NIU Helps Implement, Evaluate National Heart Disease Research Program

Expertise in studying healthcare delivery and years of assisting physicians and practices implement and use electronic medical records systems recently earned Northern Illinois University part of a $15 million federal grant to study how small-practice physicians manage heart disease.

NIU’s College of Health and Human Sciences (CHHS) and the Division of Outreach, Engagement, and Regional Development are part of a consortium led by Northwestern University. The consortium will look at how effectively small practice physicians are managing cardiovascular disease in a three-state area.

The project will include practices in northern Illinois, southeastern Wisconsin, and northern Indiana. The region has a population of more than 16 million people and about 16,000 primary care providers, of whom approximately 5,600 are part of small practices with 10 or fewer physicians. More than 32 percent of the region’s residents have high blood pressure; 38 percent have high cholesterol levels; and 20 percent are smokers.

NIU’s site principal investigators will be James Ciesla, associate dean for research and resources in the College of Health and Human Sciences, and Lisa Kaye Bergeron, director of the Illinois Health Information Technology Regional Extension Center (ILHITREC) in the Division of Outreach, Engagement, and Regional Development.

Ciesla brings an impressive background in evaluating healthcare programs to the project. A Presidential Engagement Professor honored for his work with many healthcare systems in the region, Ciesla said the NIU team will be looking at the effect of electronic health records on the treatment of patients with cardiovascular disease.

“It’s the first time the question has been asked,” Ciesla explained. “We’ll be looking at things like how quickly patients are referred to smoking cessation programs, whether the correct tests and referrals are made—in other words, how electronic health records have changed practice patterns for heart patients.

“There is a move in medical research on big topics like heart disease to work in consortium-based projects,” Ciesla added. Derryl Block, dean of NIU’s CHHS, said, “electronic health records have the potential of improving quality of care, but little is known about how they are used in small independent primary care practices.”

Bergeron provides project management and expertise in many aspects of the healthcare arena, including clinical management, large scale healthcare projects, and health information technology implementation.

The ILHITREC team has spent the last six years working with small-practice physicians throughout Illinois in the adoption and implementation of electronic health record systems and achievement of meaningful use, the goal of which is to improve healthcare quality and decrease healthcare costs.

Continues on page 6
Dean’s Message

We have been approved for an exciting new major in the College: Hospitality and Tourism Management. Hospitality Management has been a track in the Nutrition, Dietetics and Hospitality Management program, and starting fall 2016, Hospitality and Tourism Management will be its own major.

The stand-alone Hospitality and Tourism Management program will produce graduates equipped with the professional knowledge, skills, and attitudes required in the field. There is a newly developed curriculum as well as a degree completion program for students graduating in a related field from community colleges.

Articulation agreements have been developed with nine community colleges. The first open house for the degree completion program was held last month, and 50 students from neighboring community colleges attended the event.

The degree completion program will be offered in a primarily online format to accommodate the busy schedules of those who may already work in the hospitality field and to complement the experiences gained through completion of their program at a community college.

We also plan to work with Illinois high schools that offer the ProStart® program in the Chicagoland area. ProStart is a two-year career technical education program offered in high schools and supported by the National Restaurant Association.

Students from ProStart program have technical skills of entry-level jobs in restaurant and foodservice sector. The Hospitality and Tourism Management program will equip these students with managerial knowledge and skills.

NIU is home to many first-generation college students and students from underrepresented groups. The hospitality and tourism industry has traditionally been an attractive choice to first-generation college graduates, women, people of diverse cultural backgrounds, and immigrants.

In the United States, hospitality and tourism is a $1.5 trillion industry employing more than 5.6 million people. Industry representatives on our active Hospitality Management Advisory Board shared that even during the last recession, there was more demand than supply for hospitality and tourism professionals. Our Advisory Board and Bureau of Labor Statistics data guided us in developing this major.

The new Hospitality and Tourism Management degree intersects competencies with a number of programs in the College of Health and Human Science including Gerontology, Leadership in Aging Services, Nursing, Public Health, and Nutrition, Health and Wellness. We are thrilled about this new major and are happy to talk to alumni interested in helping us with internship opportunities.

College of Health & Human Sciences College-Wide Scholarships

Degree Completion Scholarship: The Degree Completion Scholarship was initiated in 2011 to provide financial support to CHHS undergraduate students in their final year, when many students must complete unpaid practical experiences. The 2015 Degree Completion Scholarships were awarded to Maggie Staas, Nutrition, Health, and Wellness major with a minor in Business Administration, and Noelle Mitchell, Nutrition and Dietetics major with a minor in Adolescent Development.

Rosebud Foundation Scholarship: The purpose of the Rosebud Scholarship is to provide assistance towards tuition for full-time, degree seeking, undergraduate students at NIU who are a declared major in CHHS and have a cumulative GPA of at least 3.0. The 2015 Rosebud Scholarship was awarded to Julianna Tassone. She is a nursing major with a 4.0 GPA. Her current academic focus is in pathophysiology, but she is looking forward to taking courses related to child bearing and pediatrics. Tassone would like to earn a Master's Degree in Nursing and would ultimately like to work in an intensive care unit.

Audreal Tremblay Chiricotti Scholarship: The Audrael Tremblay Chiricotti Scholarship Fund was created to provide support to a junior, senior, or graduate student who is pursuing a degree in speech-language pathology. The scholarship is named after Speech-Language Pathology alumni Audrey Chiricotti. The 2015 scholarship was awarded to Erica Weber. She is a junior majoring in Speech-Language Pathology. She has an interest in early intervention and language development. Weber plans to earn her Master's degree at NIU and ultimately would like to work with children in a hospital or clinic setting.

For information about creating a named scholarship, please contact Christine Radtke at cradtke@niu.edu.
Dean’s Student Awards Recognize Outstanding Undergraduates

CHHS established the Dean’s Award to recognize outstanding undergraduate students in the Schools of Allied Health and Communicative Disorders; Family, Consumer and Nutrition Sciences; Nursing and Health Studies and in the Department of Military Science.

Eligibility for this award was restricted to seniors with an expected graduation in December 2014 or May 2015 or August 2015. Each department or school chose one award recipient.

Students enrolled in the Military Science also must have been admitted to a major in the CHHS or the minor in Military Science in order to be eligible to receive this award.

Preference is given to candidates with a cumulative GPA of 3.5 or better. Nominees demonstrated significant achievement and leadership in the areas of scholarship, campus and/or community activities and professional service.

