

Spring 2022



**Interns: Abbey Velischek  
and Annaliese Collins**

# Our Mission

Peer Health Advocates at Muhlenberg are student leaders who serve to promote the health and wellness of the campus community. To accomplish our mission, we:

- ❖ Empower all individuals to engage in responsible decision-making by offering educational outreach activities and programming.
- ❖ Create a community support system that fosters active, healthy lifestyles by connecting existing resources on campus.
- ❖ Lead the community in adopting health promoting behaviors by sustaining a healthy culture on campus.
- ❖ Use evidence based research to create targeted intervention and prevention programs.

# History

- ❖ Founded by Jessica Chu '12, Anna Hill-Moses '12 and Hannah Mitchell '11 during the 2010/2011 academic year
- ❖ Proposed during Dr. Harring's Health Psychology course
- ❖ Partnership between the Health Center and Public Health Major

# Challenges We Faced

- ❖ Transitioning back to almost normal post-COVID
- ❖ Adapting to the COVID-19 policy changes
- ❖ Being flexible with people being sick or exposed and ensuring that our events were conducted safely
- ❖ Hybrid meetings to accommodate those who could not physically be in attendance



# Weekly PHAM Meetings

## ❖ Meetings every Wednesday 6-7pm

- Attendance policy is 24 hours in advance to be considered excused

## ❖ Meetings were utilized for

- Brainstorming
- Creating informational materials to disseminate
- Expressing concerns
- Organizing events
- Having open conversations about campus life

## ❖ Meetings required

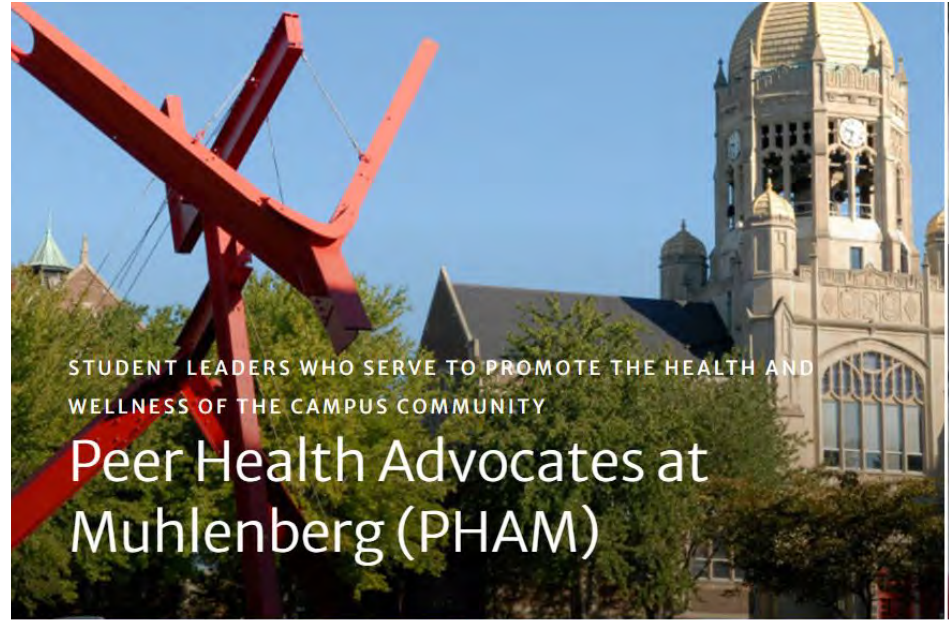
- Collaboration
- Active participation
- Mutual respect
- A passion for public health

1	Member	Status	Year	Training Completion
2	Abigail Lofton	active	2023	x
3	<b>Abigail Velischek</b>	active	2022	x
4	<b>Annaliese Collins</b>	active	2023	x
5	Asher Clissold	active	2022	x
6	Christina Xu	active	2022	x
7	Claire Pancoast	active	2022	x
8	Diya Ganguly	active	2022	x
9	Hannah Kwiecinski	active	2022	x
10	Jarred Ford	active	2022	x
11	Julia Farrell	active	2024	x
12	Karly Buchanan	active	2024	new
13	Melissa Borker	active	2022	x
14	Myra Wamah	active	2025	new
15	Nicole Steiner	active	2024	new
16	<b>Noemi Di Cori</b>	abroad	2023	x
17	Nyjah Johnson	active	2022	x
18	Rama Al Ali	active	2025	new
19	Sara Tabakha	active	2022	x
20	Shelly Zaid-Kunz	active	2022	x
21	<b>Sophie Berday</b>	abroad	2022	x
22	Talya Feen	active	2024	o
23	Zachary MacDonald	active	2022	x
24				

