



Still-Wellbeing Newsletter

University Student Wellness Program

Fall 2011

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

ATSU – Wellbeing starts with you

By Dr. Tim Hodges, Research Director for Gallup's Education Division and Director of the Gallup Campus Wellbeing Consortium

Contrary to popular belief, wellbeing is not just about being happy, wealthy, successful, or physically fit. Most of us would agree that these items would make the list of attributes of a happy person. However, extensive study by Gallup suggests that these individual elements do not act alone. Gallup's research uncovered five universal, interconnected elements of wellbeing that serve as the currency for a life that matters.

ATSU is one of just three higher education institutions selected to participate in Gallup's Campus Wellbeing Consortium. The consortium was launched in 2011 to create a new discussion about the wellbeing of people who learn and work at colleges and universities. The ATSU program began in late September and will continue throughout the next five years. All first-year students and full-time employees from the Missouri and Arizona campuses were recently invited to participate in the initial roll-out of the program.

Bestselling authors Tom Rath and Jim Harter introduced Gallup's

wellbeing framework in *Wellbeing: The Five Essential Elements* (Gallup Press, 2010).

The first element, career wellbeing, is about how we occupy our time, or simply liking what we do each day. Having the opportunity to focus our time and attention on what we naturally do best is an important aspect of career wellbeing. People who regularly use their strengths are six times more likely to be engaged in their work and more than three times as likely to report having an excellent quality of life. Those high in career wellbeing also tend to have a leader who makes them enthusiastic about the future and experience a strong connection between their personal mission and their daily activities.

Social wellbeing, the second element, involves having strong relationships and love in our lives. Close friends and a broad social network are both aspects of social wellbeing. Gallup reports that individuals with at least three or four very close friendships are healthier,



have higher overall wellbeing, and are more likely to be engaged in their work. We are also more than twice as likely to be thriving in our overall wellbeing when living in a household with another person who is thriving. These findings provide evidence to the importance for effective and healthy social wellbeing on campus.

Financial wellbeing involves effectively managing our economic lives to reduce stress and increase security. We should pay attention to both short-term money management as well as long-term financial decisions. Surprisingly, how we manage our money may have more to do with our financial wellbeing than the actual amount of money that we have. From credit cards to student loans to paychecks, college and university campuses are a rich context within which to study financial wellbeing.

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ATSU

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Physical wellbeing includes having good health and enough energy to get things done. Healthy lifestyle habits include getting enough sleep to feel well rested (typically eight-nine hours per night), getting at least 20 minutes of physical activity per day (ideally in the morning to improve daily mood), and making healthy food choices. People with high physical wellbeing are able to do things that other people their age would normally do. They often look better, feel better, and

have enough energy to get things done on a daily basis.

Community wellbeing is about the sense of engagement you have with the area where you live. This involves having basic needs met (clean water, clean air, safe neighborhoods) and being involved in and enthusiastic about your community. People with high community wellbeing make contributions based on their personal mission and encourage others to do the same. Campuses focused on developing

high community wellbeing seem better positioned to recruit and retain students, faculty, and staff.

For more information about the ATSU-Gallup Wellbeing initiative, contact the ATSU project leaders: Dr. Bernadette Mineo, chair, occupational therapy, ATSU-ASHS; Dr. Patricia Sexton, associate professor, family medicine department, ATSU-KCOM; or Dr. Janet Woldt, associate dean, ATSU-ASDOH.

ATSU graduate serves as physician, Federation Internationale De Volleyball

By Janet M. Bunch, Student Affairs Generalist;
Editor, Still-Wellbeing Newsletter; Member, Still-Wellbeing
Steering Committee

While attending an international conference in Monaco in April, Priscilla Tu, D.O., a 2005 ATSU-KCOM graduate, had a chance meeting with another osteopathic physician from the United States who provided her the opportunity to serve as a physician for U.S. Volleyball teams.

