Kids Get Moving toward Good Health

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Student finds niche in community service

Monica Nelson ‘07 sorts clothing that has been donated to Henderson House for victims of abuse during her internship there last year. Nelson combined her interests in social work, psychology and the Spanish language for the position.

“When it comes to community service, Monica Nelson’s actions speak for themselves,” she said.

As a sophomore, Nelson ’07 became president of SPURS honor society, a service organization involved with projects ranging from community food drives to caroling at nursing homes during the holidays. Last year she studied in Costa Rica, where she participated in a Habitat for Humanity building project. As Zeta Tau Alpha philanthropy chair, Nelson organized the Duck Derby on campus to raise money for breast cancer research and education.

“I just love to do all different types of service,” Nelson said.

By the time she reached her senior year, Nelson, a sociology and Spanish major, wanted to find an internship or job that allowed her to help others and did not confine her to an office.

“I wanted to be working directly with people as much as possible,” she said.

While surfing the Internet, she found Henderson House, an organization that provides services to victims of domestic and sexual abuse and maintains a shelter in McMinnville for women and children escaping abuse. Henderson House has served survivors of domestic and sexual violence in Yamhill County and surrounding counties since 1981, providing more than 35,000 shelter nights to women, men and children.

Henderson House volunteer training, which allowed her to interact one-on-one with clients. She took part in a fundraiser organized by the Order of Omega Honor Society collecting donations at home basketball games for “A Generation of Change,” which was a benefit for Henderson House.

Nelson’s experiences with Henderson House have not only taught her about working for a non-profit organization, but have also affected her life.

“I have always known domestic violence is a reality, but listening to people’s stories has been really personal to me,” Nelson said. “It has made me all the more passionate about wanting to do something about domestic violence and work in an area of social services.”

Nelson’s work at Henderson House has led to an interest in psychology and social work.

“Careen with organizations like Henderson House are usually thankless,” Nelson said. “But the work that they do is so necessary and important to the communities we live in.”

— Laura Graham ‘07

Tips for healthy families

• Make cooking an activity and eat at the table as a family.
• Make fun snacks, such as trail mix or fruit-kabobs.
• When baking, use applesauce instead of oil or butter and use whole-wheat flour.
• Make homemade pizza with lots of veggies.
• Avoid fast food, or choose a grilled chicken burger or salad.
• Ride a bike or walk to school.
• Join a sport team.

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