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## Learn How to Green Your Routine at the Fair

Did you know that refrigerators manufactured before 1994 use twice as much electricity as today's models? Get more energy saving tips at the 2009 Health, Safety, and Environment Fair **Thursday, March 26**, from 6:30 a.m. to 4 p.m. in the Food Court and Onyiuke Dining Room. The fair is starting early this year to accommodate everyone's schedule. Why not stop by before work? The first 100 individuals to attend will



receive a reusable bag courtesy of the [Center for Implant and Reconstructive Dentistry](#). Fair goers are asked to bring their own reusable bags (BYOB) to fill up with information and giveaways. Fair goers are asked to bring their own reusable bags (BYOB) to fill up with information and giveaways. Be sure to bring your badge to be entered into hourly drawings, health screenings and other prize giveaways.

This year's program includes:

- **Sneaker recycling** already underway with collection boxes located throughout the Health Center.
- [Know Better Place](#) will kick off the **Just Move** spring and summer program at the fair. Stop by to register for the program and get started on your commitment to fitness.
- **Personal document shredding** from 8 to 10 a.m. at the West dock.
- **Chair massages** provided by Somazeda of Farmington. Call x7692 to reserve your time.
- [Employee Health Service](#) will conduct **health screenings**: total cholesterol, blood pressure and PPD tests from 7 a.m. to 3 p.m. If you're interested in having your cholesterol checked, call x7692 to schedule a time.
- **Tree of Recyclables** - Before coming to the fair, take a look around at the items being discarded or recycled by your department. Note the amount being thrown out and bring the clean item(s) to the fair to hang on the Tree of

Recyclables.

- Environmental **poster exhibit** by the Creative Child Center preschool children.
- **Tips** on energy and resource conservation.
- **Information** about infection control, patient safety, bones, muscles, joints, skin, teeth and much more!

## Calhoun Cancer Challenge Ride



Coach Jim Calhoun is calling on bike riders, volunteers and all those interested in helping him raise money to fight cancer to take part in the 2009 Jim Calhoun Cancer Challenge Ride, **Saturday, June 13**, in Simsbury. Since its inception in 2007, the ride has raised nearly \$400,000 to fight cancer! Again this year, all donations will support the work of our own [Carole and Ray Neag Comprehensive Cancer Center](#) and Coaches vs. Cancer, a program of the American Cancer Society. There are many ways that faculty, staff, students and family members can participate in this exciting event. One way is to ride with a UConn Health Center team. Riders can choose a 10, 20 or 50

mile course. All courses will take you through scenic areas in Simsbury and beyond. Several Health Center teams are forming. Riders are asked to secure a minimum of \$400 in pledges and donations to support their ride. Notably, the average participant in 2008 raised more than \$500. Another way to participate is to support a fellow employee or friend with a donation of any amount. Lastly, individuals can volunteer at the event. The event would not be a reality without the help of dozens of volunteers on the day of the ride, as well as the days, weeks and months leading up to the event. [To learn more>](#)

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## Tuition Waivers for Fall Due April 3

Tuition waiver requests for dependent children of faculty members, managerial or confidential exclusions, and UHP employees are due for the 2009 fall semester by Friday, April 3. Forward all tuition waiver requests to: Human Resources, Attn: Erin Ransford, MC4035. Key points include: the student ID number is required; a separate form must be submitted for each child for each semester and each campus; eligible employees must be employed at least 50 percent time; the benefit is pro-rated for any part-time eligible employee - dependent children will receive the waiver based upon the percentage the parent is employed; the program does not apply to summer sessions; and the dependent child must be enrolled in an undergraduate degree program. Questions? Contact Erin Ransford at x3549. [Download a tuition waiver request form>](#)

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## It's a Match

Amidst the shouts of joy and the shedding of tears, 74 students at the [UConn School of Medicine](#) participated in Match Day, learning where they will be doing their residencies. All graduating medical students must submit their top residency program choices to a database at the National Residency Match Program; a computer then combines the students' choices with the hospitals' preferences and spits out a match. At exactly 12:05 p.m. last Thursday, 94.6 percent of UConn's medical students learned that they secured their first choice of programs. Sixty-five percent of the classes, 48 of the 74 students, were matched with residency programs in New England, with 32 remaining in Connecticut. Primary care residency programs topped the list, accounting for 44 percent of the students.



Left to Right: Emily Goodwin and Ashley Casserino display their Match Day results.