# Membership Requirements

- ❖ Formal Application / Letter of Recommendation from staff/faculty
- ❖ NASPA/ BACCHUS Certified Peer Educator training
- ❖ Attend weekly meetings
  - **At least 8 hours of the total 10 hours of meeting time or volunteer hours**

Covid 19 has changed the way we approached our membership requirements. We allowed greater flexibility and accommodations to fit the busy schedules of pandemic life.



# Expectations from our Member and Us

- ❖ Communication
- ❖ Respect
- ❖ Commitment = our members volunteered around 63 hours over the span of three events this spring semester!



Our Spring Semester!



# Conversations with Dean Williams and Dean Schubert

## ❖ Dean Williams

- Discussed COVID-19 phase change to mask optional before Spring Break
- Asked clarifying questions
- Discussed our concerns

## ❖ Dean Schubert

- Asked questions about Saint Patrick's Day
- Provided extremely valuable information about the drug and alcohol policies
- Provided answers to questions about medical amnesty, open container, public urination, and campus safety's role if someone is intoxicated



# COVID-19 Test Distribution

- ❖ PHAM was tasked with distributing Covid-19 testing kits prior to Spring Break
- ❖ We distributed 448 testing kits
  - That's 896 tests!

# PICK UP YOUR FREE COVID-19 TEST\*

IN SEEGER'S LOBBY

**WEDNESDAY**

March 9th

11-6

**THURSDAY**

March 10th

11-7

\*And at the Seeger's Info Desk at any other time this week.



Be safe this spring break!



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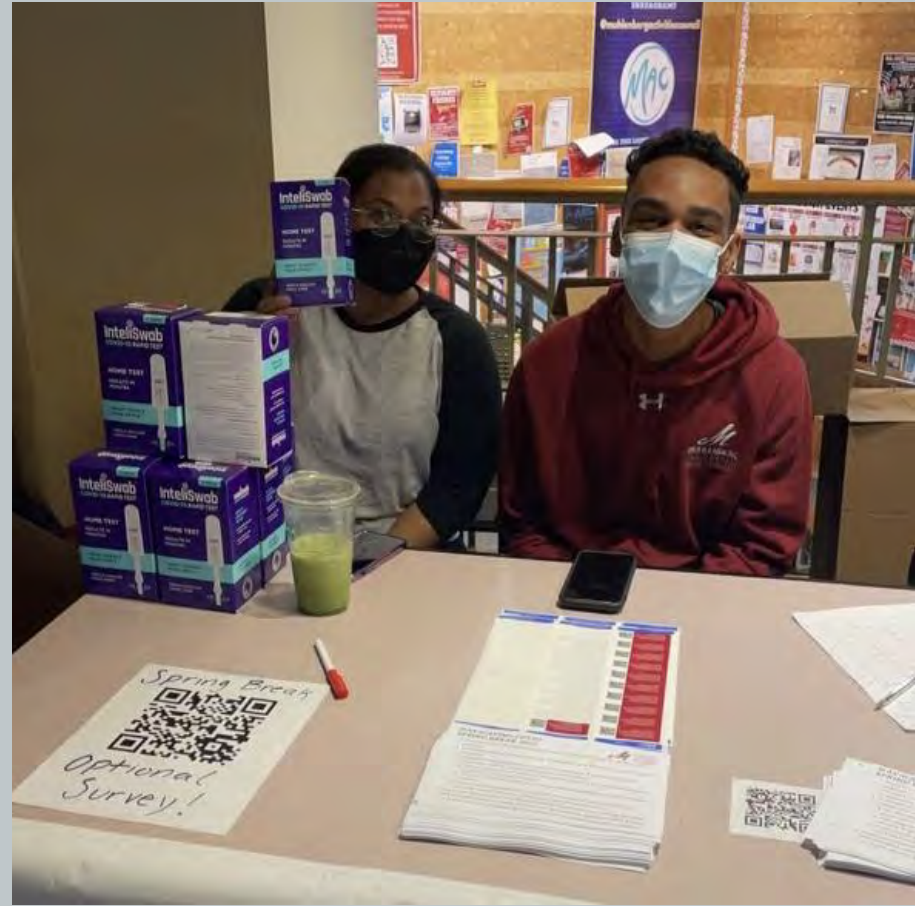
Peer Health  
Advocates