Dr. Tu impressed David D. Dyck Jr., D.O., with her experience in providing care to volleyball teams for several years, including athletic trainer-type support such as wrapping ankles. Dr. Dyck, who is with U.S.A. Volleyball, a branch of the Federation Internationale De Volleyball, recommended Dr. Tu to the Federation and she was selected to serve in their "pool of docs" that cares for volleyball players competing all over the world, from high school age to adults to those competing in the Olympics.

Dr. Tu, shown standing on the right with her team, was assigned to provide total healthcare to the U.S.A. Girls Youth National Team, a team comprised of high school girls, as they traveled to compete in the World Championships in Ankara, Turkey. Since youth teams

are not assigned a trainer, Dr. Tu's skills and experience made her a natural to care for the team. She says she sometimes finds herself "serving as their mom," helping them by not only wrapping sprained ankles and treating any other health care concerns, but working with them as they adjust to different customs in the various countries in which they compete. Being part of the pool also means you may be called upon to care for other teams who are in need of a physician, which has happened to Dr. Tu.

An active ATSU-KCOM student, Dr. Tu was president of the student government association and a member and officer of numerous other campus organizations. She enthusiastically participated in the Still-Wellbeing Program. She said it was "great for students to start medical training, learning to take care of themselves and finding balance in their lives." She said, "I saw



my colleagues struggle in clinical training and during their residencies" because they hadn't learned that balance. "I saw that we KCOM students tended to be happier and acclimated better to the changing situations because it was pounded into us 'to take care of yourself.'" She is carrying these lessons learned throughout her life, applying them in all aspects. "It becomes a part of you," Dr. Tu said.

Following graduation from ATSU-KCOM, Dr. Tu, who is located in Morrisville, N.C., completed a family practice residency at Carilion Clinic in Roanoke, Va., and then a sports medicine fellowship at Duke University. After completing her fellowship, she accepted a faculty appointment at Duke, where she serves as a medical instructor and team physician and is the director of sports medicine at Duke Family Medicine.

Community Impact

ATSU volunteers, 27th annual Northeast Missouri Triathlon

With more than 100 athletes attending the 27th Annual NEMO Triathlon on September 11, the need for volunteers to help at all phases of the event and promote health care to the athletes was great. The ATSU and Kirksville community generously step up in overwhelming numbers each year to provide the support needed for this event, which consists of a .75-mile swim, 18-mile bike ride, and 5-mile run.

Volunteers from ATSU included 14 students, 15 employees, and 10 members of the Thompson Campus Center staff. In addition, 20 students and 12 employees, along with five family members participated in the triathlon.

Ali Etemady-Deylami, OMS II, member of the Still-Wellbeing Steering Committee and Environmental Team Leader, recruited several volunteers to help in all areas of the event, and he also recruited Student American Academy of Osteopathy members who provided care to those participating, under the leadership of Andrew Lovy, D.O.; Eric Snider, D.O.; and Robert Schneider, D.O.



One of the most challenging volunteer positions is to stand in the cold water of Forest Lake at Thousand Hills State Park and assist each swimmer leaving the lake after the event. Pictured in the center is Dan Martin, director-wellness programs and race director, and to the right, wearing a visor, is Etemady-Deylami.

The NEMO Triathlon, sponsored by ATSU, is one of the longest running events sanctioned by USA Triathlon, the governing agency for the sport.

OT students hold clothing drive

Occupational therapy students are holding a clothing and shoe drive November 28-December 16 to benefit patients of the inpatient psych program who often only have the belongings they were wearing when they were admitted. Donations of wearable, clean clothing and shoes will be accepted in marked donation bins on the first floor of the 5850 Building on the Arizona campus.

For more information, contact Art Matthews, counselor-learning resources, Arizona campus, at amatthews@atsu.edu or 480.219.6170.

