

Preparing for Influenza

H1N1 heightens our need to properly care for ourselves and others during flu season



what'sinside

- Identifying the differences between the flu and the common cold.
- Methods for preventing the spread of flu and treating yourself if you get the flu.
- AIRC to sponsor Indian Education Summit on Sept. 24.
- A look inside the BSU/NTC Living Well, Working Well group.
- Staff feature: Andy Bartlett, associate director of communications and marketing
- Personnel News and Campus Notes
- Upcoming change to long distance codes

BSU Insider is a publication of the Bemidji State University Office of Communications and Marketing.

Rose Jones, Director
 Andy Bartlett, Associate Director
 John Swartz, Photographer
 Kathy Berglund, Communications Designer
 Val Mason, Office Manager
 Brad Folkestad, Athletic Media Relations
 Dax Larson, Athletic Media Relations
 Ross LaDue, Athletic Media Relations

Bemidji State University is an equal opportunity educator and employer. This document is available in alternative formats to individuals with disabilities by calling (800) 475-2001 or (218) 755-3883.



Bemidji State University is a member of the Minnesota State Colleges and Universities System.

This year's flu season is predicted to last through fall and winter with both seasonal flu and the H1N1 flu present. While there have been confirmed cases of H1N1 influenza at MnSCU institutions this fall, at this time **no cases have been confirmed** at Bemidji State University or Northwest Technical College. We can expect, however, that members of our campus community will become ill with flu-like symptoms some time during the year.

As a result, I am asking the campus community to work together to reduce the impact of the flu by practicing healthy habits and by remaining home from work or class if illness strikes.

Because it is possible that a larger-than-normal proportion of the campus community will develop flu-like symptoms this season, the University is continuing to take steps to prepare for possible outbreaks should they occur.

We are implementing the University's Emergency Operations Plan. Both the Emergency Management Team and the Emergency Operations Team have been activated. To learn more about the teams and their responsibilities, review the current plan that is found on the Office of Security and Safety's Web site. The influenza planning section, first developed to address the possibility of avian flu, starts on page 15: http://www.bemidjistate.edu/offices/security/forms/docs/emergency_procedures.pdf (short URL: <http://bit.ly/3he6hg>)

The University is also working closely with local governmental agencies. A Community Health Planning Group has been meeting for months and discussing various scenarios and planning needs. The group is composed of our County Nursing Service, North Country Regional Hospital, public schools from kindergarten through college level, care facilities, various emergency response groups, the Beltrami County Emergency Operations Team and others. These groups have collectively spent several years practicing for health crisis events as a county and a region.

Individual actions are also important in containing the spread of influenza. I encourage all faculty and staff to follow these state health department recommendations for staying healthy:

- Practice good hand hygiene by washing your

hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.

- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
- Consider getting the seasonal flu vaccine. Campus flu shot clinics are scheduled for Wednesday, October 14, from 8:00 a.m.- 1:00 p.m. and 2:00 p.m.- 4:00 p.m. in Memorial Hall 100 at Bemidji State. On Thursday, October 15, another clinic will be held from 10:00 a.m.-11:30 a.m. in Conference Room B at Northwest Technical College. Bring your health insurance card; otherwise the cost is \$24.
- If you are at higher risk for flu complications from H1N1 flu, consider getting the H1N1 vaccine when it becomes available. People at higher risk for H1N1 flu complications include pregnant women and people with chronic medical conditions, such as asthma, heart disease or diabetes.
- **If you are sick, stay home. If you become sick at work, go home. Faculty and staff who are not sick can safely come to work.**
- Visit "Flu Facts" on BSU's Web site to learn more about seasonal and H1N1 influenza. http://www.bemidjistate.edu/news_info/health

We will continue to monitor the flu situation as it develops and will keep you informed of any changes.

In the meantime, practice healthy habits, consider getting the seasonal flu vaccine and stay home or go home if you're ill. These simple actions will have a significant impact on reducing the spread of this year's influenza.

The President's message originally appeared on BSU's faculty-staff listserv on Thursday, Sept. 17.



Is it a cold or the flu?

Common signs & symptoms	Flu (seasonal or H1N1)	Cold
Onset	Sudden	Gradual
Fever	Common, lasting 3-4 days	Rare
Cough	Dry; can become severe	Hacking; mild
Headache	Prominent	Rare
Muscle/joint aches, pain	Usual; often severe	Slight
Fatigue and weakness	May last up to two weeks	Very mild
Extreme exhaustion	Early and prominent	Never
Chest discomfort	Common	Mild to moderate
Stuffy nose	Sometimes	Common
Sneezing	Sometimes	Common
Sore throat	Sometimes	Common

Helping Prevent and Treat the Flu

You can take steps to help prevent the spread of influenza

► The H1N1 virus is constantly changing and is being watched by experts. For the latest information: <http://www.cdc.gov/h1n1> OR <http://www.pandemicflu.gov>

Prevent it:

- **Get a flu shot.** Get vaccinated for seasonal influenza now. Shots are available at BSU's student health center by appointment (call 2053). Watch for further information about where and how to obtain the H1N1 vaccine.
- Stop germs from spreading. Be vigilant about preventative measures and take them. Cover your cough. Wash your hands. Eat healthy. Get adequate rest.

