

# Student Health Center Newsletter

Lamar University



## See what you've missed last semester, and learn what's to come!

Welcome to our Student Health Center Fall 2024 newsletter! We are thrilled to share with you the latest updates in our mission to make a positive impact in our Lamar University community.

Firstly, we would like to express our gratitude to all of our students, faculty and staff who are the backbone and reason for what we do! We had a total of 7,486 student visits this past year, and your patience and cooperation have allowed us to keep our services running smoothly and effectively during the transition of our recent move into the Sheila Umphrey Recreational Sports Center.

In terms of our recent activities, we have successfully operated in our new office location for 6 months and now have a renovated space to accommodate our Lamar University and Lamar Institute of Technology (LIT) students. If you haven't visited our new location, check it out!

Our hours of operation remain the same. Monday thru Friday at 8am-5pm, students can call to make an appointment, or visit the website and access the online scheduling portal.

From conducting a total of 53 events, tablings, and presentations during the Summer-Fall 2024 semesters, to having our first SHC intern, we have had a very busy season! It couldn't have been done without the help of our Healthy Cards and Peer Health Educators.

Together, we can make a real difference in the lives of those who need it most and offer health education along the way. Thank you for your continued support!

Enjoy!

- *the Student Health Center team*

In this newsletter you can expect:

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SHC Updates

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What You Missed: SHC News

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Our Past Events

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Our Upcoming Events

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Student Spotlights

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## TimelyCare makes mental healthcare more accessible

Lamar University has partnered with **TimelyCare**, a virtual counseling platform, to provide on-demand virtual mental health services to enrolled Lamar University students who are taking classes on campus. This service is offered at no cost to the students and offers TalkNow, Health Coaching, Scheduled Counseling, Podcasts, and other resources.

Shout out to the 155 Cardinals who started their mental health journey with TimelyCare this year! We are proud of you.

**[Learn more about TimelyCare today!](#)**

## Stay tuned for Counseling's new sessions

The Counselors of the Student Health Center have come together to create **Mindful Cardinals**, informational sessions for First-Generation students seeking more information on the following topics:

- Self-Care and Coping Skills
- Resources
- Relaxation
- Self-Esteem

Students will have a reserved spot for 4 sessions and will begin in February. Limited seats will be available and students can call the SHC Front Office at (409)880-8466 to secure their spot for this learning opportunity!

Sessions will be held in the Counselor's Offices.



## Healthy Cards receive recognition and awards

Healthy Card Vavah and SHC Intern Aysia received awards at the First-Gen College Celebration Student Awards for their outstanding achievements.

Vavah Kamasa-Quashie (left) was recognized as the First-Gen October Student of the Month for various outstanding qualities, and Aysia Brown (right) received an award for researching dental and oral health statistics in a group of LU students.

**[Read more about the awards ceremony here.](#)**

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# What You Missed: SHC News

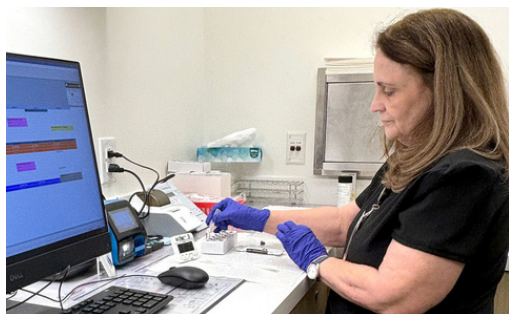


Photo by Kami Greene

## New Location? Yes Please!: SHC Relocates to the REC

We could not be more thrilled about our new space. Medical and counseling services have a whole new vibe!

Sharon Kimberlain, a licensed vocational nurse, processes tests in the image above in the Student Health Center's new location.

**[Read more about our move here and what services we offer!](#)**



Photo by Adam Nguyen

## Destress Before the Test: Finals Support

We know finals can bring on all kinds of undue stress, and students might need a little extra measure of support through it.

The Student Health Center collaborated with many different campus offices and departments to offer study spaces in the Setzer Student Center to "Destress before the Test" and decompress.