# NAVIGATING COVID SPRING BREAK 2022

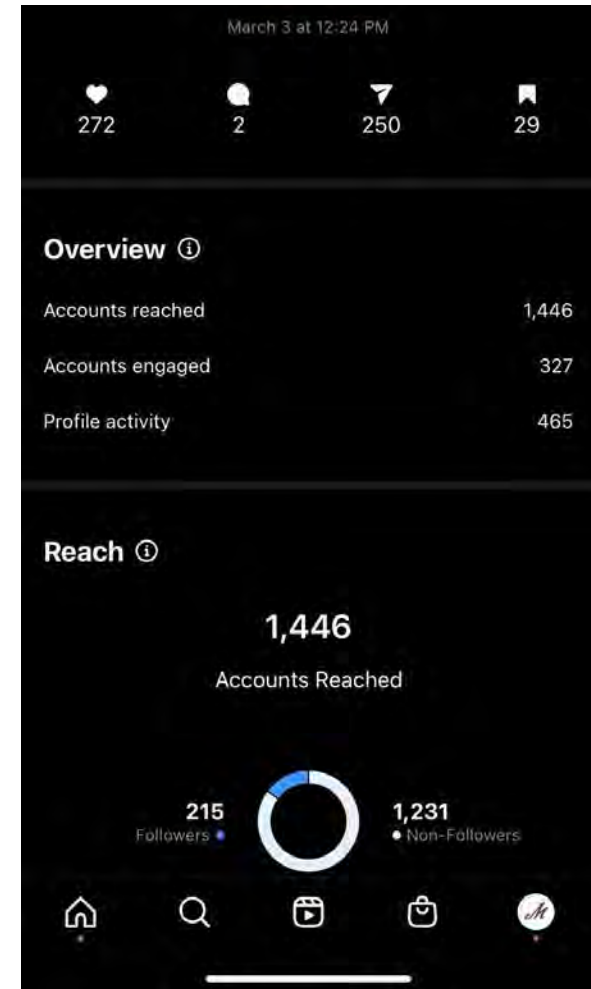


1. Review Covid-19 data related to your travel destinations on the CDC website
2. Consider testing before visiting loved ones and friends, practice COVID etiquette
3. Consider testing before your return to campus. If you test positive, contact the Health Center for further instructions.
  - a. If you are to travel by air, you will need to isolate in your location for at least 5 days.
  - b. You can return to campus once you test negative on Day 6+ of your infection
  - c. If you need quarantine or isolation housing on campus, please contact Health Services or Housing and Residence Life.
4. If you are exposed to COVID over spring break and you are vaccinated and boosted: wear a mask, monitor for symptoms, and test after 5 days.
  - a. If you are not boosted, do the same plus quarantine until negative.



# Masking on Campus

- ❖ We chose to remind students that despite changes in the masking policy, wearing your mask was still an important option



# PHAM Connect Buddy Bingo Event

- ❖ 'Berg Buddies gets a rebrand!
- ❖ 21 responses
- ❖ We are currently waiting on data from a second survey

## PHAM Connect

### Expand your circle

Sign up with the form below if you are interested in getting to know students at Muhlenberg with similar interests across different class years!



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Peer Health  
Advocates at  
Muhlenberg

## Introductory Event: Buddy Bingo!

Meet your buddy and get to know one another as you play for prizes ranging from goodies to college necessities!