The 2015 recipients of the Dean’s Student Awards are:

Anne Kindelin with Dr. James Ciesla
Catherine Simonini with Dr. James Ciesla
Jesspal Bachhal with Dr. James Ciesla

Anne Kindelin, senior Medical Laboratory Sciences major in the School of Allied Health and Communicative Disorders.
Catherine Simonini, senior Family and Individual Development major in the School of Family, Consumer, and Nutrition Sciences.
Jesspal Bachhal, senior Pre-Physical Therapy major with a Military Science minor.

Amanda Stepp, senior Nursing major in the School of Nursing and Health Studies.

Dr. Christina Papadimitriou receives 2015 Sullivan Award for Excellence in Research.
The Sullivan Award is given to a full-time, tenured or tenure-track faculty member or full-time supportive professional staff member who has at least three years of experience at NIU. Grainsmanship and collaborative efforts with students are important parts of the criteria for selection. The Sullivan Award was endowed by Peggy Sullivan, former Dean of the College.

Dr. Papadimitriou is an Associate Professor of Nursing in the School of Nursing and Health Studies. Dr. Papadimitriou is passionate about social justice for persons with disabilities. Her research is in person-centered practices in spinal cord injury rehabilitation. Specifically, Dr. Papadimitriou is studying how allied health providers and rehabilitation professional engage with their clients. Dr. Papadimitriou’s hopes are to transform their practices to allow for a more humanistic approach. She is currently collaborating with faculty from the University of Toronto to achieve this goal. Together they have created an e-module on client-centered practices for providers in spinal cord injuries rehabilitation, which has been partially funded by CHHS.

Dr. Christina Papadimitriou with Dr. James Ciesla
Connie Uhlken receives 2015 Fisher Award for Excellence in Service.
The Fisher Award is given each year to a regular full-time, tenured or tenure-track faculty member or regular full-time supportive professional staff member who has at least three years of experience at NIU. Service may involve on-campus activities, but must include off-campus professional activities, e.g. state, national or international. The service activities contribute to the stature and growth of the profession. This award was funded by the former chair of Communicative Disorders, Cletus Fisher.

Uhlken is Nursing Program Coordinator in the School of Nursing and Health Studies. She came to NIU as a student in 1987, earning Bachelor’s and Master’s of Science in Nursing. She was the academic advisor for undergraduate nursing students from 1999-2006; then began her current position. Uhlken said learning the “Golden Rule” at a young age has largely stayed her philosophy: “do unto others as you would want done unto you.” She views service not as a duty, but a privilege and opportunity to share her talents. She has been an active member of many NIU and off-campus committees, including NIU’s Supportive Professional Staff Council and several nursing program committees. Uhlken feels her participation has improved her performance in her role as the nursing program coordinator because she is able to “be involved in the learning process and student outcomes.”

Connie Uhlken with Dr. James Ciesla
DeVlieger and her faculty mentor Dr. Pat Tattersall, Associate Professor of Speech-Language Pathology, are working on research exploring performance on morphological awareness tasks by children with and without language learning disabilities. The six components of language include phonology, morphology, syntax, semantics, pragmatics, and metalinguistics.

A breakdown of language occurs when an individual has weak language skills in any of these six areas. Morphology, the study of base words and their affixes, has often been overlooked as the root of spelling and reading deficits; however, in recent years, it’s been given more attention. This study will compare the scores of 75 elementary school children on an oral dynamic assessment of morphological awareness and a written spelling probe targeting morphological knowledge.

As scores are considered, the following research questions will be answered:

- Is there a difference in performance on the tasks between children with and without language-learning deficits?
- If a significant difference is found, do children with LLD differ from children with TL in the prevalence of a certain error (i.e. morphemic, phonemic, omission)?
- Is there a correlation in performance on the oral dynamic assessment task and the written spelling task?

Kyle and her faculty mentor Dr. Shelia Barrett, Assistant Professor of Nutrition and Dietetics, are working on research called A Systematic Review of the History and Prevalence of Eating Disorders: A Comparison Between Western and Nonwestern Countries. College students are one of the more vulnerable population groups when it comes to mental health issues.

Approximately one in four students have a diagnosable mental health concern; eating disorders. Students, especially females, have an increased focus on their body image and are willing to go to extreme measures to change their bodies’ shapes and sizes through unhealthy diet, purging, binging, or similar actions. In the past, eating disorders have been primarily a Western disease, but research has shown an increasing prevalence among non-Western countries with rates as high as some Western countries.

The objectives of this study are to compare the prevalence rates of eating disorders among college students in Western and non-Western countries. Secondly, to examine the history of eating disorders to determine trends that might be influencing the prevalence rates in both Western and Nonwestern countries. Eating disorders that will be examined are anorexia nervosa, bulimia nervosa, binge eating disorder, and other specified feeding and eating disorders.

This research is important to determine 1) whether or not Nonwestern college students are being affected by eating disorders, 2) if the prevalence rates of eating disorders in college students in Western and non-Western countries are increasing, and 3) what trends in the past have been occurring that might have influenced the prevalence of eating disorders. It is predicted that the prevalence rates have been rising in both Western and non-Western countries for all eating disorders previously listed.
Audiology Donor Provides Students with Equipment

Doctor of Audiology students are now able to practice with new cerumen management equipment provided by NIU Foundation donor Janiece Bollie.

Cerumen management is an important clinical skill in the Audiology profession. Dr. Danica Billingsly, Assistant Clinical Faculty of Audiology said, "this donation allows the students to better learn the full scope of audiology practice and also allows the Speech-Language-Hearing Clinic to better serve its patients."

Bollie also has graciously donated funding for clinical outreach equipment so Audiology faculty and students can enhance patient access to needed services through outreach efforts, both educational and clinical.

Bollie's donation for outreach equipment allows faculty and students to expand their ability to provide on-site care where needed to area residents with hearing impairments. The Audiology faculty and students are very appreciative of Bollie's generosity.

NIU SAA President Caitlin McKenney, far left, is pictured with other SAA chapter representatives, as well as representatives from Starkey Hearing Technologies, as the 2015 SAA HEAR Chapter Grant awards are announced during the SAA Membership at AudiologNow.

Student Academy of Audiology Awarded Grant

The NIU Student Academy of Audiology (SAA) recently was awarded a $500 SAA Humanitarian, Educational, and Awareness Resources (HEAR) Chapter grant.

