



## President's Message

### Greetings,

As we begin the spring semester let me first thank the 2001 Program Planning Committee, the Board, and most importantly those of you who joined together to make the Combined Meeting in Burlington such a wonderful experience.

Our focus this year is Advocating for College Health Professionals. On behalf of the Board, I extend our assistance to you by any means possible to support the finest health and wellness to your community. We plan to accomplish this through communication with college and university presidents, state health departments, and you. We will emphasize our mission:

As an affiliate of the American College Health Association (ACHA), the New England College Health Association (NECHA) is the principal regional, advocate and leadership organization for college and university health in New England. The Association provides education, networking, and support to its members and member institutions to enhance their ability to provide appropriate, student-centered, accessible, convenient, cost-effective, caring, and culturally competent services. The Association influences action on college health issues and recognizes and rewards excellence in college health professionals.

In 2002 we have exciting news for college health in New England. We will be offering the new NECHA Affiliate Institutional Membership. This membership will enhance the opportunities for your health services staff to enjoy educational and networking opportunities at reduced member rates formally reserved for individual ACHA members only. Details will be forthcoming to you and your president in a separate mailing.

We will continue to partner with the American Cancer Society to achieve smoke-free campuses throughout New England. Our members, along with ACS staff and volunteers are eager to share their experiences and provide support in implementing smoke-free programs.

NECHA's first formal position paper, **HANDWASHING ON COLLEGE CAMPUSES**, addresses handwashing as a key means of preventing the spread of illness. The paper was formally adopted at the recent NECHA Board Meeting on January 17, 2002.

President-elect Peter Nobes and the program planning committee are hard at work on our 2002 Annual Meeting, *College Health: What's REALLY Important*. Mark your calendar now and plan to join us on November 7-9 in Farmington, Connecticut. We will again be presenting the Louise Gazzara and the NECHA President's Awards. Please see the related articles on pages 2 and 3.

On a final note we bid farewell to Board Member-at-large, Gabrielle Lucke. Formerly with Dartmouth College, Gabrielle and her family are relocating to the Washington, DC area.

I encourage each of you to consider getting involved with NECHA or ACHA; I have found it professionally rewarding and a great opportunity to share knowledge and experiences. Please let us hear from you by email to [NECHA@health.uri.edu](mailto:NECHA@health.uri.edu) or phone to any board member. Thank you!

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

### In This Issue:

2nd Round CFP Information for C-T-O-2, page 3

NECHA Membership Update, page 5

2002-2003 Award Nominations, page 2

Across the States, page 4  
... and more!

Nominations for the 2002-2003 NECHA Presidential and Louise Gazzarra Awards are due by **Monday, April 1**. 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.

## Excellence Rewarded at 2001 Combined Annual Meeting

The 2001 NECHA Presidential Award and Louise Gazzarra Award were presented at the recent Combined Annual Meeting in Burlington, Vermont. Yolanda Baumgartner, MBA, Associate Director for Administration at Dartmouth College Student Health Services, was the recipient of the 1st Annual NECHA Presidential Award. Yolanda has been a valued colleague at Dartmouth College for many years and a strong proponent of college health on the state, regional and national levels. Yolanda served as NECHA President during the 1995-96 academic year.



*Yolanda Baumgartner, Recipient of the 1st Annual NECHA Presidential Award*

Colleague Charlene Bradley, RNC, Director of Nursing at Dartmouth's Student Health Services, received the Louise Gazzarra Award at the

Meeting as well. Both of them knew about the other's award, but the surprise was compounded when an entourage of Yolanda and Charley's families arrived to share the evening!

