Putting a Face to Hunger through Research and Collaboration

Through an invaluable collaboration between Northern Illinois Food Bank and NIU School of Family, Consumer and Nutrition Sciences, faculty, staff, undergraduate and graduate students have been able to help put a face to hunger.

Kelly Brasseur, MS, RDN, LDN, Vice President of Nutrition Programs at the Northern Illinois Food Bank reached out to FCNS several years ago. Her vision as a Registered Dietitian not only is to provide food for those in need, but nutritious food.

Brasseur said, “It just made sense to bring together practice and academics. Here at the food bank we try to make programs sustainable, realistic and replicable. The relationship with NIU has helped make those things happen.”

Amy Ozier, PhD, RD, LDN, is an Associate Professor in FCNS and has worked on several research projects with Northern Illinois Food Bank.

She said, “It is a blessing to work with an organization that serves the least of these, which is something we are all called to do. The nature of their interventions is ideal for the area of study within FCNS. Students get firsthand experience implementing nutrition education while also learning the ropes of research. Students are able to see that behind the statistics are real people with real problems that affect their real families.”

Northern Illinois Food Bank has also proven to be “quick to listen and deliberate in its actions.” The food bank finds it valuable to hear the voice of the pantry guests before creating nutrition education interventions.

At many of its sites, students have conducted needs assessments through various methodologies such as focus groups and surveys. Based on the results, nutrition education interventions are created. As an example, a strong perceived barrier to eating more

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Dean Derryl Block’s Message

Climate Change and Health Issues of Concern

Dear CHHS Alumni and Friends,

There is increasing evidence that world climate is changing, with increasingly warm temperatures and associated increases in the frequency of extreme weather events.

Climate change involves “significant variation in temperature, precipitation, wind, or other types of weather that lasts for decades or longer” (Centers for Disease Control, 2014).

Health and human science professionals need to be cognizant of health effects of climate change such as heat and weather related morbidity and mortality, increases in infectious diseases transmitted by insect vectors and animal hosts, increase in crop pests affecting food supply, and refugee health issues related to rising sea levels and weather related disasters.

Our students need to be able to deal with direct health issues and to influence policies such as those related to carbon emissions, protecting vulnerable populations such as the very young, elderly, and those with chronic illnesses, and green practices of hospitals and hotels.

In April, we were delighted to welcome back an honored alumna, Laura Anderko, who shared her expertise about climate change and public health with students and faculty.

Dr. Anderko gave us permission to record the presentation, and I am pleased to share it with you. For Windows users, http://media.chhs.niu.edu/collegemeetings/FA12/2014_CHHS_Outstanding_Alumnum_Award_Winner_-_20140425_144917_6.html. For iPad users, https://webmail.niu.edu/gw/webacc. For iPod/iPhone users, https://webmail.niu.edu/gw/webacc.

We love having alumni return to the College of Health and Human Sciences to meet with students, student groups, and faculty.

If you are interested and willing to share your expertise, please let us know.

Best wishes,
Dean Derryl Block
dblock@niu.edu

New Ph.D. in Health Sciences Creates Educators & Researchers

In February the College of Health and Human Sciences earned approval from the Illinois Board of Higher Education to offer a new Ph.D. in Health Sciences that will address the critical shortage of faculty in health care programs.

“Our Ph.D. in health sciences will offer doctoral educational opportunity for individuals from a wide range of health-related professions,” said Dean Derryl Block. “Teaching and learning in an interdisciplinary environment will help develop health science faculty and researchers of the future.”

Development of the degree “relied on the joint efforts of faculty, administrators and partners, and we listened to the requests of our students and alumni,” added Beverly Henry, Associate Dean for Academic Affairs. “We also stayed open to designing a doctoral program that meets 21st Century needs for education and health care, such as blending learning in a university lab or workplace with research skills and core course work,” said Henry.

“The Ph.D. in health sciences is truly inter-professional in its approach,” said Sherilynn Spear, the NIU professor emerita who facilitated the development of the Ph.D. “It will prepare future faculty in the health care professions who recognize that we can no longer afford to educate the wide range of health professionals as though they provide unrelated services to different client populations. Twenty-first Century health care requires that individuals work together to provide a seamless web of health services.”

The program builds on NIU’s faculty expertise in programs such as nursing, physical therapy, speech pathology, public health, nutrition and family studies. To accommodate full- and part-time students, courses will be delivered in a hybrid format, using synchronous and asynchronous online components as well as periodic face-to-face meetings.

“The emphasis on inter-professional education helps us build on expertise across the college and furthers our abilities to develop higher level skills with collaboration and leadership,” Henry said.

“We appreciate that the IBHE supported our goal to offer a doctoral-level program to advance the preparation of faculty and clinical researchers to meet the complex health needs of our community in northern Illinois and beyond,” she added. “We welcome this opportunity to take the next steps and work with faculty, community partners and future students.”

With the college offering professional doctorate degrees in audiology (Au.D.) and physical therapy (D.P.T.), this is the college’s first Ph.D. program.
CHHS Advisor Bri Lauka receives NACADA Research Symposium Scholarship

CHHS Advisor Bri Lauka has been selected to receive a National Academic Advising Association (NACADA) Research Symposium Scholarship as part of the 2014 Annual Awards Program for Academic Advising. This scholarship is presented to selected NACADA members who are interested in research and the development of scholarly works.

This program gives selected individuals an opportunity to explore their own research ideas and turn these into action plans during the NACADA Research Symposium. Lauka’s main goals at the Research Symposium will be:

- To learn how to develop strategic research plans that would support advising in HHS and NACADA research goals
- To connect NIU’s student learning outcomes to the practice of advising in HHS
- To identify needs of at-risk students and research advising impacts on persistence and student success
- To expand knowledge of current research and literature on advising specific populations and apply to HHS needs
- To foster more collaboration between professional and faculty advisors for research and professional development
- To provide leadership in advising theory and research at NIU through advising summit, team meetings, and other professional development events
- To increase involvement in NACADA and prepare for presentations at conferences

Lauka said, “Recent emphasis on outcomes as a requirement for state and federal funding highlights the importance of advancing research on the effects of academic advising to improve strategies and delivery methods. I believe this creates an excellent opportunity for connecting advising theory and learning outcomes to those of NIU and higher education overall. “By attending the NACADA Research Symposium, I hope to develop a strategic research plan that will support advising in HHS and NACADA’s research goals.”

