

# Special Populations

STUDENT HEALTH CONCERNS COMMITTEE

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## 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

## Our Location:

Rooms 322 & 323  
Health Education  
McKinley Health Center  
1109 S Lincoln Ave  
Urbana, IL



*We wish you the best as you start your new year and hope to get to know you!*

### Who We Are:

By Emilie Stojak

The Special Populations Health Concerns Committee (SPSHCC) is one of the University of Illinois registered student organizations. It is affiliated with and housed at the McKinley Health Center with a primary goal to educate, promote, and address health issues and concerns that impact the overall campus community. SPSHCC programs and services are designed with multicultural sensitivity and a strong appreciation for diversity. The primary targets are campus communities with special interests for the health concerns for minorities, international students, women, LGBT, veterans, and students with disabilities.

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
- Winter Survival

### Why Get Involved:

- Real world experience at your university health center-McKinley Health Center & other community health agencies.
- 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 are always available— a great resume booster.
- Work with many other talented students with similar career goals and/or interests.



For more information, visit our website at <http://specpops.webs.com/>

# AN INTERVIEW WITH EMILIE STOJAK



**Major:**  
B.S. in Nursing

**Year:**  
Junior

**Volunteer Experience:**  
1 year

*“I’ve really benefitted from reaching out to my community and knowing that I’m doing my part to increase health awareness.”*

*Interview by Maxwell Norris*

***Why were you originally interested in volunteering for Special Pops?***

I wanted to be a part of something that would prepare me for a future in the medical field. Reaching out to my peers as well as the community about health disparities is something that really interests me.

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

2-3 hours a week

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

Yes, I picked my own hours based on my availability. Even though I was involved in two other RSO groups along with my schoolwork, I was still able to find the time to volunteer with Special Pops. Special Pops was great when it came to accommodating my busy schedule.

***What kind of experiences did you have volunteering with Special Pops?***

I was mostly working one-on-one with a student worker to help make decorations as well as informational brochures for the programs. I always enjoyed these tasks in addition to getting to know the student workers on a personal level.

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

As a student, I have become more interested in my classes because I have real experience with health education to relate my schoolwork to. I have also become better at managing my time, a skill I believe is vital to achieving academic success. As a worker, I’ve improved my work ethic and learned the importance of loving your work. As a person, I’ve really benefitted from reaching out to my community and knowing that I’m doing my part to increase health awareness.

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

Being able to see all your hard work pay off when hundreds of students are at a Special Pops event is really an invaluable experience.

# BEING A FIT STUDENT

By Daphne Erpelo

**Physical activity is vital component to a healthy lifestyle. It has positive effects on:**

- Your weight
- Your ability to combat disease
- Your mood
- Your energy level
- Your sleep



**How to stay motivated:**

- Set goals for yourself
- Make it fun— pick activities or sports you enjoy
- Make it part of your daily routine
- Create a playlist that you love and keeps you going
- Keep track of your workouts and see your improvement
- Exercise with family and/or friends
- Reward yourself

**Take advantage of all the programs and activities at ARC & CRCE this year!**

## ARC & CRCE Fall Semester Hours

Mon-Thurs: 6:30 am – Midnight  
Fri: 6:30 am – 10 pm  
Sat: 9 am– 10 pm  
Sun: 9 am– 11pm

## ARC Outdoor Pool

Mon-Thurs: 6:30 am -7:45am &11 am – 10 pm  
Fri: 6:30 am– 7:45 am & 11 am– 9pm  
Sat: 11 am- 9 pm Sun: 11 am –10 pm

## ARC Indoor Pool

Daily: 11 am – 1 pm

## ARC Climbing Wall

Mon-Fri: 3-9pm  
Sat/Sun: 3-7pm

## CRCE Aquatic Center

Mon-Thurs: 11 am – 5 pm & 8-10pm  
Fri/Sat: 11 am-9 pm  
Sun: 11 am– 10pm

## Group Fitness FREE Week:

August 26<sup>th</sup>-Sept 4<sup>th</sup>

## Group Fitness-Bring Your Buddy for FREE

Week: October 14<sup>th</sup>- 20<sup>th</sup>

# SIMPLE SUMMER SMOOTHIE

## Ingredients:

- 1 banana
- 1 cup frozen strawberries
- 1 cup frozen blueberries
- 1 cup frozen cherries
- 4 ice cubes
- ½ cup orange juice
- ¾ cup vanilla yogurt
- ½ teaspoon honey (optional)

## Directions:

Place the banana, strawberries, blueberries, cherries, and ice cubes into a blender. Pour in the orange juice, vanilla yogurt, and honey. Puree until smooth.

Source: <http://allrecipes.com/recipe/simple-summer-smoothie/>





## Volunteer with Special Populations!

**FREE  
PIZZA!**

**What?**

**Volunteer Informational Meeting**

**When?**

**Thursday, August 29, 2013**

**5:00—6:00 pm**

**Where?**

**McKinley Health Center**

**Room 222**

**GET  
INVOLVED!**



**Also... Meet the Director of McKinley Health Center, Dr. Palinkas!**

**When?** Wednesday, September 11, 2013

**4:15—5:30 pm**

**Where?** McKinley Health Center, Room 222

## Fall Events around Urbana-Champaign

### **9<sup>th</sup> Annual Pygmalion Music Festival –**

Thursday through Saturday, September 26-28  
Headliners include Major Lazer, The Breeders, and The Head & The Heart. Other artists are scheduled to perform including Dawes, Youth Lagoon, Perfume Genius, Murder By Death, Cave-man, PHOX, and Common Loon. Visit the Pygmalion Music Festival website ([pygmalionmusicfestival.com](http://pygmalionmusicfestival.com)) to view the full line-up and purchase festival passes or single show tickets.

### **38<sup>th</sup> Annual Urbana Sweetcorn Festival 2013 –**

Friday, August 23<sup>rd</sup> and Saturday, August 24<sup>th</sup>  
This free event takes place in downtown Urbana. Attractions include live music, vintage automobile showcases, Action Inflatables, a rock climbing wall, indoor laser tag, pony rides, a petting zoo, and all the sweetcorn you can eat!

### **Illini Union Board Presents: The Great Gatsby –**

Friday, August 15<sup>th</sup>, 9pm  
Enjoy a free screening of Baz Lurhmann's *The Great Gatsby* on the North side of the quad! In the event of inclement weather, the screening may be relocated to the Illini Union.

### **Savoy Orchard Days 2013–**

Friday, September 20<sup>th</sup> and Saturday, September 21<sup>st</sup>  
The Annual Savoy Orchard Days festival features carnival rides, an antique car and truck show, several vendors and live entertainment, as well as a 5K on Saturday morning.

### **American Diabetes Association's "Step Out" Walk to Stop Diabetes–**

Sunday, October 6<sup>th</sup>  
A fundraising walk hosted in Hessel Park with entertainment and kid's activities to raise awareness and stop diabetes.

**Prepared by:**

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