

SPECIAL POPULATIONS Newsletter

McKinley Health Center's Special Populations' Student Health Concerns Committee

Dear Student,

The McKinley Health Center's Special Populations Students Health Concern Committee is glad to welcome you and we look forward to seeing you at McKinley Health Center (MHC). Our office is located on the 3rd floor of MHC within the Health Education Unit. If you are interested in becoming a volunteer for the Special Populations Health Program, we invite you to join us at our first committee meeting on Thursday August 30th from 5:00pm-6:00pm in Rm. 222 at MHC. Free pizza and refreshments will be provided for you to enjoy as you learn about the mission and purpose of our organization.

The Special Populations Health Committee creates a variety of health promotion services for different types of communities such as; diverse U of I students and families, including ethnic/racial groups, LGBT students, international students, and students with disabilities. There are two standing committees, namely: The Faculty Advisory Committee and the Student Advisory Committee. Their members are selected from campus and community organizations and both committees assist with coordination of outreach programs on topics such as:

- Sexual Health
- Alcohol and Drug Abuse
- Nutrition
- Stress Management
- Winter Survival
- Cross-Cultural Health Issues
- General Wellness/Fitness

The student committee also assists with the coordination and implementation of several special events throughout the school year. Some examples of campus wide events include:

- World AIDS Day
- Annual Health Fair
- Alcohol Awareness Week

For more information, visit our website at:
<http://sites.google.com/site/uiucspecialpopulations/>

We wish you the best as you start your new year!

Sincerely,
Special Populations Staff



Key MHC Resources:

Dial-A-Nurse
333-2700

Clinics
333-2700

Health Education
333-2714

Mental Health
333-2705

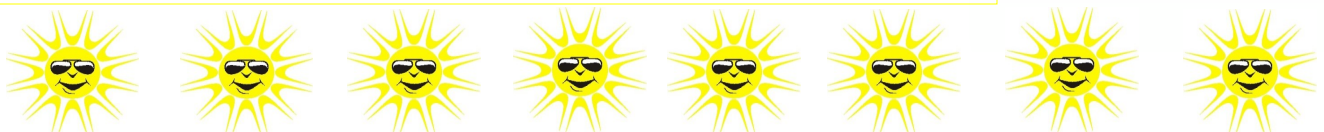
Pharmacy
333-2710

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Important Dates

8/30	1st Volunteer Meeting
09/12	Dr. Palinkas Meeting



Sophia Li



**B.S. in Molecular
Cellular Biology
Business Minor**

**Volunteer Experience:
3 years**

An Interview with 3-Year Volunteer, Sophia Li

What sparked your interest in joining Special Pops?

I was first interested in Special Pops because it gave me the opportunity to work with diverse groups on campus and the CU community while developing skills to work in a non-clinical healthcare setting.

How many hours a week did you devote to Special Pops?

Typically I would volunteer about 3 hours a week but on weeks where we had major programs like the health fair, I would volunteer 10-15 hours.

Was it flexible with your class schedule and other obligations that you had?

Volunteering with Special Populations was very flexible with my classes and other obligations. By planning ahead, I could easily make adjustments to my volunteer hours if necessary.

What was your most memorable experience volunteering with this organization?

One of my most memorable experiences volunteering with Special Pops was during the Think Before You Drink program last fall. When the program started, we had a turnout that was much larger than what we planned for. Although it was crazy trying to manage the crowds, it was great to see my fellow peers engaged and interested in all our activities, especially since alcohol is a prevalent issue on college campuses.

How have you changed as a student, as a worker, and as a person through your volunteer experience?

My volunteer experience has undoubtedly been a major contributor to my growth throughout college. I have learned to be a strong leader, collaborator, public speaker, and program planner. Most importantly, I have solidified my passion for the health field and will continue to pursue my Masters in Public Health and MD.

What did you enjoy most about your work with Special Pops?

Throughout my 3 years with Special Pops, I have worked with many extraordinary people that also have the same drive to volunteer and promote healthy lifestyles. I have developed many lifelong friendships with other Special Pops members and they have been a great support group for me.

Lemonade with Berry Ice Cubes

This lemony, tangy drink gets sweeter, and prettier, as the cubes melt.

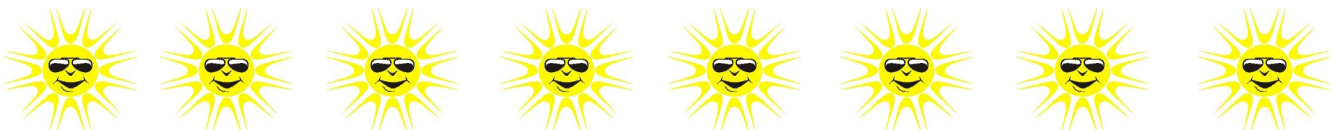
Ingredients

- 1 11.5-oz. can frozen concentrate strawberry or any berry mix juice
- 24 raspberries or 8 strawberries, sliced (optional)
- 1 1/3 cups sugar (or more, to taste)
- 1 1/3 cups fresh lemon juice
- 2 quarts water
- 8 lemon slices

Instructions

Pour the juice concentrate and 1 can of water into a pitcher. Mix to combine, then pour the juice into two ice cube trays, adding raspberries or sliced strawberries if you wish. Freeze. Combine the 2 quarts of water and the sugar in a medium saucepan. Bring to a boil and stir to combine. Reduce to a simmer and cook until the sugar is dissolved, about 1 to 2 minutes. Remove from heat. Strain the lemon juice through a fine sieve into the sugar syrup. Chill. Silt each lemon slice once, from center to rind, then press the slits onto eight glasses. Fill each glass with 3 berry ice cubes and the lemonade. Garnish with a mint sprig. Makes 8 glasses.