Intern LeDuc earns award from World Health Organization

Public Health student Alyse LeDuc received a crystal globe award at the end of her internship at the World Health Organization Office at the United Nations in New York.

She was awarded the Clarence and June Pearson World View Internship. From left in the photo above, are: Dr. Jacob Kumaresan, Executive Director of the World Health Organization at the United Nations; Alyse LeDuc, Clarence and June Pearson World View intern; Laurie Norris; and Clarence Pearson, at the WHO office in New York.
Putting a Face to Hunger through Research and Collaboration

healthfully is cost, as reported by many pantry guests. The food bank strives to educate hungry neighbors that healthy options are available at the food pantry. The food bank increases access to healthier foods through nutrition education and hands-on skill building. Empowering pantry guests is valued by the food bank.

The Academy of Nutrition and Dietetics has a call out for evidenced-based practice through a joint venture with practice and research. The food bank is ideal for spreading this message.

Examples of this evidence based practice include a nutrition education intervention where a whole grain chicken and pasta dish was served in the pantry line as a tasting.

The message of “whole grains for the whole family” was shared and pantry guests were sent home with the meal-in-a-bag and asked to make it at home. Through this intervention, self-efficacy increased related to eating more whole grains and guests walked away with a gentle reminder that “small changes make big differences.”

The collaboration with Northern Illinois Food Bank has touched the lives of many. The experience has allowed schools to cross collaborate, as Dr. Ping Yao from the School of Public Health has come aboard offering statistical expertise.

Students from the area of Nutrition and Dietetics have been able to help pantry guests see the importance of practice and research in collaboration. The following are statements from graduate students in FCNS, Nutrition and Dietetics, who have worked with Northern Illinois Food Bank.

Ellen Ratliff said, “I am so thankful for my experience with Northern Illinois Food Bank. I never thought I would get to have an experience like this working as a graduate assistant. The things I learned and was allowed to do will last much longer than my memories in the classroom.”

Alicia Powell feels “the food bank has moved students through diverse projects so we can get many unique experiences while also feeling appreciated and important in the research process.”

Rachel McBride said, “It’s great to get the real-life experience of evidence-based research, nutrition education and reporting the findings.”

The following is a list of research publications that have helped put a face to hunger:


For many, it might seem like a large task to help those in need, but if one lives according to Dr. Seuss’ Lorax, caring can be half the battle: “UNLESS someone like you cares a whole awful lot, nothing is going to get better, it’s not!” To donate, volunteer, or get involved visit www.solvehungertoday.org.

The Student Health Organization (SHO) participated at the American Red Cross Blood Drive in March 2014.
Student Health Organization at Sycamore Health & Wellness Fair

The Student Health Organization (SHO) participated at the Health and Wellness Fair at Southeast Elementary School in Sycamore, IL. The fair focused on healthy eating, increasing physical activity, and decreasing screen time.

CHHS Faculty, Staff participate in Multicultural Curriculum Transformation Institute

The Multicultural Curriculum Transformation Institute was designed to facilitate discussion about multicultural issues and to provide resources for research on multicultural subjects. It also offers tenured- and tenure-track faculty, instructors and SPS employees with teaching responsibilities support for incorporating multicultural perspectives and content into their teaching.

The institute includes plenary addresses by invited scholars, presentations by NIU faculty, panel discussions, syllabi critiques, videos, and small group activities that focus on race, ethnicity, gender, social class, sexual orientation and disabilities. CHHS faculty and staff who participated were Sheila Barrett, Assistant Professor of Nutrition & Dietetics in the School of Family, Consumer & Nutrition Sciences; Bryan Dallas, Assistant Professor of Rehabilitation Counseling in the School of Allied Health & Communicative Disorders; Lynn Herrmann, Assistant Professor of Health Education in the School of Nursing & Health Studies; Julie Ramisch, Assistant Professor of Family & Child Studies in the School of Family, Consumer & Nutrition Sciences; and Sandra Wolf, Instructor of Nursing in the School of Nursing & Health Studies.

Memorial Tribute to Dr. Patricia Etnyre-Zacher

Dr. Patricia Etnyre-Zacher was a beloved colleague in the Clinical Laboratory Sciences Program at Northern Illinois University from 1984-2000, when she retired. She passed away March 24, 2014.

Dr. Etnyre-Zacher demonstrated professionalism, class, fairness and dedication to higher education. She loved students and exhibited empathy when needed. She touched many students’ lives, not just those in CLS but the numerous students who took her Medical Terminology class.

As faculty in the CLS program, Dr. Etnyre-Zacher took pride in promoting her professional society. She served in several positions with ASCLS-IL, and represented ASCLS at an international meeting of IAMLT. She was a member of Alpha Eta, the national Allied Health Honor Society, and was given the NIU Outstanding Women Student Award during her graduate work.

Dr. Etnyre-Zacher wrote scientific articles and gave numerous presentations during her tenure at NIU. She had an outstanding outlook on life, loved to socialize and had a beautiful smile. We can be proud of her legacy to NIU.
Allied Health and Communicative Disorders (AHCD)

Speech-Language-Hearing Clinic hosts continuing education event

On Jan. 31, the NIU Speech-Language-Hearing Clinic hosted a continuing education event entitled “LAMP (Language Acquisition through Motor Planning),” presented by Chris Grubbs from the Center for AAC and Autism.

This event presented a therapeutic approach for working with individuals on the Autism Spectrum who are non-verbal, utilizing augmentative/alternative communication technology and language fundamentals.

Local speech-language pathologists, teachers, NIU academic and clinical faculty, and parents were in attendance for the full day event.

Prior to the day of the presentation, Grubbs spent time at the NIU Speech-Language-Hearing Clinic with several children, their parents, and the graduate students working with them. This information was used the following day in her presentation and provided a unique learning opportunity for NIU students.

