Forward, Together Forward Scholars

Nursing and Health Studies students were named as three of the five Forward, Together Forward Scholars. They included: Courtney Crutchfield, Nursing Major, Samantha Garbacz, Nursing major, and Tara Lenardi, Public Health major.

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.

The following student profiles were taken from NIU Today.

Volunteering isn’t something Courtney Crutchfield does, it’s part of who she is.

As a member of Alpha Phi Omega service fraternity, Crutchfield is dedicated to helping others on campus and in the community.

“Giving back to the community has also altered my mindset on volunteering,” said the sophomore from Manchester, MO. “I think of volunteering now as more of a necessity to having a functional, unified community whereas before I viewed it as additional labor.”

As an NIU student, she has taken part in volunteer efforts at We Care Pregnancy Clinic, the Feed My Starving Children organization, Hope Haven, Feed ‘em Soup project and more.

And as a member of NIU’s University Honors Program and National Society of Collegiate Scholars, Crutchfield knows the importance of balancing academics with community involvement.

“Courtney has been very academic-focused since the moment she came to campus,” said Missy Lugo, NIU student success specialist. “Wanting to graduate from NIU with a nursing degree is very challenging and demanding. Courtney realized that she needed to (find a) balance because it was out-of-classroom experiences that helped her to grow and develop as well.”

Crutchfield is majoring in nursing, and is determined to make a difference in the lives of others while a student and throughout her career.

“Attending Northern Illinois University is one of the best decisions I have made, and without it I would have never received the incredible opportunities I have to make a difference,” she said. “Because of my decision to come here I have learned to be independent, to take...”

Continues on page 4
Dean’s Message

During a recent trip, I visited the St. Jorgens Hospital Leprosy Museum in Bergen, Norway. Surprisingly, during the second half of the 19th century, Bergen had the largest concentration of patients with this disease in Europe and was home to three leprosy hospitals.

Leprosy, also known as Hansen’s disease, has been associated with religious stigma, and people with leprosy were often isolated and humiliated.

St. Jorgens Hospital cared for people with lepers since the middle ages. The museum had many artifacts of the lives of people who lived there including eyewitness accounts, poems, photos, and hospital records. Because of the notion that the disease was inheritable, in many areas, people with leprosy were isolated to prevent them from starting families and passing on the disease.

Armauer Hansen, the Norwegian physician who in 1873 discovered the bacteria causing the illness, worked at the hospital and was the national leprosy physician.

Discovery of the leprosy bacillus along with epidemiological studies discredited the idea that leprosy was inheritable. However, policies to prevent infection promoted additional institutionalization and even forced incarceration of people with the disease.

Hansen conducted an experiment on a patient without permission to see if different types of leprosy were contagious. The experiment, which caused the patient’s death, was the impetus for the first patient protection law in Norway. Today Hansen’s disease is treatable with antibiotics.

As I wandered through the museum, many themes from our NIU programs in the College of Health and Human Sciences were apparent.

These included care of individual patients, trying to merge compassion with efficacy, socially stigmatizing conditions, vulnerable communities, epidemiology and health research, health policies, and ethical decision making. Historical legacies affect health and human sciences care/treatment/services, and policies even today.

Mission to Health Walk

The College of Health and Human Sciences’ Healthy Huskies student group organized a “Mission to Health Walk” for the week before final exams. With Mascot “Mission” leading the way, NIU students, faculty, and staff took a two mile walk around campus. The walk ended at MLK Commons where NIU Residential Dining and the Huskie Food Pantry had healthy snacks for everyone to sample. NIU Health Enhancement, the Rec, and Communixity Gardens were also on hand with healthy information and fun prizes. The walk was a great way for students to enjoy the nice weather and de-stress before finals.
Jane Lux, B.S. Nursing 1978 and Master’s of Public Health 2000, was named this year’s Outstanding Alumni. Since 1980, Lux has been making a difference in the lives of individuals and families in DeKalb County through her work with the DeKalb County Health Department. As Public Health Administrator, she oversees the department, which has 40 employees, a $3.7 million budget, and serves approximately 105,000 residents. Lux has been instrumental in developing and funding maternal and child health programs, HIV programs, STD prevention programs, and family planning programs for low-income populations. Since she became the department’s administrator in 2011, the department was selected as one of 21 organizations in Illinois to receive a federal grant to reduce the incidence of chronic disease. The department has implemented initiatives such as reducing tobacco use, promoting healthy weight and physical activity, and promoting breastfeeding. Also during her tenure, the health department has developed emergency response plans to prevent the potential spread of contagious disease, and implemented a program to help people enroll in health insurance through the Affordable Care Act. It also convened the Zero Waste Task Force that resulted in DeKalb County adopting guiding principles to divert waste from landfills.

