



Still-Well Newsletter

Spring 2010

Vocational • Intellectual • Spiritual • Emotional • Physical • Environmental • Social

Still-Well
University Student
Wellness Program

Missouri Campus Still-Well Wellness Week



Dean Slocum and Sandy Slocum greeting students as they arrive at the banquet.

The fourth Annual Missouri Campus Well Fair was held Monday, March 22, 2010. Due to the remodeling of the Commons area, it was held in the Connell Information Technologies Center's upper level. There were six fun-filled wellness team activities, soft tissue/stretch clinic by UAAO, popcorn, lemonade, and music. Gift certificates to their favorite restaurants were won by students Chase Sessions, John Suchland, Jessica Kim, Chris Broderick, Alyssa Johansen, Rachel Long, Amy Schroeder, and Stephanie Ling. The grand prize of an iPod touch went to Elise Mikaloff.

Still-Well Fitness assessments were Tuesday and Wednesday at the Thompson Campus Center for all students and spouses. Approximately 175 students/spouses attended. All first-time participants received Still-Well t-shirts. As students exited, they picked up free tickets to the 15th Annual Still-Well banquet, which was held on Thursday night. A healthy meal of grilled chicken, a vegetarian entrée, and all side dishes was prepared using either low fat or no fat ingredients. The banquet included recognition of student/faculty/staff participation, a short program, a slide show, and a Still-Well hickory stick given to students as they left. Wendy Pinkerton was given the special recognition plaque for Distinguished Achievement and Advocacy Award. Jabon Ellis, OMS II and Intellectual Team Leader, was the emcee.

Friday and Saturday ATSU hosted the Rotator Cuff basketball tournament at the Thompson Campus Center and Kirksville R-III Primary school.



Editorial Board

Wendy Pinkerton
Lynda Crossgrove
Joni Newland
Art Matthews

In This Issue

Social Etiquette 2
Lose & Win Program 3

Quote 3
Student Advocate Association..... 4

Social Etiquette and Netiquette Presentation

by Rachel Zivney, Social Team Leader-Arizona campus

The Arizona Still-Well Social committee provided a Social Etiquette and Netiquette presentation for the Arizona campus students and faculty in conjunction with the Wellness Week activities. Lori Haxton, Associate Vice President for Student and Alumni Services, presented “Hitting the Highlights of Social Etiquette and Netiquette,” a 45-minute interactive session that highlighted the proper etiquette for professional social events. Topics covered included how to network and

engage appropriately at social functions, tips on making conversation, how to use social online networks appropriately and professionally, and guidelines for cyberspace behavior. An appetizer buffet and refreshments were served to practice etiquette at a social event. Etiquette prizes were awarded to participants who participated in a “what would you do” simulation.



Lori Haxton, speaking to the group about proper etiquette.



Jim Farris, Still-Well committee member speaking to the Arizona campus group.

Lose and Win Program

by Cindy Kaye, Provost Office, Arizona campus

The Still-Well and Still Healthy Programs offered Lose and Win for students and staff with an orientation session March 26. This eight-week program is provided by the Arizona campus' insurance provider, United Health Care (UHC). The UHC program focuses on healthy lifestyle choices and weight-loss topics and strategies including:

- On Your Way to a Healthy Weight
- Move to Lose
- Planning Ahead for Healthy Eating
- Healthy Habits
- Overcoming Exercise Barriers
- Eating Healthy – In and Out
- Stress Management and Problem Solving
- Staying Positive

The program was initiated and facilitated by Tonya Watson, Human Resources; Beth Poppre, Student Services; and Cindy Kaye, Provost Office. Faculty and staff presented their areas of expertise.

We had 30 students, faculty and staff sign up with a total weight loss for the eight weeks of 160 pounds. Since this is the inaugural session of the Lose and Win program, we did not know if the program would be successful. Those who are committed to losing weight and living a healthier lifestyle appreciate the support and information the program offers.

Friday, May 21, the group met to celebrate the success of the first round of the Lose and Win program with a healthy lunch, discussion of what the next session should include (topics, speakers and activities), and a prize raffle. For each pound lost the participants received a raffle ticket for the final session. Prizes included walking weights, Ironman watch, iPod shuffle, and Sportline heart rate monitor/watch.

We will be taking six weeks off and restart the program after the July 4 holiday with new speakers and great ideas to keep the momentum of living a healthy lifestyle.

We have shared the Lose and Win Google website we created and the UHC PowerPoints with the Missouri campus, and they have started their program as well.

**"People take different roads seeking fulfillment and happiness.
Just because they're not on your road doesn't mean they've gotten lost." – Dalai Lama**



Student Advocate Association Gives Back

by Mandy Wanzek, 2009-10 SAA President



Kamry Jenson, Ryanne Child, Peyson Ewell, and Laura Ewell assisting with the landscaping project.

The Student Advocate Association (SAA) was proud to have a successful year of fundraising. As spouses and significant others who advocate for the students at ATSU-KCOM and the osteopathic profession, we have a strong appreciation for the Thompson Campus Center (TCC). The TCC staff is always encouraging our health and wellness by offering a variety of classes and equipment, providing childcare services on site, and making us as families feel welcome. We were excited about the opportunity we had to give back to them by donating the funds

for landscaping around the front of the building. Many SAA members pitched in to help with the actual planting.

In addition, SAA donated funds toward the purchase of a new treadmill. Our hope is that these projects benefit all SAA members, students, faculty, and community members who utilize the services the TCC has to offer.

Still-Well Steering Committee:

Ron Gaber, Dan Martin, Fred Peterson, Margaret Wilson, Eric Snider, Jeff Suzewits, Kelly Halma, Lynda Crossgrove, Wendy Pinkerton, Thom Van Vleck, Tim Tucker, Mary Greer, Jeff Alexander, Beth Poppre, Tonya Watson, Art Matthews, Jabon Ellis, Courtney Michel, Stephanie Patyk, Helen Ewing, Dustin Smith, Jim Farris, Stephanie Varckette, Jonathon Kirsch, Cynthia Kaye, Tom Hotvedt, and Michelle Panico.