Treat it:

- If you have any of the flu symptoms listed above, **STAY HOME.** Remain at home until you are fever-

free for 24 hours without the assistance of Tylenol or Ibuprofen. Avoid shopping, socializing, etc.

- Drink plenty of fluids, like water or juice.

• Seek health care at the student health center or North Country Regional Hospital emergency room if you are having symptoms of: Difficulty breathing or shortness of breath; bluish or gray skin color; unable to drink enough fluids; severe or persistent vomiting; unable to wake up / lethargy; pain or pressure in chest or abdomen; sudden dizziness; confusion; flu-like symptoms improve, but then return with fever and worse cough.

AIRC to host fall summit on Indian education

BSU alum Dr. Will Antell to provide keynote address

► Complete story available at BSU Today: <http://www.bemidjistate.edu/bsutoday/news-updates/2009/09/14/airc-fall-indian-summit>

For more than 40 years, Bemidji State University graduate Dr. Will Antell has been on the front lines advocating higher education opportunities for American Indians. On Thursday, Sept. 24, he will return to his alma mater to discuss his lifetime of work during the American Indian Summit sponsored by the AIRC.

Antell's keynote address, which will be held at 10:30 a.m. in the AIRC's Gathering Place, will focus on the development of American Indian education beginning in the 1950s, when few opportunities existed for Indian people to pursue higher education, through its evolution to today's college campuses with resource centers and support pro-

grams dedicated to Indian students.

Antell has spent more than four decades in public education including 20 years in the Minnesota Department of Education. While at the department, he served nine years as the assistant commissioner of education.

A former Bush Fellow and faculty member at the University of Minnesota and Harvard University, Antell served six years as a MnSCU trustee from 2000-06. In 2005, he was given a Life Achievement Award by the National Indian Education Association, an organization he helped found in 1970.

Antell's keynote address is part of an all-day summit that begins at 10 a.m.



Living Well, Working Well

Campus group to begin a series of faculty and staff wellness initiatives this fall

When the BSU/Northwest Technical College Living Well, Working Well Task Force sees the doors open on its inaugural event next week, more than a year's worth of behind-the-scenes work will finally pay off.

More than a year ago, **Riki Scheela**, professor of nursing, began gathering a group of people on campus who were interested in wellness initiatives, and eventually assembled a group of eight people who would make up the wellness task force.

"This was just something I wanted to do," she said. "And I was fortunate to find others who were also interested in starting something like this here at BSU."

The group spent its first year together developing a mission and goals, and also surveyed the faculty and staff to determine

their interest in wellness initiatives.

The survey results indicated a large percentage of the respondents were looking for help with a variety of wellness issues, such as weight loss, ways to increase physical activity and deal with stress in the workplace, and Scheela started guiding the task force to create activities the survey showed that faculty and staff were looking for.

According to Scheela, the task force has a variety of activities throughout the upcoming year. Each month will have a theme of activities, with "Stressbusters" as the theme for October. Activities supporting that theme will include noontime exercise and meditation lessons and activities meant to introduce methods of dealing with stress at work. The group also plans to participate in a

"Ride Your Bike to Work Day" in October.

The activities for November and beyond are still being finalized, but Scheela plans for the group to play an active and vital role in the well-being of the campus community.

While Monday's "Living Well, Working Well for Busy Faculty and Staff" event is the task force's first official campus event, the group actually started its work over the summer. More than 20 people participated in a Weight Watchers at Work group that met at Northwest Tech; that group collectively lost around 370 pounds. A new Weight Watchers session began this week.

For more about Living Well, Working Well and for a listing of the group's events and activities, visit it at:

<http://bit.ly/1NYKDQ>

Friday, September 18, 2009

Staff Feature

Andy Bartlett, associate director of communications and marketing

Introduction

One new addition to BSU Insider this year will be feature stories in each issue on a member of the University's faculty or staff. I decided it was only fair to make myself the first victim. The profiles will feature a brief question-and-answer section followed by an adaptation of James Lipton's famous group of questions that conclude "Inside the Actor's Studio." In other words, I want these to be fun.

If you have suggestions for a faculty or staff member you'd like to see featured here, e-mail me at jbartlett@bemidjistate.edu or call my office at 2746.

What's your job at BSU?

