



Wesley Faculty and Staff Halloween Participants

The Advocate:

Division of Student affairs

Fall 2014

GREAT THINGS AWAIT IN 2014

IN THIS ISSUE

Feeling Safe at Wesley

by Wanda Anderson, Dean of Students



Wesley College is a "home, away-from home" for more than 1,400 students. Nearly 900 of these

students live in Residence Halls on our campus. In the past, the issue of fire arm related crimes on and/or near a college campus was an extremely rare occurrence. However, today many colleges are faced with addressing such threats on a regular basis.

This issue became a reality for Wesley College, when an unfortunate spike in crime within the City of Dover served to interrupt the process of students feeling safe and

secure on and around campus during the fall 2014 semester.

Our Campus Security Office responded quickly to each incident by sending out early text alerts to members of the campus community as they were notified by Dover Police of these possible threats. When such cases occurred, the College followed emergency protocol, and when necessary moved into a standard "lock down" mode.

In these instances, campus security officers, faculty and staff worked collectively to provide visible mental and emotional support for all students. We are all concerned about our students' physical and perceived feelings of safety on our campus and in the surrounding area. We are committed to continuing to work diligently to address these issues.



Page 5

Health and Wellness

A change in season brings a change in moods. Stop by our Health and Wellness Center located in Carpenter Hall to discuss any of your Mental, Health and Wellness needs.



Page 3

Wesley College and D.A.F.B

A look at Wesley's academic relationship with the Dover Air Force Base.

To this end, I have met several times with the Mayor of Dover, the Dover Police Chief and the local Neighborhood Watch team to discuss strategies for working together to keep our students safe. We are also working with the Dover Police Department to increase their presence on and around campus.

Additionally, a formal plan has been put into place to increase the visibility of Residence Life staff in the residence halls.

Lastly, we have begun an effort to encourage our students to use practices to help them become more conscious of their surroundings. The program is entitled, **"Be Smart, Be Safe, and Be Savvy"**. The program re-enforces the need for students to be aware of their surroundings, report suspicious persons to the security office, travel with a buddy, utilize our security escort services (available 24 hours a day), and to be conscious of people "piggy-backing" on their swipe card when entering their residence hall.

As our society continues to grapple with the growing threats of violence in schools, Wesley College will continue to mobilize with local law enforcement and the campus community in order to minimize risk and harm to our students. Students are our most valuable gift and we will continue do all we can to ensure their safety.

Take Gentle Care,
Dean Anderson



Housing Changes

by Nate Biondi, Assistant Director of Housing

Starting this March, all students wanting to choose a new room or reserve their current room for the fall semester will need to make an advanced, non-refundable deposit of \$150.00. We are experiencing a high demand for housing and the deposit is designed to ensure there are enough spaces for students' residential needs. This money is an advanced payment that will go towards the students' housing charges and will not add anything to the price of housing. In addition to the actual living space, housing costs

go towards in hall programming, as well as a full-time staffed area office. This area office will be a one stop shop for all student housing needs such as lockouts, maintenance issues, and general concerns. Please look forward to our postcard in the mail this December and before spring break for more details. Flyers and information will also be posted in the Office of Student Affairs as well as in the residence halls. We hope you have a safe and productive rest of the semester!



Nate Biondi

CHANGES IN RESIDENCE LIFE

When: March 2015

Price: \$150 non-refundable deposit to secure your room on campus. Applied to housing charges in the Fall 2015.

Look for more information in the mail or stop by Student Affairs Office.

The Wesley College and U.S. Air Force Partnership

by Tracey Lundblad, Dover Air Force Base Administrative Coordinator



Many people may not be aware that Wesley College has a presence on Dover Air Force Base and has designated a 2015 Military Friendly® School. Wesley

offers the general education courses our military members need to complete their military degrees. The classes are held on base in the evenings in an accelerated (7-week) format. In many cases, these courses work in the core curriculum for Wesley campus students. Check with your advisor when registering for classes and be aware that space is limited.

Please Note: When civilians take classes on base, they must complete the Dover Air Force Base Pass Request Form, which is available at the Registrar's Office or online under Registrar's Forms.

Discover the AIR MOBILITY COMMAND MUSEUM

It's FREE, It's History and It's FUN!!

The museum is OPEN TO THE PUBLIC

Tuesday – Sunday

9 am – 4 pm

Take Rt. 1 S to the first exit (Rt. 9) after DAFB;

Turn left into museum parking lot.

Open Aircraft Day

Board a C5-A Galaxy, C-133 Cargomaster, Air Force Two, and others

Every 3rd Saturday

Visit amcmuseum.org

FAST FACTS

WESLEY AT DAFB

Did you know last year 2013-2014 Wesley College provided core courses for 249 active military members?

Those 249 members took 592 classes and worked full-time in their position on base.

STUDENT AFFAIRS UPDATES



August 9, 2014: Mr. Nate and Taylor Biondi wed surrounded by family and friends in Evansville, IL.



April 13, 2015: Joe Davis and Elana Baukman are proud to announce they are expecting a baby girl. This is the couple's first child together and they are excited to meet her.



August 29, 2015: Jessica Curry-Keith will become Mrs. Lloyd Wescott at Heritage Shores Club.