<http://familyfun.go.com/summer/summer-recipes/summer-drinks/lemonade-with-berry-ice-cubes-679299/>



Upcoming Events Around C-U

With classes almost beginning, it's always nice to take a break and experience the events that Champaign County has to offer. Activities ranging from food, music, and the arts are just a bus ride away, so take the time to explore places outside of Campus town! Here are some fun events to look out for in Champaign-Urbana in the upcoming weeks!

Krannert Uncorked: Thursday July 12th at 5 PM

A free event where Jazz legend LaMonte Parsons will be performing at stage 5; and there will be beverage selections from Friar Tuck available.

Downtown Festival of the Arts: Saturday Aug 18, 10 AM-6 PM

9th Annual Downtown Festival of the Arts in the heart of Champaign along Neil and Main Streets. Explore the elaborate artwork, several talented performers, and exciting activities in our historic downtown community. Enjoy the variety of performances and musicians as you dine at local restaurants and help your children create their own fine creations in our Little Artist Tents.

37th Annual Urbana Sweet Corn Festival: Friday Aug 24 through Saturday Aug 25 at

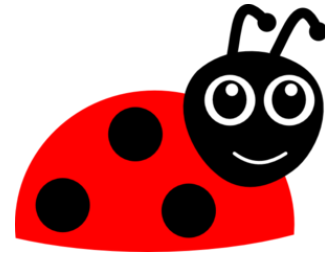
A free event taking place in downtown Urbana is the 37th Annual Sweet Corn Festival. The Sweet Corn Festival is a family street festival with music, kids carnival, commercial vendors and food vendors.

8th Annual Pygmalion Music Festival: Thursday through Saturday, Sept 27-29

Indie artists include Grizzly Bear and Dinosaur Jr.. Several other artist scheduled to perform such as; Big Freedia, Lord Huron, Julia Holter, Lotus Plaza, Cloud Nothings and many more. Visit the Krannert Center for your Festival passes, they are on sale now and starting at \$75 for access to all performances. (<http://www.pygmalionmusicfestival.com/>)

42nd Annual Taste of Champaign Urbana: Friday June 22nd through Sunday June 24th

Come out and enjoy free entertainment and delicious food from all around town in one place! Local artist will be performing while exhibitors will showcase a variety of crafts, pottery, jewelry, paintings and so much more. For more information visit the Champaign Park District (<http://www.champaignparkdistrict.com/events/taste/>)



Top 10 Things to do in C-U this Semester

See farm animals at the Prairie Farm
Visit the Octave Chanute Aerospace
Museum

Play golf at the Playground Mini Golf

Attend the University of Illinois Krannert
Art Museum

Be a part of the Twin City Cobras Bike and
Social Club

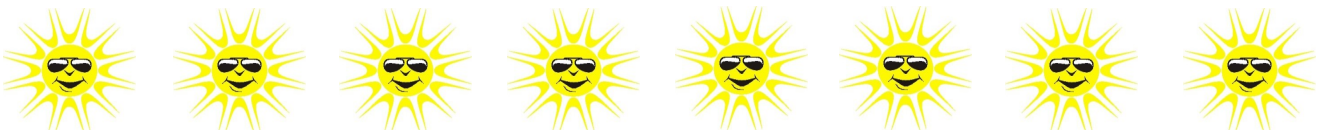
Catch a show at the Virginia Theater
(Broadway Style Musicals)

Attend the Jillian's Billiards Club in
Champaign

Have a blast at the Champaign Skate Park
on Elm St.

Attend the Track 5 Amusement Park

Go golfing indoors at the J.G. Demirjian



Special Populations

- ✓ Real world experience at your university health center-McKinley Health Center.
- ✓ Health Education Advocates for the student body as well as the community.
- ✓ Special Populations is unique—you are given the opportunity to research, plan and facilitate high-impact programs and events.
- ✓ Leadership opportunities always available!
- ✓ Our programs include: annual-wide Health Fair, Alcohol Awareness, World Aids Day, collaborations with the cultural hours and **MANY MORE!**

WHAT: 1st Volunteer Meeting
WHEN: Thursday, August 30th
5-6 pm

WHERE: McKinley Health
Center : Room 222

**Free
Pizza!!!**

Our Mission: Our mission is to promote balanced, healthy lifestyles among the diverse UIUC community and to provide health and wellness information for typically underserved populations.



Don't Forget to attend our annual meeting with the director of McKinley Health Center, Dr. Palinkas!

When: September, 12th 2012 at 4pm

Where: McKinley Health Center Room 222

