

A light blue background with a white line-art illustration of various flowers, including roses and daisies, scattered around the edges and center. The text is centered in a dark blue, elegant serif font.

Welcome!
S4PH: MEETING 4

Aztecs Rock Hunger:
Lauren Chapman

SEPTEMBER 28 - OCTOBER 18



AZTECS
ROCK
HUNGER
SAN DIEGO STATE UNIVERSITY

Now More Than Ever

DONATE NOW to help raise 650,000 lbs. of food

sdsu.edu/aztecsrockhunger



Point System Reminder

- **10 points** per semester to be active (each meeting is worth 1 point, If you can't make meetings that is okay! Just make sure you attend our events, fundraising, and tabling! (UP to 5 points for meetings).
- **MUST** pay the membership fees by the deadline. Failure to do so will not have you recognized as an active member for this semester- but your volunteerism is greatly appreciated.
- AT LEAST **TWO** fundraising events is required per semester.
- All point opportunities **MUST** be submitted [here](#). Only accepting submissions 48 hours after the event.
- **MUST** be reached in each semester with Students 4 Public Health with ONE semester in the fall semester of your graduating year in order to receive your cord for graduation (sorry, no exception)
- Visit <http://students4publichealth.weebly.com/> to view overall points
 - Go to “points” from the dropdown menu then click “Fall 2020 Points Spreadsheet”

Fundraising Reminders

- At least **TWO** fundraisers are required to be considered an active member
- Mention students 4 public health at **every** fundraiser
- Save your receipt in order to get a point & **SUBMIT IT TO THE POINT OPPORTUNITY LINK.**
- Point opportunity towards every fundraiser you attend :)
- **LAST DAY** for the Meals for Nurses Go Fund Me to count as a Fundraiser Form!
 - Raised \$178 so far!!!

[Link: gf.me/u/xzifkv](https://gf.me/u/xzifkv)

Fundraising - Bingo Cards

*Making Strides
against breast cancer*

Venmo:

\$1	\$1	\$3
\$2	\$2	\$2
\$2	\$1	\$1

In honor of Breast Cancer Awareness Month, all proceeds donated to this charity will go towards research, education, prevention, and supporting breast cancer patients

STUDENTS 4 PUBLIC HEALTH

*UCSD Medical Center
Emergency Respond Fund*

Venmo:

\$1	\$1	\$3
\$2	\$2	\$2
\$2	\$1	\$1

Donations to the UCSD Medical Center will go towards Covid-19 Research, assist impacted members of the SD community, and can sponsor meals/groceries for our healthcare workers.

STUDENTS 4 PUBLIC HEALTH

- 2 charities to choose from
 - Making Strides Against Breast Cancer
 - UCSD Medical Center
- Post on your Instagram stories to raise money for the charity of your choice
- \$15 total for each card
- Put your own venmo when you post and when the card is complete be sure to send it to our venmo
- Venmo: S4PHTREASURER
- **1 Fundraising Point**

Fundraising-Merch

- ◆ Selling T-shirts, Crewnecks, and stickers!
- ◆ Will be sending out an order form when we finalize the prices by next meeting
- ◆ **1 Fundraising Point**



Interest Form Link:

<https://forms.gle/touKhnsiahXCyqNHA>

SHAC

- Join **Student Health Advisory Committee (shac)!**
- Opportunity to have your voice heard and provide advice on student health matters on campus
- Gain valuable public health experience working with administrators and leaders at Calpulli
- Only 4 meetings required to be considered an active member
- Attend the next meeting 10/20 to gain **1 point!**
- **2 points maximum**



The poster features a purple header with the SDSU logo and the text "JOIN SHAC STUDENT HEALTH ADVISORY COMMITTEE". Below the header is a group photo of SHAC members in black t-shirts. A red banner contains text about the committee's role. The bottom section is split into a teal "Why Join SHAC?" area with a list of benefits and a green "MEETINGS" area with a table of dates, times, and location. Contact information is at the bottom.

JOIN SHAC
STUDENT HEALTH ADVISORY COMMITTEE

The Student Health Advisory Committee provides on-going advice to the Office of the Vice President for Student Affairs and to the Directors of Student Health Services, Counseling and Psychological Services, and Well-being & Health Promotion.

Why Join SHAC?

- Develop and/or improve leadership, communication, and collaborative skills
- Gain exposure to the health and wellness fields
- Receive practical experience
- Impact the quality of the student experience
- Network with students and professional staff and faculty

MEETINGS

Dates:	Time:
9/08	1:00 pm to 2:00 pm
9/22	
10/06	
10/20	
11/3	
11/17	
12/1	

Location:
Zoom Meeting Room
bit.ly/sdsuSHACf20

CONTACT CALPULLI.SHAC@SDSU.EDU FOR MORE INFORMATION

ATTEND A FINANCIAL EDUCATION SESSION!

LEARN HOW TO
SAVE MONEY FOR
WHAT YOU WANT
AND NEED.



