



STUDENT AFFAIRS NEWSLETTER

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NEW PUBLICATION FOR STUDENTS

BE SURE TO CHECK OUT THE [NEWSLETTER ONLINE](#) FOR MORE INFORMATION AND BACK ISSUES!

by Letisha Houston

It started with an idea. Then, the high-spirited Student Affairs team became involved. Now, here is the result: a new and exciting student newsletter for Jefferson College of Health Sciences (JCHS)!

The Student Affairs team has worked together to produce this student-centered newsletter. We hope you enjoy this first issue, and we would love for our students to become involved in contributing to the newsletter!

The first way to become involved is to help us name it. If you're interested, check out the next article to find out how to enter the contest!

This quarterly newsletter will feature special interest articles, announcements, Student Spotlights, important events and dates, student club news, and college news.

Take a look at the rest of this newsletter to get an idea of



Student Affairs Team celebrating with students on Spirit Day, January 20, 2009. To hear more about this event, go to page 4.

what you might find in each issue.

Student clubs and organizations may submit announcements, event details, news, or other articles to the newsletter editor to promote their organization.

Any department in the college

may also submit timely news or announcements that they would like to be included in the newsletter.

Please submit photographs and captions as well, with or without an article! **Send all submissions to Letisha Houston at lmbeachy@jchs.edu.**



NAME THAT NEWSLETTER CONTEST!

We invite all students to contribute to Jefferson College of Health Sciences in a new way!

Come up with a name for our newsletter and **submit your ideas to Letisha Houston at lmbeachy@jchs.edu!**

Make it creative, funny, professional, or whatever you think might win!

The Student Affairs team will vote on the entries received by the deadline.

All entries must be submitted no later than **March 27, 2009**

to be eligible. Limit one entry per student.

The winner will receive a gift on behalf of Student Affairs, and of course recognition in the next issue of the newsletter! We will notify the winner by **April 8, 2009**.

STUDENT SPOTLIGHT CODY MADDOX

by Sarah Ross

Cody Maddox is a second year Paramedic student, as well as the Head Resident Assistant. In the time he has been at JCHS, he has gained knowledge and developed into a brilliant student leader.

During this spring semester, Cody has truly set a high standard for the new year! He has implemented a variety of activities and programs across campus. Not only does he serve as the Head RA, but he also serves on many subcommittees including the Violence Against Women Task Force, Residence Hall Association, and the "Go Green Team" (see Pg 5 for more



Cody is often the core of excitement in any JCHS student activity.

information). In addition to his service at JCHS, he volunteers for his local rescue squad.

Cody always displays the highest degree of character and integrity, competency, creativity, and he is committed to refining and growing new and exciting programs.

Cody says that the biggest influence in his life is "my mom. Even though we've been through a lot of difficult times, she always tries to remain positive, give me advice, and be supportive."

Cody values having the necessary knowledge, skills, and personality to effectively help all kinds of people in his career.

Well done, Cody!

Note: All nominations for Student Spotlight for Issue II must be sent to Letisha Houston by **April 3, 2009**. See Submission Guidelines in the right column, or on the [website](#).

Student Spotlight

Submission Guidelines

Any student, faculty or staff member may nominate a JCHS student for the Student Spotlight. *Limit one nomination per person.*

To nominate a student, you must submit the name of the student you are nominating along with a 150-word (approx.) article describing the student's achievements and providing examples for why he/she deserves the spotlight.

The students nominated will be judged based on meeting or exceeding three criteria:

1. The student exemplifies the JCHS *Mission Statement*,
2. The student is involved in the JCHS community,
3. The student is involved in the community outside of JCHS.

The Spotlight article will be written about the selected student upon his/her acceptance of the nomination, and he/she will receive a gift and certificate of recognition from the Dean for Student Affairs. The person who nominates the Spotlight recipient will also receive a gift.