This grant is to fund the development of an SAA chapter project that is either a new project or for the refinement of an existing project. The project must be either humanitarian in nature, educational in nature, or related to the awareness of audiology.

The NIU SAA will use the grant funds to help with the costs of the annual Hustle for Hearing 5K race, where proceeds go to an organization for the deaf and or hard-of-hearing.

Kreger Thesis Project

Kacy Kreger (l) and Dr. Allison Gladfelter, Assistant Professor of Speech-Language Pathology at NIU, at the SRCLD conference.

Kacy Kreger, a Speech-Language Pathology Master's student, recently presented her thesis project "Semantic Representations in Children with Autism, SLI, and Typical Language" at the Symposium on Research in Child Language Disorders (SRCLD) in Madison, WI.

Kreger’s project focused on how children with autism spectrum disorder, specific language impairment, and typical language build semantic representations of novel words following an extended learned paradigm.

Kreger was awarded a STAR NIH/SRCLD Award to attend this conference. She also used funds from her Center for the Interdisciplinary Study of Language and Literacy (CISLL) Student PoP Grant and contributions from donors to help cover her presentation costs.
"Participation in this project is a natural extension of our activities and support provided through ILHITREC," Bergeron said. "Now we can take the next step to use this technology to evaluate current practices in cardiovascular care and establish best practices for the future."

Long-standing relationships with physicians statewide made NIU a natural choice for the consortium, according the Anne Kaplan, vice president for the Division of Outreach, Engagement, and Regional Development.

"The consortium has to recruit 250-300 small, independent primary care practices for this project," Kaplan explained. "Between our work over the years to connect rural practices with high-speed broadband and our efforts to help physicians get the most out of electronic medical records, we have a lot of great partnerships already with doctors and practice managers throughout the region."

"The NIU team will include students, so we’re happy to see the project is providing new opportunities for faculty and student research," Kaplan added. "That’s one of the primary roles of the Division of Outreach, Engagement and Regional Development– to create relationships and bring opportunities forward for the entire university and our partners."

The consortium, known as Healthy Hearts in the Heartland (H3), is made up of institutions that serve as nationally designated regional extension centers for health information technology and related health care organizations.

It includes the Chicago Health IT Regional Extension Center (CHITREC) at Northwestern University, Purdue Health Information Technology Regional Extension Center (PurdueREC) at Purdue University, ILHITREC at NIU, as well as local and state departments of public health, the American Medical Association, the Alliance of Chicago, University of Chicago, Telligen (Illinois’ Medicare quality improvement organization), and Metastar (a quality improvement organization and REC for Wisconsin).

The project is one of seven awarded nationwide from the Agency for Healthcare Research and Quality (AHRQ) to evaluate efforts to help primary care practices use the latest evidence to improve the heart health of millions of Americans.

This initiative, EvidenceNOW – Advancing Heart Health in Primary Care, supports the broad U.S. Department of Health and Human Services (HHS) effort for better care, smarter spending, and healthier people. It is aligned with the department’s Million Hearts® national initiative to prevent heart attacks and strokes.

"The goal of the EvidenceNOW initiative is to give primary care practices the support they need to help patients live healthier and longer;” said HHS Secretary Sylvia M. Burwell. "By targeting smaller practices, we have a unique opportunity to reduce cardiovascular risk factors for hundreds of thousands of patients, and learn what kind of support results in better patient outcomes." - Taken from NIU Today

---

**Heart Disease Research**

**Dr. Matt Wilson Featured on Rockford News**

Dr. Matt Wilson, Assistant Professor of Audiology, recently was featured on the Channel 23 News in Rockford discussing his concussion research.


Dr. Wilson is hoping to raise awareness for NIU and his concussion research. His work in his Human Auditory Physiology Lab (HAPL) is divided into two parts: laboratory based research and community outreach. Dr. Wilson firmly believes facilitating active involvement of the community in concussion research is a crucial first step towards ensuring that information can be effectively transferred from the playing field to other aspects of life.

Dr. Wilson’s research also was featured in the DeKalb Daily Chronicle, FaceTime with Matt Wilson and on the program Spectrum on B95 radio station.

---

**Rehabilitation Counseling Students Attend Annual Seminar**

Students and faculty from the Rehabilitation Counseling program attended the International Association of Rehabilitation Professional (IARP) Illinois 2015 Annual Seminar in September. Students had the opportunity to meet professionals who work in private rehabilitation, many who own their own businesses. Students also had a chance to attend sessions related to ethics, functional capacity evaluations, deposition and trial preparation for vocational rehabilitation specialists, and helping clients develop resumes. NIU’s program had the most students of any rehabilitation counseling program attending the event.
Alysha Lenert
Summer Internship
Alysha Lenert is a Communicative Disorders major with an emphasis in Speech-Language Pathology. She is applying to graduate school in January and looking for research prominence in Autism and Augmentative/Alternate Communications.
Lenert was one of 23 interns chosen to work at The Speech Garden Institute in North Carolina this summer. She described her internship as a once in a lifetime experience.

“Throughout my five weeks there, I was able to obtain 64 hours of observation, three evaluations on my teaching and interaction with my campers, and gained an experience I will never forget.

“I was able to work alongside three amazing Speech-Language Pathologists. Each week I planned a lesson and taught for a day, with lesson plans and guidelines that were approved by my lead SLP,” said Lenert.

“This camp provided me with the unique experience of having 12 campers in a class who have language, hearing, or social delays.

“The camp focused on language acquisition and social interaction between campers.

“I am so thankful to have had this opportunity and I want to share it as much as possible so my peers are aware of this internship.

“I will remember my first class of kids for the rest of my life and The Speech Garden Institute gave me that,” said Lenert.

Dr. Jamie Mayer
Featured in Sauk Valley News
Dr. Jamie Mayer, Associate Professor of Speech-Language Pathology, was featured in the Sauk Valley News.

The article Nursing homes bring new Alzheimer’s care methods to area, describes Dr. Mayer’s work with graduate students in which they watch residents from Pinecrest Nursing Home interact with volunteers in a classroom where they meet to paint and talk.

Dr. Mayer and her students are tracking the residents’ participation and are looking for different indicators: enjoyment, reminiscence, self-esteem, interest, interpersonal interaction, and attention span.

The data Dr. Mayer and her student collect will be studied to gain insight into art as a therapeutic technique.

"The thing about this kind of approach is it’s not going to change the underlying Alzheimer’s," Mayer said.