TOPICS COVERED:

Budgeting and saving money
Building credit
Buying a first car
Renting an apartment
Basic banking skills
Student loans

Sign up for a online zoom session
at bit.ly/SDSUFinancialEd
or scan this code



Sessions are for educational purposes only. Peers are not allowed to provide financial advice



Financial Education Session!

- Well-being and Health Promotion Department
- Attend a session
- Learn about student loans, building credit, budgeting, and much more!
- **1 point!**

Dialogue with the Dean

Public Health Session:

When: October 19, 2020 (Monday)

Time: 10:30 AM- 11:30 AM

1 point opportunity

Registration link:

https://docs.google.com/forms/d/e/1FAIpQLSeH8NjdOuQjaEzbJk688WJI6_ZkVSLQNR8S_xRtyVu4QFGFBg/viewform



Join us for a

DIALOGUE WITH THE DEAN



All students in the College of Health and Human Services (CHHS) are invited to take part in a friendly conversation with Dean Steven Hooker. This is your opportunity to get to know the Dean of the CHHS and learn about what he does, ask questions about the current state of the college, and provide feedback on how we can best support students during this challenging time.

Join us by registering for one of the major-specific sessions below:

<i>Social Work & Gerontology</i>	October 14, 3-4 PM
<i>Nursing</i>	October 15, 5-6 PM
<i>Public Health</i>	October 19, 10:30-11:30 AM
<i>Speech, Language, & Hearing Sciences</i>	November 2, 11 AM-noon
<i>Kinesiology & Athletic Training</i>	November 10, 2-3 PM
<i>Nutrition</i>	November 13, 1:30-2:30 PM

To register, click [here](#). Zoom links will be emailed to registrants prior to each event.



MAKE A CONTRIBUTION

1. Venmo: AztecsRockHunger2020

2. Donate online at sdsu.edu/aztecsrockhunger

3. All campus Starbucks, eateries, and markets

4. Aztec Proud Events (@sdsuaztecproud)

5. Join the Virtual 5K October 10 - 18

Aztecs Rock Hunger!

- Making a donation counts as a point opportunity!
- Venmo: @aztecsrockhunger2020
- Make sure to write out CHHS (College of Health and Human Services) and Students 4 Public Health in the comment section
- Please do not use any emojis
- **1 point!**

Aztecs Rock Hunger Fundraiser - Today

10/14/2020

- **Wings and Things** at South Campus Plaza
- Mention Aztecs Rock Hunger
- 10:30 AM -10:30 PM
- **Credit towards org for Aztecs Rock Hunger -
by submitting receipts to form:**
Engagement award credit: bit.ly/arhengagement
Monetary donations:
<https://forms.gle/bybNRK1snLyGGdpAA>

Free Virtual Cooking Class

- Hosted by Well-being and Health Promotion Department
- When: November 5th, 2020 (Thursday)
- Time: 4:00 - 5:00 PM
- WHAT: We'll be making EASY MICROWAVE APPLE CRISP IN A MUG
- Participants will be entered to win a \$50 Trader Joe's gift card
- Registration Link: bit.ly/cook-nov5
- **1 point!**

Lunchtime Lecture Series



- When: December 11, 2020
- Who: Erik Storholm, PhD
- Time: 12:00 -12:45 PM
- Registration: contact for the zoom link
 - @eallenesdsu.edu
- **1 point per lunchtime lecture**



Institute for
Behavioral and
Community Health



SAN DIEGO STATE
UNIVERSITY

LUNCHTIME LECTURE SERIES



Meet the
New School of Public Health Faculty



Friday, October 9, 2020 at 12-12:45pm

Lauren Brown, PhD, MPH

Assistant Professor

Division of Health Management and
Policy

Does Telomere Length Explain
Race/Ethnic Differences in
Rates of Aging?

Zoom link:
For access to the Zoom link please
contact eallenasdsu.edu



Friday, December 11, 2020 at 12-12:45pm

Erik Storholm, PhD

Assistant Professor

Division of Health Promotion and
Behavioral Science

Addressing HIV Disparities
through Community-Engaged
Research

Zoom link:
For access to the Zoom link please
contact eallenasdsu.edu

Member Spotlight

- We want to highlight the accomplishments, internships, work experiences of our members on our instagram!
- Link: <https://forms.gle/pYELeqa3GeMF19yVA>

Possible Points

Event	Number of Points
General Body Meetings	5 max
SHAC	2 max
Meals for Nurses	1 point
Bingo Cards	1 point
S4PH Merch	1 point
Financial Education Session	1 point
Dialogue with the Dean	1 point
Aztecs Rock Hunger	1 point
Free Virtual Cooking Class	1 point
Lunchtime Lecture Series	1 point

The page features teal-colored floral illustrations in the corners. In the top-left, there is a small sprig with three leaves. In the top-right, there is a large, detailed flower with many petals and several leaves. In the bottom-left, there is a cluster of roses and other flowers. In the bottom-right, there are several leaves and a small flower.

KAHOOT GAME!

Sign in using this link:

<https://forms.gle/X1eT6yvbZKFc6dsC9>



Thanks!

Any questions?

You can find us at IG: @students4publichealth

Email: students4publichealth@gmail.com