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Health Corner: Winter Skin Care *by Kate Hansen*

Walking outside on cold January days not only gives you those rosy cheeks, but also dries out your skin. For some, the dryness may range from a general tight and dry feeling, to flaking, cracking and even eczema (a condition when skin becomes inflamed). Here are 5 easy tips to protect your body's LARGEST organ when the temperature dips!

1. Pace the Peels

Limit or avoid using harsh peels, masks and alcohol astringents or toners. Many of these remove vital oil from your skin. Instead use mild foaming cleansers or cleansing milk, non-alcohol based toners, and "deep hydrating" masks. Avoid clay masks as these draw moisture out of the skin.

2. Slather on the Sunscreen

Yes, even in the winter the sun's rays and winter snow glare can damage exposed skin. Apply sunscreen to face and hands thirty minutes before heading outside and reapply it frequently if outside for extended periods of time.

3. Hook up the Humidifier

Heating systems pump hot dry air into living spaces, which can dry out skin. Using a humidifier

replaces some of the lost humidity and moisture in the air which helps keep skin hydrated.

4. Moisturize, Moisturize, & Moisturize MORE

It is important to moisturize your skin year round, but especially during the harsh winter months. Use an oil based moisturizer rather than a water based one. The oil based moisturizer will form a protective layer around the skin and help seal in moisture. Be careful when choosing an oil based moisturizer; look for "non-clogging" oils (avocado, mineral or almond oils) to keep pores clear and skin clean.

5. Ban the Superhot Baths

Although jumping into a nice hot shower after activity outside in the cold is very appealing, the hot water breaks down the skin's moisture locking in barriers and drying out the skin. Short, quick lukewarm baths or showers are better for moisture retention and still keep you squeaky clean.

To learn more about skin care, visit these resources: www.webmd.com, www.marquette.edu/healthed, or call Student Health Service at (414) 288-7184 for additional information or to make an appointment with a health care provider.

Health Ed 101 *by Amy Melichar*

Center for Health Education & Promotion Mission Statement

Recognizing that health is a vital part of learning, The Center for Health Education and Promotion is committed to providing programs, services and resources that create a campus culture in which Marquette students make informed and proactive decisions about personal and community health. We do this by adhering to these core values:

- **Balance:** Understanding the importance of overall wellness to balance physical, mental, emotional, environmental, social and spiritual health.
- **Collaboration:** Developing and building good working relationships with on-and-off campus entities, including but not limited to: university departments, community partners, students, student leaders, as well as professional level health educators on a national level.
- **Inclusiveness:** Demonstrate cultural competency and strive to address the health needs of all student populations and sub groups.
- **Innovation:** Develop creative, interactive, evidence-based approaches to engage students. Also, be able to adapt to changes in society and college norms.
- **Jesuit Ideals:** Cura Personalis, Men and Women for Others, Magis, Finding God in all Things.
- **Leadership:** Represent the primary health resource on campus and create opportunities for student leaders
- **Professionalism:** Expect professional standards from students and staff when representing the Center for Health Education and Promotion.
- **Proactive:** Encouraging students to take initiative in their own personal health. Also, seek opportunities to infuse health education and promotion around campus in non-traditional ways.

Better Know A Peer Health Educator by Amy Melichar & Kelly Roering



Kelly Roering
3rd Year PHE
Senior, Biomedical Science
Menomonee Falls, WI

“I have developed more fully as a student, leader and a person because of the things I have learned here.”



February 2010—Kelly with a portion of the bras collected for the Sexual Assault Treatment Center during the annual Pink Zone Bra Drive.

Kelly Roering is in her Senior year at Marquette University and is majoring in Biomedical Science. Additionally, she is celebrating her third year as a PHE and continues to exude the essential skills, leadership and energy level required to be effective in her role. Kelly's passion is truly evident in her daily work and we are excited to feature her in our current publication of *The Health Educator*.

Why did you become a PHE?

Health has always been a passion for me and being a PHE has granted me the access to so many more resources than I ever could have imagined. It has also opened my eyes to things I never knew existed and sparked my interest even more.

How have you been able to put your PHE skills to work?

The skills I have acquired at this job are integral to my life, to say the least. I use the communication and leadership skills I have learned here multiple times a day. I am much more of a go-getter when it comes to making things happen for our activities or even on a personal level. I have learned just how much you can do when you try your hardest to make connections. I also use the knowledge from being a PHE in my work at Aurora Sinai Hospital. It has given me a background in health and practice with how to communicate to people about their health and wellness. This has advanced me leaps and bounds in my ability to facilitate conversation with patients and hospital staff.