The presentation extensively discussed the role of motor planning and vocabulary selection in language development for individuals with Autism.

Kaitlyn King and Lauren Noonan named 2014 Forward, Together Forward Scholars

Communicative Disorders majors, juniors Kaitlyn King and Lauren Noonan, were named as two of the five Forward, Together Forward Scholars.

In honor of the five NIU students whose lives were lost in a campus shooting Feb. 14, 2008, Forward, Together Forward Scholars must demonstrate strength of character through traits such as a strong work ethic, motivation, inspiration, a high regard for others, integrity and intellectual curiosity.

The Forward, Together Forward Scholarship is one of NIU’s most prestigious scholarships. Up to five $4,000 scholarships are awarded annually to continuing undergraduate students.

“Our Forward, Together Forward Scholars are shining examples of NIU President Doug Baker’s vision for all NIU students—well-rounded and innovative scholars prepared for success and satisfaction in whatever paths they choose after graduation,” said Interim Provost Lisa Freeman.

“These scholarships are awarded on the basis of strong academic performance, in addition to selflessness and service to others,” Freeman said.

“These students strive not only to improve themselves, but also to improve their peers and the world around them. As they work toward these goals, they honor the memory of five of their predecessors whose lives continue to make a difference through these awards.”

Congratulations to Kaitlyn and Lauren on this wonderful accomplishment!
Rehabilitation Counseling Graduate Students win ARCA Award

Graduate students in AHRC 686 Practicum in Rehabilitation Counseling course recently participated in the Understand Rehabilitation Counseling project.

The project was a call to students in masters programs to design a plan of action to increase the public’s understanding of the rehabilitation counseling profession (to reach 100 people).

Students in AHRC 686 decided to make a short video to meet the goals of the project and advocate for the Rehabilitation Counseling profession, [https://www.youtube.com/watch?v=sKRUIPZkbQ](https://www.youtube.com/watch?v=sKRUIPZkbQ)

The American Rehabilitation Counseling Association (ARCA) leadership was so impressed with the video that the NIU team was selected as a winner. The prize was funding for a student to attend the upcoming American Counseling Association (ACA) Conference.

Student leader Cory Blissett, who played a major role in the project, was selected unanimously by students and faculty and was provided with funding from ARCA to travel to the ACA Conference in Honolulu, HI, March 27-30.

At the conference Blissett shared the video and talked about the process of creating it. She said, “There is something magnificent about collaborating with peers and colleagues on a project that is an undeniably important piece of a much larger puzzle—advocating for our current and future clients.

“The collaborative effort of my fellow students and our professors was evident in the consistent and thoughtful creation of our video. Attending the conference to present our hard work allowed me to network with influential professionals while helping to foster the growth of our field.

“Thank you to the American Rehabilitation Counseling Association and alumni of NIU for helping to fund this once in a lifetime opportunity,” said Blissett.

Dr. Cristine Santos’ “Transfusion Trends in Veterinary Medicine”

Dr. Cristine Santos, assistant professor in the Medical Laboratory Sciences (MLS) program, spoke at NIU Family Health, Wellness & Literacy Center Jan. 30.

Dr. Santos, who is a blood bank specialist, focuses her work on blood transfusion. The title of her presentation was "Transfusion Trends in Veterinary Medicine."

Dr. Santos discussed the physical and medical requirements for a canine to become a blood donor, the steps and procedures for blood collection of canines and the classification of blood groups of canines compared to human blood system.

Furthermore, the transfusion history, new concepts in transfusion, human transfusion vs. animals, blood types in canines and various canine transfusion practices were discussed.

The presentation was well received by the audience said Dr. Masih Shokrani, President of American Society for Clinical Laboratory Science, Illinois Northwest Branch, who organized the event.

CHHS Clinics

OFFERING HIGH-QUALITY CARE:

- **Family Therapy Clinic**: 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!
MLS faculty, student, alumnus honored

At this year’s annual meeting of the American Society for the Clinical Laboratory Science-Illinois, NIU’s Medical Laboratory Sciences Associate Professor Dr. Masih Shokrani, student Michelle Campbell, and alumnus Kurt Marten, received awards.

Dr. Shokrani received the ASCLS-IL Member of the Year Award and will have his name submitted to the ASCLS for national consideration. Dr. Shokrani also received the ASCLS-IL Omicron Sigma Award (state level) and the ASCLS-IL Certificate of Appreciation.

Senior Michelle Campbell received the ASCLS-IL Student of the Year Award, the ASCLS-IL Omicron Sigma Award (state level), the ASCLS-IL Keys to the Future Award and the ASCLS-IL Certificate of Appreciation.

Alum Kurt Marten, who is a Medical Laboratory Scientist working at NIU Health Services, received the ASCLS-IL Keys to the Future Award and the ASCLS-IL Certificate of Appreciation.

Dr. Raymundo Munguia Vazquez, Assistant Professor of Audiology, was recently awarded a Research & Artistry grant from NIU’s Division of Research and Innovation Partnerships. Dr. Munguia Vazquez’s grant will support his work on “Characterization and Use of High Frequency Auditory Brainstem Response and Otoacoustic Emissions in the early diagnosis of Auditory Processing Disorders.”

Crime Scene Investigation

Upon invitation from the Medical Lab Science Club at NIU, Sergeant Rebecca Hooks, from the Illinois State Police (ISP) Crime Scene Services Command, spoke in December at NIU’s Wirtz Hall.

In her presentation, Sgt. Hooks discussed crime scene investigation (CSI), forensic pathology and bloodstain pattern analysis. The presentation described services Crime Scene Services Command provides to police departments, sheriffs’ offices, ISP districts and federal agencies. Her presentation explained services provided by the CSI, including photographs, evidence, chain of custody receipt, crime scene reports, court diagrams and court testimony.

Furthermore, various techniques that are used by the CSI to gather evidence were demonstrated.

Speech-Language Pathology Students Perform Kindergarten Screenings

Over Spring break, Speech-Language Pathology Graduate students Gina Willis and Danielle Riegler performed Kindergarten screenings for two days in the Somonauk School District.

