therapeutic Communication*. Her book *Interpersonal Communication in Pharmaceutical Care* has been widely adopted, as has her new text, *Provider-Patient Partnerships* with Mary Hardy, MD.

In this era of service-oriented care, one must work even harder to improve our ability to communicate compassionately, assertively, and empathetically. Dr. Meldrum teaches collaborative communication strategies that create a respectful relationship between practitioner and patient. She will encourage us to pay constant attention to our own development in this arena, to keep our sights on the 'elusive goal of reflecting on communication' even as we engage in it to take 'conscious action rather than... unreflective action.'

We are fortunate to have Helen Meldrum with us on Friday, November 8 through the generous sponsorship of Pfizer Inc.

**Angela Diaz, MD** Dr. Angela Diaz is the Director of Adolescent Medicine at the Mt. Sinai School of Medicine in New York City. She will address the audience at Thursday's opening luncheon, profiling those adolescents entering college in the upcoming years and give us an insight as to the issues they are currently facing.

**Ann R. Fingar, MD** At Saturday's opening session, we will bring you a program designed to help us prepare ourselves for 'disasters' (big and small). We are pleased that among other excellent speakers, Vermont State Epidemiologist, Ann R. Fingar, MD, will talk about bioterrorism with a college health perspective. Stay tuned!

**Trinity College Director,  
Martha Burke  
Chosen for ACHA's  
New Professional Award**



*Martha Burke, ARPN*

Martha Burke, ARPN, Director of Health Services at Trinity College in Hartford, Ct was recently chosen to receive ACHA's New Professional Award. ACHA will honor Martha and other award winners at a special luncheon at their Annual Meeting on Wednesday, May 29. And you can bet that Martha will be formally congratulated once again at the NECHA Annual Meeting in December. Congratulations Martha!

*Nominated by her staff, the following was written by her Health Center colleagues. The complete citation can be found at [www.acha.org/about\\_acha/affiliates/NECHA/awards.htm](http://www.acha.org/about_acha/affiliates/NECHA/awards.htm):*

As Director of the Trinity Health Center, Martha Burke has distinguished herself through exceptional professional knowledge, management acumen, and leadership. Her creativity and sound guidance has transformed the Health Center into a first rate, comprehensive, primary care facility. Upon her arrival she undertook a comprehensive analysis of existing operations, identified opportunities for significant improvement, formulated a vision of what the health center could be, obtained endorsement from administration, and set a course for a top rate facility.

Her creation of an all nurse practitioner run college 'health center' reflected a new emphasis on health promotion as well as more comprehensive services and disease management. Within a year of her appearance on the scene, students were spreading the word that the health care provided at the revamped center was 'real' and 'legitimate'.

Her expertise and vision have turned a fledgling medical office into a top rate Health Care facility

that has become the model for other colleges to emulate, as was evident when the ACHA featured Trinity as a model Health Center.

**ACHA Region V Report**

*Sandy Stern, RNC, ANP*

Are you ready for the last blast of second semester? This too is my last blast to you as your ACHA Representative. What an honor and privilege it has been to serve you in the role over the past 2 years. I have always felt a comfort level with the New England States-the wonderful people who work tirelessly in college health, sharing goals and visions of caring for our students. The welcome camaraderie personally received within NYSCHA has been so appreciated, in addition to my learning all major highways in the state of New York! The objectives of quality management and care among our Region honor the ideals we all set before us for our students. And, if we are stimulated, educated and challenged along the way-what a great benefit!

The responsibilities of a representative are simple: to listen, communicate and share. The workings of ACHA are multifaceted. The integrity of college health rests on the most important function of our national office and that is, advocacy. Formal lobbying with persistent messages can and will make a difference ultimately on our own individual campuses. We now have a reputable voice as a member of the college health community. If there is one important request that I may impart upon all of you as I pass the 'representative torch' on to Kathy MacLachlan from Syracuse University, it is a request to get involved on your local level. Whether it be highlighting issues of immunization, underage drinking, emergency contraception-we can be heard and represented.

