

# THE CAN CHRONICLE

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

January 2018

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### New Year – New You!

Is your resolution to get healthier and eat better this year? If so, The Wellness Center offers free appointments with Registered Dietitian Nutritionist, Kate Waltz. She can meet with you and help develop a plan for a healthier future! Schedule an appointment by calling the Wellness Center or through the Patient Portal!



### ACOA Support Group

It is estimated that somewhere between twenty-eight and thirty-four million Americans are Adult Children of Alcoholics (ACOA). Growing up in a home where alcohol was abused can have an impact on your relationships, your identity, your studies, your career, and your future. A new support group is starting on campus to provide information, support, and relationships with other ACOA on the journey towards self-awareness and healing.

Although there are challenges that have to be faced if you're an ACOA, there are also gifts to be enjoyed when you're willing to work through the issues. The support group is led by Dr. Ray Richards. His doctoral thesis focused on ACOA issues and he himself is an ACOA.

**Thursday, January 25**

**7:30pm**

**Lower Brickyard Point**



### Welcome Back

The Beard Wellness Center welcomes all students back for the Spring semester! We hope you had a relaxing break and this upcoming semester keeps you in good health and spirits!

The Wellness Center is open Monday through Friday from 8 a.m. to 4:15 p.m. For **emergencies** after hours please dial 911. Students are encouraged to schedule appointments for health and counseling services. Please be courteous to others by calling to cancel or reschedule if necessary. Walk-in medical visits are available from 8am – 11am and 1pm – 3pm every day (except for Thursday mornings). Be proactive and ask the receptionist what the anticipated wait time is for the walk-in clinic. You can then decide to stay or schedule an appointment if you have to leave for class. Walk-in mental health consults are available throughout the day. Please reference your class schedule when booking appointments and allow for an appropriate amount of time. No excuses will be given for missed classes from our staff; it is the student's responsibility to communicate with faculty or staff and schedule visits accordingly.

#### Medical Services

- Evaluation & treatment of acute illnesses & injuries
- Women's & Men's health
- STD testing
- Contraceptive services

#### Counseling Services – Brief Supportive Counseling (including):

- Developing self-care plans
- Improving coping skills
- Developing short & long terms goals
- Making positive behavioral changes

#### Health Education

- Education on a variety of health and well-being topics



### Frostbite

Winter weather has returned to SUNY Cobleskill. Although you may feel like wearing shorts and flip-flops, you have to dress for the weather. Winter brings snow, ice, and the risk of frostbite. Frostbite occurs when cold temperatures kill exposed skin tissue. The condition can cause permanent damage and most noticeably effects ears, nose, fingers, toes, cheeks and chin. Here are some tips for to preventing frostbite this winter.

**Limit your time outdoors.** Depending on the temperature and wind chill, frostbite can set in within a matter of minutes. Try to stay indoors as much as possible, avoid long walks outside, and heed any warnings about weather conditions in your area.

**Dress appropriately.** It's not enough to layer. Clothing should fit loosely to allow pockets of air trapped between the layers to provide insulation from the surrounding cold. Waterproof and windproof outerwear is best, and undergarments should be made from a material that wicks moisture away from the skin.

**Cover your extremities.** Hats should fully cover the ears. Mittens are better than gloves for keeping hands warm in freezing climates. Ski masks are also a good option because they cover a lot of skin.

**Don't drink alcohol or smoke cigarettes.** Drinking and smoking increase susceptibility to cold.

**Change out of wet clothing.** Wet clothing can increase the risk of frostbite and should be removed as soon as possible.

**Look for early signs of frostbite.** Pain or redness in a particular area are among the first indicators of frostbite. Other signs of frostbite include white or grayish-yellow skin, numbness, or skin that feels waxy or firm.

**If frostbite is suspected, get indoors and change into dry clothing.** Drink hot tea, coffee or hot chocolate to help raise your body temperature. Soak the affected area in warm, not hot, water for 30 to 40 minutes.

**Seek medical attention immediately if signs of frostbite occur.** Minor frostbite -- also called "frostnip" -- may be treated at home, but blistering, loss of sensation or discoloring of skin should be seen by a doctor. <http://www.ibtimes.com/how-prevent-frostbite-7-tips-dealing-dangerous-winter-weather-conditions-1773540>

#### 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 Nurse Call Line 518-255-5622

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