



NMCC Media Contact:
Jason Parent
(207) 768-2808
jparent@nmcc.edu

TAMC Media Contact:
Andrew Soucier
(207) 768-4044
asoucier@tamc.org

News Release

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NMCC and TAMC partner to educate community on various topics at October 1 Health Fair

Aroostook County – Northern Maine Community College nursing students are taking their annual health fair out to the community this fall in a unique collaboration with The Aroostook Medical Center.

Second year students from NMCC's nursing program will be on hand at TAMC's annual Fall Health Fair to provide education on a variety of wellness topics to increase community health awareness. The event is set for Saturday, October 1 from 8:00 a.m. through 12:00 noon at The Aroostook Medical Center. In addition to the NMCC nursing exhibits, the fair will feature free flu shots for adults, health screenings, tours of the hospital, and a heart healthy barbecue.

The NMCC students will present on 12 different health education topics, which include women's health, heart healthy exercises, cardiovascular disease prevention and education, blood pressure, mammography, cardiac catheterization, cholesterol, healthy eating, men's health, preventative medicine, colonoscopy and arthritis.

The community health fair component was added to the nursing curriculum to provide the senior students with an opportunity to plan and present a structured teaching project in a public health setting. According to members of the nursing faculty, the opportunity to partner with TAMC for a health fair like this is an ideal way to meet that objective.

In recent years NMCC senior nursing students had presented their exhibits at the Fall and Winter Expo, hosted by the NMCC Foundation, at The Forum in Presque Isle. A new venue was sought after that event was cancelled for this fall.

“This is a great opportunity for the nursing students to provide health and wellness education to a large number of County residents. Attendees of the TAMC Health Fair will receive information focused on improving overall health as well as strategies to prevent common illnesses. The presentations by the nursing students will be fun, interactive and informative,” said Eileen McDougal, level II nursing coordinator/instructor and one of the lead coordinators of the NMCC health fair presentations.

Topics were selected collaboratively by NMCC nursing faculty members and the students with a concentration on issues related primarily to heart and joint health with a third focus on overall health and wellness. Once a comprehensive list was developed, students signed up to work on specific projects according to their interest, with three or four students working in each area.

Following the topic selection each team was responsible for developing objectives and an outline of the information they plan to present. Each student researched topic will then be presented at an individual booth staffed by a group working on a specific project.

In addition to being informative to the public, the Health Fair is a bit competitive for the participating second-year nursing students. For the fourth consecutive year, The Aroostook Medical Center will provide a \$400 scholarship for the display determined to be “best in show,” as judged by a panel of TAMC managers.

“We are thrilled to be partnering with the NMCC nursing students at this year’s health fair. The education they will provide will help participants gain a deeper understanding of the key health issues that will be featured at the fair,” said Joy Barresi Saucier, vice president, knowledge services. “The nursing students will add so much to the event.”

The NMCC Health Fair follows the first semester when students learn the concepts of teaching/learning in the public health context and the second semester when students are required to present a clinically-based topic to their peers. In their final semester, students will participate in the Fort Fairfield Middle School health fair.

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