

PUBLIC HEALTH NEWSLETTER

MERCYHURST UNIVERSITY



2019-2020 ACADEMIC YEAR

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Get to know your fellow Public Health majors and faculty through the spotlight page, details on the upcoming annual scholar bowl in Saint Louis



ANNOUNCEMENT

The Public Health Newsletter is a place to stay updated on the latest information regarding all things Public Health.

If you are interested in being featured for the student spotlight, or would like to submit any information please email Jackie Rogers at jroger98@lakers.mercyhurst.edu or Karrah Savage at ksavag15@lakers.mercyhurst.edu.

FOCUS GROUP PARTICIPATION

PUBH 395 Public Health Program Evaluation course has partnered with the office of Student life to conduct a needs assessment for developing an education program on responsible alcohol consumption. Participation is offered as extra credit in many courses. There will also be the opportunity to win gift cards!

- **Non-athletes**

Sunday November 10 at 3pm in Hirt 313 (if you are female) and Hirt 306 (if you are male)

- **Athletes- Hirt 314**

Sunday Nov. 10th

2 - 2:40PM:

Women's Water Polo

Women's Basketball

Volleyball

Sunday Nov. 10th

2:45- 3:25 PM:

Men's Basketball

Wrestling

Men's Golf

Sunday Nov. 10th

3:30 - 4:10:

Women's Lacrosse

Women's Soccer

Women's Field Hockey

Sunday Nov. 10th

4:15 - 4:55PM:

Men's Baseball

Men's Hockey

Men's Soccer

Sunday Nov. 10th

5:00 - 5:40

Women's Tennis

Women's Rowing

Women's Cross Country

Sunday Nov. 10th

5:45 - 6:25

Men's Cross Country

Men's Tennis

Men's Water Polo

Sunday Nov. 10th

6:30 - 7:10

Women's Softball

Women's Bowling

Women's Golf



UPCOMING SPEAKERS/SEMINARS

Seminar Series in Biology- Friday's at 4, Zurn 114

- Nov. 15th- Darlene Melchitsky- Mercyhurst
Title: The use of quantitative microscopy in neuroanatomy: An introduction to Neurolucida and StereoInvestigator imaging software

Pre-Health Seminar Series- Wed. at 4, Zurn 114

- Nov. 13th- Standardized tests and interview

UPCOMING MEETINGS & EVENTS

5th Annual Erie Polar Plunge

- Event to raise funds and awareness for Special Olympics Pennsylvania
- When: Saturday, November 16th, 2019
 - Registration begins at 9am
 - Plunge Begins at 12pm
- Where: Presque Isle Beach #7
- Register or donate at <https://www.classy.org/event/2019-erie-polar-plunge/e239280>

First Tri-Beta Meeting

- When: Thurs, Nov. 14th @ 7pm
- Where: TBD
- For info contact Arianna Pecora at apecor73@lakers.mercyhurst.edu

Free Course on Mental Health First Aid

- Where: Mercyhurst University-Hirt Academic Center-Classroom TBD
- When: Tues. Dec. 3rd and Thurs. Dec. 5th from 4-8pm (MUST ATTEND BOTH DAYS!)
- To register contact Nicole Moore at nmoore@mercyhurst.edu

GRADUATE SCHOOL ASSISTANCE

Emory University- Admissions Application Support Programs

Rollins School of Public Health is offering 2 free webinars to aid students in applying to graduate school:

1. Prepare a Strong Admissions Application
 - November 14th, 12:00-1:00 pm, EST
 - Register: <https://register.gotowebinar.com/register/5718209633500842252>
2. Prepare a Strong Personal Statement
 - November 21st, 12:00-1:00 pm, EST
 - Register: <https://register.gotowebinar.com/register/5747008042055639564>

Internships & Field Experiences- Spring 2020

Juniors and seniors interested in obtaining an internship or field experience for the 2020 spring semester should submit a cover letter and resume, specific to the position being applied for, to Dr. Torres (mtorres@mercyhurst.edu) by Friday November 15th, 2019. Interviews will be held on November 21st and 22nd, and final decisions will be made on following the interviews on November 22nd. Selected students will then need to pick up an add/drop form and bring it Dr. Torres to register for PUBH 475 (field experience) or PUBH 476 (internship). The internship/field experience details for Spring of 2020 include the following:

Shriners Hospital-

Healthcare communications internship with focus on social media

The responsibilities of this intern include:

- Writing creative, informative and interesting stories/copy, on social media platforms, about patients, staff, services, events, etc. to a wide range of audiences that will attract publicity and disseminate information about our medical center's mission and increase our positive image in the community.
- Other opportunities include maintaining all social media accounts and potentially launching our medical center on new social media platforms.
- Complete 6 hours per week.

