

The HEALTH EDUCATION



Alumni Livewire

Written by: **Volume: II**
Liberty Pandey **Issue: I**

AWARDS UPDATE & NEW INITIATIVES

Health Education had a busy spring semester with new activities and programs in addition to our regular events. We are also humbled by the recognitions we have received this semester.

AWARDS UPDATE

☆ The **Rubberwear** program was nationally recognized with **OUTSTANDING CREATIVITY IN SEXUAL HEALTH** award by the Bacchus Network in November 2008.

☆ Joleen was awarded the **Outstanding Advisor Award**

at the Bacchus Network's Area 10 Conference in 2009.

☆ Vu Tran was awarded The **Peer Educator Award** for 2008-2009. We congratulate him on his successes and thank him for the contribution he has made to the group and to the office.

NEW INITIATIVES

Knitting Group:

Starting Spring 2009, Health Education is hosting weekly knitting group where students can learn to knit and relax in the relaxation station. It is open to

all UConn students from beginners to experienced knitters. Health Education in collaboration with Amy Fallon from St Mark's Church provides yarn, needles and other supplies. It has been a huge success and we look forward to continue to offer it next academic year.

Beading Group:

To enhance bonding between the Sexperts, Health Education organized beading socials this semester. The Sexperts had the opportunity to make beautiful jewelry .

Financial Health for Young Professionals Part II

The U.S. economy is in a recession and with unemployment rates going up, it might seem hard to be optimistic for the future. The most important step in surviving these hard times is to have some money stored, preferably for three to six months, if one loses a job in the future.

Here are few steps to survive these hard times:

1. Calculate total monthly necessary expenses; then calculate total monthly discretionary expenses.

Total monthly expenses are those that **MUST** be paid even if one loses their job such as rent, gas, utilities and groceries, and minimum credit card payments. Cable TV, gym membership and meals out are discretionary expenses. After calculating both, add them together to get the total monthly expenses.

2. Calculate the monthly cash flow

After completing step 1, deduct total monthly expenses from monthly income after taxes to

estimate monthly cash flow. This will help know if there is any cash left over.

3. Trim the FAT

One will need to be ruthless about achieving this goal. For instance: cutting back on the frequency of eating out, renting a movie from Redbox (\$1 a night) instead of going to a theater, cutting back on the number of trips to Starbucks. One can look over the expense sheet and see what can be cut and trimmed.

4. Calculate the monthly cash flow after trimming the fat

Now calculate the cash flow based on the new, trimmed leaner budget. One should now have a surplus of available cash to save.

5. START SAVING!

It is better to have six months of savings with debt than have less debt but the inability to pay other bills. Once enough money is saved one should proceed to pay down debt with future cash flow.

This protects against crisis from unexpected job loss during a

recession and guarantees that one will be capable of paying all of the minimally necessary expenses.

6. Stay focused, stay determined, and update the budget

This is a great plan now follow it! Keep the budget with oneself at all times. Before spending money on something, one can look at the budget; they will be reminded of the goal. Make sure to keep the budget up to date.

For some these steps might be easy, for some it may be difficult and require some financial lifestyle changes. A person has to make the choice to begin saving, but for peace of mind sake, it is better to cut back now than not have enough money should the unfortunate happen.

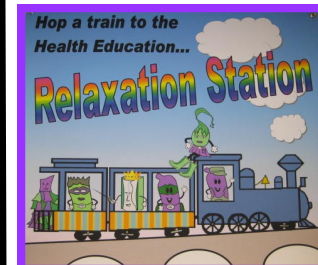
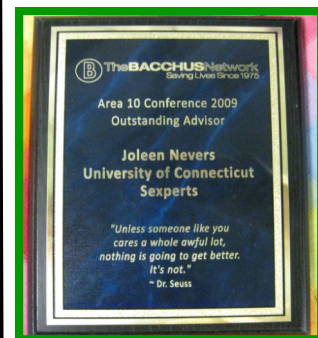
Above all, stay positive. Remember, one's preparing just in case.

Sources:

<http://ezinearticles.com/?Six-Steps-to-Financially-Surviving-a-Recession&id=942375>.

Helpful links:

www.feedthepig.org, www.geezeo.com



**** Update Us!! We would love to know what you are doing so we can put you on our Alumni Page and in our next newsletter. Email us with updates at healthedu@uconn.edu!!**

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Save the Date

The tentative date for the Annual Alumni Day is October 17th, 2009. More specific details will be sent out via email, so watch your inbox!

Fall 2008 & Spring 2009 Graduates

- ☆ Mackenson Deroly
- ☆ Sarah Doppstadt
- ☆ Nyesha Eaton
- ☆ Samantha Fink
- ☆ Laura Gasiorek
- ☆ Christina Lazar
- ☆ Amanda L'Bassi
- ☆ Haley McCarthy
- ☆ Samati Niyomchai

Congratulations to all our graduates! We wish you success and health in all your future endeavors.

Haley McCarthy and **Christina Lazar** are both graduating with an MPH degree. **Haley** will be presenting at professional conferences this summer. **Christina** will be interviewing for public health jobs in CT.

Recent Updates

- ☆ Mike Hardej, who graduated last semester and has been working for UCONN Office of Orientation Services, will be attending Colorado State University in Fort Collins, CO for a Masters in Student Affairs in Higher Education.
- ☆ Rachel Pryzby will be joining the Health Education office as a Graduate Assistant in Fall 2009.

Mackenson Deroly will be attending graduate school for Masters in Molecular and Cell Biology.

Nyesha Eaton will be taking the National Boards of Nursing Exam after graduation.

Samantha Fink is moving to Oklahoma sometime in 2009, where she hopes to find employment in the reproductive health field.

Laura Gasiorek will be interning at Congressman Joe Courtney's office in Norwich for the summer.

Amanda L'Bassi will be traveling for the summer and pursue a career in medicine this year.

Samati Niyomchai is attending the Washington University at St Louis's Masters in Social Work Program in St Louis, MO.

She is a graduate of Smith College, MA with a BA in Anthropology.

- ☆ The Health Education Office, Alcohol and Other Drugs and the Nutrition and Wellness Office are merging into a single entity called the Department of Wellness and Prevention Services. We are currently in the process of transitioning into a single office. We will keep you updated as things get finalized.

**** Update Us!! We would love to know what you are doing so we can put you on our Alumni Page and in our next newsletter. Email us with updates at healthed@uconn.edu!!**