"The idea is to give the residents more experience with positive interaction and having some power over their environment. ... "What we’re hoping to see is a trend that maybe a resident will consistently start recalling more memories during and shortly after a session or will have increased communication."
AHCD Accolades

- **Audiology Student Caitlin McKenney** was awarded a scholarship by the Academy of Doctoral Audiologists (ADA) to attend its convention in Washington, D.C., in November 2015. The scholarship includes registration, hotel, and a travel stipend.

- **Dr. Christina Odeh**, Assistant Professor of Physical Therapy, helped Windy City Trykes deliver 15 adapted tricycles to children and young adults with Special Needs. NIU Doctor of Physical Therapy student Aimee Pepple also assisted at the event. Dr. Odeh was one of two physical therapists who helped to fit the children and adjust the trykes. Windy City Trykes provides adapted bicycles to individuals with disabilities of all ages for rehabilitation and exercise. The bikes come in different sizes and with many possible configurations.

- **Dr. Cristine Clemente Dos Santos**, Assistant Professor of Medical Laboratory Sciences, was chosen as a Top Poster at the AABB 2015 Annual Meeting for her abstract *Comparison of Two Temperature Devices to Monitor Units of Packed Red Blood Cells Exposed for 30 Minutes at Room Temperature*.

- **Dr. Danica Billingsly**, Assistant Clinical Faculty of Audiology, along with three Audiology students, presented at NIU’s STEM Camp in August. Dr. Billingsly and the students spoke to 22 high school students about audiology and hearing protection and monitoring.

- Third year Doctor of Audiology students give a Grand Rounds presentation to the full audiology program and faculty. Student Blaire Adams’ presentation on a pediatric diagnostic and management case was given to the combined audiology and speech-language pathology student groups this fall. Adams highlighted key factors in providing difficult diagnostic information to parents, as well as hearing aid selection factors for children.

- **Dr. Hamid Bateni**, Associate Professor of Physical Therapy, was recognized in a faculty spotlight at the NIU football game Oct. 10.

FCNS Accolades:

Hospitality Administration students Carrie Burt and Rebecca Jurevis were each awarded $2,000 scholarships from the Illinois Hotel & Lodging Association Educational Foundation.
Internship Allows Student to Help While Learning

When Nan Hill decided to give up her career of 30 years as a stained glass artist and instructor to pursue a degree in family social services, it was a bit of a leap of faith.

She knew she enjoyed helping people solve their problems, and that she loved the counseling classes she took when she enrolled at NIU’s CHHS. However, it wasn’t until she started serving an internship at Carpenter’s Place in Rockford that her faith was rewarded.

“If you think you might be uncomfortable around homeless people, you’ll learn that in a hurry here,” Hills said of her time at Carpenter’s Place.

The facility provides meals, clean clothes, help with job hunting and a variety of other services to the indigent. “This type of experience is invaluable.”

Far from being uncomfortable, Hill found she had a passion for the work.

“I am so humbled by the guests that we serve,” she said. “They are incredibly appreciative for all that Carpenter’s Place does. They are just people who are down on their luck who don’t know how to get back on their feet. I love that Carpenter’s Place gives them a hand up instead of a hand-out.”

Hill quickly became a fixture at the agency this summer.

Some days she served as sort of an ambassador-at-large, telling members of the public about the agency as they dropped off donations. Other days she taught arts and crafts, ran bingo games and helped serve meals.

Most importantly, she spent a great deal of time speaking to guests, allowing them to talk out problems and offering encouragement. The experience convinced her she is headed in the right direction for her second career.

“I had a guest I was working with who made a special trip just to stop by and tell me that she found a job. It’s an awesome feeling knowing that you made a difference in a small way,” Hill said.

That type of experience is precisely why the Family Social Services program at NIU values placements like Hill’s at Carpenter’s Place.

“It helps students understand the complex nature of human need experienced by individuals and families,” said Tom Pavkov, chair of NIU’s School of Family, Consumer and Nutrition Sciences.

“It also introduces them to the complexity of social policy, and human service programs designed to meet those needs,” he said.

“Workplace-based learning is an integral part of students’ programs,” said Derryl Block, CHHS dean.

“Students gain essential knowledge, skills and dispositions essential for career success.”

For many of the college’s programs, it is simply an expectation of the profession that students will receive those experiences as part of their education.

“Practicums, clinicals, internships – different programs call them different things. What they all have in common is they are valuable learning experiences that help prepare students for their careers. No matter what a student is studying, it can be an invaluable part of their education,” said Beverly Henry, associate dean for academic affairs for the college.

“For instance, in nursing, dietetics and rehabilitation services, they are expected to practice the things they will do in their careers, under the guidance of not only their supervisors, but also our professors and instructors. The direct links to faculty and what they can add is a big part of it,” she said.

“In fields such as hospitality and fashion merchandising, where there is no accreditation requirement, the college goes out of its way to partner with businesses to help students find those experiences.”

At any given time, Henry said about 20 percent of the college’s 3,800 students, who spread across 15 fields of study, are engaged in some sort of professional learning experience. The college has affiliations with more than 400 work sites where students can hone their skills and test their commitment to their profession.

Video at: http://newsroom.niu.edu/2015/07/16/internship-allows-student-to-help-while-learning/ – Taken from NIU Today

Kelly Champion Named Professor of the Month

Kelly Champion, Instructor of Family and Child Studies, was selected by the members of Lambda Sigma Sophomore Honor Society as the Professor of the Month for September. Lambda Sigma is a co-ed sophomore honor society made up of second-year students from a broad spectrum of majors and backgrounds at NIU. Members are chosen from the first-year class of NIU students who have earned a 3.2 grade point average or higher in the fall semester, are involved in the university and the community, and exemplify Lambda Sigma’s four pillars: Fellowship, Scholarship, Leadership, and Service.
Summer Internship Takes One Huskie to the White House

A summer internship at a food pantry in Joliet took Samantha Sandoval all the way to Washington, D.C., for a field trip of a lifetime.

“Getting to enter the grounds where the President lives was a once in a lifetime opportunity in my eyes,” Sandoval said. “The highlight of the trip was definitely getting to tour Michelle Obama’s kitchen garden.”

Sandoval, who will graduate in May with a degree in nutrition and dietetics, interned at Warren-Sharpe Community Center throughout the summer as part of an NIU practicum course.