**When?**

Wednesday,  
April 6th at 7pm

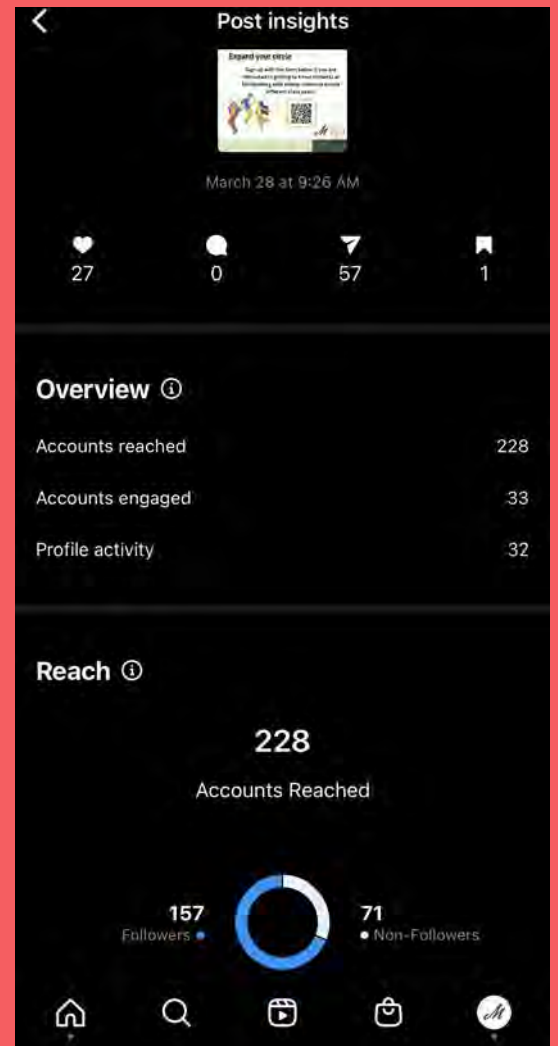
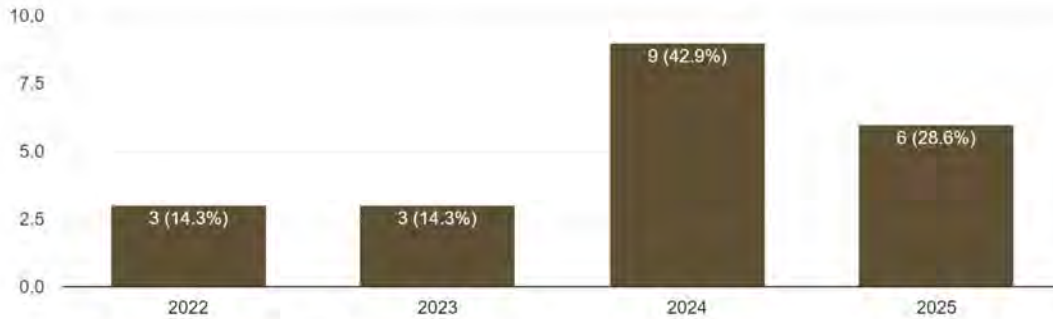
**Where?**

The Seeger's  
Event Space



### Class Year/Expected Graduation :

21 responses







# Through the Red Doors Tabling

- ❖ Our goal was to create a strong presence for the hopeful incoming freshman class of 2026!





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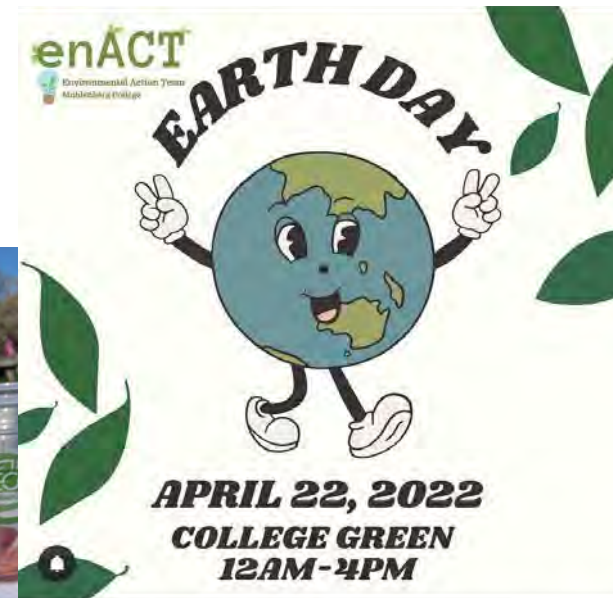
**Faculty Advisor:**  
Public Health Department  
**Health Center Liaison:**  
Brynnmarie Dorsey, CRNP