Willis and Riegler screened incoming kindergarteners in speech and language development.

The supervising SLP, Lisa Johnson, said, “They both did a wonderful job—very bright, professional, worked well with everyone, etc. I was very impressed with their skills and know they will be super SLPs.

Thanks for sending us two great students!”
Medical Laboratory Science Students Participate in Simulation Lab

Last fall, a simulation lab was set up to provide first year Medical Lab Science students an opportunity to work together with their peers to complete laboratory tests on patient specimens in an independent and timely fashion as would be required of them in a real clinical lab setting.

There were five simulations with each lasting about one-and-one-half hours. Teams of four-five students were given patient specimens. They had to check for specimen integrity and had to determine the testing responsibilities of each team member.

The tests they performed were ones they learned during the semester. Students were responsible for taking necessary equipment temperatures and running the necessary quality control.

A standard operating procedure manual was available for students to reference. Throughout the testing simulation, faculty and staff posed as doctors, nurses and other staff members. This allowed the students to practice communicating information with various health care professionals. Once students completed the tests, they had to document the results appropriately.

Following the simulation, the students were asked to provide feedback on their experience. Many of them responded that the simulation showed them how important it was to work as a team.

The simulation lab was organized and supervised by Ellen Olsen, MLS Student Laboratory Coordinator.

Corral honored
Pre-Physical Therapy junior and NIU Women’s Basketball shooting guard Amanda Corral was named Scholar-Athlete of the Week in January 2014 by the Mid-American Conference.

With a 4.0 GPA every semester since beginning NIU in the fall of 2011, this is the third time in her career Corral has received this honor. She also was named to the Capitol One Academic All-District V Women’s Basketball Team, one of only five players selected from Division 1 schools in Illinois, Indiana, Michigan and Ohio.

“Amanda works extremely hard and she never tires when she’s on the court. She’s just so relentless. Amanda has that same tenacity when it comes to her academics and that’s huge for our program and to NIU,” said head coach Kathi Bennett.

“To be amongst such a selected few is such a great honor for Amanda. She’s earned it with all the hard work she’s put in over the last three years on campus in class and with the team.”

Leah Raffety earns Academic All-MAC
Pre-Physical Therapy sophomore Leah Raffety was named to the 2013 Academic All-Mid-American Conference Women’s Cross-Country Team.

Raffety, a redshirted freshman, earned the honor in her first season of eligibility. “This is a great honor for Leah,” said NIU head coach Greg Hipp.

“She has shown discipline and kept the priorities of a successful student-athlete. I’m sure this is just one of many athletic and academic awards we’ll see for her over her career as a Huskie.”

Raffety was also one of 8 athletes named to the newest class of “LeaD Huskies,” the Leadership Enhancement and Development program. It is designed to identify younger student-athletes who have shown the ability to succeed academically and have potential to serve as leaders within their teams and outside the classroom.

Participants in the program are exposed to different resources designed to foster development of their leadership skills.
AHCD faculty, students, and alumni were well represented at the annual Illinois Speech-Language-Hearing (ISHA) convention in February.

ISHA is a volunteer, member driven association of and for speech language pathologists and audiologists in Illinois. Assistant Professor of Speech Language Pathology Pat Tattersall served as program co-chair for the convention.

Dr. Tattersall also presented at the convention, “Word Level Reading/Writing: SLPs’ Role within the Common Core State Standards (CCSS) Framework.”

Clinical faculty, Lilli Bishop, serves as Vice-President for Professional and Consumer Communication on the ISHA Executive Board, and Clinical faculty Sarah Potter is in charge of registration in ISHA’s Division for Educational Development.

Audiology Professor Emeritus Dr. Pamela Jackson received Honors of the Association and alumni Julie Aspengren-Hamilton was named an ISHA Fellow at the convention. Professor Emeritus Jackson, along with NIU retiree Sharon Hollister, participated in “A Panel of Professionals Share Positives.”

Also, the NIU College Bowl Team consisted of four students from the undergraduate and graduate programs in communicative disorders. Catherine Abraham, Kate Dineen, Katie Grossart and Arianne Kielb answered questions regarding normal development and disorders involving articulation/phonology, language, stuttering, voice, hearing and swallowing.

The College Bowl Team fought a tough battle and came in second place in the competition.

On April 2, NIU’s Speech-Language-Hearing Clinic and the School of Allied Health and Communication Disorders hosted its first Movie Night. The event consisted of a screening of a documentary film, discussion, and a question/answer session with a guest.

The film, “Only God Could Hear Me,” chronicled the lives of four individuals with Cerebral Palsy who use voice output communication devices instead of their voices.

Following the film discussion, a young woman spoke and answered questions regarding her experience as a non-speaking communication device user.

More than 70 people, including undergraduate students, graduate students, faculty, and professionals from the community attended the event.

The next Movie Night is being planned for October 2014.
New Faces at AHCD

Amy Bereiter joined NIU in August 2013 as a clinical supervisor in Speech-Language Pathology. She received her Bachelor of Health Science degree from University of Kentucky and a Master of Science degree from University of Redlands. Her clinical interests include children with motor speech disorders, children with complex communication needs, and use of Augmentative/Alternative Communication. She has worked heavily with children on the Autism Spectrum and other developmental disabilities, and has worked closely with their families. She is an Illinois Early Intervention evaluator and service provider. In previous positions Bereiter led support groups for parents of children who are minimally verbal or non-speaking. At NIU, she supervises graduate students at the NIU Speech-Language-Hearing Clinic, and conducts a weekly diagnostic team. She enjoys travel, camping and anything French.

Brynn Nahlik, Clinical Assistant Professor, joined NIU Physical Therapy in January 2014 with an extensive background in orthopedics and sports physical therapy. After getting her doctorate at Washington University in St. Louis she worked in private practice as a member of vestibular and endurance clinical programs and was a leading member of the video throwing analysis overhead athlete program. She continues to work with the Longshots Baseball Travel organization as Head Physical Therapist. She partners with the PT for the Chicago Cubs in developing cutting edge youth baseball injury prevention programs. As a previous Division I collegiate athlete she spends her free time staying active running and competing in triathlons.