As an intern, Sandoval helped create nutrition-related projects, as well as assisted with emergency food distribution to more than 800 low-income families who rely on the center for food. The NIU senior also conducted food tastings using foods that were readily available but rarely selected as a way to encourage healthy eating.

“When I was not working in the food pantry, I was teaching children who were a part of the summer camp about nutrition,” Sandoval said. “I taught different nutrition-related activities along with cooking lessons and garden visits.”

The center has its own urban farm where it grows a variety of fruits and vegetables. It’s for that reason a group from Warren-Sharpe was invited to Washington to specifically tour Michelle Obama’s White House Kitchen Garden.

“The fact that she received an invitation to the White House says a lot about how highly the food bank thought of her and her performance at practicum this summer,” said Judith Lukaszuk, didactic program director and professor in the Department of Family, Consumer and Nutrition Sciences. “The practicum experiences are important to give students hands-on work experiences in a wide array of nutrition-related areas.”

Sandoval said in addition to the memorable trip to the nation’s capital, the internship provided an opportunity to take what she has learned in the classroom and apply it in a real-world situation.

“I learned so much from this internship,” Sandoval said. “Teaching children about nutrition and having them actually understand and remember what I taught them was an incredible feeling, especially because I never saw myself in a teaching role. I also gained more knowledge about how little people actually know about nutrition and how much a community nutritionist can actually impact a community.” - Taken from NIU Today
Northern Ranked as Best Value for Nursing Degree

Value Colleges, an independent online guide to the best values in undergraduate and graduate education, lists NIU among its top 50 best-value programs of 2015 for a Bachelor's degree in nursing (BSN).

The guide ranks colleges to point students toward the schools that offer the best combination of cost and return on investment to earn a degree that is worth their time and tuition expenses.

NIU was ranked No. 21 of the 50 schools chosen as the best value. The online guide states that NIU’s School of Nursing and Health Studies offers a solid education through nursing organizations, simulation labs and clinical opportunities. It stated that NIU’s best advertisement is its location. Its proximity to the Chicago metro area makes it a great location for job opportunities and attracting excellent educators, the Value Colleges guide reports.

The information was compiled after reviewing the credit per hour tuition rate reported by each college, Payscale’s 2015 College ROI Report and U.S. News & World Report’s national rankings.

The American Nurses Association has long advocated for the BSN as the minimum standard for nurses. More hospitals, clinics and health care facilities are beginning to require a BSN for nurses and it’s going to get harder for those with only an RN, according to Value Colleges.

Exploring Ireland’s Health Care Services

Dr. Jeannette Rossetti, Associate Professor of Nursing, and Dr. Kathleen Musker, Associate Professor of Nursing, took students on a study abroad adventure over the summer to explore Ireland’s health care services.

Students learned about the history of Ireland’s health care system, Ireland’s health care services, and the preparation and education of Ireland’s nurses. In addition, students were exposed to the cultural opportunities that the beautiful country of Ireland has to offer.

There were several exciting highlights offered to the students, such as:

- Guest lectures by expert mental health/psychiatric faculty from Trinity College, and the National University of Ireland, Galway.
- Tour of the National University of Ireland, Galway’s state of the art simulation lab.
- A full day site visit to St. Patrick’s Hospital, the oldest psychiatric hospital in Ireland. Opportunity to learn about the rich tradition of this psychiatric hospital, built in the 1770s, and the innovative treatment modalities being offered.
- Field trips to the Cliffs of Moher, and the Aran Islands, Guiness Storehouse, the Little Museum of Dublin.
- Tour of Dublin via the Hop On, Hop Off bus.
- Daily post conferences with highlights of health care topics and student led discussions.
- A cultural program of events including traditional music, theatre and film.
- Presentations of highlights of students’ learning.

NCLEX Success

One of the characteristics of a profession is that the field is regulated in order to protect the public. Only a handful of baccalaureate programs require a national licensure after graduation before graduates can enter the work force – nursing is one of them.

The National Council Licensure Exam (NCLEX) is the standard used to determine nursing qualification in the United States. First time pass rates are the gold standard in measuring a nursing program’s effectiveness. Halfway through 2015, national pass rates have been published, showing the national first time pass rate is 87.92% for all nationally educated candidates, with the baccalaureate rate at 90.89%.

The results are also in for NIU (insert drum roll here)... and through the hard work of faculty and students, NIU’s first time pass rate through the first half of 2015 is 92.50%.

The current rate shows that students are being prepared for career success at NIU. Congratulations to the faculty and, in particular, recent graduates. This is a great example of how our students carry the school’s legacy well beyond graduation. - From Notes on Northern Nursing
Anne-Marie Kuchinski's Nursing students in their last semester of the Nursing program participated in a "Mock Trial" with the NIU College of Law. Held in a College of Law courtroom, Nursing students played all roles associated with the real-life case. The case was about basic nursing care in which a healthy patient went in for orthoscopic surgery and ended up with bed sores and sepsis.

Students were required to interview someone in the real-life role that they were playing, such as: family member, patient, nurse manager, lawyer, nurse experts from wound care and orthopedics. The case stressed the importance of documentation to the students and also what their legal responsibilities are. Professor Taylor from the College of Law acted as the judge and other NUHS students not acting in any of the case roles were part of the jury pools, who deliberated and then rendered a verdict.

Of the mock trial experience, students stated:

"I think the mock trial was very beneficial because it helped me realized how important it is to document. If you did not document, it did not happen. Those are words that were consistently said to us throughout the program. To see an actual case play out and the nurse losing the case because of lack of documentation was eye opening. I am already very detailed in my documentation, but I am going to be even more detailed. This was a wonderful experience, and I know that it will affect my future practice as a nurse. I am very thankful for this experience."

Another wrote: "I don’t have a way to describe how amazing today’s mock trial affected me. I never took the legal aspect of nursing seriously until seeing the trial today. My interest towards pursuing a career in law actually passed through my head today. I loved every moment of participating in the trial and seeing how it was held. I also really enjoyed the dedication of the other students to making this event go smoothly and by doing such a great job on the whole process. I believe it was a very important way to end the semester because I do not believe I would ever have viewed it as important as I did if I did not get to see the trial. I really hope the Mock Trial is continued each semester because the impact it has on students is one of the most valuable lessons from nursing school."