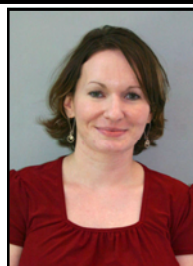


Do you find studying for long periods of time draining?

Of course you do!

Studies show that studying a little bit each day (distributed practice) results in better retention of material than cramming (massed practice).

So, instead of studying for hours upon hours the night before a test, spend 15-30 minutes every day studying for each class. Not only will you retain the information better, but you will also improve your comprehension by reviewing new material after it is presented in class. **Questions? Contact [Danielle Lusk](#), Coordinator of the Learning & Writing Center**



If a sentence starts with the word "Because," the clause that follows "Because" should have a comma after it.

Example: Because Joe was hungry, he decided to eat dinner.

If "because" comes in the middle of a sentence, do not use a comma before or after it.

Example: Joe decided to eat dinner because he was hungry.

NEW VIOLENCE AGAINST WOMEN PROGRAM TO IMPROVE SAFETY AT JCHS

by Jen Brothers

"College women are at a higher risk for sexual assault than their non-college bound peers," according to the National College Women Sexual Victimization Survey.

Surprised? **Research suggests 1 in 4 women are victims of sexual assault at some point in their lives,** and they are at the greatest risk of non-fatal intimate partner violence between the ages of 20-24.

Another startling statistic: 76 percent of women who reported being raped and/or

physically assaulted since the age of 18 were victimized by a current or former husband, cohabitating partner, date, or boyfriend (Department of Justice, 1998).

Although women are at a greater risk of domestic abuse, dating abuse, sexual assault, and stalking, we know men can also be victims. Abuse is about power and control.

Research indicates that 20-30 percent of college dating relationships have included incidents of verbal and physical abuse.

Here at JCHS, we are committed to disrupting the cycle of abuse through awareness, education, improved safety, and providing services for victims.

Check out the Ad on page 6 for a Self-Defense class at JCHS. For more information or to get help for yourself or for someone you know, please contact:

Jen Brothers
Violence Against Women
Program Coordinator
(ph) 540.989.7511
jbrothers@jchs.edu



NEW FORMAT FOR LRC WEBPAGE: EASY TO USE

by Mark Lambert

At the beginning of the spring semester, we launched a newly revised webpage on the JCHS website for our Learning Resource Center (LRC).

The new LRC page features an easy-to-use format with links to electronic journal articles and search databases; catalogs for the LRC, Carilion Clinic and other local college libraries; and subject guides and tutorials.

In addition, new features include easy-to-access resources for research assistance, LRC announcements and links for students to their *Onejeff* student e-mail accounts.

To see the new LRC web



Above: LRC home page on the JCHS website

page, just go to “Academics” in the top horizontal menu on any page of the JCHS website, then click on: [“Learning Resource Center.”](#)

Please visit the LRC staff on the 6th floor of Reid if you need any assistance with the new website.

STUDENT CENTRAL

By Danielle Lusk

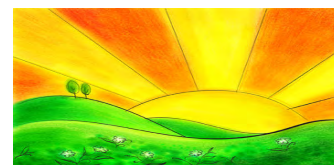
Student Central is a Blackboard organization for every student.

Student Central was created by Student Affairs in Fall 2008. If you haven’t checked it out, log into Blackboard and take a look!

Student Central contains information on the following:

- Academic Support Services
- Counseling and Wellness
- Student Life
- Health Records

You will also find helpful resources from the Learning and Writing Center, the current testing hours in the Educational Technology Center, and contact information for each member of the Student Affairs team.



“You can have peace of mind, improved health and an ever-increasing flow of energy. Life can be full of joy and satisfaction.”

- Norman Vincent Peale

FACE TO FACE WITH



GRIEF OVER DEATH

by Letisha Houston

Death and loss are common experiences for all people, and those who work in the health care industry “interact with both the dying and the survivors more than any other [field]” (Nailler).

Elaine Nailler, an assistant professor of nursing who teaches Mental Health at JCHS, spoke on the topic “Coping with Death and Loss in the Workplace” on Wednesday, February 11 as a part of the [Wellness Speaker Series](#).

