

PANORAMA

parent newsletter

February 2015



Caring for Students Who Are Far from Home

Linda Crumley, School of Journalism and Communication dean, is always looking for opportunities to take care of her students, but that care isn't limited to what can be taught in a classroom.

When Crumley spotted a student struggling to breathe in the hallway one afternoon, she immediately dropped everything to see how she could help.

"I had planned to work on some things in my office, but this student needed help now," Crumley said.

The young woman did not appear to be in life-threatening distress, but Crumley, worried she would be incapable of walking across campus to the University Health Center in her condition, offered to give her a ride.

Unwilling to leave the frightened student, Crumley kept her company until she was called into the doctor's office. The young woman, grateful for the show of kindness, opened up to Crumley about her health situation, and the two prayed together.

Though Crumley's story seems uncom-

mon, many of Southern's faculty and staff have similar stories to tell. Linda Case, Food Services cafeteria hostess, left work to transport a student injured while working in the kitchen. Judy Sloan, professor in the School of P.E., Health, and Wellness, helped a student find resources for her ailment. Susan Pennington, Thatcher Hall assistant dean, faithfully checked in on a student bedridden with the flu.

The list goes on and on. Southern's faculty are always ready to jump into action to help their students.

"It's what we do. I doubt we think much about it," Crumley said. "These are our kids; their well-being matters to us."

Among 'Family'

College may be one of the worst places to get sick. Students, used to the comforts of home, often find themselves cut off from the tender love and care of their family miles away.

"My parents never pampered me, but they always provided what I needed," said Erica King, junior international studies

major. "I really just want someone to take care of me when I'm sick. I don't want to take care of myself."

However, students are in good hands with Southern's compassionate faculty. All of them know what it's like to be a bedridden student, and most of them know what it's like to be a concerned parent.

"We understand how frightening it is to be alone and sick, or to be far away from a sick child," Crumley said. "While most of us are not medical professionals, we'll do whatever we can to be sure our students are treated as we would like to be treated. Sometimes that means taking someone to the University Health Center, sometimes it means exchanging multiple texts a day. But it always means praying."

Crumley urges parents not to worry, knowing that when students are sick at Southern, they're not among strangers; they're among family.

"We love your children," Crumley said, "and want nothing more than to see them grow to be healthy, capable adults!"

~Myron Madden

Linda Crumley is one of the many faculty members willing to care for students at a moment's notice.



Timeless Teachings

Is anyone among you sick? The prayer offered in faith will make the sick person well; the Lord will raise them up. Therefore confess your sins to each other and pray for each other so that you may be healed.

James 5:14-16

Did You Know? Ask-A-Nurse Hotline

Though the University Health Center is always open to those with questions or concerns, it is not uncommon for some students to refrain from visiting due to fear of medical examinations.

Acknowledging this trepidation, along with the fact that some students may not have time for trips to the doctor's office, Southern partners with UnitedHealthcare to provide students with credible advice about illness through the Collegiate Assistance Program, also known as Ask-a-Nurse.

Ask-a-Nurse is a high quality service designed to ensure students can maintain academic success by helping them man-

age common problems or stressors without leaving campus.

Students are welcome to call 877.643.5130 at any time, day or night, to speak with a registered nurse or licensed clinician about specific medical concerns or simply to browse the extensive health information library.

"I'd call them if I had a concern," said Eloise Ravell, senior journalism and international studies major. "A lot of the times when you do research online it says 'You may have cancer,' so I always want to get a second opinion on that one! Plus my mom is a nurse, so I trust a nurse's advice."

Southern is dedicated to providing the best and most comfortable medical accommodations for your child without adding unneeded stress that would detract from the learning experience.

~Ashley Rich



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U&A Ask the Director

with Candace Wing, University Health Center Director



What preventative measures are being taken to ensure our students stay well?

To remind students about the importance of taking care of themselves, the support nurse here at Southern sends out 'healthy nugget suggestions' in the

dorm newsletters. We understand that since students are under increased stress to complete the semester, their immune systems can suffer—especially when the weather begins to change. Knowing this, we remind the students to wash their hands frequently, get plenty of rest, eat a healthy diet, and exercise to reduce stress. We also encourage them to dress appropriately for the weather and get a flu shot.

What kind of medical care do students receive when they are sick?

When students come to the University Health Center, they are seen by a physician's assistant. A physician and a psychiatrist come in once a week for additional service. Vaccines are available, as well as prescribed and over-the-counter medications for symptom relief.

How do you find students when they are sick?

Sick students are always welcome to come to the University Health Center on their own, but sometimes, a dean or teacher will report a sick student to the dorm nurse. The nurse will then assess the student, help him or her make appointments, and provide transportation to the center if necessary.

As parents, we can't be there, but what can we do to help our students?

Parents can help their student stay healthy by encouraging healthy habits, sending healthy treats in the mail, and being a supportive and listening ear to help decrease their stress. With your help, we can keep students in optimum health both physically and mentally!

Staff Profile: Mary King, Support Nurse

Smiling warmly as soon as students enter her office, Mary King offers them a healthy snack and a Bible text to brighten their day. Her optimism is obvious at first glance. For nearly 10 years, King has been taking care of students while holding various medical positions on campus. She is currently the support nurse for the female residence halls.

“Students are free to drop by my office for any reason or no reason at all,” King said. “My office is a safe place where a student can come and talk or just hang out. Building trust and friendship is paramount for me.”

While King plays a vital role in cheering up students who are sick or discouraged (often, just telling them they aren’t going to die is an encouraging first step), she also offers practical advice and provides medication and other resources when needed. When a student is sick, King provides a write-up regarding his or her

health concern, which goes to the University Health Center to better facilitate the student’s care.