Another said: “The Mock Trial was very interesting; it was great to see how that type of situation plays out and how it affects us as nurses. It was also a great experience to see how Law and Nursing come together as we near the end of our education. I enjoyed being on the jury because it was something that I have never really thought about or had to do before. It is a lot of pressure making that decision and having to all agree on a course of action because every individual has a different opinion. This particular scenario was difficult because we felt that both sides were at fault with the patient refusing care and poor documentation. Overall, the day was very interesting and a great experience for us should we ever be in that situation; but hopefully none of us are. One thing that really stood out to me that I plan on using to improve my practice is to document thoroughly and document everything. I can remember in clinical one of the newer nurses that I worked with told me that there is no such thing as over-documenting and that has stuck with me since. She was a newer, younger nurse and she said just to cover yourself, always document everything, even if it means adding a note to the documentation. As a new grad, that is something that I plan on keeping in mind as I figure out how I prefer to do things and how I make sure I offer quality, safe patient care."

Kuchinski said, ”while the documentation is what most students came away with, this case was also about basic nursing care, and how the simple interventions we do each day, like making sure the patient is repositioned and providing good nutrition and hydration, are truly as important, if not more so, as any of the more dramatic actions we take. This all could have been prevented from happening in the first place if the nurses had provided that basic nursing care, and if the patient would have been compliant with what he was encouraged to do. Unfortunately, because of the poor documentation, we don’t really know what the nurses did to try to prevent this from happening.”
Bilaver Studies Autism Treatment

Lucy Bilaver, assistant professor in the NIU School of Nursing and Health Studies, has been awarded a highly competitive research grant from the Health Resources and Services Administration (HRSA).

Bilaver’s project will identify racial and ethnic disparities in the diagnosis and treatment of children with autism. It will answer several important questions when considering race and ethnicity:

• Are there differences in autism service use such as assessments of child development, diagnostic services and educational therapies?
• Are there differences in the resources expended for autism treatment?
• Are there differences in treatment and services based on where the children live?

Answering these questions will make it easier to plan and deliver autism services and make the availability of the services equitable, Bilaver said.

“Previous research has advanced understanding of racial and ethnic disparities in the age of autism diagnosis. Much less is known about how this translates to disparities in treatment,” she said. “This project will investigate racial and ethnic disparities among Medicaid-enrolled children in Illinois and identify the contribution of geographic variation in access to services.”

The societal importance of Bilaver’s research – part of a growing focus on disabilities within the CHHS, said Dean Derryl Block – cannot be overstated.

In 2014, the Centers for Disease Control and Prevention (CDC) released new data showing that one in 68 children (one in 42 boys and one in 189 girls) have autism spectrum disorder (ASD). In addition to the considerable human cost, autism costs more than $35 billion to care for people over their lifetimes.

The HRSA award, totaling nearly $100,000, will bring together the talents of researchers from Chapin Hall at the University of Chicago and the University of Pennsylvania with whom Bilaver has established strong collaborative relationships.

“Dr. Bilaver’s collaboration with researchers from Chapin Hall and the University of Pennsylvania attests to the strength of her research and promises to improve the delivery of care to children with autism,” said Jerry Blazey, interim vice president for Research and Innovation Partnerships at NIU.

Bilaver joined the NIU public health faculty in 2010, after serving as a post-doctoral fellow at Northwestern University’s Feinberg School of Medicine, Institute for Healthcare Studies. She has published extensively on the issues related to children with special health care needs, particularly the needs of children with autism. – NIU Today

Former Nursing Faculty’s Legacy

Esther Appler was remarkable in many ways. When you consider her life and the lives she touched, it is the only conclusion you will arrive at. With the creation of a memorial scholarship by her family on her behalf, she will now continue to influence and assist young people pursuing some of the same dreams she had and lived as a nurse.

Appler grew up about 25 miles west of DeKalb in Ashton, IL. She was born in 1921, and finished high school by the age of 15. She wanted to become a teacher, but, coming from a family of modest means, needed help to achieve her goals. By working and attending Northern Illinois State Teachers’ College (NIU) simultaneously, and with some help of friends and family, she was able to graduate with her degree in 1943.

After working as an educator in the Rochelle School District, she followed a new passion in nursing – which was born out of additional duties in the school where she taught as School Health Supervisor and de facto school nurse. Again, with the help of many, she travelled to Connecticut and completed a nursing degree at Yale University. She then promptly returned to northern Illinois and began a long, successful career as a nurse leader and educator. After positions at the Katherine Shaw Bethea Hospital in Dixon and Sauk Valley Community College,

Appler arrived at NIU, first as an Assistant Professor for eight years, then becoming an Academic Advisor for another eight, retiring in 1996. She continued to be a committed, caring contributor to her family and community for years beyond that.

Appler died in August at age 93. A family member recalled that at one point Appler asked her mother, “How will I be able to repay all those who helped me through Nursing School?” Her mother replied, “You will not be able to repay them, but you will be able to help others.” Appler’s influence and assistance to others spans from children at the Hart School in the 1940s, to countless young nursing students at NIU who benefitted from her wisdom, expertise and counsel.

Through the scholarship established by her family, Appler will continue to help NIU nursing students meet their goals. Given the number of students and patients she helped prior to her passing, and the number that will be influenced in the future by her gift, the word “legacy” justifiably comes to mind. – From Notes on Northern Nursing
Mental Health of Bisexual Women Focus of NIU Study

An NIU professor earned a prestigious grant from the National Institutes of Health to launch innovative research targeting issues affecting bisexual women’s health and well-being.

Dr. Wendy Bostwick, associate professor in the School of Nursing and Health Studies (NUHS), Public Health and Health Education programs, was awarded the $371,538 grant to pursue her research into the health effects of microaggressions on bisexual women.

Microaggressions are brief, commonplace exchanges, often unintentional, that can be demeaning or degrading to someone’s identity.

In her previous research, Bostwick learned something interesting that led her to pursue further study into microaggressions: Bisexual women did not report the high levels of discrimination often associated with health problems such as anxiety disorders and depression. However, they suffered from more physical and mental health issues than others in the LGBT population.

“Bisexual women experience a different kind of discrimination – a more subtle form that accumulates over time. It’s not one off-handed comment, it’s constantly hearing those messages not just from strangers, but from family, friends, partners, the media, the larger society,” Bostwick said.

These comments – microaggressions – aimed at bisexual women might include remarks that assume a woman is confused about her identity, statements that she should just “make up her mind,” or comments that assume all bisexual women are hypersexual or promiscuous.