Clinical Observations

Participate on Monday or Wednesday mornings in 3-hour clinical observations of services TBD.

Regional Science Consortium-

Environmental health intern

- Organize data & contribute to data analysis
- Organize & conduct preliminary analysis of data on Health Algal Blooms to support education, outreach, & awareness of HABs/HAB-associated illnesses.
- Bacterial Contamination of Public Swimming Beaches at Presque Isle State Park – Collect samples and conduct tests to determine bacterial contamination of *E. coli* water and sand samples.
- Provide support for education and outreach projects

Expectation: self-motivated; ability to work independently

Eco Girls

- Help strengthen a partnership w/ Eco Girls-South Africa
- Work on public health education, awareness and prevention programs
- Develop website content and videos
- Develop program evaluation strategies

Expectation: excellent writing skills, self-motivated; ability to work independently

Erie county health department - TBD

Women, Infant and Children Program (WIC)

Nutrition intern

Participate in various Community Nutrition Education Projects

- Create posters/fliers for various health education topics
- Create poster/activity/presentation to staff and/or clients for Fit WIC Kids program
- Create a spreadsheet for laboratory supplies used by each clinic, by year
- Create a spread sheet for nutrition education/items used by each clinic, by year
- Update time study forms, guidance and create a spread sheet
- Finish final revisions to recipe cards for client education

Observe nutrition sessions between WIC nutritionists & clients

Lactation intern

Lactation and Breastfeeding Projects

- Analyze Breastfeeding incidence & duration rates by clinic
- Assist Breastfeeding Coordinator in organizing an Open House for our brand-new lactation room at the Booker T Washington Center
- Assist Breastfeeding Coordinator in organizing a lunch and learn for local breastfeeding experts
- Assist Breastfeeding Coordinator in collaborating with Keystone 10 to educate physicians at LECOM about the Keystone 10 Program
- Design a poster for the WIC waiting areas educating clients about CLC/Breastfeeding support services available

Social media intern

Outreach and Community service and Social Media projects

- Organize, label and inventory outreach items
- Revamp list of physicians/daycares/other programs in the community (Library, Grocery stores) that refer to WIC; inc. distributing WIC materials, phone calls, posters, income guidelines, etc.
- Update Facebook page and website, create posts for Instagram, twitter, etc.
- Design/develop signage for the EMTA bus ads
- Contribute to any other media and public relation opportunity as needed

Those currently participating in Public Health field experience and internships will be presenting on their experiences on Wednesday November 20th and Wednesday December 4th from 5-6pm in Hirt 313. Join us to hear what our students have completed this semester!

2020 PUBLIC HEALTH SCHOLAR BOWL

at Saint Louis University

The Public Health Scholar Bowl at Saint Louis University is an opportunity for undergraduate students to test their public health knowledge, connect with peers, and compete in a two part competition consisting of a quiz bowl and a case study challenge, for cash prizes of up to \$1,000. Last year in 2019 Mercyhurst took first place in the case study competition against top public health schools including universities such as; Brown, George Washington, Ohio State and Johns Hopkins.

For any student interested in joining this year's scholar bowl team, there will be an informational meeting on **Wednesday, November 13th, 2019 at 4:15pm in Hirt 310**. The event will be held on the first Saturday in April at Saint Louis University in St. Louis, Missouri. Contact Hannah Buncher at hbunch25@lakers.mercyhurst.edu or Brett Conrad at bconra13@lakers.mercyhurst.edu for any questions or further details.



2019 Scholar Bowl Team:

Karrah Savage, Joshua Froess, Matthew Dempsey, Hannah Buncher, Nina Holopeter and Jacqueline Rogers

STUDENT SPOTLIGHT!!

Lauren Wychowski

Year: Senior

Major: Public Health with minors in Biology and Spanish
Involvement on Campus:

Secretary of Public Health Club, Secretary Circle K, Senior Class Gift Committee, Phi-Eta Sigma, Tri-Beta, Pre-Health Society and LASSA club.

Why I chose Mercyhurst:

"I chose Mercyhurst because I loved the small campus community and how it felt like home. I also chose it because they had an undergraduate public health program that most universities don't offer and I immediately connected with the faculty and students."

Best memory with the department:

"Joining Public Health Club because it allowed me to be more involved with the department, meet new people, and helped me to make some of my closest friends."

Plans after graduation:

"I will be attending Salus University in Philadelphia for their physician assistant program."