Again, thank you for allowing me to serve you. I hope to see you in Washington DC!

**Student Rep Report**

*Amanda Fitzpatrick*

Did you know that with your ACHA membership, one student from your college could also become a member? ACHA and NECHA were created to benefit college students, so why not get them involved? College students can make a difference in college health. As a junior at Anna Maria College in Paxton, Massachusetts, I have learned a lot from the conferences and various other member benefits that I have been able to obtain as an ACHA and NECHA member. The

information and benefits I have received are free and I have been able to use them to help my school. As the student representative from the NECHA Board of Directors, I encourage you to recruit students to become involved in college health, both at the regional and the national levels. Have a wonderful summer!

**Career Opportunities**

**Director of Health Resources**

**Dartmouth College Health Service**

Purpose: This position exists to conceptualize, manage, and implement the Health Resources Department's educational programs and outreach efforts to educate students and consult with faculty, staff and administration about health risks and wellness opportunities directly affecting students academic, physical, and emotional well being. Position Requirements:

- MS or PhD in health education, counseling, public health administration, or related field; or the equivalent.
- 5+ years experience designing, implementing, and evaluating alcohol and other drug education programs in an educational setting.
- Experience working with a Social Norms model desirable.
- Experience with supervising professional staff is required.
- Must exhibit strong supervisory skills commensurate with professional history. Strong verbal, writing, and organizational skills.
- Demonstrated ability to interpret policy, allocate resources, and possess skills and experience pertinent to budget management and fiscal decision making.
- Demonstrated programming experience relevant to alcohol and other drug health issues pertinent to college age men and women.
- Confirm the ability to work with a diverse college-age population, faculty, other health professionals, and administrators.
- Required is the ability to speak in public and facilitate group discussions.

Reports to:

John H. Turco, MD

Director, Dartmouth College Health Service

*Dartmouth College is an EO/AA employer. Qualified women and minorities are encouraged to apply.*

Send cover letter, resume, and three current letters of recommendation to:

John H. Turco, MD, Search Committee Chair  
Dartmouth College Health Service  
7 Rope Ferry Rd.  
Hanover, NH 03755

## Connecticut

*Sally Rinaldi, RN, MPH*

As part of National Alcohol Awareness Month in April, Connecticut and five other states, rose awareness about the dangers of underage drinking by participating in the national orange ribbon campaign. The Connecticut campaign was spearheaded by the Connecticut Coalition to Stop Underage Drinking.

Courtney Esparza, MS, LPC, LCDC, reports that the Southern Connecticut State University Partnership for Alcohol Responsibility Task Force (PART) was busy developing new programs for the prevention of high-risk drinking.

An exciting new intervention used in the residence halls and by judicial services is an on-line program called Alcohol Edu, developed by a Boston-based health education company called Outside The Classroom. Southern has become the first university in the state to require students who violate certain campus drinking policies to complete the new on-line alcohol education course. The course provides students with information about the consequences of alcohol use, basic alcohol education, and normative feedback that the majority of college students nationwide are making responsible, low-risk decisions around alcohol use.

As part of the national orange ribbon campaign, SCSU has launched the Safe RIDE (Reduce Impaired Driving Everywhere!) campaign, focusing on concerns around drinking and driving. Students wore orange ribbons during the month, to show their support of designated drivers. The University is collaborating with Pro Jam Entertainment to provide incentives at some of the local clubs and restaurants for students who choose to be a designated driver.

PART has introduced the SCSU social norms marketing campaign this spring and hopes to launch it full force in the Fall 2002 semester. The social norms approach has been named one of the most important innovative concepts of 2001 by *The New York Times*.

In closing and on behalf of fellow Connecticut board member, Michael Kurland and me, we are pleased to host the 2002 NECHA Annual Meeting in our state and look forward to a strong showing in November!

