

# THE CAN CHRONICLE

## DON'T BE IN A RUSH TO FLUSH...HERE'S SOME NEWS YOU CAN USE

April 2019 Issue 1

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### GYT – Free STI Testing

The Wellness Center is offering

**FREE** Gonorrhea, Chlamydia and HIV testing for the month of April! Call 518-255-5225 or log into your patient portal to make an appointment. Walk in appointments are also available, but you may have a longer wait time.

Sponsored by the Beard Wellness Center



### Sexual Violence Prevention Survey

3/27 – 4/19

Be on the lookout for an email from [survey@suny.edu](mailto:survey@suny.edu) with instructions for how to access this important survey. We want to learn what we need to do to keep you and your fellow students safe.

### SUNY's Got Your Back

Help us fill 500 backpacks with emergency supplies to help dating and domestic violence survivors. SUNY's goal system-wide is to prepare 50,000 backpacks this year. There will be free food and a DJ! Help us to meet that goal!

**Tuesday, April 2nd**

**11:00 am – 3 pm**

**Bouck Ballroom**

### The Dog-tor Is In



Monday 12:15-1:15	Dog-tor Jenna
Tuesday 12:00-12:30	Dog-tor Eloise
Wednesday 12:00-1:00	Dog-tor Wiley
Thursday 1:00-2:00	Dog-tor Dallas
Friday 1:00-2:00	Dog-tor Dallas

### What are the facts?

Nearly 20 million people in the United States get an STI each year. These infections affect women and men of all backgrounds and economic levels. Half of all new infections are among young people 15 to 24 years old. These infections are a potential threat to an individual's immediate and long-term health and wellbeing. In addition to increasing a person's risk for acquiring and transmitting HIV infection, STI's can lead to severe reproductive health complications such as infertility and ectopic pregnancy. If you are sexually active and younger than 25, or have risk factors such as new or multiple sex partners, you should be getting STI testing annually. Contact the Wellness Center if you have questions about what tests are appropriate for you.

<https://www.cdc.gov/std/stats14/std-trends-508.pdf>



### Stressed?

Join us for an evening of activities designed to awaken your senses with presenter, Lisa Corbin:

- Mindful meditation techniques
- 10 quick ways to destress (including chocolate)

Brought to you by the Wellness Center, Athletics, and Coby Late Night

**Wednesday, April 3rd**

**7 pm**

**Bouck Theater**

### Eight Skills For Happiness

1. Recognize a positive event each day.
2. Savor that event and log it in a journal or tell someone about it.
3. Start a daily gratitude journal.
4. List a personal strength and note how you used it.
5. Set an attainable goal and note your progress.
6. Report a relatively minor stress and list ways to reappraise the event positively.
7. Recognize and practice small acts of kindness daily.
8. Practice mindfulness, focusing on the here and now rather than the past or future.

Body, J. (2017, March 28). *Positive Emotions May Extend Life*. The New York Times. NY, NY

Eating Disorders affect all walks of life.



If you are struggling with a negative body image, take the first step to healing.  
Take a screening at: [screening.mentalhealthscreening.org/cobleskill](http://screening.mentalhealthscreening.org/cobleskill)

### The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone: 518-255-5225 Fax: 518-255-5819

Monday-Friday 8:00am – 4:15pm

For after hour emergencies all University Police at: 518-255-5555 OR 911

UPD Anonymous Tip Line: <https://secure2.cobleskill.edu/tipline>

National Suicide Prevention Crisis Hotline: 1-800-273-8255

Mobile Crisis Assessment Team (MCAT): 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Directors Mary Radliff/Lynn Ontl at 518-255-5225