

# CANISIUS PA PROGRAM



The Bi-Weekly Newsletter of the Physician Assistant Program at Canisius College

## DECEMBER NEWS

### Winter is Coming

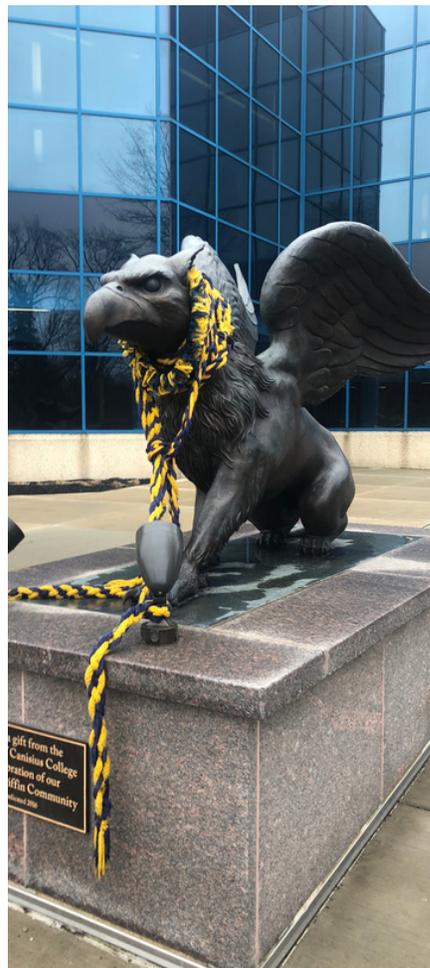
Happy December to all of our readers. December ushers in the end of the fall semester, darker evenings, and in Buffalo, we begin to welcome the cold and snow. Buffalo is certainly known for its snowfall and chilly weather. Our city's location along the Great Lakes snow belt puts us in the prime location to experience the meteorological event known as 'lake effect snow.' Simply put, air rushing over warm bodies of water creates the perfect conditions for ample amounts of snowfall. Below are some tips for making it through the winter, courtesy of our staff and faculty.

#### COLD WEATHER TIPS

- Embrace it! Some people prefer to hibernate through the season of ice and snow, while others take advantage of the outdoor activities prevalent in the city and nearby areas:
  - Skiing is a popular activity in the area given the proximity of resorts. About an hour outside of the city you'll find access to Holiday Valley, Holimont, Buffalo Ski Center, and Kissing Bridge.
- Get a warm coat. While you're at it, get some gloves, boots, and a hat.
  - Yes, it gets cold outside, so being prepared for the weather certainly helps. Look for a coat that goes well past the hips and boots that are waterproof, although some Buffalo natives encourage you to line your boots with bread bags. Check out some local shops for men's and women's winter apparel.
- Plan snow removal
  - Snow happens. Some absolute necessities include a snow brush for your car (make it two in the event one breaks) and a shovel, both one for home and one for your car. If you'll be removing your own snow, you'll need a heavy-duty shovel or a snowblower. If you're not so inclined, snowblowing services are available for hire.
- Stock your vehicle
  - In the unlikely event you're stuck in your vehicle due to unpredictable weather events, consider making an emergency kit for your vehicle. In addition to a snow brush and shovel, consider water, a blanket, hand warmers, snacks, roadside emergency kit, and a first aid kit.

## PROGRAM ANNOUNCEMENTS

- 1 Welcome December
- 2 Campus Spotlight
- 3 Cold Weather tips
- 4 What to Wear: PA edition



# CAMPUS HIGHLIGHT

## Penfold-Gareis Fitness Center

Students returning to Canisius this fall were welcomed back by a brand new fitness center. This new center replaced the Koessler Athletic Center (KAC) as a gym open to all students. The KAC remains active for some activities, including sports training and pool hours. Although services are limited at the time, you can sign up for gym hours using the Mindbody app.

# COMMUNITY HIGHLIGHT

## Canalside Buffalo

Canalside is a newer attraction adjacent to downtown Buffalo, and the first of its kind to highlight the waterfront highlighting the historical Erie Canal. "Clinton's Big Ditch" revolutionized trade and propelled Buffalo to the national stage. Becoming one of the first cities in America to employ street lights, earning the name "City of Light".\*

To easily travel to Canalside, take advantage of the METRO station adjacent to Science Hall, and ride to the last stop. Once there, you'll find a large array of outdoor activities to enjoy. Adventures include ice skating, curling, or even ice bumper cars. Luckily there are warming stations and hot chocolate available as well.



*Canalside in Winter*

\*It is important to note that the industrialization of the area displaced large swaths of indigenous peoples to isolated reservations in New York, some preserved to this day. You can explore native lands using the available map and mobile app.

## What to Wear: PA Edition

Dress codes can be tricky. Luckily, you can find a detailed description of the dress code on page 15 of the student handbook. You'll find guidelines about what constitutes proper attire in the classroom and while on rotation. Unless given instruction otherwise, dress should be business casual.

### Casual Wear

Casual wear generally refers to clothing that would be used for leisure and/or exercise. This refers to pajamas and athletic wear.

### Business Casual

This style of clothing implies clothing suitable to wear to the workplace, with less formality than business wear. Typically this refers to button-down, and/or collared shirts, khakis/slacks, blouses, dresses/skirts that land at or below the knee.

### Formal

There may be times where formal wear is required: which denotes suit and tie or evening dress. As of now, we have nothing on the books as of yet.

### Health Care Wear

There may be times where a clinical site requires alternate uniforms. This may include scrub tops and/or bottoms, specific collared shirts, or white coats. A reminder that you will be provided with a set of scrubs and a white coat from the program. If you wish to purchase additional scrubs, we can recommend local sites for purchase.

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