Lux is a member of the Illinois Association of Public Health Administrators, the Illinois Public Health Association, and the IPHA nominating committee. In the community, she is a member of the Kishwaukee Family YMCA board, and is part of the core leadership team of the Live Healthy DeKalb coalition. Lux also is an elected member of Delta Omega, an honorary public health society.

Second Annual Inter-Professional Event

Over 200 faculty and students from six CHHS accredited programs—Audiology, Dietetics, Medical Laboratory Sciences, Physical Therapy, Rehabilitation Counseling, and Speech-Language Pathology—met to discuss a real life case study of an individual who was recently in a serious car accident.

This individual detailed her accident that resulted in a C1 fracture. Two students and a faculty mentor from each program met multiple times and conducted assessments with her. At the event April 18, attendees were seated at interdisciplinary tables. Each participant outlined their discipline’s scope of practice. After listening to panel participants outline their review of the case and test results, tables discussed interprofessional collaboration.

Sherrill Morris, chair of The School of Allied Health and Communicative Disorders, organized the event along with student and faculty planners, including:
- Audiology students: Joey Pinkl & Kelly Hemningway. Faculty mentor: Danica Billingsly
- Dietetics students: Lindsey Shaffer & Ellen Ratliff. Faculty mentor: Nancy Prange
- Medical Laboratory Science students: Anne Kindlin & Sean Esping. Faculty mentor: Jeanne Isabel
- Physical Therapy students: Kevin Reusch & Liz Smith. Faculty mentor: Becky Wagner
- Rehabilitation Counseling students: Rebecca Hanna & Jenna Krumpos. Faculty mentor: Bryan Dallas
- Speech-Language-Pathology students: Rachel Krull & Olivia Dolleton. Faculty mentor: Jaime Mayer

From left: Catherine vanEtten-Kalh with Nancy Prange and Sherrill Morris

Past CHHS Alumni Award Recipients:

- 2014-Laura Anderko ’87
- 2013-Kristen Tribe ’99, M.A. ’01
- 2012-Sandi Splansky ’80, M.S. ’83, Ed.S. ’91
- 2011-Ross J. Roesser ’67, M.A ’67
- 2010-Monique C. Ryan ’84
- 2009-Laura Ferrio ’86
- 2008-Charlene Dwyer ’74, M.A. ’76, Ed.D. ’85
- 2007-Linda Deering ’87, M.S. ’92
- 2006-Judith Ann Duvall
- 2005-Lora L. McDonald McGuire ’74
- 2004-Glenn R. Janicki ’84
- 2003-Dr. Daniel J. Pesut ’75
- 2002-Diane Hillard-Sembell ’82
- 2001-Phillip W. Eaton ’86
- 2000-Edna Applegate M.S. ’89
- 1999-Susan E. Wood ’86
- 1998-Charles Kyalo Kilonzio ’93
- 1997-Susan Cain ’77, ’82
- 1996-Karen Smith Blesch ’84
- 1995-Sandra Bardell Shetler ’77, ’93
- 1994-Sherry Fletcher ’80
- 1993-Susan Stachowicz Ruppert ’76
- 1992-Andrea T. Rusin ’91
- 1991-Audrey McCrimon ’74, ’75
- 1990-Lorraine Cole ’71, ’72
- 1989- Mary Frances Astrom ’79
Student Scholars Recognized

From page 1 initiative, and to stand up for what I believe in. This school emphasizes my character, and allows me to also help others in the discovery of their own characters as well.”

Samantha Garbacz is a leader. Whether in class, in campus organizations, working a part-time job or volunteering, she has proven to be a leader at NIU.

“Samantha won the NIU Leadership Award during her freshman, sophomore and junior years,” said Lugo. “This award recognizes student’s initiative, outstanding involvement, how they have contributed to the quality of life on NIU’s campus, and significantly enhanced NIU’s campus environment through their demonstrated leadership abilities and personal growth.”