Sarah O’Connor is a clinical supervisor in Speech-Language Pathology. She earned her Bachelor of Science degree from University of Wisconsin, Madison, and earned a Master’s of Science in Speech-Language Pathology from University of North Carolina, Chapel Hill. After obtaining her degrees, O’Connor completed her clinical fellowship in Eugene, OR, providing early intervention and early childhood special education for children with disabilities. She began specializing in Augmentative and Alternative Communication in Oregon and continued building that interest when she transitioned to a pediatric outpatient setting in St. Charles, IL. In her free time, she enjoys learning new cooking techniques, practicing piano and yoga.

Accolades for ACHD students

- Medical Laboratory Sciences students Anne Kindelin and Sean Esping were selected for the Mayo summer internship lab program.
- Medical Laboratory Sciences student Michelle Campbell won an ASCP $1,000 scholarship from Siemens. She also will serve as the AHCD flag bearer at graduation in May.
- Medical Laboratory Sciences student Hajer Al-Hamden submitted a USOAR proposal Comparison of a point of care method to a traditional tube method to determine DEA 1.1 antigen in healthy canine pets to increase transfusion safety.
- Medical Laboratory Sciences student Carla Scholpp submitted a USOAR proposal Comparison of the presence of enteric pathogenic bacteria in the saliva and stools of healthy dogs fed traditional and commercial raw diet.
- Communicative Disorders students Abby Jesperson and Kaitlyn King received the Joan Good Erickson Undergraduate Clinical Interest Award.

Attention Entrepreneurs, Inventors, and Business Owners

The College of Health and Human Sciences (CHHS) is looking for alumni and friends of the College who are entrepreneurs, inventors, and/or business owners. We would like for our students to be exposed to concepts of entrepreneurship and to lessons learned from entrepreneurs in health and human sciences.

If you would be interested in working with the CHHS on this project, perhaps by talking with students or sharing your story, please contact Dean Derryl Block at dblock@niu.edu or (815) 753-1891. We appreciate your ongoing support of CHHS.
Nancy Prange Named Outstanding Dietetic Educator

In December 2013, the graduating dietetic internship class nominated Nancy Prange, MS, RDN, LDN for the Outstanding Dietetic Educator Award for the state of Illinois.

The purpose of the Outstanding Dietetics Educator Award program is to recognize the teaching, mentoring and leadership activities of faculty in ACEND-accredited dietetics education programs.

Criteria for Selection of Outstanding Educators
1. Member of the Academy of Nutrition and Dietetics.
2. Faculty with academic or supervised practice appointments in ACEND-accredited dietetics education programs:
   • Coordinated Program in Dietetics
   • Dietetic Internship
   • Didactic Program in Dietetics
   • Dietetic Technician Program
3. Demonstrated innovative teaching skills and techniques.
4. Demonstrated mentoring as documented by letters from students (limit three letters per nominee).
5. Demonstrated leadership; e.g., national, state or district dietetic association activities, community service, honors received, scientific and professional presentations, publications, employment, etc.

Prange was presented the award at the Illinois Academy of Nutrition and Dietetics Conference April 3. She also will be the Illinois nominee for the Regional Outstanding Dietetic Educator for a Dietetic Internship. Notification for the Regional Award will be in Spring.

Huskie Student Food Pantry Opens

For NIU students challenged by not having enough to eat a solution is the Huskie Student Food Pantry. It opened for service March 20, at the Campus Ministry Growing Place, 400 Normal Rd., DeKalb.

The Food Pantry will be open twice per month on the 1st and 3rd Thursday, from 5:30-7:30 p.m.

The vision of the food pantry is “An NIU Student Population not challenged more by their food needs than by their education needs.” The pantry helps soften many student food emergencies and corrects what is called food insecurity for NIU students.

The food pantry does not serve hot meals; it dispenses supplemental, non-perishable, healthy food items and other miscellaneous items.

In order to qualify for pantry services, students must be currently enrolled in classes at NIU, present a valid student ID, a photo ID, and provide their NIU student number. Donations are welcomed!

Visit the pantry on Facebook at https://www.facebook.com/huskiesstudentfoodpantry or at the website http://www.huskiesstudentfoodpantry.org/index.html.

Dr. Linda Derscheid earns Faculty Mentor Award

Dr. Linda Derscheid, Associate Professor of Child Development, was recently awarded the Illinois Council on Family Relations’ (ILCFR) Faculty Mentor Award.

The ILCFR Faculty Mentor Award is given to a professor or faculty member who has provided outstanding leadership, guidance and professional role modeling. Dr. Derscheid puts forth a great amount of time and effort in mentoring both graduate and undergraduate students.

She also represents NIU on the Executive Committee of the ILCFR as well, serving as the Membership Chair.

Congratulations to Dr. Derscheid on this wonderful award.
Student Nurse Political Action Day

The School of Nursing had a total of 50 students and three faculty members attend the 2014 Student Nurse Political Action Day in Springfield April 1. They attended a conference where students learned about current bills affecting nursing from lobbyists for the ANA. They marched to the Capitol (1,200 students from across the state) and then took time to observe the Senate in session. They also met State Rep. Bob Pritchard and spoke with retired CHHS Associate Dean Mary Pritchard. State Senator Dave Syverson (right photo, center) also took time out of his day to speak with the students at length about the importance of remaining politically active.

Patel earns Honorable Mention

Disa Patel, an NIU graduate student in public health, received an honorable mention award in the category of Medicine and Public Health at the 2014 American Association for the Advancement of Science (AAAS) Student Poster Competition.

Patel’s research, conducted in Indonesia last summer, assesses traffic-related exposure to air pollution.

Patel is advised by Tomoyuki Shibata, Assistant Professor of Public Health and an associate of NIU’s Institute for the Study of the Environment, Sustainability & Energy.

“This was a great opportunity for me as I was able to showcase the research I did in Indonesia this last summer, and the work I have done on my thesis,” said Patel.

Research & Artistry Grant

Dr. Christina Papadimitriou, Associate Professor of Nursing, recently was awarded a Research & Artistry grant from NIU’s Division of Research and Innovation Partnerships.