## Maine

*Pamela Clay-Storm, RN, BSN*

Exciting things are happening in Maine regarding tobacco control efforts on our campuses! A regional workgroup of colleges and universities was recently formed to address tobacco policies on their campuses. Representatives from several Student Health Services, along with the American Cancer Society and Community Health Coalition Directors have joined efforts to make Maine college campuses healthier places in which to live and work. The group has identified two areas of need: 1) a survey instrument to capture data on tobacco use on campuses; 2) an educational summit for policymakers on campus and beyond.

Workgroups have been formed to address both areas. The summit is targeted for Fall 2002 and will be sponsored by the American Cancer Society and the Maine College Health Association. More information will be made available as the time draws nearer.

On a local note, the University of Southern Maine is proud to announce they will adopt smoke-free residence halls as of fall 2002. A task force at USM has worked hard to develop a policy to reduce second-hand smoke exposure and to promote tobacco-free lifestyles. Presently, the proposed policy recommends adopting a smoke-free campus both inside and out. This proposal has received a fair amount of media attention and the task force is in the process of having a discussion on campus about the intentions of the proposal and ideas for a successful policy. The outcome is unknown at this time but we have already succeeded in raising awareness of the impact of tobacco on our community.

The Maine College Health Association Annual Meeting will be held May 3rd at Bates College. The program is full and exciting. Topics include Eating Disorders, with a presentation of Andrea's Voice, Smoke-Free Campus Initiative, Homophobia in Health Care, LGBT Health Issues, Date Rape, Drug Mugging & Rape Drugs. I look forward to seeing many of you there. For more information contact Chris Tisdale at Bates College.

## Massachusetts

*Janice Allen, NP*

### Medical Advisory Committee for the Elimination of Tuberculosis

The Massachusetts Department of Public Health (MDPH) has asked the Medical Advisory Committee for the Elimination of Tuberculosis (MACET) to provide guidance on the testing and treatment of students with latent tuberculosis (TB). With the assistance of Ian Wong, Director of Young Adult Community Health, MACET has formed a College Student Subcommittee to assist them in formulating recommendations to MDPH. MACET is an independent committee appointed by the Commissioner of Public Health whose focus is to advise and guide the Massachusetts Department of Health in its efforts to control, prevent and eventually eliminate tuberculosis in the Commonwealth.

As representatives of Massachusetts College Health Services, 11 Directors including Janice Allen of Holy Cross, Dr. Tom Nary of Boston College, Janice Sundnas of Bridgewater State College, and Carole Worsch of Pine Manor College, were invited to join the College Student Subcommittee of MACET. The primary goal of the College Health Subcommittee is to improve the detection and treatment of latent tuberculosis in students attending colleges and universities in Massachusetts. An additional goal of the Subcommittee is the repeal of Massachusetts General Law, chapter 71, Section 55 B which mandates pre-employment screening of all personnel who have contact with students at any school, including colleges.

The Subcommittee had its first meeting on February 19 at The College of the Holy Cross in Worcester. Following the meeting, Dr. Stephen J. Lerman, Chair of MACET, commended participants for their input as well as their deep commitment to the students, faculty, and staff that they serve. For more information about MACET, contact:

Ian L. Wong, MPH  
ian.wong@state.ma.us 617 624-5381

Tony Palomba  
Program Director, The Medical Foundation  
Facilitator, MACET  
tpalomba@tmfnet.org 617 451-0049 x285

## New Hampshire

Gladi Porsche, MD

In February at UNH, we had a student with meningococcal meningitis and worked closely with the state to identify over 50 contacts who needed to be treated prophylactically with antibiotics. Our community health nurse and triage staff were very busy fielding calls from concerned students, staff, and parents and did a magnificent job holding up under the stress. We used our Web site to keep everyone informed about the situation with regular updates, and about meningitis, in general. Because of the focus on this issue by ACHA, we felt well prepared and everything went as smoothly as possible.