What have been some of your favorite PHE programming opportunities and highlights thus far?

Love Your Body Week has always and will always be one of my favorite activities of the year. Seeing people come together to demonstrate a healthy body image for college students is remarkable. I also really enjoy the creativity that comes from each year's planning committee and just how different a week centered on the same ideas can be. Iron Chef is also one of my favorite events. I was fortunate enough to be in the group of

PHEs that ran the first year of Iron Chef here at MU and couldn't be more grateful for the support and enthusiasm we have received from the entire campus.

What is the best advice that you have received as a PHE?

Never be afraid to be creative. Even the most outlandish idea can be groomed into something easily accomplished.

Do you feel that you have had notable leadership in your PHE role?

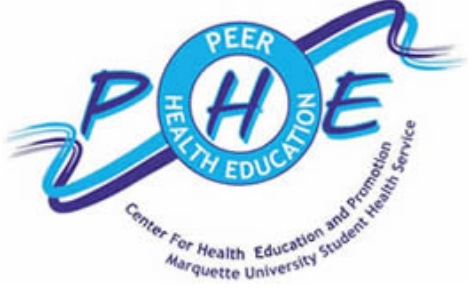
I definitely feel that I have had notable leadership in my role as a PHE. There are many students, staff and administrators that recognize me for my role and what I have accomplished as a Peer. I also am a 3 year returner with many new Peers this year so I have had the opportunity to really impart the wisdom I have gained since I was a sophomore.

What has this experience meant to you?

Being a PHE has been one of the most memorable experiences of my life. It has really shaped who I am and the way I think about health. I have developed more fully as a student, leader and a person because of the things I have learned here.

A word from Kelly's supervisor, Amy Melichar:

Kelly is a breath of fresh air in the Health Promotion office. A smile on her face and something witty to say translate into her passion for peer education. Her contribution to the health promotion work is immense and appreciated. She can only continue to grow and lead her fellow Marquette University peers. She is a pleasure to have around on a daily basis. Thanks Kelly!



PHE Program Spotlight: The Power of Plastic *by Kate Hansen*



Happy New Year! Now that the confetti has fallen and the celebrations have ended, it is important to be aware of your financial health for the New Year. College students are one of the largest groups that credit card companies solicit. On average undergraduate students have 3 credit cards, and as much as 50% of students don't pay off their balances in full each month. Debt not only affects your financial health, but it can also lead to depression, drug & alcohol use, and poor academic performance.

The PHE's are prepared to get you into tip top financial health with the outreach program "The Power of Plastic: Are you managing your finances well?" During this outreach program students will receive an informational packet about credit card agreements, how to read your statement, and resources for more information about financial health.

Request this outreach program today by calling the Center for Health Education and Promotion at (414)288-5217.



HAVEN Corner: How to Support Victims of Intimate Partner Violence *by Julie Bach*

A very integral part of HAVEN's service to the Marquette community is supporting victims affected by sexual assault, relationship violence and stalking. HAVEN accomplishes this by offering competent, confidential support services and safe referral sources. By partnering with university departments and students alike, HAVEN is able to provide this safe and responsive environment for those affected by interpersonal violence.

In addition to providing outreach to victims who require its services, HAVEN also prides itself on educating the Marquette community about supporting survivors of intimate partner violence. Having trusted and supportive resources is critical to the victims of violence; therefore, raising awareness is essential. Here are some ways that you can offer support for a victim of violence:

- ◆ Remain calm and supportive. Allow your friend to discuss the experience in his or her own terms.
- ◆ Do not direct blame or anger at your friend. Reassure your friend that the assault is not his or her fault.
- ◆ Encourage your friend to make decisions about the events affecting

him or her. He or she should decide whether to report the assault, seek additional help, or tell others about it.

Most importantly, however, a person who is victimized by violence should seek assistance to ensure their safety and receive the proper medical care. Medical care is essential in treating and documenting any injuries that may have occurred during a sexual or physical assault. Regardless of the victim's decision to report the assault, obtaining timely, appropriate medical care allows for the collection of important evidence. Once collected, this evidence can be held for future consideration, should the victim decide to report the crime.

