

Health fair provides wellness activities, Donation Drive continues

New Mexico State University community can help fellow students

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This is the second and final week for New Mexico State University students to donate items for the Donation Drive.

The Donation Drive is an opportunity for students to provide non-perishable food items, school supplies and gently used clothing for students in need, especially for those in student family housing.

Some occupants in student family housing are doing well financially, while others are struggling, said Lori Haussamen, social worker at the Student Health and Counseling Center.

Haussamen said the director of student housing has noticed the needs of some residents, and the Donation Drive was created to help those with lack of resources.

"Residents of student family housing have been neglected, so they are our target for those we are trying to help," Haussamen said. "But the Donation Drive is generally for any student who is lacking basic supplies."

John Rivers, Wellness, Alcohol and Violence Education community organizer, said WAVE has collected many items, most of which are clothes.

Rivers said he also knows how to improve the Donation Drive for next year.

"This is our first year doing the Donation Drive," Rivers said. "We have learned how to improve the process for next year by focusing on donation sites in more centralized locations."

The Donation Drive is part of the Spring Wellness Fair, which was held on Saturday.

Music erupted from Preciado Park, next to O'Donnell Hall, as organizations advertised information concerning health issues. There also was a bungee run and joust ring.

Fair sponsors included the WAVE program, NMSU social work services, the Student Health Center and Associated Students of NMSU.

Rivers said the focus of the Spring Wellness Fair was to educate the public on general well-being and nutrition.

“People will have the chance to connect with valuable health resources,” Rivers said.

Numerous organizations occupied tables at the park, sharing information on various health issues.

The Healing Sanctuary distributed free massage chair passes to help students relieve stress, and Tresco TOTS, a non-profit early childhood intervention agency, provided details on childcare and early development.

Merced Jaso, a representative from La Piñon, a sexual assault recovery service, said she attended the fair last year and believes the Spring Wellness Fair is a very good idea.

“It’s a great way to get word out on resources available to the community,” Jaso said.

The NMSU Fire Department also attended, and allowed children to walk inside the fire truck and learn the responsibilities of a firefighter.

Rivers said good health and wellness are an integral part of a student’s life to perform well academically.

The Spring Wellness Fair was an opportunity for students to find resources to achieve a healthy well-being, Haussamen added.

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