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Dear Parents,

As the 2006-2007 academic year moves ahead, we wish your students ongoing success in their academic endeavors at Ferrum. As we strive to ensure a safe and secure learning environment for your students, we are continuously improving our response plans for potential emergencies, including pandemic influenza, as are many other institutions. To this end our Safety Committee has been developing a response plan based on recommendations from governmental health agencies.

This letter is not meant to imply that an emergency is imminent, rather it is being sent to you in the spirit of preparedness and responsibility and with your student's safety and well-being uppermost in our planning. We feel that advance crisis planning is essential and we want to share the following information with you.

If a major campus emergency should so dictate, the College may enter immediately into a period of "recess" and will suspend classes. In this event, the following are important measures to consider:

- The College will send a recess notice to each student via email, residence hall room voicemail, through posted information on the College website and/or through other methods of communication as necessary.
- Students should be prepared to depart campus immediately and should only pack belongings which can easily be carried in a vehicle. The College will secure the residence halls.
- We recommend that students return directly home.
- We are asking students to set up a "buddy system" which will help match students who live in the same general vicinity, should it be impossible or undesirable for one student to travel home for some reason. To aid in this process, we recommend that you and your child discuss reasonable options.
- During such a recess, important information will be available via email, and on the College's webpage, [www.ferrum.edu](http://www.ferrum.edu).

Because it is essential that we all work together to be prepared for such occurrences, we are also providing this same information to the students. College Public Relations, in consultation with senior administrators, will advise the campus regarding emergency situations and will continuously update students, parents, faculty and staff on this important issue.

Sincerely yours,

Jennifer L. Braaten  
President

Further information on pandemic influenza can be found on the following websites:

<http://www.vdh.state.va.us/PandemicFlu/PanFluDVD.asp> (an excellent 15 minute video)

Centers for Disease Control: [www.cdc.gov/flu/avian](http://www.cdc.gov/flu/avian)

Department of Health and Human Services: [www.pandemicflu.gov](http://www.pandemicflu.gov)

World Health Organization: [www.who.int/cst/disease/avian\\_influenza](http://www.who.int/cst/disease/avian_influenza)

## **Ferrum College Students Get Involved**

Each year student groups on the Ferrum campus raise money to help support those in need, and this year is no exception. We are very proud to share with you a small sampling of projects our students have worked on this semester:

**Christian Children's Fund** - The Student Government Association raised money for the Christian Children's Fund by collecting money in the Ferrum College Dining Hall, at the Homecoming football game on October 7, at Ferrum College Appreciation Night in Rocky Mount, and also by collecting donations from local businesses. SGA's goal of raising \$2,006 was met with enthusiasm not only across campus where other Ferrum College clubs and organizations each donated \$100, but also by three members of the Christian Children's Fund who each matched the dollar amount raised by SGA, bringing the total to over \$10,000!

**Cancer Research** - The Ferrum College Chapter of Colleges Against Cancer (CAC) and Zeta Theta Epsilon (ZOE) participated in "Think Pink!" during the month of October to increase cancer awareness and raise money for the Relay for Life event that will take place in the spring. CAC and ZOE received donations from eleven other student clubs and organizations which covered the cost of purchasing the "Think Pink!" t-shirts, wristbands, and headbands they later sold. They were able to raise \$932 for the American Cancer Society.

**Trick or Treat for Canned Goods** - For the 4th year, Lambda Sigma, our sophomore National Honor Society, spear-headed the *Trick or Treat for Canned Goods* program. Each year they are joined by many other student groups on campus, and thousands of cans of food have been collected for the St. James Community Center's food pantry in Ferrum. Students go door-to-door in neighborhoods in Ferrum

and Rocky Mount on Halloween asking for donations of canned goods and then celebrate their success with pizza and can counting in the Panther's Den. SGA presents small prizes to the group who collects the most canned goods.

## **Watch Out!**

Sneezing. Coughing. Ready, get set.....duck!

Good reflexes come in handy during the fall season no matter where you spend your days, but on a college campus where so many are in such close quarters, you need to be quick. Really quick.

Once the yo-yo like temperatures of autumn arrive and you're hot one minute and chilled the next, you can bet colds and flu aren't far behind. This is inevitable, and so about the middle of September we start looking through our old VCR tapes to find the Richard Simmons classic, *Sweatin' to the Oldies*. Laugh if you'd like, but how else do you think those of us who are no longer in our twenties get limber enough to dodge all those sneezes and coughs without throwing our backs out?

