

# The

# HEALTH



# EDUCATION



## Alumni Livewire

Written by:	Volume: I
Haley McCarthy	Issue: II

## A Fresh New Look and Going Green

In the last newsletter I wrote a bit about how the office has launched a new marketing campaign to make Health Education more recognizable on campus. Beyond the logo, the health education office has made an effort to streamline the look of our Stall Street News publications and our programming handouts. Now all of our publications have the same layout and logos on them in order to help students recognize our materials. Even our giveaways, such as Stress Balls and dental floss dispensers, have the new logo proudly displayed on each. As a result of our efforts we've noticed an increased number of students seeking out our office and services. More than 500 students

per month are visiting the office for safer sex supplies, Abstinence Kits and information. We are surveying students who visit our office on where s/he lives on or off campus, so that we can market ourselves to underserved areas. With the data the office has collected, we have seen that our efforts to reach out to students and provide the services they need are successful.

Due to the increased traffic and activity within the office, we have also become aware that we should do our part to reduce, reuse and recycle. We have implemented the "Going Green" ideal within the office. Health Education is giving staff members reusable plastic cups, recycling paper and plastic products, printing economically,

using paper bags and envelopes instead of plastic for CA bags and bulletin boards, reusing plastic bags and cardboard boxes to store or carry supplies, using cloth tablecloths instead of disposable ones when appropriate, and a canvas Health Ed sign instead of printing numerous signs on paper. We will continue to do our part to conserve and urge our Alumni to do the same by doing one thing each day to reduce, reuse and recycle. Take a look at the Going Green section on our website, [www.healthed.uconn.edu](http://www.healthed.uconn.edu), for tips and links about different ways to **Go Green**.



## An Escape From Stress

All of us are stressed from current students to alumni and staff. Health Education wants to provide a place where students can step out of the fast lane and focus on relaxation. To do that, Health Ed created an area in the office where students can find a comfortable and peaceful atmosphere that creates a getaway from the everyday stresses of campus life. The *Stress Free Zone* was created as a lounge area filled with fun stress reduction tools. The items that can be found in the *Stress Free Zone* include: 2 vibrating backrests, a full body vibrating chair, multiple handheld personal massagers, a heated foot massager and fun reading materials. Students will find a quiet environment where they can study, hang out or even close their eyes for a few minutes and relax.

The Health Ed office is committed to finding innovative ways to promote stress reduction on the Storrs campus.

The office has also created Stress Free Kits that are given out to students who utilize the *Stress Free Zone*, as well as, during the week before final exams. These kits contain information on quick ways to reduce stress levels, such as Tips on Managing Stress:

- Learn to relax
- Take care of oneself
- Get enough sleep
- Laughter helps
- Practice organizational skills
- Make a to do list
- Make use of class time
- Take a break

- Practice and implement saying no
- Live in the present

Source: [www.wellness.gatech.edu](http://www.wellness.gatech.edu)

Also, downloadable relaxation MP3s are available on the Stress page of [www.healthed.uconn.edu](http://www.healthed.uconn.edu), that can be put on one's MP3 player and practiced in order to create a "backpack" of stress reduction tools and techniques. On the next page check out the save the date announcement for our first annual Health Education Alumni Day, where Alumni will be invited back to visit the office, catch up and try out our Stress Free Zone.

Until then, relax and enjoy the summer!



**\*\* 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](mailto:healthed@uconn.edu)!!**

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## Save the Date

Health Education will be hosting its first annual **Alumni Day** on October 25th, 2008. More specific details will be sent out via email, so watch your inbox!

### Health Education Alumni Updates

#### Fall 2007 & Spring 2008 Graduates

- ☆ Christina Bainton
- ☆ Jesse Schofield
- ☆ Katie Agostine
- ☆ Kasey Dunn
- ☆ Emily Gelbard
- ☆ Meagan Murphy
- ☆ Conor O'Rourke
- ☆ Chelsea Palmer
- ☆ Tan Pham
- ☆ Colleen Ruppert
- ☆ Tyler Shaw

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

#### Recent Updates

Theresa Matos was accepted and is attending Columbia University's Doctoral Program in Health Education.

Pam Kravitz will be attending Drexel University's Masters in Family Therapy program in the fall.

Katie Agostine will be attending the University of Bridgeport's Master in Mathematics Education Program in the fall.

Meagan Murphy is attending Columbia University's Oncology Nurse Practitioner Program in New York, NY

Sarah Vincent has accepted a position as a nurse in the Coronary Care Unit at St. Raphael's in New Haven, CT

Tan Pham is working as a Research Associate at Yale University in the Department of Epidemiology and Public Health this Summer and will be attending Drexel University's Master in Public Health Program in the Fall.

Kelly Cormier is currently working as a Veterinary Technician and applying to Master's programs for Physician Assisting.

Rachel Faulkner has renewed her contract for another year with City Year in Boston, MA.



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