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### Local Charity Donates to Cancer Center

A charity organization, created in memory of a South Windsor man who died of cancer, recently donated \$10,750 to the [Carole and Ray Neag Comprehensive Cancer Center](#). Not long after Gil Rogers lost his battle with esophageal cancer last August, his family established No More Fathers Lost and held an inaugural bowling fundraiser at Laurel Lanes in Plainville to raise the funds.

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### Interested in Learning About Ayurvedic Medicine?



Ayurveda, the ancient science of life, is the world's oldest comprehensive health care system. It originated in India and provides a holistic approach to healthy living, and is now one of the most recognized and widely practiced disciplines of alternative medicine in the world. A three-day course is being offered by UConn Health Center's [Complementary Alternative Supportive Care](#), Friday, March 27, through Sunday, March 29, that will introduce the history,

philosophy and principles of Ayurveda in the context of health, wellness, medicine and disease. The course is open to healthcare professionals and the public. Registration is required. For course specifics and to register, visit [casc.uchc.edu](http://casc.uchc.edu). Don't have time to attend the entire course? Consider attending a special program, Transforming Consciousness into Matter, presented by Amala Guha, program director of CASC, **Friday, March 27**, from 5:30 to 7 p.m. in the ARB Large Conference Room-EGO13. The program will focus on how the science of Ayurveda establishes a deep connection between body, mind and spirit. From 6:30

to 7 p.m., Guha will teach individuals how to chant and meditate. A blanket is required for this portion of the program. The March 27 evening program is open to the public and registration is not required. [For further information>](#).

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### Auxiliary's 40th Birthday Party

The UConn Health Center [Auxiliary](#) invites you to its 40th anniversary celebration **Saturday, April 18**. It starts with a Celebratory Tea welcoming Dr. and Mrs. Cato Laurencin from 3:30 to 5:30 p.m. in the Keller Lobby, followed by wine and light refreshments from 6 to 6:30 p.m., and An Evening of Jazz from 6:30 to 8:30 p.m. in the Keller Auditorium. Collective Expression from the Artists Collective, an ensemble of graduate students from the Jackie MacLean Institute of Jazz at the Hartt School of Music, will perform. The Auxiliary asks that you RSVP by April 10 to the tea, the wine and jazz, or both. For further information, contact Irene Engel at [engel@uchc.edu](mailto:engel@uchc.edu) or call x8004. [Download an RSVP form>](#)

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### Prescription Drug Abuse on the Rise

Most of us take prescription drugs only for the reason the doctor intended. Nevertheless, an estimated 48 million people (aged 12 and older), according to the National Institute on Drug Abuse, have used prescription drugs for nonmedical reasons in their lifetime. That figure represents approximately 20 percent of the U.S. population. In recent years, there has been a dramatic increase in prescription drug misuse or abuse. This increase has led to a corresponding increase in Emergency Room visits because of accidental overdoses as well as admissions to drug treatment programs for drug addictions. Experts at the [Connecticut Poison Control Center](#) advise patients to follow the directions on their medicine bottle and not share drugs with others. "The most commonly abused groups are strong painkillers, stimulant medications and sedatives for sleep or anxiety," says Amy Hanoian-Fontana, a CPCC educator. "When you take prescription medicine, you also need to be careful about taking additional drugs, like over-the-counter meds or herbal supplements, and avoid drinking alcohol," explains Hanoian-Fontana. If you have children or teenagers living with you or visiting you; do not let children or teenagers take a prescription drug that was not prescribed for them. Keep your medications in a safe area where only you have access to them. Do a pill count. Know exactly how much medication you have so you can tell if any is missing. Talk about prescription drugs. Stress that they are only safe for the person who receives the prescription from the doctor.

#### People

Medical students **Erica Hinz, Teresa Doucet, Shan Shan Jiang, and Shubha Venkatesh**, members of the UConn chapter of the American Medical Student Association, the nation's largest, independent medical student organization, have been awarded the prestigious 2009 Paul R. Wright Award for Excellence in Medical Education. This is the first time UConn has received the award. AMSA established the Paul R. Wright Award to recognize a medical school, chosen by the nation's medical students, whose exemplary

achievements in medical education foster the development of socially responsive physicians. The area of concentration changes each year to reflect a different dimension of medical education. The emphasis of the 2009 award is Local Advocacy and Activism. UConn was awarded for its initiative "Projections: The Faces of Hartford." The event not only raised awareness within the community but has provided essential leadership training for local medical students. The award was presented at AMSA's 59th Annual Convention in Arlington, Virginia last week. Congratulations!

The next edition of Newsline is **Monday, April 6**. See box below for submission information.

## About News|LINE|

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