**[Read more about the event here!](#)**



## Health Center Offers Flu Clinic

Student protection, health, and safety is always our top priority. The SHC wanted to make receiving a flu shot quick, safe and easily accessible.

For three separate days in October, the SHC nursing staff helped to administer flu vaccines to students outside of the Student Health Center. **[Read more about our flu clinic here!](#)**



Photo by Race Matherne

## SSC Hosts Mental Health Day

On October 10, 2024, the SHC partnered with various campus and community partners for International Mental Health Day. The goal for this event was to raise awareness and importance of mental health and wellness, as well as ways students can start their mental health journey by utilizing local resources.

**[Read more about Mental Health Day here!](#)**

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## Our Past Events



### Cards Against Drunk Driving

In an effort to raise awareness of the dangers of driving buzzed or under the influence, Health Education partnered with LUPD, CAB, Conduct and Cares, and families that have suffered the loss of loved ones from drunk driving.

Healthy Card Kalina is seen trying to walk with Drunk Goggles!



### Speed Friending

Due to its popularity, we now have Speed Friending each semester! It is a fun way to make new friends. Think of speed dating, but with friends!

Healthy Card Michelle makes friends everywhere she goes! She was a natural at this event.



### DIY Vision Boards

Week of Welcome's fan-favorite, DIY Vision Boards, was a huge hit! With over 65 students making meaningful arts and crafts, there was much fun to be had! This event provides a creative outlet for students to practice mindfulness in a productive way.

SHC Intern Aysia and Healthy Card Kara were proud of their creations.



### World Smile Day

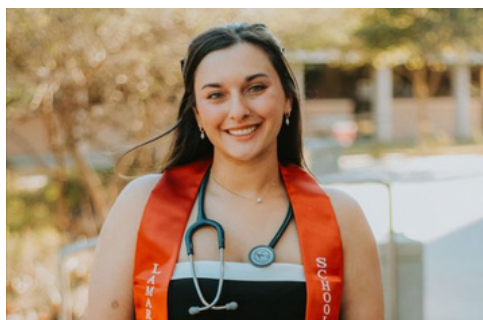
In partnership with LIT's Dental Hygiene Clinic, Lamar University's Pre-Dental Society, and Lamar University's Nutrition and Dietetics Association (LUNDA), Health Education urged the importance of oral hygiene and passed out free toothbrushes!

Pictured is Dr. Trey Lacy, D.D.S., local dentist and LU Alum

## Our Upcoming Events

**Don't miss these exciting events coming in Spring 2025!**

- **Friendship Rocks!**
  - Speedfriending meets rock painting! Meet new friends in a fast-paced, creative way.
- **STI Testing**
  - Receive quick, safe and confidential STI testing by Legacy Community Health on scheduled days.
- **Learn your Love Language**
  - Take the love language quiz with us to improve healthy relationships.
- **Denim Day**
  - Raise awareness about Sexual Assault Month (April) with us!



## PHE Spotlight: Jacqueline Marroquin

One of our recent Healthy Card graduates, Jacqueline Marroquin, shares what nursing means to her and how she plans to make positive impacts in the lives around her now that she is an LU Alumna.

Jacqueline began her journey with us as a Healthy Card volunteer turned PHE, and now is ready to tackle the nursing industry!

***Read more about Jacqueline and how her experience has shaped the nurse she is today!***

## Cardinal Closet Makes a Difference

Since partnering with the Wesley Foundation at Lamar University and opening **Cardinals Closet**, a clothing closet on campus for students in need where they can grab shirts, shoes, pants, dresses, coats, ties, and more, over 1,050 pieces of clothing were given out during the summer and fall 2024 season.

For more information about the Cardinals Closet, visit this [webpage](#).

The Health Education department also offers **Wellness Packs** filled with various hygiene products such as toothbrushes, toothpaste, hairbrushes, lotion, shampoo, conditioner, etc. If you are in need of a wellness pack or know someone in need, visit [this link](#) to fill out a referral form.



*Thank you for reading!*

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lamar.edu/healthcenter	4465 Jimmy Simmons Blvd. Beaumont, TX 77705 <i>Inside the Sheila Umphrey Recreational Sports Center</i>