Out-going President Thelma Lake presented the awards to the two very deserving people. Lots of hugs and laughter followed throughout the night. Yolanda and Charley's registration fees will be waived for the 2002 Annual Meeting. To read their citations, visit the NECHA web site at [http://www.acha.org/about\\_acha/affiliates/NECHA/awards.htm](http://www.acha.org/about_acha/affiliates/NECHA/awards.htm)



*Out-going President Thelma Lake (never one for pictures) presents the 2001 Louise Gazzarra Award to Charley Bradley.*

## Meet the Board

*Sally R. Rinaldi, RN, MPH*

*Sally Rinaldi is the Health Education Coordinator at Yale University Health Services. Returning as a member-at-large, Sally served on the NECHA Board from 1987-1990. The following is her story:*

It is with great pleasure that I return to this honorable position. The years have seen many changes in the NECHA landscape. Many of my original friends are gone, but not forgotten. Our Annual Meetings continue to be of the highest caliber and include state of the art programs. We have exceptional health education programs and outstanding health educators in our membership.

Sixteen years ago, I was hired by Yale University to provide students with the latest information on risk reduction of AIDS. The first few years were devoted to getting everyone concerned about the risk of AIDS to our student population; now it includes general sexual health, substance abuse, contraception, sexual assault, communication and abstinence. I founded Yale's Peer Education Program and it has become the best answer to the arduous task of educating this large population. Prior to Yale, I worked in a secondary school set-

ting, so working with the university's bright and enthusiastic young people posed quite a challenge. Because I was Yale's lone health educator, working and meeting with colleagues at NECHA was fulfilling and gratifying. Sharing ideas and programs, as well as hopes and fears helped make the challenge a game.

I began my public health career when I joined the Waterbury (CT) Health Department as the Lead Poison Prevention Director. I was so impressed with public health, I went back to school for my MPH at Yale University. After graduation I worked for a short time with the State Department of Health Services on a federally funded jobs program. Soon after I accepted a challenging position with Yale New Haven Hospital as their AIDS Coordinator. This was 1986 and the beginning of the AIDS epidemic. Programs were in their infancy and in need of organization and cooperation. I remained in this position for one year and learned a great deal about every aspect of AIDS care and human nature. When the Health Educator position became available at Yale, I applied and was the only applicant out of 25 who had AIDS experience. My work at Yale has been exciting, inspiring, innovative and challenging. My interface with students is one of the happiest parts of my job. I look forward to their ideas and needs, concerns and solutions.

My personal interests center on my family, home, and any time I can get with my children and 3 grandchildren. My husband and I love antiquing and the 'hunt for the find'. I collect and make teddy bears. I look forward to another fruitful and exciting tour on the NECHA Board and thank you for the opportunity to serve again.

Congratulations to Jane Morin from UConn – winner of the \$50 savings bond from Pharmaceutical Corporation of America!

From Charley Bradley: I would like to thank NECHA for honoring me at the 2001 Annual Meeting with the Louise Gazzarra Award. I was very surprised and truly appreciate being selected for this award. I regret never having had the opportunity to know Louise as I have been told that she was a remarkable person. Sincere thank you for presenting me with such an incredible honor!



## ***Burlington 2001 Draws Record Attendance!***

Burlington 2001 was NECHA's largest endeavor yet. With over 40 concurrents and 78 speakers, we were pleased to have over 260 attendees gather in Burlington from all over Region V. The local Committee on Temporary Shelter (COTS) benefited from the very successful Soap Project. Program Chair Chad Henderson's last official duty that Saturday was to deliver the donated toiletries to the shelter. Good thing he drives a truck! Thanks to all who attended and those who worked so hard in making Burlington 2001 a success.

## **2002 New England College Health Association Annual Meeting** ***College Health: What's REALLY Important...*** **Farmington, Connecticut November 7 – 9, 2002**

Plan to join us in Connecticut for C-T-0-2! The Marriott Hotel will be a perfect setting for a NECHA meeting with lots of room for sessions, exhibitors, and plenty of space to relax with your colleagues. The deadline for the second round of call-for-proposals is **Friday, February 15**. Please contact Program Chair and NECHA President-elect Peter Nobes or download the forms off the Web.

The 2002 Program Planning Committee is ready to hear your ideas too. This year's group brings a wealth of expertise and lots of programming experience to the table. Considering submitting a CFP but not sure you want to commit? Contact any member of the Committee to run your ideas past them:

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### ***Local Arrangements Committee***

The LA Committee is geared up to make attendees from throughout New England feel right at home in Farmington! They are looking for people willing to help organize a Saturday morning fun run/walk, give suggestions for the banquet's entertainment, possible side trips and more. Be watching for the LA Report in the spring newsletter for a list of reasons why you cannot miss C-T-0-2!