Many people, health care professionals included, are not specifically educated on how to cope with these situations. “We may use ineffective coping mechanisms such as psychic numbing, withdrawal, isolation, and avoidance,” says Nailler.

If we neglect our need to work through the grieving process, then we may end up facing more harmful effects, such as burnout, addictions, depression, and even thoughts of suicide.

Nailler provided some personal strategies for self care and wellbeing for when someone, health care professional or not, experiences a death or loss in their life:

- Understand that grief is a normal and natural response to loss.
- Try not to allow yourself to feel guilty.
- Acknowledge that grief promotes the healing process; let yourself cry.
- Allow time and support to facilitate the grieving process; seek the support of someone you trust.
- There are no set grief timelines; don’t set a deadline to finish grieving.
- Avoidance or minimizing one’s emotions hinders the healing process; using drugs and alcohol to cope will only prolong the grieving process.
- Allow time out for yourself; try writing down your experience.
- Believe in yourself, and know that others have made their way through grief also.
- Understand that coping with reawakened grief is normal and common; the intensity of the pain fades with time, but it may never go away completely.
- Prepare for episodes of grief; plan a distraction, connect with others, honor the memory, and allow yourself to feel.

Don’t forget the JCHS Counseling Center is also here for you!

~ ASK DR. STACEY LILLEY ~ WHAT'S ON YOUR MIND?



Come see us to "unload" and we can evaluate what your needs are. I am always amazed at how many students feel better just by making an appointment to take better care of themselves.

Do you have questions concerning time management, relationships, stress, anxiety, or wellness? Then, **ask Dr. Stacey Lilley!** This column will be devoted to frequently asked questions from students regarding counseling and wellness topics.

Submit your questions to: Letisha Houston at lmbeachy@jchs.edu.

Recently at the Counseling Center, I have been seeing an overwhelming number of students dealing with tough times.

Students are dealing with losing loved ones, miscarriages, financial burdens, and the list goes on. Students are coming in to "get things off their chest" and find an open listening ear.

What can I tell them as they move through the new year? How will I offer comfort and motivate them to continue pressing on?

I have found that I must focus on what I can control. No one knows what tomorrow holds, and we can waste countless energy worrying about those things which we have no power to change.

What can you do to take care of yourself during these tough times? Here are a couple of ideas:

- Understand that your symptoms may be normal.

- Keep to your usual routine.
- Take the time to resolve day-to-day conflicts so they do not add to your stress.
- Do not shy away from situations, people and places that remind you of the stressful situation.
- Find ways to relax and take care of yourself.
- Turn to family, friends, and clergy for support, and talk about what you're experiencing.
- Get up and move! Participate in leisure and recreational activities.
- Recognize that you cannot control everything.
- Recognize the need for trained help, and call a counselor.

The JCHS counselors are so fortunate to be able to offer our students FREE counseling services.

CHANNEL 10 KAREN MCNEW VISITS JCHS

Karen McNew, WSLs co-anchor and Ten On Your Side Health Team Leader



by Sarah Ross

On Monday, February 3, Karen McNew came to JCHS. McNew, WSLs co-anchor and Ten On Your Side Health Team Leader, has taken local medical reporting to a new level in the field. She was available to answer viewer questions and provide

additional perspective to national health stories. McNew also did a story on JCHS that aired on [WSLS](#).

Be sure to check the [JCHS website](#) for a list of Community Hour events for the rest of the spring semester!

SPIRIT DAY KICKS OFF THE SPRING SEMESTER

by Mark Lambert

On January 20, 2009, JCHS hosted the second annual "Spirit Day," a pep rally with free "picnic-style" food, music performed by the Hidden Valley High School Band, and fun for the whole college community, alumni and friends of JCHS.

This annual event highlighted all of the great activities and programming associated with One Jefferson Community Hours that are available to everyone at the College.

