

Delta Omega, Omega Chapter Newsletter

Volume 1

Welcome to the first Omega Chapter newsletter! This quarterly publication from your Board of Directors will keep you updated on chapter news and events, member benefits, and opportunities to get involved.

Meet the Board

Jessie Poulin, President (EOH, '07)
Tamara Windau, Vice President (MCH, 2007)
Jordana De Leon, Treasurer (EPI, 2005)
Julia Pekarsky Schneider, Outreach Chair (MCH, 2003)
Shelly-Ann Sinclair, PHAA Liaison (MCH, 2003)
Kalpana Ramiah, PHSA Liaison (MCH alumni, 2007)
Dr. Katherine Hunting, Chapter Advisor

Since The George Washington University's Omega chapter was established in 1995, we have inducted over 250 members. We are very proud of our membership and are seeking ways to further engage you in our chapter and the GW community.

News

Omega Chapter launches website!

Delta Omega is now on the web! You can find information on news, events, induction procedures, and much more at <http://www.gwumc.edu/sphhs/alumni/deltaomega.cfm>.

Delta Omega Mentor Network

The National Delta Omega office is seeking members to serve as mentors in the Delta Omega Mentor Network. Mentors should be members of Delta Omega who are willing to provide guidance and career advice to public health students and young professionals via phone, e-mail, or in person. You must be a member of Delta Omega to become a mentor, but individuals do not have to be DO members to use the network. Interested members can obtain more information and sign-up at www.deltaomega.org/mentorsearch.cfm.

Public Health Certification Exam

All Delta Omega members are entitled to a 20% discount on the CPH Study Guide developed by the Association of Schools of Public Health for the public health certification exam. For more information, visit the National Office website at <http://www.deltaomega.org/Benefits.cfm>.

Get Involved

Join the Omega Chapter Board of Directors

For those of you located in the greater D.C. area, the Omega Chapter is seeking motivated and energetic individuals to join the Board of Directors. This is an excellent opportunity to get involved and share your talents! We are seeking to fill the position of Secretary and have several at large board openings to assist on specific projects. If you are interested in joining the Omega Chapter's Board, please email us at dltomega@gwu.edu.

Delta Omega Spotlight

Erika Shankland, MPH

Erika Shankland was inducted into GWU's Delta Omega chapter in May 2007. A graduate of the Maternal and Child Health Program, Erika won the Public Health Alumni Association Award for Best Oral Presentation at the 12th Annual GWUMC Health Sciences Research Day where she presented *Evaluation of FIT Kids: A School Based Program Aimed to Reduce Risk of Cardiovascular Disease Among 5th Graders*. She subsequently presented a poster of the presentation at the Annual American Public Health Association meeting in November 2007.

After graduating, Erika moved to the rural town of Boyne City, Michigan and began working as a Family and Community Health Supervisor for the Health Department of Northwest Michigan. She supervises the Health Department's five Health Educators, coordinates the Employee Wellness Program, and oversees the grants funding their clinical and non-clinical adolescent health programs. The clinical program is a school-linked child and adolescent health center in Mancelona, MI called the Ironmen Health Center. This program has been widely successful, reaching over 500 of 800 potential clients aged 10-21 years. The non-clinical program is the Teen Health Project of Northwest Michigan, which aims to address adolescent health needs through nurse visitations to the surrounding schools and health education presentations on nutrition, physical activity, substance abuse and HIV/STIs.

In addition to her job responsibilities, Erika has teamed with a Nurse/Health Educator from one of the area's local hospitals to pilot a community wellness initiative called Wellness For Life. Erika travels to local businesses educating human resource professionals and management on the benefits and potential of Employee Wellness Programs.

Erika's commitment to child and adolescent health is a proud example of the excellent work DO members are doing. We hope to highlight the activities of many more members; please contact dltomega@gwu.edu if you'd like to be in our next Delta Omega Spotlight!

Suggestions?

We welcome any comments or ideas you have on how to improve Delta Omega. Please send us an email at dltomega@gwu.edu.

Note: You are on this list-serv because you are a member of the Omega Chapter of Delta Omega. You may opt out of this low volume list-serv by emailing dltomega@gwu.edu with the subject "Unsubscribe from Omega Chapter Listserv".