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**SHARE YOUR EXPERTISE - Submit a CFP by Friday, February 15.**

***Download the forms at***

**[www.acha.org/about\\_acha/affiliates/NECHA/annlmtg\\_2002.htm](http://www.acha.org/about_acha/affiliates/NECHA/annlmtg_2002.htm)**

# ACROSS THE STATES



## Connecticut

*Sally Rinaldi, RN, MPH*

The Connecticut State College and University Peer Education Network, chaired by Joleen Nevers, Coordinator of Health Education, UConn, in conjunction with four Connecticut colleges and universities, hosted a statewide AIDS awareness program in celebration of World AIDS Day. During the week of November 26th, the Network sponsored nationally recognized guest speakers Shawn Decker and Gwenn Barringer in their provocative presentation *A Boy, A Girl, A Virus and the Relationship that Happened Anyway*. The program was held at Fairfield University, UConn (at Storrs), Yale University, and St. Joseph's College. The participating schools combined this presentation with other planned World AIDS Day activities.

Shawn Decker has been living with HIV since the sixth grade and has dedicated his life to AIDS activism and education. Maintaining his sense of humor and positive attitude, Shawn strives to break down stereotypes about people who live with HIV. Shawn's girlfriend, Gwenn Barringer, is an AIDS activist, who is eager to share her experiences and feelings about loving someone who is HIV positive. Their program strives to "let people know that it is possible to live a normal life with HIV". Shawn and Gwenn brought a challenge to audiences to open their minds and confront their images of people infected and affected by HIV. Audiences react with compassion and understanding to the challenges of everyday life, drug protocols, dealing with insurance companies, the cost of medications, addressing homophobia, and a loving sexual relationship.

Students loved Shawn and Gwenn and their message. They were taken by their honesty and candor. Shawn and Gwenn shared every aspect of their relationship, the highs, the lows, the horrors, and the laughs. They answered every question honestly and graciously and greet students anxious to meet them. Their program was outstanding; the two of them are exceptional people.

Shawn and Gwenn have set up a web site that reflects their sense of humor and the need for

answers to questions. Visit their web site at [www.positoid.com](http://www.positoid.com). Shawn and Gwenn can be reached through Campuspeak at [www.campuspeak.com](http://www.campuspeak.com) or [info@campuspeak.com](mailto:info@campuspeak.com).

## Massachusetts

*Janice Allen, NP*

In May of 2001, The College of the Holy Cross became the first Massachusetts college to achieve the certificate of accreditation by the Accreditation Association for Ambulatory Health Care, Inc. (AAAHC). In a letter to Holy Cross Health Services, the AAAHC president noted, "The dedication and effort necessary to achieve accreditation is substantial. Holy Cross Health Services is to be commended for this accomplishment." We accomplished this accreditation goal with the strong support of the staff and administration of The College of the Holy Cross.



*Janice Allen, MS, RNC and Debora Cain, RN*

In other news, Ian Wong MSPH, Director, College Health Initiative, Massachusetts Department of Public Health reports that students in the state will have access to Tetanus Diphtheria vaccine this year. The state continues to produce its own vaccine and is not affected by the nationwide shortage.

Early indications are that the flu vaccine shipments may be later than desired again this year. On a positive note, the state intends to maintain the same dosage distribution as last year and will entertain requests for additional dosages.

Joyce Ames, NP, of UMASS Dartmouth, has retired after many years of service to the University and to college health. She was actively involved in the development of the mandatory health insurance plan for college students as well as acting as a mentor for new nurse directors in the area. Her sage wisdom and support will be missed at the annual ACHA conference as well as in the New England area.

Bridgewater State College has appointed Janice

Sundnas ARNP, MSN, as Director of Student Health Services. Janice most recently served as Director of the Women's Health Program at Dartmouth's Student Health Center.