We have also been working on some new projects this year. One new ad hoc committee, led by Deb Bronson (who also serves on the ACHA HIPAA Task Force) is working on HIPAA compliance issues. Even though we do not yet bill electronically and technically do not need to do this, we feel it is a best business practice to follow these regulations. Understanding the complex regulations has been a challenge, but great progress has been made with Deb's excellent leadership.

Another committee is working on a new TB screening policy for the university in an attempt to follow ACHA guidelines. We will be working closely with the Office of International Students and Scholars and the Office for Study Abroad Programs to assist with the challenge of deciding how best to identify those at 'high risk'.

A third new ad hoc committee is creating a policy, which allows the staff and patients/clients to communicate via e-mail. It describes what can and cannot be communicated this way, which health services staff will be responsible for checking e-mails and how, when a consent form is needed, etc. Lots to debate! A trial run is planned at UNH for the fall.

Two staff members, Janet Harris, Senior Administrative Assistant to the Director (Kevin Charles) and Jane Toth, head of our medical laboratory, were both nominated for the UNH Presidential Award of Excellence. The entire staff of the Women's Health team was nominated for the Women's Commission Award, which goes to a person or group who has been a role model for women and has worked to improve the status of women. As I write this, the winners have yet to be announced, but there is incredible honor in just being nominated for these awards. Congratulations to all of you!!

## Rhode Island

Chad Henderson, MBA

Lots of great personnel news in Rhode Island. Anne M. Andrade, MS, RN, NP, has been promoted to the position of Director, Student Health Service at Roger Williams University. She has been with the University since 1992 and was most recently clinical coordinator. Prior to her employment at RWU, Anne held positions in health service at Brown University, Cornell University and Boston University Hospital. Anne is a certified adult nurse practitioner. She is a graduate of the University of Rhode Island School of Nursing with a bachelor of science and holds a master of science degree in nursing from the University of Pennsylvania. Congratulations to Anne!

Lynn Wachtel, MS, RN, FNP, brings 19 years of practice to her new position as Director of Health Services at Rhode Island College. She earned her BS from Simmons College in Boston where she spent several years working in oncology and intensive care nursing. After completing her graduate degree at the University of Rhode Island, she worked in occupational health and then rural health care. Prior to assuming her new position she spent six years as Coordinator of the school-based health center at Central High School in Providence providing primary health care to a culturally diverse group. She has particular interest in patient education and legislative issues.

Bryant College announces the opening of its new Wellness Center and the appointment of Jennifer DiPrete, MEd, as its Health Educator/Wellness Coordinator. Jennifer earned her BS in Rehabilitation Services from Springfield College where she also starred on the tennis team. She earned her MEd in Health Promotion/Wellness Mgmt from Springfield while serving as a graduate assistant coach for the women's tennis team. She then served as Health and Wellness Specialist/Head Women's Tennis Coach at UMass Boston before going to Blue Cross/Blue Shield of RI where she designed and implemented work site health promotion programs. Prior to joining Bryant she was the Wellness Educator in the Mansfield, MA public school system while continuing to coach at UMass Boston. She will be spending two days per week in Health Services coordinating the Peer Education group and providing programming for Residential Life. The other three days she will be overseeing the new Wellness Center and providing one on one counseling regarding weight management, nutrition analysis, weight training, stress manage-

ment, and other lifestyle behavioral modifications as well as being an educational resource for athletes and coaches. Welcome to college health and wellness.

Several Rhode Island schools had the opportunity to participate in a recent sixty minute television special on Health Care Directions entitled, *Striking Out, Young Adults, Pressing Choices*, which examined health insurance issues for ages 18 to 25. Several URI students and staff were interviewed regarding health care delivery and health insurance's place in protecting young adults.