“I provide students with quick, convenient access to health information, guidance, assistance with referrals and appointments, and follow-up of concerns,” King said.

King first decided to become a nurse after growing up with two older brothers, but it wasn’t her siblings she looked after.

“Many a time I remember my brother looking at me with a contrived, sorrowful expression on his face and saying, ‘I’m sorry to tell you, but Barbie had an accident and lost her arm somewhere in the front yard!’” King said. “I frantically set out to ‘fix’ her broken arm, and thus the seed was sown at an early age to nurse the broken and down trodden, even if they were mere dolls.”

King’s motherly instincts help her connect with students on a deeper level.

“My life is daily impacted by these



Mary King discusses health issues with a student. King has been looking after the sick since she was a little girl, and she makes her office a safe place for students.

remarkable students,” King said. “Whether it’s becoming someone’s surrogate mom, cleaning a wound, or just praying with a student, my cup is full. Working with students keeps me young and gives me joy!”

~ Eloise Ravell

Student Life: More Ways to Give

When people think of different ways to serve others, helping out at food drives or soup kitchens usually comes to mind. However, the Campus Ministries team at Southern likes to get creative when it comes to giving.

In addition to the many outreach opportunities and student missions programs that Campus Ministries conducts, the department also partners with Blood Assurance, a nonprofit that provides blood to patients across five states. Once a semester, the organization brings a bloodmobile on campus to solicit help from student donors.

Providing the opportunity to donate aligns with Southern’s mission because it allows students to serve others.

“Campus Ministries and wellness go hand-in-hand,” said Teri Reutebuch, office manager of the Chaplain’s Office. “The bloodmobile exemplifies a spirit of giving and helping others.”

Southern students collectively donate an average of about 160 units each year. Once students donate blood, it is processed and supplied to more than 70 hospitals. For every one donation, up to three people can benefit. The blood is used to help all kinds of patients, from those injured in car accidents to those suffering from cancer.

By supplying blood that will be readily available to hospitals, students aren’t just helping out; they’re saving lives.

“If you’re in a hospital from an accident or having surgery and that blood is not ready and waiting, then you could literally die,” said Tim Wilson, Blood Assurance account manager.

Most importantly, this method of service gives students a chance to follow in the footsteps of the Great Donor.

“One of the greatest blood donors of all time was Jesus,” Wilson said.

~Elizabeth Camps



One of Blood Assurance’s 13 vehicles parks in front of Wright Hall waiting for student and faculty donors.

PO Box 370
Collegedale, Tennessee 37315
1.800.SOUTHERN
southern.edu

What on campus helps you feel better when you're sick?

"The other day I scraped up my knees. At the dorm nursing office, they treated and bandaged my wounds, gave me replacement bandages and ointments packets, and sent me off with a warm hug."

-Imani Hamilton, sophomore financial management major

"On campus there are so many nursing majors that any one of them will come rushing to your side if you're sick. They're so helpful and love to practice their skills any chance they get!"

-Alisa Luby, senior graphic design major

"The Village Market has all sorts of organic and home remedies for prevention and care that allow me to stay healthy and on top of my game."

-Zach Brown, senior anatomy and physiology major

"When I'm sick I go to the Hulsey Wellness Center, specifically the hot tub if I'm feeling sore. Then I talk to my RA, who is really helpful."

-Jailyn King, senior psychology major

"My friends here at Southern always help me feel better when I am sick. They are like family to me."

-Sandy Brahms, freshman marketing major

FEBRUARY

2 Student Week of Prayer (2-6)

Students gather in the Collegedale Church once a day to pray and be refreshed by the words of various speakers.

7 Ninth Annual Cardboard Boat Event

Students build boats out of cardboard and attempt to stay afloat as they race across the Iles P.E. Center pool.

13 Parents Weekend (13-15)

Parents are invited on campus for a weekend of fellowship, fun, and family time with their students!

26 Meet the Firms

This career fair held twice a year brings recruiters and students together for networking.

28 Star Watch

Faculty and staff bring powerful telescopes to science building parking lot as students and community members come out at night to view the heavens.

28 BCU Night

Students celebrate African, West Indian, and South American cultures through food, music, and entertainment provided by the Black Christian Union.

MARCH

6 Spring Break (6-15)

KEEPING HEALTHY STUDENTS HEALTHY

While Southern's loving faculty offers students outstanding parental care when they are under the weather, the university also provides several programs and activities to help students keep sickness at bay. Most of these activities take the form of physical exercise, but several others cater to students' emotional and spiritual needs to foster healthy, well-balanced individuals.



Students praise God through song during the Lawn Concert vespers held at Goliath Wall. Opening the Sabbath with vespers creates a spiritual atmosphere that helps students nourish their emotional well-being.



Jose Deschamps, senior nursing major, chooses from the Village Market's wide variety of vitamins to prevent any impending illness.



A Hulsey Wellness Center staff member coaches students as they utilize the elliptical machines to maintain their physical health.



Nursing students practice patient care on one of the simulation dummies in Florida Hospital Hall. By honing their medical skills, these students are preparing to enhance the wellness of others.



Rashida Tsoka, junior chemistry major, and Benigna Beedoe, junior nursing major, laugh together while attending a student-led concert. Social events on campus reduce stress levels and help students foster healthy relationships.



Students pick from a selection of fresh, healthy foods to help their bodies combat disease.



George Nelson, junior mass communication major, climbs the rock wall in Hulsey Wellness Center to reach his physical peak.



Nigel Finman, senior nursing major, stays fit by playing tennis on Southern's outdoor courts.