## Maine

*Pamela Clay-Storm, RN*

The Maine College Health Association held its fall/winter meeting in Yarmouth at the Muddy Rudder Restaurant. The presentations were both timely and informative. Kathleen Gensheimer, MD of the Maine Bureau of Health Division of Disease Control discussed the Public Health Response to Bioterrorism. Maine, like other states around the country, is assessing its resources and strengthening the necessary relationships.

Shawn Box, Public Health Educator for the Maine Immunization Program presented ImmPact, a web based immunization information system operating in both Maine and New Hampshire. The first system of its kind in the country, ImmPact has a multitude of functions including: consolidating immunization records from multiple providers, implementing new vaccine recommendations, designed to provide reminder/recall capability, and allows providers ready access to electronic vaccine ordering, inventory and usage reporting. The system provides a permanent, safe and highly secure life long vaccination record, while allowing access only to those with defined roles. The Maine Immunization Program hopes to increase adolescent and young adult inclusion in the coming year. The benefits to higher education could be tremendous. For more information-ImmPact Info Online at <http://www.state.me.us/dhs/boh/mip/immimpact.html>.

## New Hampshire

*Constance B. Richards, RNC, EdD*  
*Director, Health Services*  
*Saint Anselm College*

**New Initiatives-** This year, we are working closely with residence life, students and parents to support our new 'Wellness Housing' initiative. Our hope is to have this substance-free housing option offer a broad range of programs and activities for the students who choose to live there. Approximately 30 students are involved in social and educational activities to help define the wellness housing parameters. Wellness housing for this academic year has included a designated wing of a larger residence hall as well as a small house on the perimeter of campus. Next

*(continued on pg. 6)*

## NECHA Handwashing Position Paper

As the January 2001 meeting, the NECHA Board of Directors voted to investigate the development of a position paper on handwashing within residence halls. The importance of this project was reaffirmed with the bioterrorism events following 9/11. A committee began surveying a number of colleges in New England regarding the availability of cleansing and drying materials in the communal bathrooms of college residence halls. Of the 27 institutions responding to the survey:

- 67% provided cleansing agents in all bathrooms
- 4% provided cleansers in some bathrooms
- 55% of respondents provided dry materials in all communal bathrooms
- 15% provided materials in some bathrooms

Three campuses stopped these services, but restarted them due to student demand. Three campuses had stopped some or all services due to vandalism.

After extensive review of research supporting the value of handwashing in decreasing the spread of communicable disease, the NECHA Board announced the draft of a position paper at the recent Annual Meeting in Burlington and posted it for a review period at <http://health.uri.edu/necha>.

A copy of the draft was mailed to all attendees after the Meeting. Following a one month comment period, the NECHA Board of Directors voted unanimously to adopt this paper. It is hoped that this position paper will support college health services that are encouraging their institutions to supply adequate handwashing materials for resident students.

## New England Health Educators Network Update

On January 10, Catherine Collins hosted 18 health educators at Wellesley College. Items for discussion included ACHA's 2002 Annual Meeting, standards of practice for health promotion in higher education, and alcohol-screening tools. Those who attended Burlington 2001 were very pleased with the sessions available for health educators.

Michael Hoyt, Program Chair and Donna Denelli-Hess, Program chair-elect for ACHA's Health Education Section reported on the status of health education sessions for it upcoming May meeting. Fourteen sessions will be sponsored by the Section, and a 1/2 day session will deal with an environmental approach to campus health. The health educators' social on May 30 will be a great opportunity to meet fellow colleagues and enjoy some good food. Plan to join us!

Conversation and debate continues about the newly created Standards of Practice. A letter will be sent to the new Standing Committee on behalf of NEHEN, asking them to appoint Michael Hoyt as a member. Many of the NEHEN members are looking at various tools to be used for alcohol screening that can be used for brief interventions. If anyone has suggestions please e-mail Donna Denelli-Hess @ [ddenelli@williams.edu](mailto:ddenelli@williams.edu) and she will pass them on during the spring meeting. Our spring meeting will be held at Amherst-date to be announced. If you would like more information about NEHEN feel free to contact [ccollins@wellesley.edu](mailto:ccollins@wellesley.edu) or Donna.