Reporting a sexual assault is an important decision. At Marquette, the Department of Public Safety (414-288-6800)

can provide a number of options for reporting an assault. Public Safety's Victim/Witness Services Unit, comprised of specially trained personnel, is available to provide support and assistance throughout the reporting process.

Sexual assault, dating violence and stalking are crimes that will affect the survivor for the rest of his or her life. Some people find they recover quickly, while others feel they will never get over the trauma. Seeking professional counseling, either individual or in a group setting, is instrumental in learning to cope with having been harmed by violence. In addition, some survivors have found it beneficial to become involved in the fight against violence. There are additional resources for both counseling and advocacy on the HAVEN website.

If you would like more information on becoming involved with HAVEN, please call (414) 288-5746, e-mail HAVEN@marquette.edu or visit our website (www.mu.edu/HAVEN).



HEALTH is the thing that makes you feel that now is the best time of the year.

Franklin P Adams

Know Your Resources: Dieticians *by Julie Bach*

Countless individuals strive to make New Year's resolutions; many do so with the intention of leading healthier lifestyles by reforming habits in diet and exercise routines. Research suggests that a little less than half of those resolutions dissolve by the end of January due to a lack of commitment and/or support; therefore, preparing oneself with the appropriate level of knowledge, personal promise, and inspiration is crucial in seeing a New Year's resolution to its fruition.

One way to get an additional level of knowledge and support for your healthy New Year's resolution is by making an appointment with a Registered Dietician for a nutritional consultation right here on the Marquette Campus. Barb Troy, MS, RD, CD and Tracy Betz, MS, RD, CD can offer you nutritional guidance based on your individual dietary needs and goals. You can schedule an appointment to meet with one of them by calling Student Health Service at (414) 288-7184; remember to check for up-to-date pricing.

If you've fallen off course a bit from your resolution objectives, or if you have specific questions regarding your personal nutrition goals, schedule an appointment with a Registered Dietician to rekindle your commitment to your personal health!

Really Chilly? Warm Up With This Chili Recipe Using Chipotle & Chocolate

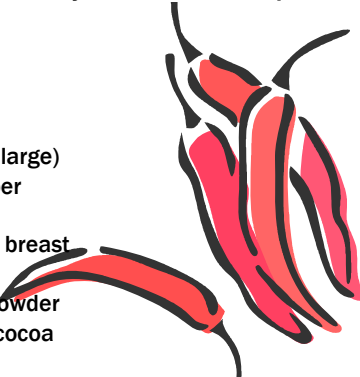
Kathy Farrell-Kingsley, Chocolate Therapy: Indulgent Recipes to Lift Your Spirits, Cooking Light, DECEMBER 2007

Smoky chipotle chiles and earthy chocolate add depth and richness to chilli for less than 300 calories per serving.

Yields 8 servings

Ingredients:

- Cooking Spray
- 2 cups diced onion (about 1 large)
- 1 cup chopped red bell pepper
- 1 teaspoon minced garlic
- 1 1/4 pounds ground turkey breast
- 3 tablespoons brown sugar
- 2 tablespoons ancho chile powder
- 1 tablespoon unsweetened cocoa
- 1 teaspoon ground cumin
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 2 (15-ounce) cans pinto beans, rinsed and drained
- 2 (14.5-ounce) cans diced tomatoes, undrained
- 1 (14-ounce) can fat-free, less-sodium chicken broth
- 2 chipotle chiles, canned in adobo sauce, minced
- 2 ounces unsweetened chocolate, chopped
- 1/2 cup light sour cream
- Chopped green onions (optional)

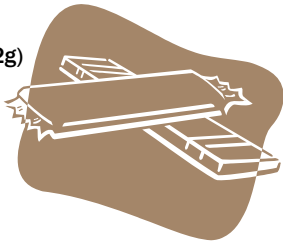


Preparation:

Heat a Dutch oven over medium-high heat. Coat pan with cooking spray. Add onion, bell pepper, garlic, and turkey to pan; sauté 8 minutes or until turkey is browned and vegetables are tender. Add sugar and next 9 ingredients (through chipotle) to pan, stirring to blend; bring to a boil. Reduce heat; simmer 15 minutes or until slightly thickened, stirring occasionally. Add chocolate, stirring to melt. Ladle 1 1/4 cups chili in each of 8 bowls; top each serving with 1 tablespoon sour cream. Garnish with green onions.