Dr. Papadimitriou's grant will support her work on Spinal Cord Injuries (SCI), “Developing evidence-based findings to healthcare providers in SCI rehabilitation: a web-based tutorial series.”

Dr. Plonczynski featured in AAP newsletter

Associate Professor Donna Plonczynski, PhD, APN, RN, was featured in an American Academy of Pediatrics We Choose Health Baby-Friendly Hospitals Newsletter article in December 2013.

The article spoke about Dr. Plonczynski’s study of Women, Infants and Children (WIC) program clients for a research project on breastfeeding.

The purpose was to measure the needs of new and established mothers on breastfeeding intent, barriers and support needs. Dr. Plonczynski presented the results at a staff meeting in October.

DeKalb County Health Department staff has been able to integrate the results into their practice. This is evidence-based practice at its best.

Dr. Manju Daniel ANCC-FNP

Dr. Manju Daniel, Assistant Professor of Nursing, recently passed the ANCC-FNP examination.

Congratulations on this major accomplishment to Dr. Daniel on her new role as a family nurse practitioner, an advanced practice registered nurse role.
NIU President Doug Baker and Lizzy de Guia.

Junior Nursing student, Lizzy de Guia, is participating in a pilot mentoring program that is part of NIU President Doug Baker’s plan to improve student career success.

Her mentor, Norman Goldstein, a business consultant in treasury management from Northbrook, has already helped her build a resume and learn how to network.

Goldstein, who also teaches part-time for the NIU College of Business, recently invited de Guia to a networking event—a mock cocktail party—for the NIU Financial Management Association.

Etiquette and interview preparation are examples of what the students learn from executive alumni during the event.

“Having someone as a support system so I can bounce ideas and get advice is a main benefit of the program,” de Guia said.
Reflections of a Transitioning Military Student

By Andrew K. Hansen

Making the transition from Active Duty enlisted to ROTC Cadet has been one of the most challenging and rewarding experiences of my professional career. Before joining the NIU ROTC program, the path was simple: get a degree, get a commission and get back to work.

After two combat deployments with the 10th Mountain Division, college would be a cakewalk—or so I thought. Many get frustrated because after learning all the secrets of the universe during basic training and AIT they have difficulty following a “non-initiated” Cadet squad leader.

While the best leaders know how to follow, some, after a few combat deployments, have difficulty transitioning into college life in general and simply can’t identify with the curriculum or the crowd. It’s easy to understand.

My first two years, despite my best efforts, it was clear to me and those around me, that I was having difficulty. I realized the only real thing that separated me from them was a specific set of circumstances that most of them simply had not had the opportunity to experience. I found it was likely that many of them, if put in some of the same situations I was in, could probably perform even better than I did. Many of them will in short order. Prior service Cadets tend to get hung up on the tactics portion of the curriculum. What many don’t understand is that we don’t teach Infantry tactics...we teach leadership, using Infantry tactics. The focus is on leadership, personal and professional development and adapting.

Just as lifting weights is challenging, just as staying up late studying for an exam is challenging, we do these things for a reason: opportunity, experience and improvement. This program can be tough, but we get each through. I’ve seen that it’s generally not until the time the seniors are getting ready to graduate that they truly understand the value of a commission as an Army officer, but having prior service experience, that knowledge has guided me through some of the toughest times.

If the program were set up in such a way that I couldn’t learn anything I hadn’t learned already, or couldn’t be tested beyond what I’ve already passed, why would I have stayed? Officers and enlisted soldiers are different. Not better or worse than each other, but different—in their scope, duties, responsibilities, expectations and sometimes even culture. I’m going to graduate this semester summa cum laude and on a one-way ticket to Infantry Basic Officer Leader Course, Ranger School and perhaps even back into a war zone. After my time here at NIU ROTC, I’ve never felt more prepared.

Huskie Battalion Legacy Cadet

Cadet Amanda Lyn Marks is currently a freshman at NIU studying Political Science. Originally from Roselle, IL, she is very excited about being in leadership roles.

Cadet Marks was co-captain of her cheer team and coached a middle school team for four years in dance. She is a team member in her squad as an MSI (freshman Cadet). Cadet Marks also participates with Mission Support, training NIU’s mascot.

She is the sister of an MSIII at Loyola University and the daughter of a veteran. Her father, who was in the 12th Airborne Special Forces Group, also commissioned from NIU’s ROTC program in 1981, as the program’s 145th commissionee. He is the one who sparked her interest in the program.

Cadet Marks enjoys the hands-on experience at lab every Thursday. She also enjoys the Field Training Exercises the Cadets get to experience once a semester. Cadet Marks is excited for the future and career paths the Army may offer her. Her goal is to commission as an Army lawyer.

George C. Marshall Award earned

Cadet Alexander Noll has earned the George C. Marshall Award for NIU. The award is presented to the top graduating Cadet at each school’s Reserve Officers’ Training Corps (ROTC) program. The award dates back to 1978, and allows cadets to attend an award seminar at the Virginia Military Institute in Lexington, VA. Cadets from around the country hold discussions on major security issues and hear other leaders speak about the Army and their expectations.

Noll is a senior, majoring in Political Science with an emphasis in International Relations. He is also minoring in Military Science. Upon graduation this May, he will be commissioned as a second lieutenant of Infantry and report to Fort Benning, GA, to begin his active duty tour. He was named the top cadet of his class based on a variety of metrics which includes GPA and his performance at the Leader Development and Assessment Course (LDAC) this past summer. At LDAC, his leadership was evaluated by military professionals. Noll had one of the highest LDAC scores of Cadets in the nation.

Since this award is given annually, Noll has seen it awarded to the top cadet over the previous three years and was aspiring to be his class’ recipient since he was a freshman. He said, “It wasn’t easy containing my excitement when I was notified of the award.”
CHHS Alumni: Bill Demuth, BS in Clinical Laboratory Sciences, 1998

When U.S. Army Veteran Bill Demuth came to NIU he was looking for something in health care. After a year in the Pre-Physical Therapy program, Demuth realized PT was not for him and after talking to a few different counselors, decided Clinical Laboratory Sciences (CLS) was where he wanted to be.