In addition, it served as a welcome event for the college community for the 2009

spring semester and a celebration of Inauguration Day 2009.

The photo to the right of this page was taken at this year's [Spirit Day](#).

To read more about One Jefferson Community Hours, see page 5 of this newsletter.



"Resistance Training"

by Ally Bowersock

A two-year study from the University of Pennsylvania looked at 164 overweight and obese women ranging from 24 to 44 years of age to observe the health benefits of strength training.

The experimental group lifted weights twice a week and saw only a 7% increase in abdominal fat, where the control group saw a 21% increase in abdominal fat.

Lead study author Kathryn H. Schmitz, Ph.D. said "strength training is a fairly time-efficient method to prevent the small increases in weight that come with aging."

So, what counts as resistance training?

- Lifting weights
- Working with resistance bands
- Bodyweight Exercises (i.e., push ups, sit ups)
- Heavy gardening (i.e., digging, shoveling)
- Yoga



Spirit Day brings the College community together to raise spirits, increase school pride and welcome the 2009 spring semester.

DANCE INTO A BETTER RELATIONSHIP

by Al Overstreet

No one is born knowing how to dance. Some have a natural ability to develop the skills needed, but becoming a great dancer takes skilled training and lots of practice.

Like dancing, developing a happy and healthy relationship takes training and practice. Here are a few tips to get you on your way. Think of it as a beginning dance lesson:

D – Dare to be different and always strive to do better. It's easy to take relationships for granted. Strive to make your partner feel loved more today than yesterday.

A - Advocate for your partner. Be the best supporter of your partner in his/her quest to accomplish career and personal goals. Be encouraging and celebrate their accomplishments.

N – Never compromise your values or ask your partner to compromise theirs. Build trust and respect by honoring the values you have as individuals and as a couple.

C – Control your negative emotions when communicating wants and needs. Remember that your wants and needs are just as important as, but not more

important than, your partner's.

E – Energize the positives; wherever you put your energies often determines how you get through tough times. Feed the positive and starve the negative to keep moving forward in your relationship.

There are many other tips to having a great relationship. If you would like to learn more about how you can improve your relationship, come see one of us in counseling. Just think of us as your "DANCE" instructors.

P.S.: Partners welcome!



Al Overstreet, Director of Academic Support Services

e-Tips

The timestamp on my One-Jeff email is wrong?

When you accessed your account for the first time, you were asked to select the time zone. If the timestamp on your e-mail is wrong, then you selected the wrong time zone.

How can I change the time zone?

- From *Mail*, choose *Options*, then *Customize*.
- Click *Regional*, scroll to *Date and Time Formats*.
- Make the appropriate change and click *Save*.

* * * *

e-Tips are provided by the DL&IT office.

ONE JEFFERSON COMMUNITY HOURS WANTS YOU!



by Sarah Ross

One Jefferson Community Hours is a program designed to offer JCHS students, faculty and staff a common time to

participate in fun and meaningful activities, strengthening our bonds within our community.

During this Spring 2009 semester, no classes are scheduled from Noon to 1 p.m. on Mondays and Tuesdays (excluding clinical obligations).

During this time, members of the JCHS community are encouraged to participate in a wide variety of activities on campus.

The purpose of the program is to enhance the mission of the College by increasing opportunities for student, faculty and staff interaction through the provision of structured time for co-curricular activities.

Be sure to check the [JCHS website](#) for the calendar of activities. There is something for EVERYONE!

BLUE HEALERS ARE GOING GREEN!

by Christina Hatch

The "Go Green Team" was adopted by the JCHS Student Senate as their Service Project. The project is a recycling collaboration with the City of Roanoke.

The Student Senate, Administration, and the Office of Development and Alumni Relations allocated funds from their budgets to purchase recycling bins to place throughout the college.

Twenty-five JCHS students signed up to be the "Go Green Team." They will be responsible for emptying the bins into the city's Big Blue bins once a week and wheeling them to the curb in front of Reid on an assigned day for pick-up by the city's Waste Management department.