Nutritional Information:

- Calories: 257 (23% from fat)
- Fat: 6.6g (sat 3.8g, mono 1.7g, poly 0.2g)
- Protein: 23.6g
- Carbohydrate: 26g
- Fiber: 6g
- Cholesterol: 34mg
- Iron: 2.6mg
- Sodium: 603mg
- Calcium: 78mg



Spring Semester Preceptee *by Amy Melichar*



This semester, the Center for Health Education & Promotion welcomes Preceptee Kate Hansen to our team. She is majoring in Community Health Education and minoring in psychology at the University of WI- La Crosse. In addition, Kate holds membership in two honorary societies: Eta Sigma Gamma (Health Education) and National Residence Hall Honorary (Residence Life). Kate's areas of health interest include but are not limited to alcohol and other drug use, mental & emotional health, and environmental health. Kate worked as a Resident Assistant and has planned programming on a wide array of topics including: sexual health, organic nutrition, social support, environmental health/going green. Her passion lies in working with young adults and college students in community settings. After graduation in May, Kate plans on becoming certified as a health educator and wishes to work in higher education.

Collaboration Spotlight: Greek Life Health & Wellness Challenge

by Kate Hansen

February 1st, 2011 starts the 2nd annual Greek Life Health & Wellness Challenge. The challenge is collaboration between the Center for Health Education & Promotion, Department of Recreation Sports, Office of Student Development, and Marquette Greek Life. Twenty-three Greek Chapters are given the challenge to become involved and get healthy. Some challenge tasks include attending Center for Health Education & Promotion events, participating in the Rec Sports Triathlon, or planning and implementing a chapter-wide wellness event. Up for grabs this year is \$700 in programming money and awesome t-shirts to the winning chapter. The "healthiest" chapter will be recognized at this year's Greek Life Awards on May 7th.

Good luck, Chapters!



A Future PHE Among Us! *by Amy Melichar*

Congratulations to Becky Michelsen, Health Educator here in the Center for Health Education and Promotion. Becky and her husband Brian welcomed baby Alexander James into the world on November 21, 2010. He weighed in at 7lbs. 5oz.

What's Happening?

January 2011

- 01/24/11 – Love Your Body Week planning meeting 4:30PM, Center for Health Ed & Promotion
- 01/28/11 – Iron Chef MU planning meeting 2PM, Center for Health Ed & Promotion
- 01/31/11 – Love Your Body Week planning meeting 4:30PM, Center for Health Ed & Promotion

February 2011

- 02/01/11 – Greek Life Health & Wellness Challenge Kick-Off
- 02/01/11 – Pink Zone Bra Drive begins, multiple collection boxes across campus
- 02/04/11 – Iron Chef MU planning meeting 2PM, Center for Health Ed & Promotion
- 02/07/11 – Love Your Body Week planning meeting 4:30PM, Center for Health Ed & Promotion
- 02/11/11 – Iron Chef MU planning meeting 2PM, Center for Health Ed & Promotion
- 02/11/11 – Tobacco Coalition meeting 3:15PM, Center for Health Ed & Promotion
- 02/14/11 – Love Your Body Week planning meeting 4:30PM, Center for Health Ed & Promotion
- 02/18/11 – Iron Chef MU planning meeting 2PM, Center for Health Ed & Promotion
- 02/18/11 – Tobacco Coalition meeting 3:15PM, Center for Health Ed & Promotion
- 02/19/11 – Pink Zone Health Fair 1PM, Al McGuire Center
- 02/21/11 – “Love Your Body Week 2011: No One Size Fits All” kick-off
- 02/25/11 – Iron Chef MU planning meeting 2PM, Center for Health Ed & Promotion
- 02/25/11 – Tobacco Coalition meeting 3:15PM, Center for Health Ed & Promotion

March 2011

- 03/04/11 – Iron Chef Marquette 7-9PM, Marquette Place
- 03/04/11 – Tobacco Coalition meeting 3:15PM, Center for Health Ed & Promotion
- 03/08/11 – Spring Break Blitz 11AM - 2PM, AMU 2nd floor lobby
- 03/11/11 – Tobacco Coalition meeting 3:15PM, Center for Health Ed & Promotion

****For further details surrounding any of these events or meetings, visit our website at:**
<http://www.marquette.edu/healthed/activities/calendar.shtml>