Are You Feeling S.A.D?

by Ann Rogge, Director of Counseling Services



We've entered into that time of the year when we've set our clocks back an hour and

darkness comes earlier. As we progress into winter our periods of daylight will become shorter and periods of darkness become even longer. Some like this time of year as it allows for more at-home time with family. But for some of us, this can be a time when we start to feel low and possibly even depressed. If this is happening to you, it's important not to just dismiss your feelings as a case of the "winter blues" but to pay attention to your symptoms. It's possible that you may be suffering from Seasonal Affective Disorder and that some form of treatment can help to alleviate your symptoms.

How do you know if you have S.A.D?

Symptoms can include:

- ✓ Difficulty waking up in the morning
- ✓ Lack of energy
- ✓ Tendency to oversleep and overeat (especially carbohydrates, which can lead to weight gain)
- ✓ Difficulty concentrating and finishing tasks
- ✓ Pessimistic feelings of hopelessness
- ✓ Withdrawal from friends, family, and social activities
- ✓ Lack of pleasure

- ✓ In more severe cases, thoughts of suicide

It is believed that there is a correlation between a lack of light, caused by the change in seasons, and an increase in Seasonal Affective Disorder. In fact, when I was new to the mental health field I worked with a psychiatrist who believed so strongly in getting as much light as he could during the winter months that he would shave his head at the end of fall and drive with his convertible's top down for the entire winter. And this was in northern Pennsylvania where we endured bitterly cold winters!



If you have a number of the symptoms listed above and are questioning whether you have S.A.D. please don't feel the need to shave your head! There are some simple home treatments that you can try:

- Make your home environment sunny and bright. This could mean opening curtains to allow the winter sunshine in and sitting close to the windows during the daytime.
- Get outside as much as possible.
- Exercise regularly. Exercise helps reduce anxiety and stress levels.

If you've tried the home remedies and continue to suffer from symptoms of S.A.D it may be time to meet with your doctor for an evaluation. He or she may recommend the following treatments:

- Light therapy (also called phototherapy). There are special light therapy boxes that mimic outdoor light and appear to cause a change in brain chemicals linked to mood. Talk with your doctor before purchasing a light therapy box so you can choose the best one to fit your needs.
- Psychotherapy (also known as talk therapy) can be helpful for support as you deal with S.A.D and can be useful in terms of learning how to manage it.
- Medications. Some people benefit from antidepressant medications, especially if symptoms are severe.

Hopefully, you all had a safe and happy holiday season.



Wesley Night of Praise

by Steve LaMotte, Campus Minister



Each month, Wesley students, faculty, and staff gather for worship in the

college Chapel. Led by our Campus Minister, Rev. Steven LaMotte, these opportunities for worship are designed to bring the Wesley community together to pause and give thanks. In October we were blessed to be led in worship by the Wesley College Gospel Choir and to hear a word from Rev. John Scott. Rev. Scott is a member of our security staff and a pastor at The Upper Room Church in Milford, DE. In November Rev. Steve LaMotte shared about his recent trip to China with his wife and oldest daughter to bring home his son, Malachi, through adoption. Rev. LaMotte also shared about how his faith convictions led him and his wife to adopt.



One of the most beautiful nights on campus is Wesley's "Lessons and Carols" service that was held on Saturday, December 6th in the Chapel. It is an evening to celebrate the Christmas season through the

reading of the Christmas story as found in the Bible and to experience music that is inspired by that story. Dr. James Wilson and the Wesley music department helped provide an inspiring evening.

This spring Wesley's Campus Minister, Rev. Steve LaMotte will be leading a group of students on an Alternative Spring Break trip to Antigua, Guatemala to work with the Saber y Gracia Christian School. Students from our nursing department will be holding health clinics and teaching personal hygiene and first aid while other participants will assist with work at the school and in the community. As a United Methodist College, this is a great opportunity for our students and our institution to put our faith into action and to learn from our Guatemalan neighbors. If you have questions about the trip, or if you would like to financially sponsor a student making it possible for them to represent Wesley in Guatemala, please contact Rev. LaMotte at steve.lamotte@wesley.edu.



Meet the Student Health Services Staff

by Jill Maser, Director of Student Health Services



The Wellness Center is open Monday through Thursday 7:30am-

4:30pm and Friday 7:30am-12pm during the fall and spring semesters. The center offers FREE acute medical care to all full-time undergraduate students. The Director of Health Service is Jill Maser MSN, APN, FNP, NP-C. Jill is a Family Nurse Practitioner and is currently enrolled in the Doctorate of Nurse Practice program at Wilmington University. Anumeet Cheema BSN, RN is a graduate student and is currently enrolled in the Wesley College MSN program.

All services offered in the Wellness



Center are free of charge. Services include appointments with the RN, Nurse Practitioner, or Physician. All testing such as rapid strep test, urinalysis, finger stick blood sugar, and pregnancy test are offered to the students at no charge. Students may also receive written medication prescriptions from the Nurse Practitioner or the Physician. Limited supplies of over-the-counter medication are available as well. The staff members in the Wellness Center provide all students with the highest level of care. All services provided are confidential.