For her study, Bostwick will work with 125 women from the greater Chicago area, with a specific focus on women of color who have been underrepresented in this type of research. Study participants will fill out a survey each day for 28 days.

Questions will include whether they experienced microaggressions that day, as well as questions about substance abuse, moods and other life factors.

“This innovative study is well positioned to help us better understand the unique stressors that contribute to physical and mental health disparities among bisexual women,” said Tonda Hughes, professor and associate dean for Global Health at the University of Illinois at Chicago and one of Bostwick’s collaborators on this study.

The NIH recognizes the importance of Bostwick’s work as well. The NIH is among the most prestigious funders of health-related research in the world. The application process is hyper competitive with thousands of applicants. Bostwick’s project was one of a handful to receive funding. Bostwick hopes her research will lead to better care outcomes for bisexual women.

“We can then provide information to therapists, doctors, social workers and substance abuse counselors on how to intervene to correct and prevent health disparities in the future,” Bostwick said.

Bostwick joined the NIU faculty in 2009. She completed her Master’s and Ph.D. in Public Health at the University of Illinois at Chicago, and did post-doctoral work at the University of Michigan. Her work has been funded by the National Institute on Drug Abuse and the American Institute of Bisexuality, among others. Her research has been published in prominent internationally circulated journals, including the American Journal of Orthopsychiatry and Archives of Sexual Behavior. – NIU Today
Komis Shines with Huskie Spirit

Warren Komis submitted his NIU application from a U.S. Navy ship patrolling the Straits of Hormuz. It was only fitting. After all, he joined the Navy in 2007, precisely so he could afford to finish his education.

For five years he served as a Navy corpsman. First at the Marine Corps School of Infantry where he was in charge of the immunization clinic, occupational health, and ensuring water quality, and later on the USS Iwo Jima, where he oversaw the ship’s medical office, which was responsible for serving the health care needs of more than 1,000 sailors. When he arrived, the clinic had a terrible reputation. By the time he left, however, he had earned the Navy Achievement Medal for turning it into a model of efficiency.

By 2012, he was ready to pursue his dream of completing college. He left active service on Aug. 6, and enrolled at NIU as a Biology major two weeks later.

His path changed a short time later when he took Introduction to Public Health. In that class he learned that a career in that field would allow him to continue doing much of what he enjoyed – and was good at – while in the Navy.

As part of his effort toward that degree, he worked at the Open Door Health Center in Aurora, conducting HIV testing and speaking at schools and health fairs about safer sex and how to avoid HIV. The work fit well with his passionate belief that prevention is far preferable to treatment when it comes to issues of health.

He believed in the mission of the clinic so strongly that, as part of an independent study project, he wrote a grant on behalf of Open Door, which may allow that organization to expand its services into DeKalb County.

In addition to all of that, during most of his time at NIU he served in the Naval Reserves, worked as a fundraiser for the American Veterans Association and held down a job at the local Lowe’s Home Improvement Center – all while helping his wife, Jennifer raise their two sons, Quentin, 4, and Wyatt, 3.

Komis is a great example of the spirit of Huskie service -- in the Navy, where his service protected our freedom; during his time at NIU as a model student and father; and in his future role as a public health educator who will protect our well-being. (From NIU Newsroom http://newsroom.niu.edu/warren-komis/)

Nursing & Health Studies Accolades:

- **Dr. Sarah Geiger**, Assistant Professor of Public Health, was a poster judge for the American College of Epidemiology Annual Meeting.
- **Dr. Lucy Bilaver**, Assistant Professor of Public Health, and Judy Havlicek, U of I Urbana-Champaign, presented on The Autism Scientific Research Project Report “Foster Youth with Autism Making the Transition to Adulthood: Findings from Illinois.” The presentation was sponsored by the Illinois Autism Task Force.
- **Dr. Jennifer Gray**, Associate Professor of Public Health, was awarded a Broadband Innovation Grant through the NIU Division of Information Technology.
- **Dr. Catherine Maney**, Assistant Professor of Nursing and IBHE Nurse Educator Fellow, was invited to the Illinois Center for Nursing Board Meeting in September to share information about her research project. Maney, along with the other Nurse Educator Fellows, were commended for their work and dedication to preparing highly qualified nurses of the Illinois workforce. She is pictured here with IL Dept. of Financial & Professional Regulations Director of Professional Regulation Jay Stewart.

Her grant project will provide an online bereavement training curriculum targeted to professionals working with individuals impacted by intellectual and developmental disabilities, such as Down Syndrome, Cerebral Palsy, and Autism.

- **Dr. Patricia Braun**, Assistant Professor of Nursing, spoke and participated in the International Parish Nurse Conference Study Tour in New Zealand Sept. 24-30. The conference provided the opportunity to observe and discuss health system delivery, school health and the Parish/Community nurse role with nurses throughout the world. Dr. Braun’s presentation focused on her clinical/academic work in establishing health policy and programs to address school health issues such as obesity in children in inner city Chicago.
- **Zachary Bohn**, NUHS Office Manager, was appointed as a Voting Member of the Operating Staff Council of NIU for a 3-year term. He also was elected Treasurer.
- **Dr. Tomoyuki Shibata**, Associate Professor of Public Health, recently was featured in an NIU Newsroom article Life’s a Beach. He discusses how beach sand is a major source of pathogen exposures and unlike beach waters, sand quality isn't monitored by regulatory agencies.
Cadets from the Huskie Battalion did an outstanding job completing the Army 10-Miler in Washington, D.C.

**Cadets’ Spotlight**

**Cadet Walter** had the opportunity to intern at the 75th Fires Brigade in Fort Sill, OK, where she shadowed the day-to-day lives of a 2nd Lt., 1st Lt, and Company Commander as well. At Cadet Troop Leader Training (CTLT), she learned how to properly conduct a convoy brief/convoy, a platoon inventory, a platoon training meeting, initial counseling, a platoon weekend safety brief, and conducted Preventive Maintenance Checks and Services (PMCS) on a military vehicle. In addition, she was given the opportunity to write an NCOER, an award, and execute an After Action Review (AAR).

**Cadet Alvey** had the opportunity to spend three weeks at Fort Bragg, NC, for Cadet Troop Leader Training (CTLT). Through this program, she was able to shadow a platoon leader to get a better understanding of what their responsibilities are, since she will be in their shoes within a year. She had the chance to do many things such as observe how a Lieutenant runs an M4 range, conducts an inventory, conducts first aid class for the platoon, and observed how command and staff meetings were facilitated.