## NEW NECHA MEMBERSHIP TO BENEFIT ALL

Last fall, the NECHA Board of Directors announced a proposal to create a NECHA Affiliate Institutional Membership category, exclusive of any affiliation with the American College Health Association. The proposal was based on the results from the membership survey completed earlier in the year.

The Article III by-law amendment was voted upon at the Combined Annual Meeting and approved by the members at the business meeting. (see by-law changes in the fall 2001 NECHA newsletter, pg 2) NECHA Affiliate Institutional Membership will allow any staff member to attend NECHA events at the member price.

As we advocate for college health in 2002, the following steps will be taken to promote our new NECHA membership category: 1) NECHA President Chad Henderson will send a letter to all New England college and university presidents. The letter will outline NECHA's mission and highlight some of initiatives NECHA has recently been involved in and encourage their support of college health in New England. 2) All student health services directors will soon receive letters with an application to join us as a NECHA institutional member for an annual fee of fifty dollars.

### **FAQs on NECHA Membership**

**Q: I am already an ACHA individual member – why should my college join NECHA?**

**A: NECHA membership will allow all staff members to attend NECHA-sponsored events at reduced member rates formally reserved for individual ACHA members only.**

**Q: How long does my membership continue?**

**A: Memberships are based on the calendar year. Renewal notices will be sent in early January each year.**

**Q: Can my institution sign up when my fiscal year begins in July?**

**A: Indeed! However, members must join (or be in good standing) six weeks prior to any NECHA-sponsored event in order to receive member registration rates.**

**Q: What will I pay for CEUs at the upcoming NECHA Annual Meeting?**

**A: The fee for CEUs will continue to be linked to ACHA individual membership status. All monies paid for CEUs at the Annual Meetings are in turn, sent to ACHA.**

**More questions? Contact Julie Basol, NECHA Administrator at 802 425-3936 or [jnbasol@together.net](mailto:jnbasol@together.net)**

*Across The States, cont...*

year's plan expands the program to include a new single-room residence hall. We are very pleased with the effort and hope that it will give our students healthy alternatives and a like-minded social network of friends.

*Kathleen Grace-Bishop MSHA, CHES  
Associate Director, Education & Promotion  
University of New Hampshire*

**Quality Improvement**-The Women's Health staff, in a joint effort with Triage, built flow charts as guides for appropriately appointing the multiple types of 15 and 30-minute appointments. This has remarkably improved the efficiency and accuracy of our triage process while increasing the level of service and appropriate utilization in our Women's Health clinic.

We now have a designated telephone line specifically for patients needing to cancel their appointments. The results are improved overall service and a decrease in our no-show rate.

**Tobacco Cessation & Prevention**-Through a grant received from American Lung Association of NH, we are working in conjunction with the UNH Center for Health Promotion to establish a program to prevent tobacco use and promote smoking cessation among our students. Components of the grant include teaching enhancement awards for faculty to support curriculum development geared towards prevention, working with student athletes and Athletics to create a student campaign addressing tobacco use, and creation of a student coalition that will work with various segments of the community to implement a grassroots movement to create a tobacco-free campus environment. The grant provides funding to hire a 20 hour/week graduate student, 2 undergraduate students and 1 student athlete-each working 3-6 hrs/ week to create the coalition and support educational efforts, as well as dollars for curriculum infusion grants and educational activities.

**The Athletes with Eating Concerns Team** was created this fall to better serve student athletes who may be struggling with eating concerns. It consists of a physician, nutritionist, and health educator from health services, a psychologist from counseling, as well as a trainer from Athletics. They have worked to create a protocol, and will be training athletic department staff early in the spring semester. Meeting monthly, the group will oversee the development and implementation of appropriate nutrition and eat-

ing concerns education for students and athletic department staff, provide consultation services to the athletic department, and work to coordinate care for students.

*Jackie Webb, NP  
Director, Health Services  
Colby Sawyer*

**Outreach & Prevention**-The health service staff has been focused on engaging students in outreach and preventive efforts with increased health service-sponsored programs and workshops offered in residence halls. These programs have been well received by students.