## Vermont

Peter Nobes, PA

The American Cancer Society has teamed up with UVM's Center for Health & Wellbeing to present a Vermont Smoke-Free College Summit, held April 19 at Vermont Technical College in Randolph, Vermont.

Although Vermont was fortunate enough to have no documented cases of anthrax in 2001 or 2002, that doesn't mean that the Vermont Department of Health wasn't deluged with calls and requests for testing, as well as for educational presentations. As reported in the January 2002 Disease Control Bulletin published by the Vermont Department of Health, "Although we are creating plans we hope never to have to use, the work of thinking through possibilities, enhancing professional and public education, and improving partnerships and communication will serve us well in the face of any disasters-natural, man-made, biological, chemical, or radiological-with which we are confronted.

## Treasurer's Report

Michael Kurland, MSPH

NECHA is right on track with our forecasted income and budgeted expenses for the calendar year. Currently, our assets are as follows:

Equities, Mutual Funds & Money Funds: \$52,319; Checkbook & Savings: \$16,500

As long as we remain on our budgeted course, we should repeat our yearly cycle of utilizing the excess revenues from years that we host annual meetings in order to subsidize the years that the New York College Health Association hosts the meeting.

# NECHA Affiliate Institutional Membership Continues to Climb

Over 40 colleges and universities from throughout New England have joined as charter institutional members of NECHA. We are delighted to have such a positive response from our initial membership drive.

“With many budgets tighter than ever before, the response to offering a NECHA Affiliate Institutional Membership has been welcomed by college health centers across New England,” reports Donna Denelli-Hess, Membership Coordinator. And as the membership continues to climb, so do the sheepish phone calls that apologize for losing their original form! Are you one of those who lost their form, but have been too shy to call for another? Well, fear not – we’ll make it easy on you. Just complete the form below and mail it off with your institutional membership fee of just \$50.

A NECHA membership for your college will allow all staff members to attend NECHA-sponsored events at reduced member rates, formerly reserved for individual ACHA members only. Your institution’s NECHA membership will not influence your registration fee at ACHA’s upcoming national meeting, but will benefit all staff members attending NECHA’s Annual Meeting in the fall!

Questions? Contact Julie Basol, NECHA Administrator: jnbasol@together.net or 802 425- 3936.

Memberships are based on the calendar year; renewal notices will be sent in early January for the year.

NOTE: NECHA Membership is based on the calendar year and is not pro-rated. Institutional memberships must be in current standing six weeks prior to any NECHA-sponsored event in order to receive member registration rates for staff members.

As a member of NECHA, your institution will receive:

- Information regarding the latest news in college health and NECHA through its newsletters.
- Member Rate registration fees for all staff members at NECHA Meetings, regardless of individual member status with ACHA.
- Access to a network of college health professionals from throughout New England.



## Membership Application 2002

*Applying for a NECHA membership is easy!*

1. Complete all required information on this form
2. Return this completed form with your payment to :

**New England College Health Association  
741 Hand Road  
No. Ferrisburgh, VT 05473**

\_\_\_\_\_ Date of Application  
**\$50/institution**

NECHA Fed ID # 23-7132676

Institution: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Preferred Degree: \_\_\_\_\_

Position / Title: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Secondary Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

- #of staff members at my health center: \_\_\_\_\_ full time; \_\_\_\_\_ part time; \_\_\_\_\_ per diem
- My health service reports to (department): \_\_\_\_\_

## 2001-2002 NECHA Board of Directors

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*Director, Health Services*  
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### **Help Shape the Future of College Health**

Become a member of the NECHA Board of Directors and help shape the future of College Health in New England. The NECHA Board's role is to work with ACHA, address issues concerning College Health, plan outreach events for members, coordinate the Annual Meeting and other activities.

If you can recommend someone who may serve the Association well – or if you would like to explore the possibility of joining the Board, please e-mail or call Thelma Lake by Thursday, June 6: tlake@babson.edu or 781 239-4257.