Hundreds of students and employees attended the Colgate Community Health & Wellness Fair on April 7 to visit with the vendors, pick up samples and freebies, eat a free lunch provided by Sodexho and register for a large number of door prizes. The fair is sponsored by Student Health Services and Human Resources. It started out as an annual event in 2000 but was switched to bi-annual in 2002, alternating with the Benefits Fair. And as Devon Skerritt, Assistant Dean of Admission says, “It gets bigger and better each time.” Nancy Orth, Jan Stakes and Dianna Landrigan deserve a special mention for all their efforts coordinating this major event.

The forty-five vendors who participated in this year’s fair represented a large number of services and organizations including chiropractic care, message therapy, wellness programs, health issues and general health care, nutrition, exercise groups and outdoor activities. Screenings were provided for cholesterol, diabetes, osteoporosis and blood pressure. Dr. Merrill Miller, Director of Health Services, stresses that the tests are simply screening tools and should not take the place of regular health care from your health care provider. The main purpose of the fair is to raise awareness of all these different issues and help people become more responsible for their own health and wellness.

Those providing free services kept busy. Emily Hutton, Head of Collection Development in Case Library, received a chair massage from Deb DeStefanis of Hamilton Chiropractic Health Center. “That was just what I needed.”, she exclaimed, “I’m ready to go another nine innings.” Carol Smith, Coordinator of Keck Resource Center, tried the O2 Saturation & Pulmonary Respiratory Function test from Community Memorial Hospital. Blowing into a pulmonary function machine measures the force of your breath. Carol, pleased with the results, said “It was good news. Much better than I thought it would be as I haven’t done the test in a few years.” Julie Curry, Financial Aid Assistant, took advantage of the testing as well. “I come to check my blood pressure, do the breathing test and just make sure I’m still kicking.”

The fair is also an opportunity for employees and students to interact, and the students were well represented. Daniel Campanile ’07 first had a massage and then had his blood pressure checked by Marc Frankel ’06 of SOMAC (Southern Madison Ambulance Corps), a volunteer organization made up of students and community members. Marc says, “Students on this campus are pretty health conscious.” Carolyn Daly ’06, enjoying lunch with a few friends, raved “It was awesome! The interactive booths were fun and the radon booth (from Madison County Public Health) in particular was very informative.”

One of the biggest hits of this year’s event was Beth Hill from Beth’s Natural Way in Truxton, NY. Beth was giving free kinesiology (muscle testing) consultations to determine nutritional needs and there was often a line of people waiting to talk to her. Joelle Faulks, Technology Support Analyst, said that it was worth the wait. “That was pretty cool. I should go to the doctor now and get checked out.” Don Johnson, Groundskeeper, exclaimed “I loved it! Interesting stuff.”

A lot of time and work went into the Health & Wellness fair and the effort paid off. Vicky Godfrey, Custodian, explained “You’re sure to know more when you leave than when you came in.” Bill Miller, Electronics Technician in Information Technology, says “The fair makes you think about health issues you don’t always think of.” And that’s the whole point! If you skipped this year’s fair then you missed out on a lot of powerful information provided for your benefit, but we hope to see you in 2006!
HIPAA Privacy Requirements

As you may be aware from various news reports, regulations amending The Health Insurance Portability Act of 1996 (HIPAA) went into effect on April 14, 2003. These regulations are known as the HIPAA Privacy Requirements. In general, they require that covered entities (such as health plans and health care providers) may not use or disclose protected health information (PHI), except as permitted by HIPAA, unless pursuant to specific authorization. It also sets forth administrative requirements that covered entities must follow regarding the protected health information.

The Human Resources Department has developed a policy and practice to protect all employees’ health insurance information. The notice that you should have received in the mail described in detail how medical information in the Colgate University Health Plan will be used and disclosed. This notice informs you of your individual rights and of Colgate’s legal duties with respect to such protected and confidential information. Our policies and practices comply with the Health Insurance Portability and Accountability Act (HIPAA) regulations. The notice contained an Authorization form which you should complete and return if you would like to allow the disclosure of your protected health information to any other individuals. The authorization form can also be found on the portal at my.colgate.edu under the Human Resources Benefits tab.

The Colgate University Health Plan is committed to protecting the privacy of your health care information. As always, feel free to contact the Human Resources Department at x7565 with any questions regarding the HIPAA regulations.

Finding a PPO Physician

If you are looking for a PPO physician outside the Utica-Watertown area, here are the instructions for an on-line search:

Go to the website www.excellusbcbs.com
Click on For Members
Click on Find a Doctor (bottom of screen)
On the right hand side, middle of the this page you will see:
Find a health care provider outside of your health plan’s service area with the BCBS Association’s BlueCard Doctor Hospital Finder. Click on this new link.

In the search menu, enter your zip code and Submit. You may need data from your Identification Card to narrow the search.

Sell & Swap

For Sale: ’98 Ford Expedition 4x4, automatic, V8 5.2 Liter, 76K miles. Burgundy with gray interior; power windows, locks and seat; air, cruise control, rear heat control; AM/FM cassette/CD and 10 disc changer with Kenwood speakers; keyless entry and car starter; 3rd seat; new B.F. Goodrich tires; push bar, fog lights and privacy glass. $15,000 OBO. Call Kevin at 841-8543 or 404-5540.

For Sale: 1996 Ford Probe SE: red, 96K miles, 5 spd, ac, cruise, cd, good condition, single owner. $2500 OBO. Call 824-9162.

For Sale: 1870’s farm house in Madison, 1.3 acres, 20 min. to Hamilton/Morrisville. Private site with big maples, perennial flowers, grapes, asparagus. 3 stall garage. Needs some work. $79,500 as is. Call 824-4526.

For Sale: Apple iMac G3, 15” CRT monitor, 400MHz PowerPC G3 Processor, 320MB SDRAM, 10 GB Ultra ATA hard drive, operating system 10.3.3 (most recent), Apple Pro keyboard, optical mouse and a suite of software and games. In very good condition, $400 OBO. 20” Zenith TV with stereo sound. In good condition. Comes with cable and RCA video/audio inputs and remote control. $30. Call 691-2076.

For Sale: Graco Duo-Glide Side by Side Double Stroller, 1 year old, $75; Little Tikes Push Ride Sport Coupe (stickers are worn), $20; Solid wood glider rocker (blue cushions), very nice, $75; Jenny Lind baby crib, $30; Kolcraft single stroller with detachable tray with entertainment toys (practically brand new), $30; Powerwheels battery operated 4 wheeler for little girl (stickers are worn), $40; Little Tikes Rocking Horse, $10; Little Tikes Rocking Cow, $10; Little Tikes Horse Ride, $10; Little Tikes desk & chair, $10; Leap Frog shape sorter, $4; Leop Frog radio/interactive toy, $4; New Woman’s Worthington “Blazer Style” leather coat, medium petite, $50; and dusty treadmill, $75. Call 861-2233.


Free: Set of dishes (fairly complete) - Norakate China; Zenith Wedge AM/FM radio with 2 moveable speakers (speakers are 19”X12”X8”) Call 824-1065.

Colgate University makes no warranty, expressed or implied, about the nature or condition of items advertised and accepts no responsibility for any transaction or item. The University reserves the right to suspend or terminate the program at any time.