

September 2009

Volume 4 | Issue 2

Dear CSU Parents and Families:

.....

Can you believe it's already September? You and your students have made it through the first few weeks of the 2009-2010 Academic School Year! Congratulations!

We enjoy receiving your emails, phone calls and visits. Talking with you, hearing your feedback and ideas, and helping with the transitioning role of a parent or family member of a college student(s) is the best part of our jobs. We are happy to brainstorm options, problem-solve, or just listen to your perspectives. If you email or call either of us, please know we work to respond as soon as possible or quickly forward your inquiry to the right resource/office on campus. If you do not hear back from us within a few days, please check back – we want to be sure we've handled everything.

We hope to see you at Homecoming & Family Weekend on October 9-11, 2009! It's a 3-day weekend event, with the Homecoming & Family Weekend Parade on Friday at 4:30 p.m. The Parade kicks off the Homecoming & Family Weekend Festival, Bonfire, Pep Rally & Lighting of the "A." Please make your travel plans accordingly to arrive in Fort Collins early enough to participate in all of the Friday activities, including RamTracks Tours (various themed tours on campus) and the **"Housing Options After the First Year" session that is scheduled for 2:00 - 3:30 p.m. in the Lory Student Center.** The Housing Options session is our most highly rated Family Weekend activity as we bring together experts from across campus and in the Fort Collins community to assist you and your student in making informed decisions about housing plans for the entire time your student is enrolled at Colorado State. Check out the entire schedule of events at the [Homecoming & Family Weekend \(http://www.homecoming.colostate.edu/\)](http://www.homecoming.colostate.edu/) website and register for Homecoming & Family Weekend 2009! There are a number of fun activities throughout the weekend but also free time for families to be together and explore CSU and Fort Collins. There are a number of individual events and activities that require registration, so please go to the website to [register \(http://www.homecoming.colostate.edu/registration.aspx\)](http://www.homecoming.colostate.edu/registration.aspx) or call 1-800-286-2586 to register soon!

Sincerely,

Jody & Kacee

Jody Donovan, Ph.D.
Associate Dean of Students/
Executive Director of Parent and Family Programs
Office of the Vice President for Student Affairs
Colorado State University
201 Administration Building
Fort Collins, CO 80523
(970) 491-5312
[jody.donovan@colostate.edu \(mailto:jody.donovan@colostate.edu\)](mailto:jody.donovan@colostate.edu)

Kacee Collard Jarnot
Assistant Director of Parent and Family Programs
Office of the Vice President for Student Affairs
Colorado State University
201 Administration Building
Fort Collins, CO 80523

(970) 491-5312

kacee.collard@colostate.edu (<mailto:kacee.collard@colostate.edu>)

[back to top \(#top\)](#)

RAMFAM Association Meeting

Welcome to the third year of the RAMFAM Association! We held our first meeting in October 2007 and the organization has grown leaps and bounds since its inception. The association is made up of volunteer parents and families who serve as liaisons to Colorado State University representing parents and family members of undergraduate students. We meet monthly to discuss issues, learn more about University developments affecting students, and assist in planning programs and events that involve CSU parents and families.



Our first meeting of the 2009-2010 Academic Year will be held on Saturday, **September 19, 2009 from 10:00 to noon** (Mountain Standard Time).

On-Campus Logistics:

- Lory Student Center, [Room 230](http://www.parents.colostate.edu/Data/Sites/1/documents/ramfam/09-10%20Meeting%20Map%20of%20LSC.pdf) (<http://www.parents.colostate.edu/Data/Sites/1/documents/ramfam/09-10%20Meeting%20Map%20of%20LSC.pdf>)
- [Parking](http://www.map.colostate.edu/parking-streets.aspx) (<http://www.map.colostate.edu/parking-streets.aspx>)

Webcast Logistics:

Just before the meeting, please click on this link: <http://www.cope.colostate.edu/ramfam> (<http://www.cope.colostate.edu/ramfam>) and it should take you directly to the streaming video. If you run into trouble with this link, just go to the Parent and Family [website](http://www.parentsandfamily.colostate.edu/) (<http://www.parentsandfamily.colostate.edu/>) to participate.

Tentative Agenda:

- Welcome & Introductions
- H1N1/Safety Update/Importance of Case Managers from Anne Hudgens, Dean of Students
- Purpose of the RAMFAM Association
- Overview of the Parents Fund
- Update on the RAMFAM Association Directory
- Feedback and suggestions on Preview Socials
- Discussion on beginning of school year

[back to top \(#top\)](#)

Parents Fund Update

The Parents Fund at CSU is available to student organizations for programs or events with the following criteria: to create or enhance the Division of Student Affairs programs that lead to the academic and personal success of Colorado State students; to provide financial assistance to the Division of Student Affairs programs that expands the sense of community at Colorado State, where all students feel welcome and important; and to support University-wide programs and projects that enrich educational opportunities for Colorado State students.

