

Vital Statistics

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TO ILLUMINATE AND UNITE

You Can Reform Health Care

By Samantha Longacre

(Candidate for *Vital Statistics* essay contest)

Only half way into the semester studying health science, I have already learned more about health care than I could fit into a book. But I'd like to take this opportunity to share with you, nursing students in particular, an important discovery. I began this semester with assumptions I'm sure many of you share about health care reform—that it is complicated, political, and change will take time. These assumptions are correct, but I have learned a much more important lesson. Health care reform can start with us.

We are in a unique position today. As a nursing student you have the opportunity to decide, right now, that you will become the best nurse you can possibly be and hold yourself to your own high standards throughout your career. We can reform health care, by improving quality on a local level. As a society we must remember the root of the health care system is the patient. Be the needed support, helping hand, the one willing to go the extra mile to explain and listen—ensuring each patient receives quality care, follows through with treatment, and embraces prevention.

Of course reforming health care on a local level is not limited to nursing or health science students. Policy and delivery of health care will have to work together, demanding teamwork across job titles and organizations. The power to change health care also resides in each of us as individuals. Starting now, we can make a commitment to strive for excellence as diligent students, inspiring professors and supportive staff to improve our knowledge and therefore the quality of health care in our communities. As patients, we can take personal responsibility of our own health, establish an open, positive relationship with our providers, and evaluate the need to use expensive technology and resources. We all know health care needs to change in America. So let's take it upon ourselves to get the ball rolling. Be the change, and start right now.

CALENDAR OF EVENTS

- Oct. 10-16: Food Drive
- Oct. 15: Healthcare Lecture
- Oct. 16: Archimedes Conf.
- Oct. 16: Bake Sale
- Oct. 16: NSWB Meeting
- Oct. 19-23: Tsunami Drive
- Oct. 23: Career Fair
- Oct. 23: Xi Mu Happy Hour
- Oct. 31: Pumpkin Patch Event
- Nov. 7: Hispanic Family Day

for event details, see page 2

Campus and Community Events

OCT. 10-16th- Saturday-Friday

Nurs 213 students are holding a food drive for the Oregon Food Bank. Food barrels are located in front of Peterson and Loveridge Hall. In demand are canned meats, canned and boxed meals, canned or dried beans and peas, pasta, rice, cereal, canned fruits, 100% fruit juice, and cooking oil. Sign up to enter the raffle for each item donated or get tickets at the bake sale 10/16 in the commuter lounge. Prizes include gift certificates for sushi, Starbucks, and movie tickets! For more information, contact sbabcoc@linfield.edu.

OCT. 15th- Thursday

The Institute for Science, Engineering, and Public Policy will be holding a lecture at Arlene Schnitzer Concert Hall. Dr. Andrew Weil from University of Arizona School of Medicine will be presenting the lecture *Why Our Health Matters: A Future Vision of Medicine* at 7 pm. More information can be found at the following website: [http://www.isepp.org/Pages/09-10 Pages/Weil09.html](http://www.isepp.org/Pages/09-10%20Pages/Weil09.html). Contact Lisa Burch at lburch@linfield.edu for tickets.

OCT. 16th- Friday

The Archimedes Movement Conference is happening in Salem. Scholarships are available. For more information go to <http://www.wecandobetter.org/2009-conference>.

Nursing Students Without Borders will be having an open meeting from 5-6:15 in PH 103. Come to learn more about the club and get involved with planning for Global Health Week.

The Nurs 213 class will be holding a bake sale from 9-4:00 in the Photo Gallery.

OCT 19-23rd- Monday-Friday

Sandra Lupton is collecting supplies for a tsunami relief drive to aid victims in the Philippines. Needed goods are canned goods, dry milk, sanitary napkins, footwear (especially flip flops), towels, summer clothing, linens, toothbrushes, cooking utensils, soap, and toiletries. Look for the box in the lobby of Loveridge Hall. For more information, contact slupton@linfield.edu

OCT. 23rd- Friday

The Fall Nursing Career Fair will take place all day on the Portland Campus. Exhibitors representing various nursing specialties and employers will provide information and opportunities to students. More information will be emailed to students as the date nears. Contact Lisa Burch at lburch@linfield.edu.

