



Spring 2014

SPRING NEWSLETTER

OUR

MISSION:

To promote balanced, healthy lifestyles among the diverse UIUC community and to provide health and wellness information to typically underserved populations

OUR

LOCATION:

Rooms 320 & 322
Health Education
McKinley Health Center
1109 S Lincoln Ave
Urbana, IL

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THE 21ST ANNUAL HEALTH FAIR: Ride the Wave to Good Health

The McKinley Health Center’s Special Populations’ Student Health Concerns Committee will be hosting its 21st Annual Health Fair, titled “Ride the Wave to Good Health” on Wednesday, April 16th in the Illini Union rooms A, B, and C from 10am-3pm.

This is **FREE** for **EVERYONE** so please come out and enjoy lively entertainment, raffle drawings, free screenings, and health displays from over 70 vendors including chiropractors, dentists, eye specialists, physical therapists, and other health professionals.

The Health Fair is amusing and engaging for absolutely everyone! Invaluable health information will be provided from dozens of professionals, and

best of all, a large variety of health services will be provided **FOR FREE!** Presence Covenant will offer cholesterol and glucose level screenings, Leone Chiropractic Clinic will be offering massages, Urbana Acupuncture offers demonstrations, and Concept College gives out free manicures, just

(see exciting acts such as cultural dances, singing, and breakdancing)!

If the free screenings and musical entertainment are not enough to engage you, please note the Health Fair still has much more to offer. Find the *Health Education Peers* to receive great fitness and nutrition tips to help you live a healthier life. Considering a career in medicine? Representatives from possible **future employers and graduate schools will be attending** and answering any questions you may have.

Furthermore, while you are there, enter to win one of hundreds of prizes from the many restaurants and businesses.



to name a few! A number of entertainment groups will also perform throughout the event

RECAP:

WHEN:

Wednesday, April 16th 10AM—3PM

WHERE:

The Illini Union Rooms A, B, C

WHY:

Free health screenings, free massages and manicures, live entertainment, health career info, free stuff, and of course, **IT IS FUN!**

Last year’s health fair (2013) brought many happy faces, educators, and provided a means to “de-stress”



Great Recipes For Spring

Fresh Mint, Quinoa, and Corn Salad



Image taken from
my recipes.com

This easy and fresh spring salad will keep your meal healthy and light without neglecting flavor!

Find this recipe and other great spring salad recipes at CoastalLiving.com

Ingredients:

- 2 cups quinoa
- Kosher salt
- 3 cups fresh corn kernels (6 ears)
- 1 bunch green onions, finely chopped (about 1 cup)
- 3/4 cup chopped fresh mint
- 1 tablespoon lemon zest
- 1/4 cup fresh lemon juice
- 1/4 cup extra-virgin olive oil
- 1/2 teaspoon freshly ground pepper

Preparation:

1. Rinse quinoa in large sifter, or a mesh filter, under cold running water. Cook quinoa in 4 cups boiling water with 2 teaspoons kosher salt 10 to 15 minutes or until almost tender. Drain; spread onto a large sheet pan, and cool 15 minutes.
2. Combine quinoa and remaining ingredients; mix well. Season with kosher salt.

MCKINLEY
HEALTH
CENTER'S
SPECIAL
POPULATIONS'
STUDENT
HEALTH
CONCERNS
COMMITTEE

Spring & Summer Vacation Safety

Violence

- Do not walk alone. Use the buddy system.
- Never leave with someone you just met. Attend parties with friends and plan to leave with the same friends.
- Watch your drink. Do not leave your drink unattended.
- Do not accept open drinks from strangers.

Hotel/Motel

- Lock your door.
- Do not open the door for a stranger. If someone claims to be staff, call the front desk for verification.
- Do not leave valuables in your hotel or motel room.
- Use the buddy system when leaving the room for any reason.
- Do not climb on balconies or sit on balcony rails.



Drinking

- Drink in moderation.
- Decide in advance what and how much you will drink.
- Know your limit and stick to it.
- Know what will happen if you violate state or local laws.
- Use a designated driver or choose public transportation.

What to Do on Spring Break?