While at NIU, Demuth also served in an infantry unit in the Illinois Army National Guard. Of the CLS program he said, "I always remember Dr. Dianne Cearlock as being one of the toughest instructors I ever had during my college career. I say this in a good way because she kept things challenging and wanted to make sure we were as proficient and up-to-date as possible in order to make us marketable upon graduation.

"In terms of mentors, Ms. Jeanne Isabel stands out. Whenever things got tough in the program, she was the one I could go to in order to help me understand how the material was relevant to the work we would eventually be performing. She brought a very real-world set of experience and skills to the program that she was able to easily relate to the students," said Demuth.

"Ms. Isabel also gave me the opportunity to assist in lab preparation, which greatly assisted me in my understanding of the material. Finally, she was the one who suggested applying with the Illinois State Police. Quite literally, she is responsible for my being where I am right now."

During Demuth’s spring semester of his graduation year, he was encouraged to apply with the ISP in forensics.

"At the time, I really had no idea what forensics was all about and thought that it would at least be a good opportunity to hone my application and interview skills. I did not hear anything from ISP from then until graduation. Needing a job, I accepted a position as a second shift generalist in the lab at Swedish American Hospital in Rockford.

"I never gave forensics a thought until I was called for an interview eight months after starting work at the hospital. After interviewing and submitting to a background check, drug test, and polygraph test, I was offered and accepted a trainee position in the Firearms and Toolmarks Section at the Rockford Forensic Science Laboratory. After two years of training, I was released and reassigned to the Forensic Science Center at Chicago. After eight years on the bench performing casework, I interviewed for and was offered a position as the Training Coordinator for our section. My current duties include developing and maintaining the curriculum used in the training program for the Firearms and Toolmarks Section as well as providing that training to our new hires. Since taking this position in 2008, I have been responsible for training three separate groups of trainees for 12 new examiners."

Demuth said his time at NIU and especially in the CLS program definitely prepared him for his current career. Many of the traits in the CLS program, such as self-reliance, the ability to interpret and follow complex instructions, good laboratory practice, and presentation skills, are exactly what the Illinois State Police look for in Forensic Scientist Trainee candidates.

When asked what advice he has for NIU students, Demuth said, "Do not pass up opportunities and do not let yourself get painted into a corner. Just because your degree says Biology or Chemistry on it does not mean you have to be a Biologist or a Chemist. Explore your options and every once in a while take a chance on something that’s out of your comfort zone. Forensics came completely out of left field for me, but had I not at least tried it out I would have been left wondering for the rest of my career.”

Dual AHCD Alums Co-founded Speech and Language Professionals

Christine Sumara, M.A. CCC-SLP/L, and Rose Janowitz, M.A. CCC-SLP/L, both attended NIU where they earned undergraduate and graduate degrees in the area of Communicative Disorders and Speech-Language Pathology. Together Sumara and Janowitz co-founded and are clinical directors at Speech and Language Professionals in Lake in the Hills, IL. At Speech and Language Professionals, Sumara and Janowitz provide a variety of services to facilitate communication skills via individual or small-group treatment. You can view their website at http://www.speechlp.org/, or find them on Facebook at https://www.facebook.com/SpeechLPinc.
**Featured Alumnus:**

**Home Economics Education Alum Dr. Judy Bowers**

Dr. Judy Bowers graduated in 1968 with a Bachelor’s in Home Economics Education and spent her first five years teaching Home Economics at Malta High School. Dr. Bowers returned to NIU and in 1972 graduated with a Masters in School Counseling.

After moving to Tucson, AZ, in 1977, Dr. Bowers earned a Master’s Degree in School Administration and a Doctorate in Educational Leadership.

She is a consultant for school counseling programs nationally and internationally. In March, 2013, she completed supervising a three year, $1 million Federal Elementary School Grant that placed four full-time counselors in four charter schools in Tucson.

In 2007, Dr. Bowers helped with the organizational framework for the Joint Technology Educational District (JTED) in Tucson. Before retiring from Tucson Unified School District in 2006, she was the Director of the School Counseling Program.

During the 13 years Dr. Bowers was in this position, she gradually increased the number of counselor from 95 to 170, and provided a counselor in every elementary school. This was accomplished through teamwork with district personnel, the governing board, and with funds provided by five Federal Elementary Demonstration Grants.

Previous to coordinating the school counseling programs in Tucson, she was a high school counselor at Sabino High School for 15 years. Dr. Bowers has been an adjunct professor at Northern Arizona University, at the University of Arizona, and at the University of Phoenix teaching school counselors.

She has been a middle and high school teacher and counselor in Arizona, Wisconsin and Illinois. She is a past president of the Arizona School Counselors Association, Inc. She is the first Arizona School Counselor to serve as the President of the American School Counselor Association (ASCA). She served seven years on the ASCA Governing Board working to move the association to new levels.

Dr. Bowers is the co-author of the ASCA National Model: A Framework for School Counseling Programs(ASCA, 2003) and co-author of the ASCA National Model Workbook (ASCA, 2004.) School counselors in most all of the states and in many International schools are using these books to implement strong school counseling programs. Counselors in international schools have used the ASCA National Model as the basis for the International Model for School Counseling. Students across the world are benefitting from the framework created by the ASCA National Model because there are stronger school counseling programs. Most university training programs are also teaching the ASCA National Model to their future school counselors.

Dr. Bowers received the Mary Gehrke Lifetime Achievement Award, June, 2007, from ASCA, for her work developing the ASCA national model and for her leadership in the profession and in March, 2013, she received the first Distinguished Service Award from the Arizona School Counselors Association.

Dr. Bowers has been working with Arizona school counselors since 1990 to improve the state’s school counseling program. In addition to teaching at the yearly school counselor academies from 1990-98, she has written an implementation plan for the ASCA model and a counselor evaluation based on the ASCA model that are being used in the state.