Two new counselors have been hired which has been very timely in the wake of 9/11 and increased request for services. The Eating Disorder and Substance Abuse teams continue to work very well in providing a multidisciplinary way in which to promote prevention and provide access to treatment when necessary. The staff continues to look for ways to help their students balance the mind, body, and spirit.

*Mark Reed, MD  
Director, Counseling & Human  
Development  
Dartmouth College*

**Across Campus**-While we have used social norms strategies for decreasing substance abuse for a few years, our director, Dr. Jack Turco led the charge this last fall to engage every area of the campus. A recent 2-day visit from Wes Perkins (one of the original researchers in social norms effectiveness) helped get a commitment from a large part of campus to join our efforts. In the coming year we plan to have coordinated social norm messages, language, and strategies coming from all parts of campus. We are hopeful that this approach will result in healthier choices from students that are supported by their peers.

In the Primary Care and Preventive Medicine section Neil Gillies reports that we are maintaining 67 clinic office hours per week including weekend hours (in winter, spring, fall) for general medical care. The clinic operates on an appointment system with add on walk-ins for urgent care. We prioritize resource utilization as: 1) urgent care; 2) acute non-urgent care; then 3) elective care. We time shift to align FTE's with seasonal need boosting staffing into the three large terms and downscaling during inter-sessions and summer. We are participating in the development of international health through support of the travel health program along with the IPD and other health service areas. We continue

to precept a Pediatric Resident as part of the Peds Residency Program, and host two students from DMS as our participation in the On Doctoring program.

Students return to campus with renewed energy after the holiday break. Led by Chris Henderson, the pharmacy staff continues their efforts in QI. We have also rekindled our efforts to dispense health information to a wider population. This term we also have the pleasure of interviewing interested students for the Pharmacy Student Assistant & Campus Delivery position. This is a wonderful opportunity to get to know students at a level not afforded during the brief counseling sessions for which we become accustomed. The pharmacy staff looks forward to the infusion of energy that comes with the addition a student to our team.

Charley Bradley reports the Nursing Department had a very busy fall. At the end of each term, the nurses have an 'Education Day' with an invited speaker to focus on the management of some of the more challenging presentations of the term. The series is well received and has resulted in the development of specific strategies for given situations. This term's discussion focused on students with serious counseling presentations.

The Counseling Office saw an increase in utilization following the events of 9/11. The staff participated in a great deal of outreach to the community in general as well as specific groups who may have been more directly affected. Offices all over campus worked together to provide support to students, staff and families.

## Rhode Island

*Chad Henderson, MBA*

We welcome two new Health Service Directors in Rhode Island: Ann Andrade at Roger Williams University and Lynn Wachtel at Rhode Island College. Both are the first nurse practitioners to hold the position. Bryant College recently hired a new Health Educator/Wellness Coordinator, Jennifer DiPrete. Welcome to College Health!

## Vermont

*Peter Nobes, PA*

Organizing paperwork in the wake of the Burlington's Combined Meeting and starting with organization of C-T-0-2, helps me realize a few things about education. When I joined the college health field in 1987, I was a sometime-

*Across The States, cont...*

conference-attendee. I observed some patterns watching fellow staff choose where they spent their professional development allowance. For some staff, particularly boarded physicians, credentialing requirements often dictated the “big” conference they’d attend that year. “Where’s the meat?” was one reply when I asked a colleague why they didn’t attend a NECHA meeting. I saw their point. One thing about college health that many long-timers understand is how the many dimensions of our work begin to grow on you. So after a while, you begin to understand the meat isn’t always in places you’re looking for it. Meeting planners set concurrents up so those who thirst for continuing education credits can hopefully rack up a number of hours in a short period of time. Interesting enough- things happen when you put down the syllabus (which has all the CME events circled), and look at the schedule from a perspective of what you’d really like to know about-but were always afraid to ask.

We work in educational institutions. We teach in our roles with students, we mentor learning health professionals, and we take away from these experiences, hopefully, lessons that enhance our own learning.