Sometimes there are subtle warnings and you're able to turn gracefully away in time -- the slight squinting of the eyes right before a sneeze or a hand going up to cover a mouth before a cough. However, sometimes it's not until you actually hear the "sound" that you're aware of the danger. By that time it's too late to consider your options. Your reflexes take over and your body jerks in one sudden motion. It all happens so fast. If you hadn't already limbered up with Richard Simmons, you'd be in big trouble.

Your students, on the other hand, are still young and agile. They can dodge and duck like professional boxers and yet make it through the rest of the day without having to break out the heating pads and ibuprofen.

Still, germs are out there and they're not only airborne. We pick them up on everyday items such as remote controls, telephones, railings and, probably the worst culprits of all, doorknobs. There's no get-

ting around touching these items in our day-to-day activities. What can we do? Well, there are the obvious things - get a flu shot if appropriate, stay away from people who are sick, cover your mouth or nose if coughing or sneezing, dress appropriately for the temperature, eat well, and get enough rest. Did you know, however, that one very effective way of reducing your chances of getting sick is one you've heard over and over since you were a child? Wash your hands. It's that simple. While it's certainly not a 100% guarantee that you won't get sick, people who wash their hands several times throughout the day often get sick less frequently. So keep washing those hands and encourage your student to do the same. January begins the most active part of the flu season and we've still got a long way to go.

## **Ferrum Community Health Center:**

### **A Dual Benefit for Ferrum College and the Ferrum Community**

The Ferrum Community Health Center (FCHC) opened its doors on the Ferrum College campus at the beginning of the 2006 academic year. The office is currently located in Richeson Hall, but a space is being renovated on the ground floor of Vaughn Chapel for the new health center, which is slated to open in early December. The new space will offer eight exam rooms, a lab, computerized x-ray, mental health counseling and a full service pharmacy.

FCHC currently employs a Nurse Practitioner, Registered Nurse, Licensed Practical Nurse and receptionist, and is in the process of recruiting a full time physician and pharmacist. Once the new facility is complete and all the required positions are adequately filled, the clinic will open to the community.

FCHC is currently providing excellent services to the students and looks forward to extending those services to the community. FCHC is very excited about

this new venture and feels the new clinic and pharmacy will be a wonderful asset for the Ferrum community as well as the college. FCHC is a satellite office of Tri-Area Health Clinic located in Laurel Fork, VA. The mission of both TriArea and FCHC is to provide quality health services to people who live in rural areas and do not have immediate access to healthcare.

Being seen at the FCHC is just like being seen at any medical office. An appointment is required, medical history and demographic information is collected, and a copy of the patient's current insurance card and subscriber's information is necessary at the first visit. FCHC works diligently to educate students during their visit as to what they need to do to have a positive and successful experience. It is an opportunity for the health center to provide instructions regarding healthy habits and gives students a sense of control over the decisions they must make in relation to their health.

College students have very unique health needs and FCHC strives to adequately address those needs. Whether it is offering health education, prescribing medication for an illness or making appropriate referrals, college students have special health needs and the FCHC is committed to meeting those needs. Our goal is to promote healthy behaviors, provide self-care strategies, and create awareness in each patient so they can learn how to best care for themselves.

What can you as a parent do to help your student stay healthy? Provide them with over-the-counter medications to treat common illnesses (cold, headache, nausea), talk to them about stress (they have many different sources!), promote adequate sleep and nutrition (send healthy snack foods), encourage exercise/activity, and listen to your student. Even though most college students consider themselves independent, being sick and away from home (family and friends) affects health. By being accessible and supportive of your student you can encourage them to assume self-care responsibilities which will ultimately allow them to grow as individuals.

## Thanksgiving

Thanksgiving. For many, hearing this word immediately brings to mind specific images and emotions. Depending on your “role” during the holiday, those images may be of yourself cooking and cleaning, playing the perfect host or hostess, or sitting in front of the television set watching football or the Macy’s Thanksgiving Day Parade.

Like you, your student will have his or her own images and emotions as well. They may include helping to prepare the food, getting the house ready for company, or sitting in front of the television set watching that same football game or parade. Of course, this is not necessarily a time of traditions for everyone. For many, it means being able to take advantage of a chance simply to relax and enjoy time off from work or school.

Your student, however he or she decides to spend this time, will notice one very significant difference

this year. Due to the change in the class schedule, the Thanksgiving Break is a full week rather than the three days students were given in the past. That means with the weekends before and after the holiday, your student will have nine days in a row to relax without the rigors of classes, homework, and studying. This is good news for them, but can be challenging for you!

We hope you make the most of this opportunity. Enjoy your time together, be thankful, and have a very Happy Thanksgiving.



*Please remember that students are not permitted to remain on campus during the Thanksgiving Break and should have already made alternate arrangements.*

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