



Student Health Services Center (SHSC) medicine cabinet now open



Medical assistance is now available on campus! The new SHSC offers Purdue Calumet students primary care and prevention services. Services include, but are not limited to, acute and chronic care for non-emergent conditions such as pharyngitis, bronchitis, allergic rhinitis, asthma, hypertension and diabetes.

Services also include general physicals, gynecological exams, laboratory analysis, minor surgical procedures and health screenings. Laboratory services will include testing by an outside lab as well as some analysis onsite such as strep screens, pregnancy testing and urinalysis.

Most services are provided at no charge. Service is limited to students only.

In addition, referrals to health care professionals in the area are available when further evaluation and/or treatment is needed. The SHSC will also make referrals to the professionals at the Fitness & Wellness Center.

The Student Health Center is in the Gyte Annex basement, room 34. Walk-ins are welcome. However, to receive faster and more efficient service, students are encouraged to make an appointment. Call (219) 989-1235, or for additional information, contact the office via e-mail at shscenter@calumet.purdue.edu.

Backpacks to Briefcases workshops

This fall, Career Services rolls out a new set of career development workshops with hopes of catering to the needs of students as they transition from campus to career. Although the variety of topics offered this year is extensive, a few of this year's nontraditional topics include: benefits and salary negotiations, social networking and financial planning.

The creators of the new Backpacks to Briefcases are also very interested in getting feedback from students to ensure that in-demand topics can be developed and presented in the future. The following is the fall lineup:



- Thursday, Oct. 12, 3-4PM, Student Union & Library, room 321, *Network Your Way to the Perfect Job or Internship*
- Tuesday, Oct. 17, 11AM-1PM, Student Union & Library, room 321, *Living on Your Own: A Crash Course in Cash*
- Friday, Nov. 17, 11AM - NOON, Student Union & Library, room 301, *The Resume and Cover Letter Doctor*
- Thursday, Nov. 30, 11AM-12:20PM, Student Union & Library, room 321, *Ethical Leadership & Followership: The Importance of Ethics*



From the desk of Mindy Dalgarn



It is with great pleasure that I share with you the latest developments within Student Services. Although I have been at Purdue Calumet for a relatively short time, I am indebted to the campus community for the warm welcome I have received.

The staff within Student Services has been actively engaged in dialogue and debate as we worked to strengthen the existing program. Some departments were restructured to increase opportunities to communicate and collaborate, specific assignments were shifted to take advantage of the multi-talented staff, and new programs and services have been introduced in just the past few weeks.

I invite you to spend a few minutes reading our newsletter. It is our goal to enhance the quality of campus life at Purdue Calumet. We will continue our efforts to anticipate the needs and exceed the expectations of all members of the campus community. This fall we will spend a great deal of time evaluating and revising the orientation program. In addition, plans are being made to develop a program aimed at engaging parents and families in the life of the campus. With The University Village at capacity, the need for additional campus housing must be addressed.

My first four months at Purdue Calumet have been both positive and productive, and I am looking forward to working with you to make the subsequent months just as rewarding. I hope you will call on me if I can be of assistance.

Best wishes,

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New to the Student Services Homepage is a link called "Weekend Events in Northwest Indiana & Chicagoland." Updated weekly, visitors to the site can find free events in and around the area.

Faculty will soon be receiving a publication entitled "Student Services Class Act." If you are scheduled to be away from campus and prefer not to cancel your classes, select from one of 27 "course offerings" taught by members of the Student Services staff. Course titles, instructors and contact information are provided.

Nearly 100 students received financial assistance through the Student Services Emergency Loan program. Students should be advised to contact Vice Chancellor for Student Services, Mindy Dalgarn, at ext. 2367 (Lawshe, Room 352) for further information.

The Office of Campus Life

The newly formed Office of Campus Life includes the Offices of Student Activities, New Student Orientation (NSO) and the Dean of Students. Although the areas themselves are not new, this is the first time they have been formally linked together under the umbrella of the Office of Campus Life.

In addition to the newly structured departments, two new projects were identified and assigned to the Office of the Dean of Students. Off-Campus Housing Services was created to assist students living off campus. Services include an off-campus housing list of apartments relatively close to campus, a roommate listing service and the

special Mansards Apartments pre-negotiated options for Purdue Calumet students.

In addition, the Office of the Dean of Students will also work to engage families in the life of the campus. There will be special programs and activities planned for families both on and off the campus, and efforts will be made to help families better understand the important supportive role they play in meeting the needs of their students.

New Student Orientation — Time and attention will also be given to evaluating the current PUC 101 program. Models for a new program are being explored. Members of the

faculty, deans and advisors will play an important role in the development of a new program that meets the needs of our increasingly diverse student population.