Unpacking from Burlington 2001 leads right into packing for C-T-0-2. In many ways the planning never stops, it may just slow down at times. As this year’s Program Chair, I enter the early planning stage with inclusiveness in mind. There will truly be something for everyone of Farmington. You may not leave with all of your continuing education credits, but you’ll leave with a sense that you were continually educated. The Meeting theme “*College Health: What’s REALLY Important...*” presents planners with the challenge to organize a meeting about importance.

In Burlington, I was approached by a colleague who’s doing everything for her small southern Vermont college health service. I’d just been selected as NECHA’s president-elect and she wanted me to know that what was important for her in her job was to know there was an accessible, reliable resource so that she wouldn’t have to constantly ‘re-invent the wheel’. We are fortunate to have NECHA and ACHA as a resource as they become more valuable to its members each time they are tapped.

So for this newsletter, the word from Vermont is that I’m listening. The Burlington tote bag has become the Farmington bag (minus the complimentary pens and sticky dashboard pad which makes a really bad mouse pad).

It’s time to think about ordering from the seed catalogue, and for understanding that our education is continuous. We know by now whether we’re any good at growing tomatoes. Maybe this is the year to try a few hot chili peppers!

## **CHAND Offers Outstanding Speakers at December Meeting**

The College Health Association of Nurse Directors’ (CHAND) December meeting was hosted by Janice Allen, ANP, at the College of Holy Cross. Martin Devine, MD, UMass Medical Center, demonstrated the physical examination of the shoulder and discussed common shoulder problems seen in the college population. Thomas Nary, MD, Director, University Health Services and Sports Medicine at Boston College spoke on performance enhancing substances among college athletes.

### **Performance Enhancing Substance - Fact & Myth**

Dr. Nary divided his presentation into 3 segments—supplements that: 1) work; 2) are unproven, but tend to be harmless; 3) those that toxic. He stressed the need for health care providers to maintain their credibility with students by openly identifying supplements that do fall into these 3 categories and by having a working knowledge of the supplements that students are using.

**Caffeine**, a key ingredient in many sports drinks, is considered a supplement that works. Caffeine increases muscle contractuality and aerobic endurance as well as enhancing fat metabolism. Its side effects of tachycardia, diuresis and insomnia are mild in a healthy adult but can be problematic for students with medical conditions. Problems will arise when students mix significant amounts of caffeine with alcohol.

**Creatine**, another popular drug among athletes, enhances muscle energy, endurance, strength and lean muscle mass. It increases power in short term, high intensity exercise. Again, its side effects are mild in healthy adults. However, the effects of long term use are not known and it can be detrimental to those with medical conditions.

**Protein supplements**, optimize muscle growth and repair. Unless underlying medical reasons exist, there are no side effects.

Substances that are not effective but do no harm to healthy adults at normal dosage use include: amino acids, aspirine, carnitine, coenzyme Q10 and Q12.

There are a number of toxic substances that are readily available to student athletes today; the most common is the anabolic steroid. This supplement does increase strength, muscle mass, and motivation. The negative effects, however, far outweigh the positive. In men, the side effects include decreased circulating reproductive hormones, testicular shrinkage, and breast enlargement. Women who abuse anabolics may develop breast and uterine shrinkage, menstrual irregularity or cessation, facial hair, thinning of head hair, voice deepening and enlargement of the clitoris, both of which are irreversible. Both sexes are also at risk for liver disorders, tumors, acute psychosis, some cancers, heart disease, acne, aggressive behavior and mood swings. The NCAA and the International Olympic Committee ban anabolic steroids. Two similar supplements include androstenediol and androstenedione.

In addition, Dr. Nary recommended multivitamin use for most college students based on their eating habits, alcohol and tobacco consumption. Excellent handouts are available from the Gatorade Sports Science Institute: [www.gssiweb.com](http://www.gssiweb.com)

**DEADLINE for the Spring/Summer  
2002 edition: Friday, April 5.  
Submissions are always welcome!  
The NECHA newsletter is published  
three times per year with its Fall,  
Winter, Spring/Summer issues.**

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