The Xi Mu chapter of Sigma Theta Tau is having a Happy Hour event at 5pm at the DeLux Hotel. Come to hear from and ask questions of recent Alumni regarding the ins and outs of the job market. Alumni from many systems locally and a far will be represented. \$5 at the door, appetizers and wine provided.

OCT. 31st- Saturday

Save the date for October 31, when Linfield Wildcats will gather again at the Big Red Barn at Sauvie Island's Pumpkin Patch from 1-5 on Halloween afternoon. Join friends, fellow students, alumni and colleagues for holiday snacks, face painting, a costume contest (kids, adults and dogs!) and the famous Mysterious Linfield Loot raffle! The Pumpkin Patch <<http://www.thepumpkinpatch.com/>> is at 16511 NW Gillihan Road on Sauvie Island.

NOV. 7th- Saturday

The Office Of Multicultural Programs will be hosting our annual Hispanic Family Day (HFD) from 8:30am-2:30pm. HFD is a bilingual (Spanish/English) recruitment event where prospective students and their families are invited to learn about academic requirements and financial aid resources as well as tour campus, participate in lab room activities, and interact with students, alumni, faculty, and staff. Volunteers are needed. A light breakfast and full lunch are included. For more information email clgarcia@linfield.edu.

Community Board

FOR SALE

Note: Due to the high number of items for sale on the Community Board, each item will be featured in one edition and will be assumed sold unless the seller requests that the item(s) be reprinted in subsequent editions.

Maternal and Child Nursing Care, 2nd edition w/ c.d. by London, Ladewig, Ball & Binder. In good condition with no highlighting. Current required text for NUR 318. Email kzicker@linfield.edu if interested.

NCLEX review book: Saunders Comprehensive Review for the NCLEX-RN Examination, 4th edition by Linda Anne Silvestri. Paperback, ISBN 9781416037088, publication date 10/23/2007. Blue background with red & yellow writing. Contact Kaila Noble at klemere@linfield.edu if interested.

Landau scrub pants, \$10. Women's size S navy blue cargo pants with flair leg. Worn twice. See <http://www.landau.com/product/8355>. Email dstorie@linfield.edu if interested.

LINFIELD COMMUNITY

The Wildcatheters are having ultimate frisbee games Thursdays at 4:00 in Wallace Park at NW 25th and Pettygrove. Contact Scott Shepherd at scshephe@linfield.edu for more information.

In the last edition of *Vital Statics*, the web address for Sustainable Health Abroad was listed incorrectly. The correct website is www.sustainablehealthabroad.org. We regret the error.

Linfield is having a Global Health Week from Nov. 30th to Dec. 4th! The event is a fundraiser for Linfield's Nursing Students Without Borders and the Oregon Student Nurses' Association and will feature speakers, exhibitors, art and more. Attendees will include students, Linfield alumni, professional health care providers and community members. For more information or to volunteer, please email Kinara Brocius at kbrociu@linfield.edu or attend the upcoming NSWB meeting (see pg. 2).

The entire *Vital Statistics* staff will be graduating in May '10, and we would like to begin training our replacements. If you are interested in any position (writing, editing, collecting events, etc.), please contact us at vitstat@linfield.edu.

Students – if you utilize Peterson Hall Room 201 or 203 during the evening or weekend hours, PLEASE make sure to securely close the doors when exiting. A door was propped open over the weekend and this is a huge threat to the security and safe keeping of AV equipment in the room. Please do your part to keep our campus safe and secure. Thank you – Lisa Burch.

Linfield College- Portland Campus is now on Facebook! Become a fan and receive regular updates on campus events and initiatives.

Chris Kahle, the campus Development and Alumni Relations Director, has extended an open invitation to students to visit him in his office (3rd floor of Peterson Hall). If you are a student leader with a project in mind, especially one involving alumni, Chris is the ideal sounding board. For more information, email Chris at ckahle@linfield.edu.

The results of the *Vital Statistics* essay contest will be announced soon! Stay tuned for the winners.