 @muhlenberg\_pham

 pham@muhlenberg.edu

# Earth Day Event

- ❖ We painted rocks!
- ❖ Used a google form to track involvement and try our hardest to go low waste
- ❖ 32 participants
  - Emailed the following:



## BARRIERS TO SUSTAINABLE LIFESTYLES

Not everybody has the same access to food resources. There are many barriers that stand in the way, many of which are amplified by systemic racism.

### ACCESS TO LOCAL FOODS

Not everybody has to same access to local and sustainable food options. This can especially be more difficult in urban areas, many of which are more heavily populated by BIPOC communities.



### ACCESS TO GREEN SPACES

Access to green space is important to create connections with the environment. In many areas green spaces are lacking; often due to minimal space in urban areas.

### FOOD DESERTS

In contrast to a food oasis, these areas have major lack of access to a variety of foods. This can be due to poverty, geography, and more. Living in a food desert has strong connection to increased risk of obesity. It is also more likely for minorities to live in and be affected by a food desert.



Source: USDA [https://www.ers.usda.gov/webdocs/publications/45014/30940\\_err140.pdf](https://www.ers.usda.gov/webdocs/publications/45014/30940_err140.pdf)



### HERD MENTALITY

It is basic human nature to conform to people around us. So oftentimes people will not take a sustainable action as it may seem odd to another. This can relate to food, waste, branding, etc.

Source: <https://ecowarriorprincess.net/2019/06/main-barriers-sustainable-living-how-to-overcome/>

### CULTURAL INFLUENCES

Culture impacts just about everything people do. Culture often does not respond well to change and therefore it is important to respect cultural practices and dishes and to work to make them more sustainable where available. For more information check out the source below.



## HOW TO PARTICIPATE IN

# THE KINDNESS Rocks PROJECT™

### RANDOM ART OF KINDNESS

Our intention is simple, to create kindness for unsuspecting recipients dropped along the way because...

"One message at just the right moment can change someone's entire day...outlook...life!  
Join our grassroots kindness movement in making this world a kinder place.



### GATHER YOUR KIND THOUGHTS

Gather your supplies as well as your kind thoughts and sentiments. When considering a message to paint on a rock be sure that it is positive and uplifting. The goal is to inspire someone and make them feel happy when they find one. Imagine the message that you would like to find, chances are it will inspire someone else as well.



### TIME TO GET CREATIVE

Begin by painting the rock a bright color with your acrylic paint and foam brush as this will create a cheery backdrop for your artwork.

Once dry, use your paint pens to create a picture or inspirational sentiment.

Let your artwork dry for a few hours and then seal it with a light coat of clear outdoor sealant and a foam brush.



We are so GRATEFUL that you are joining us... Kindness is contagious and the more kind, caring people who participate in our Project the more connected we all become!  
We like to call this project The Art of Connecting!  
Speaking of connecting... be sure to visit our website and follow us on social media.

[WWW.THEKINDNESSROCKSPROJECT.COM](http://WWW.THEKINDNESSROCKSPROJECT.COM)



Restocking supplies available on our website





**Leadership: Abbey**

**Leadership: Annaliese**

# Reflecting on Our Goals

- ❖ Provided information and free tests for those to test themselves before and after spring break
- ❖ Promoted resocialization of the classes that were impacted by COVID-19
- ❖ All members were exemplary public health advocates
- ❖ Hosted events to make PHAM more visible on campus
- ❖ Made an effort to get as much PHAM participation as possible



# The Future for PHAM

- ❖ We are losing 13 seniors
  - That's over half of our membership
- ❖ Recruitment is essential
- ❖ We have applied to become a permanent organization
- ❖ Fall 2022 Interns:
  - Annaliese Collins '23
  - Sophie Berday '23





**Thanks you!**

**Follow us on instagram [@muhlenberg\\_pham](#)**