



THE PATHWAYS PROJECT

VOORHEES COLLEGE MSI SAMHSA GRANT

January 2017

HAPPY
NEW
SEMESTER

New Year's Resolutions for College Students

- **Get (a specific number) of hours of sleep a night.** Being specific about your goals for the new year -- for example, "get at least 6 hours of sleep a night" instead of "getting more sleep" -- helps make your resolutions more tangible. And while college life is hard and often sleep deprived, making sure you get enough sleep each night is critical for your long-term success (and health) in school.
- **Get (a specific amount) of exercise each week.** While finding time to exercise in college -- even for 30 minutes -- can seem impossible for many students, it's important to try to incorporate physical activity into your college life routine. After all, those little 30 minutes at the gym can give you more energy throughout the day (and week).
- **Eat healthier at each meal.** College life is notorious for its unhealthy food options: greasy dining hall food, bad delivery, ramen noodles, and pizza everywhere. Make a goal to add at least something healthy at each meal, like at least one serving of fruits or vegetables.
- **Cut down on your curricular involvement.** Many students are involved in all kinds of clubs, activities, and teams that meet regularly on campus. And while this curricular involvement can be good, it also can be detrimental to your academics.
- **Try something new/step out of your comfort zone at least once a month.** Chances are, there are things happening on your campus 24/7. And many of them are on topics or involve activities that you're not at all familiar with. Challenge yourself a little to try something totally new at least once a month.



Meet the New Executive Director Wesley Boykin, Ph.D., M.P.H.

Wesley L. Boykin, Ph.D., M.P.H. was selected as the third Executive Director of the Center of Excellence in Rural and minority Health in last October. His first day on the job was November 16. He succeeds Leroy Davis, Ph.D. who retired last summer. The very first lead Executive Director of the Center of Excellence was Monnie Singleton, MD.

Drawing on his background as a national leader in education research, program evaluation, accountability, and policy analysis, Dr. Wesley L. Boykin provides strategic vision and leadership to the Center of Excellence in Rural and Minority Health at Voorhees College. Prior to joining Voorhees, Dr. Boykin led teams of evaluators and researchers at Affective Education (Chapel Hill) and Mid-Continent Regional Educational Laboratory (Denver and Honolulu) that worked to uncover new knowledge and enhanced understanding of relevant policy and the teaching-learning process at state, local and organizational levels to facilitate improved educational practices and learner outcomes. Additionally, Dr. Boykin served in leadership roles at large, urban and suburban public school systems in Maryland, New Jersey, and Texas, and with national organizations such as the Institute for Student Achievement, Riverdeep Interactive Learning (now Houghton Mifflin Harcourt), and ACT, Inc's National Center for Educational Achievement. His first full-time professional post was as Assistant Professor of Health at Claflin University in Orangeburg.

Dr. Boykin, a native of North Carolina, is a magna cum laude graduate of North Carolina A&T State University in Greensboro. He received an M.S. and Ph.D. in Educational Psychology from The University of Wisconsin-Milwaukee, and a post-doctoral Master of Public Health in Epidemiology from the University of North Carolina at Chapel Hill. He completed his mid-management certification requirements at the University of North Texas in Denton. He has studied internationally in the Republic of South Africa, Puerto Rico, and the Dominican Republic. Dr. Boykin has traveled extensively; he has visited all of the 50 States and over 90 countries in six continents.

The mission of the Center of Excellence is to eliminate health disparities in minority and rural residents living in Bamberg and surrounding counties by improving access to quality health care. Over the years, the Center has been funded largely by federal grants to conduct research and provide health education and clinical services to students, faculty and area residents. Dr. Boykin's charge is to identify and secure available funds that will enable the Center to remain an active and stable force in improving the health and health indices of local residents. This can be done best via strategic and collaborative efforts. If you have questions, please contact Dr. Boykin at (803) 780-1349 or at wboykin@voorhees.edu.

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HOPEHEALTH, INC. STAFF

Meet Ms. Shiheda Furse

Ms. Shiheda Furse, MPH, CHES is native of Denmark, SC. She received an undergraduate degree in Health Science from Morris College and then to Walden University for a graduate degree in Master's of Public Health, specializing in Community Health. She's employed as the Community Manager at HopeHealth Edisto, which is a non-profit AIDS Service Organization that offers HIV medical treatment, HCV screening/linkage to care, behavioral health counseling and personal health clinic. Since being involved in HIV care, Shiheda has engaged individuals to testing and referral services through outreach, social networking, and agency collaboration, coordinate local HIV and Hepatitis C testing events, and facilitate Debi and skill building interventions; just a few to mention. Within the SAMHSA Pathways Project, she coordinates and assist with the prevention activities, which includes; VOICES, 3MV, HIV/HCV screening, Cupcakes and Condoms, and VC Annual Health Fair.



In 2017, more than 230,000 women and girls in the United States are HIV-positive. These women could be your friends, neighbors, or loved ones. It's time for women and girls to stand together to prevent HIV!

National Women and Girls HIV/AIDS Awareness Day

happens every year on March 10. Join the Office on Women's Health as we raise awareness of the impact that HIV and AIDS have on our nation's women and girls.

This year, OWH is empowering women and girls to protect their sexual health, engage in healthy relationships, and put their #BestDefense against HIV and AIDS into play.

Here's how you can help spread the word about NWGHAAD:

Visit the [National Women and Girls HIV/AIDS Awareness Day website](#) for our social media toolkit, fact sheets, and flyers.

We hope you will join us, take action, and use your #BestDefense to help end HIV and AIDS.

For more information, visit womenshealth.gov.

Source: The Office on Women's Health in the Office of the Assistant Secretary for Health at the U.S. Department of Health and Human Services



Free Rapid HIV Testing
@ The Health Infirmary
Every Monday & Wednesday
11am-5pm

NURSES' STATION

MAKE HEALTH YOUR RESOLUTION New Year • New You

Healthy You

Make healthy food choices, be active, make an appointment for a check - up, vaccination, or screening. Know your numbers – weight, blood pressure, cholesterol. Wash your hands often. Be smoke free. Get enough sleep. Learn and practice a new health tip each week.

Encourage and support physical activity. Put together a family health history. Add a health related web site to your favorites list, and check weekly updates. Spend more time together. Be courteous and practice good manners.

Healthy Community

Volunteer at your church, school, or one of the many community centers needing help or an extra hand. If you have received help from others, try to repeat the gesture. Extend a common courtesy wherever you are – they are always appreciated and hopefully duplicated.

Healthy Workplace: Stay home if you are sick. Wash your hands often, Participate in healthy workplace programs, Take steps to prevent job stress. Reduce work injuries and practice good body mechanics.

Save the Date Upcoming Events

February 2017

- 6 Condom Casino Night, 5:00 to 7:00 pm
(Prizes and Giveaways) Leonard E. Dawson Health & Human Center



March 2017

- 24-26 3MV Student Retreat

April 2017

- 3-7 Pathways Project Student Climate Survey
- 5 Annual Health and Wellness Fair, 10:00 am to 2:00 pm
Leonard E. Dawson Health & Human Center
- 13 All Day STD Screening Clinic
Nurses' Infirmary

FOR MORE INFORMATION:

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