

# THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...

HERE'S SOME NEWS YOU CAN USE!



## September 2019 Issue 1

Co-Editors Shannan Breault and Cheryl Perog

### Get to Know the Wellness Center Peer Educators Meet Maegan Hall



- **Hometown:** Queens, NY
- **Major:** Animal Science, BS
- **Why Coby?** I chose SUNY Cobleskill because of the unique opportunity to work with farm animals and escape the hustle and bustle of the city.
- **Favorite thing about being a peer educator:** Hosting our essential oils programs. We have many oils you can mix and crafts you can make to utilize the oils such as reed diffusers and lava bead bracelets.

### Congratulations to the EVERFI Alcohol Education and Sexual Violence Prevention Program Part I \$25 Walmart Gift Card Winners

Cameryn Dembiec      Jessica Mayer  
Deijon Powell      Lara Ramos

### Mental Health Screenings

Running away from uncomfortable emotions won't make them disappear. This month say **NO** to stigma and take a free mental health assessment at: <http://screening.mentalhealthscreening.org/cobleskill>

### SUNY Cobleskill Health Expo

September 25<sup>th</sup>  
11 a.m. to 2 p.m.  
Brick Yard Point

\*Prizes for participation!



Do you, or another student you know, need food assistance?

The Governor of New York challenged each SUNY campus to wipe out hunger in their students. SUNY Cobleskill answered the governor's directive last fall with a comprehensive group whose goals were to help each student in need with more than just food and help end the stigma in doing so. In addition to these efforts, CAS has made changes to the student meal plans to include more bonus meals per week. Students state this has enabled them to provide meals to other students in need.

If you have a difficult time accessing food on a regular basis, or know someone that does, you can schedule/refer them to a meeting with Matt Barney, Coordinator of Campus Engagement & Orientation or Mike Wacksman, Assistant Director of Student Leadership. In doing so, the students can secure emergency meal swipes to be used on campus. Our goal is to give students the information they need in order to access food both on-campus as well as off-campus, without the stigma that may come with it.

Posters have been hung around campus advertising this program and the committee hopes the message finds those in need.

*Meal-Assist is confidential and can be done via email or phone in the beginning of the process.*



### The 7th Generation\* Lecture Series

Fall 2019

Tuesday, September 17<sup>th</sup>

7 p.m. CANR 101

"Thriving with a Local Food System:

A look at a successful restaurant using this model".

**Forged** is a restaurant in Hudson Falls, New York which is about 15 minutes north of Saratoga Springs. Chef Macintosh and beverage manager, Dan Donahue, will discuss the challenges of a local, sustainable approach to their business. Forged has received recognition in culinary and food circles for its approach using a local business model.

### Can't Sleep???

A good night's sleep is just as important as regular exercise and a healthy diet. Research shows that poor sleep has immediate negative effects on your hormones, exercise performance, and brain function. Lack of sleep feeds into the stress cycle by impacting your memory, judgement, and mood, making you much more susceptible to feeling stressed. If you want to optimize your health, getting a good night's sleep is one of the most important things you can do. Here are some things you can do to sleep better at night.

- Increase bright light exposure during the day
- Reduce blue light exposure in the evening
- Don't consume caffeine late in the day
- Reduce long daytime naps
- Try to sleep and wake at consistent times
- Avoid drinking alcohol
- Exercise regularly-but not before bed

<https://www.cdc.gov/sleep/index.html>

360° OF WELLNESS  
WELLNESS CENTER SERVICES



### 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 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

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