

AR Society for Public Health Education Newsletter

November/December 2015

2015 Executive Committee



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Sara Daniel

Past President

LaShonda Norris, CHAA

President Elect

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Treasurer

Dana Smith, MS, MCHES

Historian

Barbie Brunner, MEd, CHES

Secretary

Alison Rose, MPH, CHES

Member at Large Conference

A Note from the President:

Can you believe it is almost Thanksgiving? I turned on the radio yesterday and heard Christmas music! I can't believe how quickly this year has gone by. As we near the end of the year, I want to thank everyone on the Executive Committee for their hard work and commitment to the health and well-being of the residents of our great state! It has truly been a pleasure to work with such wonderful, caring people, and I hope that our relationships continue into the distant future. Over the course of the next year, I look forward to meeting other SOPHE members and hope we can grow our organization with both professional and student members. I will continue to work hard for SOPHE in my new role and wish everyone the best of luck! May you enjoy the holiday season with family and friends.



Until next time, Sara Daniel

Meg Gorvine- 2015 AR SOPHE Dick Jones Memorial Scholarship Recipient

Quinyatta Mumford, MPH,
CHES

**Member at Large
Membership**

Kim Miller, MEd, MCHES

**Member at Large
Grants**

LaTonya Bynum, MPH(c),
CHES

**Member at Large
Awards**

Yvette Burton, BS

**Member at Large
Bylaws**

Kim Dean, MS, CHES

**Member at Large
Professional Prep**

Amanda Harvey

Quick Links

[AR SOPHE Website](#)

Become a Mentor!

The AR SOPHE Mentor Program is up and going.

For those seeking to become a mentor, an application can be found [here](#). For those requesting a mentor an application can be found [here](#).

For more information, contact [Kim Miller](#).

CHES/MCHES



Meg Gorvine, E-RYT became interested in health education after a few career iterations including teaching English for Speakers of Other Languages, editing textbooks and self-help books, marketing, as well as running her own

graphic design business. She is presently a graduate student in the Health Education program at the University of Central Arkansas. During the academic year, Meg also teaches for-credit courses, Yoga and Mindfulness Meditation, at Hendrix College. She has practiced and trained in yoga, meditation and mindful movement for close to 30 years. Her current thesis research explores the relationship between stress, self-compassion, mindfulness and yoga. Meg lives in Conway, Arkansas with her husband and young son.

2016 AR SOPHE Executive Committee:

President- Brandi Roberts

Past President- Sara Daniel

President Elect- Tanielle Price

National Delegate- Heather Hudson

Vice President-Emily Gordon

Treasurer-Dana Smith

Historian-Barbie Brunner

Secretary- Elizabeth Havens

Continuing Education Opportunities

[Connecting Across Professions \(CAP\)](#) & [ONE Team](#) are teleconferences that are offered each week from the UAMS Center for Distance Health.

One hour of CHES/MCHES credit is available for each teleconference.

[A calendar of upcoming events is available here.](#)

Contact [Kim Miller](#) for more information.

Keep in touch

We welcome your feedback. Email [AR SOPHE](#) to submit questions, comments, or information to be included in the next newsletter.

[Join Our Mailing List!](#)

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Member at Large; Conference- open position

Member at Large; Membership- Kim Miller

Member at Large; Grants- LaTonya Bynum

Member at Large; Awards- Shemeka Randle

Member at Large; Bylaws- Kim Dean

Member at Large; Professional Prep- Amanda Harvey

Holiday Project:



AR SOPHE will be sponsoring the Metro Head Start Class again this holiday season.

There are many ways to get involved:

- Monetary Donations

Tax deductible donations can be mailed to AR SOPHE (Attn: Holiday Project) PO Box 251169 Little Rock, AR 72225

- Sponsor a Child

Pick a child from the classroom list and shop specifically for them. Their name and a list of their

"wishes" will be sent. You can shop, wrap their gifts, and deliver to them, if you wish.

- Purchase Items

Each child will be given a container, of some sort, of items for home use. Things such as crayons, flash cards, books, scissors, toothbrushes, toothpaste, body wash, etc...

- Deliver Gifts & Attend Party

Attend the party and watch the kiddos as they enjoy their wishes. A date has not been set for the party, but if you would like to attend we will let you know as soon as the date is set. The more the merrier!

If you would like to be involved please contact [Kim Miller](#).