**Welcome to Spring 2014**

It is the start of a new year with continued health challenges on each of our campuses. The winter months bring snow and also more students into our health centers. Influenza especially continues to be a concern. I hope you all have a successful spring semester in meeting your goals to provide optimal health care to students. It is great to have SPCHNA colleagues to network with and share ideas as we work together in the field of college health. At this time, SPCHNA has 63 total active members with 55 Regular and 8 Lifetime members.

On January 15, Beth Kotarski and her colleagues at Swarthmore hosted a full day winter program. Topics included the care of students with eating disorders, conference planning with continued nursing education, challenges and strategies facing college health nursing staff, and care of the student with cardiac problems. Thank you to Beth for talking about eating disorders. Also, thank you to Chris Rroney for acting as a presenter about conference planning and completing

paperwork for all continuing education credits. This very successful program was the work of a great group!

The membership has expressed a preference to hold conferences when classes are out of session to avoid Saturdays or weekdays when health centers could be opened. Some members had difficulty attending a dinner meeting due to travel time after work. As a result, the fall meeting was eliminated and the winter networking meeting was expanded to a full day with CEU’s. The second meeting of the year will be immediately after the end of the spring semester. This year, Valerie Angeli has offered to host the spring program at Lebanon Valley College on May 20.

Please consider hosting a future conference as an individual school or by working with colleagues from several schools. Please contact any board member if you have an interest in hosting the winter 2015 program.

Best wishes for a very healthy semester, Robyn Spragins

**News in 2014 Local Requests**

Future Conferences in 2014

* SPCHNA - Lebanon Valley – 5/20
* ACHA – San Antonio, TX – 5/27- 5/31
* MCHNA – Ocean City, MD – 6/4-6/6
* MACHA – Richmond, VA – 10/9-10/10

News

* Affordable Care Act & Insurance Information - Initial Open Enrollment is from 10/1/13-3/31/14. See [www.healthcare.gov](https://www.healthcare.gov/)
* CDC 2014 Adult Immunization Schedule now available: <http://www.cdc.gov/vaccines/schedules/index.html>
* Pennsylvania Health Alert Network: If you are not a member and would like to subscribe, please register at <https://han.pa.gov>

Spring 2014

Newsletter

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Website: [www.spchna.org](http://www.spchna.org) President: Robyn Spragins 610-430-4189 RSpragins@wcupa.edu; Vice President: Susan Fitzgerald 610-902-8400 sfitzgerald@cabrini.edu; Secretary: Joanne Ocasio 717-872-3250 joanne.ocasio@millersville.edu; Treasurer: Cheryl Donnelly, 610-328-8058 cdonnel1@swarthmore.edu; Member at Large: Chris Rooney 717-872-3250 chris.rooney@millersville.edu

Southeastern Pennsylvania College Health Nurses Association, Inc.



Log and Dialogue

*Renew your membership in SPCHNA by Jan 31, 2014 at www.spchna.org*