With that said, it is important to acknowledge the time and effort that many faculty and staff devoted to new student orientation during the past four years. Your assistance with this important program has been very much appreciated. We ask for your continued assistance as we, together, find a new model for Purdue Calumet. We are eager to discuss with you New Student Orientation — Our Model for Success.

Healthy Purdue celebrates second anniversary

Healthy Purdue is a system-wide health initiative for all benefits-eligible faculty and staff and their spouses or same-sex domestic partners. The purpose of the program is to improve the health and well-being of Purdue's employees and to contain ever-escalating health care costs. The Health Path Questionnaire, formerly known as the Health Risk Appraisal (HRA), will be available online Dec. 1, through Feb. 28, 2007.

Every benefits-eligible employee and their spouse or same-sex domestic partner is entitled to one free screening each year and is encouraged to take part in the

Health Path Questionnaire (a simple lifestyle questionnaire) which is available online at <https://purdue.university.online.staywell.com> or on paper by calling 1-800-926-5455.

The screening can be completed on campus or with your private physician.

Information needed to complete the Health Risk Appraisal includes height, weight, blood pressure, total cholesterol, HDL and glucose. You must have these clinical values available in order to complete the HRA.

All faculty/staff and their spouses or same-sex domestic partners who complete the wellness screening and

the Health Path Questionnaire will receive \$150 (before taxes) on their paycheck. Participation is strictly voluntary and is supported by Purdue leadership.

Those who then choose to participate in wellness activities via their campus wellness office, online, or through StayWell during 2007, will be eligible to receive an additional incentive which will be paid in 2008.

Questions about the program can be directed to Campus Wellness Coordinator Martha Lowry at 219-989-2709 or via e-mail at:

lowry@calumet.purdue.edu

Utilize the "Peregrine Loops" walkway maps available through Health, Recreation and Sports. Three routes of varying distances take you around the campus and into surrounding neighborhoods.

A host family program that links international students with Purdue Calumet alums has been established in collaboration with Alumni Relations and International Student Services. Twenty-one students and their hosts will meet for the first time at the Peregrine Festival on October 13.

Tickets to performances by the Northwest Indiana Symphony Orchestra are available to students at no charge through the Vice Chancellor for Student Services office in Lawshe, Room 352. 102 tickets were utilized during the first concert on September 21. The next performance, *Cosmic Escape*, will be held Thursday, October 26 at 7:30 at the Star Plaza. Free transportation is available.

RideShare provides students with carpooling option

The new RideShare program helps students defray the cost of owning and operating a vehicle. They simply need to follow an easy, two-step process.

First, students must complete an online form to request or provide rides. They must include the ideal time of departure/return and the location where the ride will originate. Students are required to provide their Purdue University Calumet e-mail address. Requests with other e-mail addresses will not be listed on the RideShare Web page.

Second, students must make arrangements to meet the rider or driver in a public place on campus to discuss details related to the RideShare agreement. Important issues include departure times and places, return trips, arrangements for sharing transportation costs (gas, rotating the driving schedule, etc.) and emergency phone numbers.

For additional information, refer students to the Web site at:

www.calumet.purdue.edu/rideshare



Fall 2006 Intramurals

The fall intramural season is in full swing and continues until the end of the semester. Faculty and staff who are Fitness & Recreation Center members are eligible to participate in all intramural events. New this fall are hiking, cross country running and bridge lessons.

- Hiking, Oct. 7, at Mount Baldy. Meet at the Fitness & Recreation Center racquetball courts before 4:45PM.
- Cross Country run at Knickerbocker Park on Oct. 10 and 11 at 3:30PM, and Oct. 13 at 2PM for a 2.6 mile run around the park.
- Bridge lessons, Thursdays, 7 to 9PM, in the Fitness & Recreation Center, room 129.
- Frolf (Frisbee golf) at Knickerbocker Park (two blocks west of campus on 173rd Street), Saturday, Oct. 7th at 11:30AM, for 18 holes.
- 8-Ball League, Wednesday nights, Oct. 24 through Nov. 28, in the Purdue Calumet Game Room in the Student Union & Library, room 104A. The entry deadline is Oct. 19.



- Bench Press Challenge in the Fitness Center weight room on Nov. 14 and 15 at 7PM, and Nov. 16 between 9AM and NOON. Participants can only compete once. Weight divisions will be created for the event.

Also coming this fall, a Bean Bag Tournament, Texas Hold'em lessons, and an Intramural Information Series designed to teach beginners about a game or activity without having to compete.

For more information on any or all intramurals, call Intramural Director Matt Dudzik, at 989-2050 or e-mail dudzik@calumet.purdue.edu Check the Fitness & Recreation Center Intramural board for entry forms, or www.calumet.purdue.edu/fitwellness/intramuralevents.html for more information.