**CHHS Alumni**

**Linda Deering,** President and CEO of Advocate Sherman Hospital

Linda Deering graduated from NIU with a BS in Nursing in 1987 and an MS in Nursing in 1992. While working as a nurse, her career took a decidedly leadership-oriented trajectory.

She went on to serve as Chief Nurse and Vice President for Patient Services at Delnor Hospital, Geneva IL, and then to Chief Operating Officer and now, President and CEO, of Advocate Sherman Hospital in Elgin.

Deering was inspired to develop her understanding of outcomes-based nursing by an NIU faculty member Dr. Georgia Whitley. Through her continued development of those concepts, she was able to apply them to nursing and leadership in general.

At the time, it was a revolutionary approach—and it helped Deering affect tremendous positive changes in the organizations she led. Both Delnor and Advocate earned the prestigious “Magnet Designation” Award under her leadership.

Her advice to students is:

- **Love deeply.** Passionately care about what you do and your patients. Expertise in your technical nursing skills will be assumed and expected—it’s your genuine care for others that will make you a great nurse (and that applies to ANY path your work-life takes).
- **Say YES to every opportunity.** Your skills and knowledge will grow immensely if you take advantage of every opportunity that comes your way. YES is your answer.
- **Be your own advertiser.** Be the best employee wherever you work. Your performance will speak volumes about you and people (to include leaders) will take notice.

**Tell us Your Story**

Your stories are welcome for inclusion in upcoming issues of the CHHS Dispatch. CHHS Faculty and Staff should send updates to Carrie Callahan at ccallahan@niu.edu. Alumni, please send updates to CHHSalums@niu.edu.
The name of the game in research these days is collaboration, and faculty members in the College of Health and Human Sciences are playing the game on a national level – and winning.

Over the last year, federal funding agencies have awarded nearly $20 million to four such collaborative projects, two led by CHHS researchers and two by researchers at Northwestern's Feinberg School of Medicine with NIU faculty and staff playing major roles. NIU's share of these projects will total over $1.1 million.

Lucy Bilaver, assistant Professor in the NUHS Public Health and Health Education programs received nearly $100,000 from the Health Resources and Services Administration (HRSA) for research that focuses on racial and ethnic disparities in the diagnosis and use of educational therapy for people with autism. Bilaver's partners on the project include the Chapin Hall research center at the University of Chicago and David Mandell, Associate Professor of Psychiatry and Director of the Center for Mental Health Policy and Services Research at the University of Pennsylvania School of Medicine.

As was recently reported in (CHHS Dispatch 14-1), Wendy Bostwick, an associate professor in the NUHS Public Health and Health Education programs, led a collaboration with colleagues from the University of Illinois at Chicago (UIC) and the State University of New York at Buffalo to land the first-ever award from the National Institutes of Health to study health issues targeting bisexual women.

Over the next two years, Bostwick and her team will receive over $300,000 to study how microaggressions operate as stressors in the lives of bisexual women and how these may be linked to adverse health outcomes for these women.

Late last year, Christina Papadimitriou, an associate professor in NUHS Nursing program, was awarded a grant from the National Institutes of Health as part of a large, 5 year $4.3 million collaborative research and training grant with researchers at the Feinberg School of Medicine and UIC.

Her study will develop and test the feasibility, acceptability, and effectiveness of using peer health navigators to assist newly disabled patients in reestablishing their lives in the community after their hospitalization while managing the confusing network of outpatient medical treatment.

The fourth and largest of these recent collaborations is a project funded by the Agency for Health Research and Quality (AHRQ) to understand whether electronic health records systems can be used as the basis for quality improvement strategies.

AHRQ is providing $14.7 million to a collaboration led by Northwestern, but stretching from northern Indiana to central Wisconsin, and including NIU and the northern Illinois region. I am happy to be overseeing the NIU portion of this project.

Lisa Bergeron, from NIU’s Division of Outreach, Engagement, and Regional Development, and David Stone, associate professor in the Public Health and Health Education programs and associate vice president for strategic innovation and planning, are serving as members of the research team.

I like to use this space to show HHS Dispatch readers the ways we promote a culture of research in the College. It makes sense, intuitively, that collaborations fostering cross-fertilization of ideas and methodologies lead to success. These projects are tangible evidence of that success.
Dr. Bryan Dallas, Assistant Professor of Rehabilitation Counseling: Sprong, M., Dallas, B.K., Upton, T., & Bordieri, J. The Influence of Race, Causal Attribution, and In-Group Favoritism on Recommendations for Rehabilitation Services.


Dr. Amanda McCarthy, Assistant Professor of Rehabilitation Counseling: Austin, B., Sabo, C., McCarthy, A., Sprong, M., Noble, L. Utilization of Interviewing as an Assessment Tool to Enhance Vocational Rehabilitation Service Delivery: Fostering the Therapeutic Alliance and Professionals’ Judgment Accuracy. VECAP. 2015, 37-52.

CHHS welcomes your support!

Gifts targeted to the College of Health and Human Sciences are appreciated year-round and play an important role in CHHS' mission to further science in the service of society. Gifts directed to CHHS are made through the Northern Illinois University Foundation.

Please (1) make out check to NIU Foundation, (2) write where the money should be designated in the memo line*, and (3) send to Christine Radtke, NIU Foundation, Altgeld Hall 135, DeKalb, IL 60115-2882. If you would like to contribute in a different way, please contact Christine Radtke at cradtke@niu.edu or (815) 753-1390.

* Donations can be designated to:

(a) College of Health and Human Sciences

(b) One of the three Schools in the College:  
   School of Allied Health and Communicative Disorders  
   School of Family, Consumer, and Nutrition Sciences  
   School of Nursing and Health Studies

(c) A specific program in a School, or

(d) The Department of Military Science

Thank you for your ongoing support of CHHS!

CHHS Clinics

OFFERING HIGH-QUALITY CARE:

The Couple and Family Therapy Clinic at NIU: Providing therapeutic services for individuals, couples, and families. (815) 753-1684

Speech-Language-Hearing Clinic: Providing Audiology and Speech-Language Pathology services from a family focus, because a speech, language, or hearing problem affects all members of a family. (815) 753-1481.

Physical Therapy Clinic: Providing evaluation and treatment of acute and chronic musculoskeletal conditions. (815) 752-2675.

ACCEPTING APPOINTMENTS!