I'm the associate director of communications and marketing. I oversee communications for the university, primarily in the area of media relations. I'm also on the editorial board for *Horizons*, the University's alumni magazine, and am the editor and producer of *BSU Insider*, the faculty and staff newsletter for the campus community which you're reading right now.

How long have you been here?

I came to Bemidji State in May of 2001 as Sports Information Director, and held that job until the spring of 2007. I had an opportunity to move across campus into this position at that time, and I took advantage of the opportunity. It's been a fun, but very challenging, change for me.

What's your favorite thing about being at BSU?

I enjoy that it's 78 degrees here while my parents are baking at 105 in Kansas. The people here have been fun to work with and have always been helpful and supportive. It's a great place with a lot of potential to do some really wonderful things.

Inside the Beaver's Studio

1. What is your favorite word?

Brutal. It can be used in many contexts, and I was throwing it about long before Nathan Explosion (bonus points if you know him).



2. What is your least favorite word?

"Obamania"; it's tabloid nonsense like "Bennifer" or "Brangelina."

3. What turns you on?

Things I cannot afford flavored like electronics and cars.

4. What turns you off?

Entitlement attitudes.

5. What sound do you love?

My kids giggling, and in all seriousness, trees full of locusts. I miss that sound from home...

6. What sound do you hate?

People talking in theaters during movies.

7. What profession other than yours would you like to attempt?

Computer programmer.

8. What profession would you not like to do?

I would be an absolutely terrible professional athlete.

9. If heaven exists, what would you like to hear God say when you arrive at the pearly gates?

"Dude, are you ever lucky you didn't get the other guy."

Entries for campus notes are compiled by reporters in each college, school or administrative area and submitted to the Office of Communications and Marketing for inclusion in BSU Insider. Photos used in Campus Notes are submitted. Photos for use in Campus Notes can be e-mailed in high-resolution (300 dpi) JPEG format to: jbartlett@bemidjistate.edu



Personnel News

New faces and old friends in new places

• **Evonne McKinzie** joined Records Office as a temporary assistant registrar effective Sept. 1, 2009.

Campus Notes

Updates on the activities and achievements of our friends in the campus community

BSU Foundation

• The fourth annual Community Appreciation Day event on Aug. 27 was a huge success. The BSU Foundation estimated more than 2,500 guests attended the event this year, and more than 6,200 servings of food were distributed. There were 20 academic and club booths at this year's event, and nine of BSU's varsity intercollegiate athletic programs hosted playing activities for kids.

Student Development and Enrollment

• **Dr. Randy Ludeman**, associate director of residential life, authored a chapter on "Student Conduct Standards and Practices" in the United Nations Educational, Scientific and Cultural Organization's 2009 book titled, "Student Affairs and Services in Higher Education: Global Foundations, Issues and Best Practices."

Health Science and Human Ecology

• **Dr. Lorraine Boyle**, associate professor of professional education, presented "eFolios Showcase What Pre-Service Teachers Know and Can Do" on Aug. 6 at the 2009 eFolio Summit, sponsored by the Minnesota State Colleges and Universities system. The summit was held on the campus of Minneapolis Community and Technical College.



Above: The M*A*S*H* crew, played by Dawn Huseby, Joe Czapiewski, Wray Wright and Marla Patrias of the BSU Foundation, competed in the United Way Chili Cookoff at the Paul Bunyan Mall this week. Members of the Alumni Association donated ingredients for the four-gallon chili, named "Major Burns," all of which was served to participants in the cookoff. It marked the third year the Alumni Association and BSU Foundation have participated in the chili cookoff, and planning is already underway for the 2010 entry. Wray makes a great Klinger...

Arts and Sciences

• **Dr. Ellen Jones** was lighting and scenic designer for a production of the Samuel Beckett play "Waiting for Godot" at the Lost Nation Theatre in Montpelier, Vt. The show opened on Aug. 6 and recently completed a six-week run.

"One focus of the production was to create an

environment that had a sense of desolation and endlessness," Jones said. "There is a single element required - a tree. I wanted the tree to have a graceful, almost modern dance quality and to help keep the focus in the performance area since it was a huge, open area."



"#" required after long distance codes starting Sept. 29

Effective Sept. 29, Paul Bunyan Telephone is switching to a different long distance provider. Our long distance codes will remain the same but we will need to enter a pound sign (#) after the code.

Here is an example of how to place a long distance call beginning Sept. 29: Dial 8-1-651-555-1212. When you hear the tone, enter your 6 digit long distance code, followed by the pound sign (#). If you have your code programmed into fax machines, telephones, etc, you will need add the # to the end of those as well. If you have forgotten your long distance code, e-mail your BSU tech ID and phone number to Marie Bock (mbock@bemidjistate.edu) and she will e-mail it back to you.