ATSU-ASDOH improves healthcare on global level



In July, ATSU-ASDOH faculty and students participated in a medical and dental humanitarian expedition to the Galapagos Islands in Ecuador. Staff and students worked on patients ranging from age 3 to 60. The team did more than 300 restorations and close to 100 extractions during the expedition.

The team consisted of Robert and Diana Wake; Jerry Schweikert, D.D.S.; Shad Morris and family; Tannaz Malek, assistant professor of periodontics, ATSU-ASDOH; Brooke Ahlstrom, D4; and Scott Morrison, D.D.S., M.S.D., M.A.Ed., associate dean of education, ATSU-ASDOH.

Free golf, LaPlata (Mo.) Golf Course

Want to play a free round of golf at the LaPlata Golf Course? Contact dmartin@atsu.edu for a free pass, compliments of the Golf Course.

Still-Wellbeing Program celebrates birthday

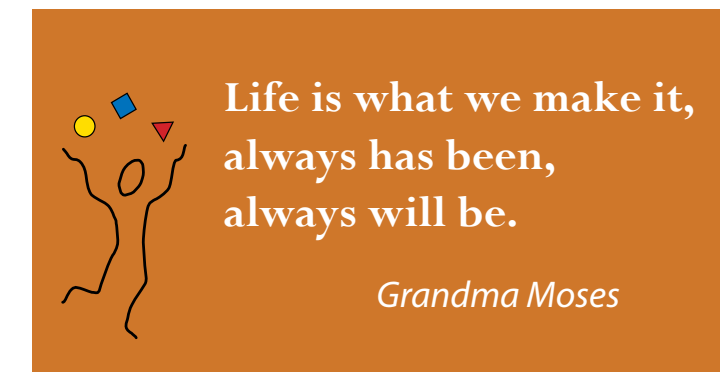


This year marks the 20th anniversary of the Still-Wellbeing Program. The program, originally called the Still-Well program, was created to provide students with a caring, nurturing environment in which to learn, live, and thrive. An important component of this commitment is the student wellness program, which enables students to reach their maximum potential in body, mind, and spirit.

Earlier this year, the program's name was changed to Still-Wellbeing to reflect ATSU's participation in the Gallup Wellbeing Project, described on the front page.

Adopt a student for the holidays

Have an extra chair at the dinner table this Thanksgiving? House a little too quiet during winter break? Then share your home and hearth with a student on the Missouri or Arizona campus who is staying in town during the holiday season. Watch your email for an announcement containing a link to a Google document allowing you to either sign up to host a student or for students to sign up if they are planning to remain on or near campus. Take the time to care and learn more about our students; no one should feel isolated or alone this year. For more information, contact Art Matthews, counselor-learning resources, Arizona campus, at amatthews@atsu.edu or 480.219.6170.



National Health Observances

November

Make dinner a family event in which every member has a task in the preparation.

American Diabetes Month
www.diabetes.org

Great American Smoke Out Month
www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index

National Alzheimer's Disease Awareness Month
www.alz.org

11/27 – 12/3

National Influenza Vaccination Week
www.flu.gov/news/nivw.html

December

As the holiday season approaches, remember those less fortunate. Clean out your closets and storage rooms and donate what you do not use to someone who could.

International Aids Awareness Month
www.aidsalliance.org

National Drunk and Drugged Driving Prevention (3D) Month
cdc.gov/ncipc/duip/spotelite

12/1

World AIDS Day
www.worldaidscampaign.org

12/5

International Volunteer Day
www.worldvolunteerweb.org

12/10 (annually)

Human Rights Day
www.ohchr.org

University Still-Wellbeing Steering Committee

Deepak Agarwal

Jeff Alexander

Janet Bunch

Mary Busch

Michelle Chasse

Rebecca Chow

Kassandra Cooper

Lynda Crossgrove

Ali Etemady-Deylami

Jim Farris

Jacqueline Freeman

Ron Gaber

Mary Greer

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Deanna Hunsaker

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