Dr. Bowers has had the opportunity to consult and speak at conferences in over half of the states. She has also led workshops in Jakarta, Hong Kong, and in Seoul, Korea. She has spoken at conferences in Bangkok, Thailand; in the Philippines; in Canada; in Japan; in Portugal, and has led three week long conferences on Guam.

Dr. Bowers said, “I love being a school counselor, consultant and mentor as I pass the torch to the next generation.

My basic training at NIU in both my programs prepared me for the next steps in my career. I left the program ready to be a school counselor. I’m thankful that I was able to attend NIU.”

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**Alumni Updates:**

**Watkins named Director of DeKalb’s The Growing Place**

Angela Watkins, 2012 BS in Family and Child Studies with an emphasis in Child Development, has been promoted to Director of a before and after school program at The Growing Place in DeKalb, IL.

Watkins has been with The Growing Place for over four years and has gained a great deal of experience in her field. She said, “I just wanted to say my experience at NIU was a great learning experience and it prepared me and gave me a jumpstart towards my career.”
NIU alum Linda Deering to lead Sherman Hospital

Advocate Sherman Hospital has announced Advocate Health Care selected NIU alumna Linda Deering to serve as Sherman’s new president, effective Jan. 1.

Deering brings more than 35 years of experience as a health care leader to this new role. Since 2006, she has served as Sherman’s chief operating officer. Under her leadership, the hospital has achieved and maintained top decile results in patient, physician and associate satisfaction, and health outcomes.

During her tenure, Sherman also achieved the ILPEX Silver Award for Performance Excellence and Magnet designation, among numerous other national awards and accolades.

“She has a proven track record of facilitating team redesign, performance improvement and helping to transform culture,” said Bill Santulli, executive vice president and chief operating officer for Advocate Health Care.

“This, coupled with her extensive experience in hospital operations, physician relations and strategic planning, will serve her well in this new role.”

Prior to her work at Sherman, Deering served as the vice president of patient services, chief nursing officer and chief clinical officer at Delnor-Community Hospital in Geneva, IL. She also served as executive director of patient services at St. Joseph’s Hospital in Elgin, IL.

Deering earned both her Master of Science and Bachelor of Science degrees in nursing from NIU.


Jacqueline B. Marcus received her BS and MS degrees in Consumer Science and Food Science and Nutrition from the School of Family, Consumer & Nutrition Sciences.

She is currently the President and Owner of Jacqueline B. Marcus and Associates, where she specializes in Food and Nutrition Consulting.

Marcus has written a new book “Culinary Nutrition: The Science and Practice of Healthy Cooking.” In the book Marcus explores the connections among the technical sciences of nutrition, food science and the culinary arts, as well as consumer choices for diet, health and enjoyment.

She presents laboratory-type, in-class activities using limited materials and real-life applications of complex concepts. Her book includes color photographs and recipes to enhance the learning experience and to emphasize the necessity of sustainably deliverable, health-beneficial and taste-desirable products.

The book is on the shortlist in the Professional category of the Gourmand World Cookbook Awards. The Best in the World will be announced in May 2014 in Beijing.
Oppotunities by entering proposals into highly competitive funding sources. Each year our faculty respond to many different funding opportunities by entering proposals into highly competitive research. Research grants that are mostly from sources external to NIU. Research grants cover the costs of our researcher's time, the materials they use, and the myriad of scientific instrumentation and other resources necessary to conduct high quality research. Each year our faculty respond to many different funding opportunities by entering proposals into highly competitive research.

In this issue, I want to touch on an important element vital to all scholarly research: funding. Simply put, our research productivity depends on our ability to secure funding, mostly from sources external to NIU. Research grants cover the costs of our researcher's time, the materials they use, and the myriad of scientific instrumentation and other resources necessary to conduct high quality research. Each year our faculty respond to many different funding opportunities by entering proposals into highly competitive research.

Some funding for research comes from the generosity of forward-thinking philanthropists. Last Spring, the College was honored to have the opportunity to give the Joan E. Wood Award for Nursing Faculty Research to Dr. Maryann Abendroth (see her photo below). The Wood Award was made possible by a very generous gift from award’s namesake, Joan E. Wood.

Dr. Abendroth’s research focuses on strain among informal caregivers of people with Parkinson’s disease. Parkinson’s affects over one million Americans with more than 60,000 new cases diagnosed each year. Many people with this debilitating disease rely on informal care from their family or others in their social network. Given the significant burden this can place on caregivers, Dr. Abendroth’s research focuses on a very important social and policy concern.

Not only has the Wood Award made it possible for Dr. Abendroth to conduct research on this topic, but as a new member of our nursing faculty who is in the initial stages of building a research agenda, the award has provided a catalyst for Dr. Abendroth to enter the competitive arena of external funding. This spring she applied for funding to the American Nurses Foundation, the philanthropic arm of the American Nurses Association. The work supported by the Wood award has helped position Dr. Abendroth’s research to be nationally competitive.

**CHHS FACULTY RESEARCH**


**Sarah Geiger**


Dr. King Chung, Associate Professor of Audiology: Chung K. (2014, January). Frequency Compression: New Research Yields Clues for Patient Selection. The Hearing Journal. 67(1); 14-16.


CHHS Research


Mary Pritchard Faculty Development Fund

In honor of Dr. Mary Pritchard’s 35 years of service at NIU and CHHS, and in celebration of her retirement, an NIU Foundation fund has been established to support CHHS faculty development in teaching and scholarship for faculty in their first five years at NIU. Dr. Pritchard has been an advocate for faculty and committed to faculty development. To make a contribution in honor of Dr. Pritchard, please (1) make out check to NIU Foundation (2) write M. Pritchard Faculty Dev. Fund 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, contact Radtke at cradtke@niu.edu or (815) 753-1390.
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 her 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 Nursing and Health Studies
   School of Family, Consumer and Nutrition Sciences

(c) A specific program in a School, or

(d) The Department of Military Science

Thank you for your ongoing support of CHHS!

Tell us Your Story

Your stories are welcome for inclusion in the Summer 2014 CHHS Dispatch. CHHS Faculty and Staff should send updates by July 1, to Carrie Callahan at ccallahan@niu.edu. Alumni, please send updates to CHHSalums@niu.edu.