Spring Break is a great time to catch up with friends and family. Use your time wisely and plan out some fun activities before coming back to campus! This way you will be rejuvenated and ready to finish the semester strong.

Take A Walk

This winter seemed to be an endless stream of cold, snowy days. Now things are warming up, the birds are chirping, and the trees are growing their leaves back! Take some time to take a stroll outside, relax, and enjoy the warm weather.



Spring Cleaning

As the semester drags on, cleanliness can be hard to keep up with on top of schoolwork. Over spring break, use some time to tidy up your place. Put on some music and scrub away! Having a clean living space reduces stress.

Travel

Whether it be a tropical rage fest, or a simple camping trip with the family, traveling over spring break will break the monotony of the cornfields and give you some great memories at the same time!



Spring Time Allergies by Kate Bass

What Causes Allergies?

In the spring, trees, weeds, and grasses start to bloom and release pollen into the air. When the air is inhaled by a person who is allergic, their immune system senses the pollen as foreign invaders and releases antibodies. The antibodies attack the allergens, which in the process release histamines into the blood, therefore causing allergy symptoms.

Allergy Symptoms:

- Runny Nose
- Watery Eyes
- Sneezing
- Coughing
- Itchy Eyes and Nose
- Dark Circles under the Eyes

Common Relievers for Allergies :

Over-the-counter medicines can alleviate allergies. However, it is always best to see your doctor first and have them help you choose the right medicine for your symptoms.

- Antihistamines-reduce sneezing and itching
- Decongestants-clear mucus out of nasal passages
- Nasal Sprays- reduce inflammation and clear mucus out of nasal passages
- Eye Drops-relieve itchy, watery eyes

Health Resource Center Schedule

•McKinley Health Center - Information/HRC counter, located in the Main Lobby (333-6000)

1109 S. Lincoln Avenue, Urbana, IL 61801

Hours of operation - Monday - Friday from 8:00 a.m. - 5:00 p.m.

•Illini Union, Room 40, lower level (244-5994)

1401 West Green Street, Urbana, IL 61801

Hours of operation - Monday - Friday from 8:00 a.m. - 8:00 p.m. and Saturday from 12:00 p.m. - 6:00 p.m.

Satellite locations and hours

•African American Cultural Center (333-2092)

708 South Mathews Urbana, IL 61801

Hours of operation - Wednesday's 11-1

•La Casa Cultural Latina (333-4950)

1203 West Nevada (library on 2nd floor)

Urbana, IL 61801

Hours of operation - Monday's 5-7 and Thursday's 12-2

•Asian American Cultural Center (333-9300)

1210 W. Nevada (M/C 149)

Urbana, IL 61801

Hours of operation— Tuesday's 12-1

•Native American Cultural Center (265-0632)

1206 W. Nevada St. (M/C 139)

Urbana, IL 61801

Hours of operation— Friday's 12-2



Spring Events in Champaign-Urbana

Mom's Weekend: Apr 4-6

This is UIUC's annual celebration of our mothers! There will be events all weekend long celebrating our mothers and giving us the chance to have some great fun. Friday night kicks off with the Mom's reception from 5:30-7:00pm, and continues at 8:00pm with Rent, presented by the Illini Union Board. The festivities begin again on Saturday and go all day. From flower art to a campus wide craft fair, there is something for every mother/child duo to do! Then, at 10 PM, Mom's night out will begin in the Union. Mom's weekend concludes Sunday morning with Mom's Day Brunch, a delicious brunch located in the Illini Union. The whole weekend will be a blast, so make sure you bring your Mother!



Illinois Marathon: Apr 24-26

Like to run? Between April 24 and 26 Christie Clinic will be hosting many different running events, including a marathon, half-marathon, 10k run, and 5k run. The route is flat, fast, and beautiful. Runners will run through Champaign's scenic downtown, classic old neighborhoods, paved park trails, and finish at the University's very own Memorial Stadium! Each race includes prizes for different age groups, starting at 17-18, then increasing in five year increments. Registration ends April 15 so sign up soon! More info available at: <http://www.illinoismarathon.com/>