This program is 100 percent funded through parents, families and friends of CSU. Thank you for

your support! Here are a few of the events supported by the Parents Fund during the 08-09 school year (and we are accepting requests for the 09-10 academic year [online](http://www.studentaffairs.colostate.edu/parents-fund.aspx) (<http://www.studentaffairs.colostate.edu/parents-fund.aspx>)):

Programs and Events Funded through the 08-09 Academic Year

| Organization | Event/Program | Amount |
|----------------------------------------------------------|----------------------------------------------------------|----------|
| Student Leadership, Involvement & Community Engagement | Salsa, Soul & Spirit: Leadership for a Multicultural Age | \$1,840 |
| University Village | Worldfest 2008 | \$600 |
| President's Office | President's Leadership Program | \$10,000 |
| Rams Encouraging Adolescent Literacy | Spoken Word Poetry | \$1,500 |
| Hartshorn Health Center | Celebrate EveryBody | \$1,482 |
| Office of Women's Programs and Studies | Women's Conference | \$2,500 |
| Africans United | 5 th Annual African Night | \$500 |
| Off-Campus Student Services/Resources for Adult Learners | Study Skills Booklet | \$638 |
| Universities Fighting Hunger | Speaker: Douglass Coutts | \$500 |
| Shades of CSU | Multicultural Potluck "Mixer" Series | \$450 |
| Black Student Alliance | Project Progress | \$1,000 |
| University Counseling Center | Fitness Center for the Mind | \$900 |

[back to top \(#top\)](#)

CSU Health Network: Health Made Simple

When did being healthy get so complicated? Today's student must understand how to register for classes, get a meal card, and navigate the rigors of academia, and many students for the first time, also need to steer through the complex world of modern health care. Colorado State University's Hartshorn Health Services (HHS) and University Counseling Center (UCC) have merged to form the new **CSU Health Network** with the goal of improving and simplifying the entire process of staying healthy.

Seven of the top ten health issues presented by college students are psychological in nature thus CSU has decided to take a progressive approach to mental health issues. Dr. Michael Daine, Associate Executive Director of CSU Health Network and a licensed psychologist, says students are



sometimes hesitant about going directly to a mental health professional, but will often talk to a nurse or family physician about concerns.



By merging two traditionally separate campus health care systems, the **CSU Health Network** creates seamless access to medical, mental health, and prevention services. The **CSU Health Network** also now uses an Integrated Care Model and is one of the first college campuses in the country to do so. Whether a student has depression or strep throat he or she can enter the same building and meet with a member of the Network's multi-disciplinary health care teams. These teams include medical, mental health, and substance abuse specialists working closely together to ensure the best health outcomes.

The **CSU Health Network** is committed to integrative, innovative, and comprehensive care of the highest quality. We want to be your student's "Health Care Home." Contact us at www.health.colostate.edu (<http://www.health.colostate.edu>) or 970-491-7121.

[back to top \(#top\)](#)

Fort Collins Rental Housing Standards

By Melissa Emerson, Assistant Director of Off-Campus Life

The City of Fort Collins strives to make Fort Collins a vibrant, high-quality community to call home for all its residents, including students. Two areas that work directly with students are Neighborhood Services and Building Services.

Neighborhood Services works closely with students to provide education on City codes and ordinances, neighborhood norms and good neighboring, and available resources should they ever have issue with a neighbor or with a landlord.



Building Code Services helps to provide a level of health and safety in housing. Housing that may seem like the perfect place with the perfect rent to your student may not actually be perfect and could pose some dangers. While Fort Collins does have quality housing and professional landlords there are situations that are less than ideal and possibly not legal!

When you talk to your student about housing, or when you come to visit, check for these most basic items:

- Insect screens are required May to November.
- Doors are required to have locks and that operate from inside without a key.
- Every bedroom must have at least one window that opens.
- Every bathroom must have a window that opens or an exhaust fan.
- You should not have to pass through someone else's bedroom to have access to a bathroom.
- All plumbing fixtures must be maintained in a safe, sanitary and functional condition, free from obstructions, leaks and defects.
- Units must have hot and cold running water.
- Units must have permanent heating that can maintain 68°F.
- Every rental housing unit containing gas appliances or an attached garage must have an approved carbon monoxide alarm.
- All rooms must have at least (2) separate electric outlets.
- All rooms and public areas must have at least (1) electric light fixture.
- Basement bedrooms must have an emergency escape window no more than (48) inches

above the floor and at least a (720) square inches.

- Smoke alarms (electric or battery operated) must be installed in each of the following areas:
 - On the ceiling or wall outside of each bedroom.
 - In each bedroom.
 - In each story within a dwelling unit, including basements.

If you or your student ever feels their housing is substandard, call 970-416-2305 for more information or to request a free inspection. The list above is not a complete list. To see more information on Minimum Rental Habitability Standards go to www.fcgov.com/building (<http://www.fcgov.com/building>).

[back to top \(#top\)](#)

.....

If you wish to unsubscribe from the Parent/Family newsletter, click [here \(http://wsnet.colostate.edu/cwis463/list-serv/\)](http://wsnet.colostate.edu/cwis463/list-serv/).

201 Administration Bldg., Colorado State University, Fort Collins, CO 80523 USA | (970) 491-5312
E-mail Jody Donovan, Director