

# School of Social Work Monthly memo

October 2011

## Director's Corner

It seems October in the Ozarks is a great time for fundraising events involving exercise.

I've posted some runs that you and friends may be interested in supporting this month. Enjoy!

### 32nd Annual St. John's Sunshine Run

Date: Saturday, October 08, 2011

Location: Hammons Field

Proceeds from the event benefit St. John's Burn Center, the region's only burn unit, Breast Cancer Foundation of the Ozarks, and Springfield Public & Catholic schools. For further information please visit <http://www.stjohns.com/sunshinerun/>

### Corn Maze

Event Time: Fri 5-9pm, Sat-Sun noon-9pm

Dates: Saturday, October 01, 2011 - Monday, October 31, 2011

Location: Rutledge-Wilson Farm Park, 3825 W. Farm Road 146

Admission: \$5 (12 yrs. and up) - \$3.50 (5 - 11 yrs.) - pumpkin prices vary & are based on - weight of pumpkin

Corn has never been so ear-resistible! Rutledge-Wilson Farm is proud to present a 10-acre corn maze that is fun for the whole family. Wander through their weaving corn field and pick your own pumpkin from their pumpkin patch as you enjoy this Midwest fall tradition! You won't want to miss this opportunity to get an earful of information about corn.

### Making Strides Against Breast Cancer

Event Time: Registration at 8am; Walk begins at 9am

Date: Saturday, October 15, 2011

Location: Jordan Valley Park - Springfield, MO

Admission: Free; donations are accepted



Making Strides is an American Cancer Society event that unites communities to celebrate people who have battled breast cancer, raise awareness about the steps we can take to help prevent the disease, and raise money to find cures and support programs and services for those facing the disease. A non-competitive 5k walk begins at 9am.

### Halloween Hustle 5K/10K

Event Time: 8am

Date: Saturday, October 29, 2011

Location: Courtyard by Marriott, 3527 W. Kearney St.

Run/walk benefiting American Cancer Society Relay for Life

### Discovery Center opens traveling exhibit, Let's Get Active

Event Time: call for details (417) 862-9910

Dates: Saturday, October 01, 2011 - Sunday, January 08, 2012

Location: The Discovery Center - 438 E. St. Louis Street - Springfield, MO 65806

Admission: call for details (417) 862-9910

Learn how to prevent illness and disease, lose weight, gain energy, and slow the aging process with the miracle medicine-being active! Get moving to Let's Get Active, an Interactive exhibit where you can test your fitness level and learn new ways to prevent disease and lead a healthy lifestyle. Learn important tips on how to burn as many calories doing everyday activities as you would playing sports and how to spot fitness fads. Let's Get Active features a variety of dynamic hands-on components including an electronic jump game, grip-strength test, balance board, and even a dance area!

### Course on the Concourse: Celebrate Health Literacy Month @ the Library -

Event Time: 2:00 p.m. - 5:00 p.m.

Date: Saturday, October 15, 2011

Location: The Library Center - 4653 S. Campbell Avenue - Springfield, MO 65810

Admission: FREE

In meeting room A for adults. Celebrate Health Literacy Month by learning about the Library's health books and online resources. Stop by the Health and Wellness booth in the concourse to talk with staff about how to find trustworthy health information. <http://www.thelibrary.org>

Dr. Susan Dollar

## MSW Announcements

### Comprehensive Exam Preparation Meetings in November

A Comps Exam Prep meeting will be held on each campus for students planning to take comps exams this Spring (those who anticipate graduation in Spring or Summer of 2012). The meetings will be conducted by Dr. Haslam – more details will be included in the Nov. newsletter.

The meeting dates and times are as follows:

**Joplin: Nov. 9, 4:30 to 5:50 PM**

**Springfield: Nov. 16, 4:30 to 5:50 PM**

## Master of Social Work Student Association

The MSWSA will be hosting our second "Coffee Talk" in the student lounge on Tuesday, October 11th. The coffee is free for all students, and even those who are not members of the MSWSA are welcome to join us for some delicious coffee and good conversation! This is a great opportunity to meet you fellow MSW students, and learn more about the MSWSA. We look forward to seeing you on October 11th at 5pm in the student lounge!

We will also be having our October meeting at the same time as Coffee Talk. We have decided to "adopt" a family in Joplin this year as our big service project, and will be discussing plans to begin gathering items that the family needs. We will have donation boxes up soon, and have talked about doing scavenger hunts among the different classes in an effort to secure items for the family. This should be a very fun and meaningful service project, and we welcome anyone that wants to help out with this. If you are interested in donating, or have any questions about this service project, please contact Michele Brown at [michele516@live.missouristate.edu](mailto:michele516@live.missouristate.edu).

If you are interested in joining the MSWSA, we meet once a month in the student lounge. All MSW students are welcome to attend. Dues are \$5 per semester, or \$10 for the entire school year. We look forward to having you join us on October 11th!