

The HEALTH EDUCATION



Written by: Volume: I
Haley McCarthy Issue: III

Alumni Livewire

An Increase in Services and Students

In the last newsletter the stats reported that over 500 students a month were visiting our office. Well, the numbers are in for August 2008 and we had over 700 students come into the office during their first month back on campus! That is a 200 person increase compared to the 516 students who came in during August 2007.

The office is continuing to see an increase in student traffic and in turn we have added additional services and program to the office. The Stress Free Zone has been enhanced with the addition of a Shiatsu massage chair, a tranquil rock and water fountain and individually wrapped earplugs available for those

who use the area. The office will also be including a relaxation and breathing activity in every stress reduction program thanks to two of undergraduate students Anna & Ellie.

We are also introducing a new program this semester call Quick Draw, which is a Pictionary game that has a wellness focus. This program went through a three year planning and preparation period where Joleen, graduate assistants and undergraduate staff worked hard to create an interactive and fun program. We piloted the game in Spring 2008 and the feedback was extremely positive. The Health Education Office prides itself in having new programs each

semester to keep our services fun and interesting.

In the last year, the office has also added a Health Professionals page on the Health Ed website that has a multitude of resources and networking information for Health Education Professionals. This is a helpful source for Alumni that are in health related position or for those that just enjoy to keep themselves up to date on current health topics and events.

We always welcome new ideas and suggestions, so please feel free to email us any interesting proposals or initiatives that you find.

Publications, Bulletin Boards and Budget Cuts

The website continues to grow and expand as the office thinks of new and innovative ways to connect with students and go green. One of the changes on the website that fits both of those categories is the new publications page. On the left side bar of healthed.uconn.edu there is a publication link, if a web browser were to click that link they would find downloads of some of Health Ed's signature materials. The Stall Street News is still given out to CAs to post in residence halls and handouts are still given at out at programs, but we try to limit our printing and tell people that extra copies will be available online.

CAs have also asked for a Going Green bulletin board to

be a topic for the Bulletin Boards in a Bag. In an effort to keep green we are creating the bulletin board but providing each area with a laminated copy that can be circulated in each complex.

While we are continuing to accommodate requests to provide items like the one above, Health Education also has to keep within its time and budget limits. Recently, budgets were cut all across the state of Connecticut, which means budgets were cut at the University of Connecticut.

As a result of the University's financial situation, we had to reduce some of the supplies that we order each year. Health Education will still continue to provide all of its regular services but will have

to continue to be very aware of how all of its resources are allotted and used. For example, we have begun keeping track of how many Abstinence Kits we use at each program to get a better idea of what supplies we need.

Health Education does have a foundation account where Alumni, current students and friends of Health Education can donate to support the expansion of current services and the addition of new ones. To donate please visit:

<http://healthed.uconn.edu/donations.html>

Thanks and enjoy the Fall!



**** 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!!**

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Save the Date

Health Education appreciates all of their current and previous students, so we are hosting an Alumni Day to give former students a chance to come back during homecoming to catch up and see what's new!

Information about Health Education Alumni Day!

☆ When: October 25th, 2008
At 11:30am

☆ Where: Health Education Office
Rome Building #G6
626 Gilbert Road
Storrs, CT 06269

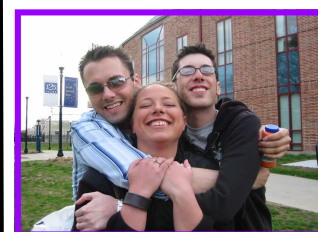
☆ What: A lunch time gathering

☆ Health Education invites you and a guest to a luncheon to see the new office and enjoy the company of old friends and mentors. Bring memories to share of times with the Health Education Office.

R.S.V.P. Information:

Please RSVP by October 14th by sending an email to - healthed@uconn.edu.

If you are attending the subject of the email should read "(#) Attending Alumni Day" with the number of attendees in place of the # sign. If you are not attending the subject of the email should read "Not Attending Alumni Day". If you are attending please provide us with your name, the name of your guest, your contact phone number and information on any food restrictions you may have.



Health Education Alumni Updates Recent Updates

- ◆ Kate Detch is currently living in New Orleans, attending Tulane for Master's in Public Health.
- ◆ Kasey Dunn is currently finishing her Masters of Education in History at UConn. She is also interning at Glastonbury High School creating 9th and 10th grade curriculum.
- ◆ Jordan Porcher is currently working as a Diet Technician at Yale New Haven Hospital and The Connecticut Children's Medical Center.

- ◆ Tyler Shaw is currently working as a supervisor for Employment Horizons, a vocational advancement facility for people with developmental disabilities in Morristown, NJ.
- ◆ Andrea Wilson is currently living in New Haven and working as the Communications Assistant at the Rudd Center for Food Policy and Obesity at Yale University.

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