Our goal is to make JCHS a cleaner, greener college and lower the costs of the Shred It containers by not filling them up with unnecessary paper. An

e-mail was sent to the college community to announce that the bins are in place and to provide information on their locations. The pick-up day has been confirmed with the City.



JOB FAIR: A Success!

The annual JCHS Job Fair was held on Thursday, January 29th in the lobby of Carilion Roanoke Community Hospital from 10 a.m. to 4 p.m. This was an excellent opportunity for students to network with representatives from area health care facilities.

Volume I * Issue I *
February 2009

Jefferson College
of Health Sciences

920 South Jefferson Street
Roanoke, VA 24016

Student Affairs: 540-985-8395

Newsletter Editor: Letisha Houston,
Educational Technology Assistant
Phone: 540-224-4895
E-mail: lmbeachy@jchs.edu



JEFFERSON COLLEGE
OF HEALTH SCIENCES

The Student Affairs Team

Jennifer Carlo
Dean for Student Affairs

Judith "Judy" Caffee
Department Secretary

Jennifer Brothers
*Coordinator of Violence Against
Women Program*

**Jefferson Academic
Support Services**

Al Overstreet
*Director of Academic Support
Services*

Dr. Danielle Lusk
*Coordinator of the Learning and
Writing Center*

Letisha Houston
*Educational Technology
Assistant*

Counseling and Wellness

Dr. Stacey Lilley
*Director of Counseling and
Wellness*

Gayle Deel
Health Records

Student Life

Scott Hill
Director of Student Life

Sarah Ross
*Assistant Director
of Student Life*

JEFFERSON ADVERTISES

Tutors Needed!

The Learning and Writing Center **needs tutors** in all JCHS subject areas (general education & programmatic courses)!

Flexible Hours! Get Paid!
Add it to your Resume!

Contact **Danielle Lusk** at 985-8449 or dllusk@jchs.edu

Attend a Self-Defense Class!

Hands-on Self-Defense Training!
* * Taught by **Herbie Holland** * *

Learn how to respond in a realistic situation. *Wear comfortable clothing.*

Tuesdays, Jan. 27—March 17
Noon—12:45 p.m. Reid 311
Contact **Jen Brothers** (985-9711) or **Stacey Lilley** (985-8502)

This class is funded by Award No. 2008-WA-AX-0005 awarded by the OVW, Office of Justice Programs.

**GET PUBLISHED
GET PUBLISHED**

We would love to have STUDENTS submit articles to the newsletter! Get a chance to be published! Write about topics that interest you! Promote your organizations! Read what other students write! See **YOUR** name in a College publication!

Remember: You can keep up with your Health Records requirements via IQ Web.

HEALTH NEWS

If you have any questions, please call **Gayle Deel** at **985-9701** or come by the Health Records Office in the Department of Student Affairs, 4th floor, CRCH.

Join in the fun of Community Hour!
* * * **FREE** * * *

Every Monday & Tuesday 12—1

* * * **FREE** * * *

Contact **Sarah Ross** if you have any questions (540-224-4686).

Check out some of the activities:

- Jefferson Scrappers
- Ping Pong
- Jefferson Sings
- Student Organizations (meetings)
- Exercise class



CORE CLASS



FREE!

Mondays at 12—12:45 p.m.

Location: TBA...
(see "What's Happening")

Learn Yoga and Pilates to improve core strength, flexibility, & posture!

Contact: Ally Bowersock, instructor,
ahbowersock@jchs.edu, 985-9943

Please submit your "promotional ads" and "event announcements" for Issue II of this newsletter to Letisha Houston at lmbeachy@jchs.edu no later than Friday, April 3, 2009.

Please send all newsletter submissions for Issue II of this newsletter to Letisha Houston at lmbeachy@jchs.edu no later than Friday, April 3, 2009.

Go to the [Newsletter web pages](#) to see the [Submission Guidelines](#).