The senior from Westchester, IL, maintains a 3.53 cumulative grade point average in nursing.

In 2012, Garbacz joined Alpha Psi Lambda, a co-ed Latino social and service fraternity, and soon after began to hold leadership positions there.

“I have seen her balance multiple positions including mentorship,” Lugo said. “Samantha also was actively involved in raising grade point average requirements for membership to not only increase the organization’s level of excellence, but also increase the excellence of individual Latinos’ education.”

In addition, while on campus she has been involved in the American Red Cross blood drive, the Feed My Starving Children organization, Feed ‘em Soup, Rake Across DeKalb, Salvation Army, CROP Hunger Walk and American Cancer Society Relay for Life.

Volunteerism is something she was exposed to early on; after her father died while she was in high school, it became even more important.

“All of my life my parents have taught me the importance of family and community,” Garbacz said. “After my dad passed away, I realized the role he played in the community and how I wanted to do the same thing.”

Lynette Swedberg, NIU clinical nursing instructor, said Garbacz’s commitment and strength will allow her to excel in her chosen profession.

“Samantha will be an excellent nurse,” Swedberg said. “She is compassionate, professional and able to access both her compassion and critical-thinking skills. She is able to reflect on her experiences and use them for personal and professional growth.”

Lugo shared the sentiment, adding that Garbacz “embodies the mission and vision of NIU.”

“Samantha continues to look for other leadership opportunities, not only within her organization,” Lugo said. “She supports the DeKalb community and at the state level, she advocated for nurses. She is a great example of a Huskie and a future proud alum of NIU.”

Being a college student is just one of Tara Lenardi’s many roles.

The senior from Lisle, IL, is a busy mom, campus employee and community volunteer, all while maintaining a 3.92 cumulative grade point average.

“Tara is an inspiration to a lot of women around her,” said Lee Ann Johnson, who worked with Lenardi at the North Suburban YMCA. “People look up to her and see her accomplishing goals and overcoming obstacles. Her children are inspired by her. I am inspired by her driving force. It is a great feeling when you see a woman who has the can-do attitude and does not let excuses get in her way.”

Pursuing a college degree hasn’t been an easy journey for Lenardi, but she remained steadfast, crediting her NIU “family” for her success.

“Being a part of the Huskie community has been essential to my desire to return to school and finish my degree,” Lenardi said. “I am a non-traditional student with four kids who went back to school to get her associate degree during two pregnancies. I have gone through a divorce, recently remarried and decided it was time.”

With the timing right for Lenardi to return to college, she settled into a course of study with the intention of earning a degree in nursing. However, after taking public health classes at NIU and working for the North Suburban YMCA, she found her true passion and changed her major.

“The NIU community is invested in their students – not for statistics – but because they truly want their graduates to go out there, succeed and change the world,” Lenardi said. “For me, that meant giving me the tools to realize that my dream job isn’t working with individuals as a nurse, but working with and for a community.”

She plans to graduate in 2016 with a degree in public health and a minor in community leadership and civic engagement.

“My dream job is to be a community program liaison or to work as a strategic planner for non-profit organizations,” she said. “I want to work with hospitals, local government, nonprofits, schools and local businesses to address community health care programs. My experience at NIU has already helped me. I am learning the tools I will need. I am listening to community members as they speak to classes. I am continuously growing as a person.”

NIU instructor Mary Shumaker has taught Lenardi in several classes, and describes her as “a natural leader” who inspires fellow students to do their best.

“She has persevered through incredible personal difficulties to provide for herself and her family,” Shumaker said. “Tara has distinguished herself by producing consistently superior work throughout her student career at NIU. She is one of the best students I have met at the university.”

Splansky Honored with Award

Sandi Splansky, CHHS Advising Dean, recently was honored with the Student Affairs and Enrollment Management Partner of Distinction Award. The award recognizes individuals or groups outside the Division of Student Affairs & Enrollment Management who have made outstanding and/or sustained contributions to a program, department, or the mission and vision of Student Affairs & Enrollment Management.

Image
Clinic Open House/Communicative Disorders celebrates 40th Anniversary and Physical Therapy 35th Anniversary

The School of Allied Health and Communicative Disorders celebrated the 40th Anniversary of the Communicative Disorders program and the 35th Anniversary of the Physical Therapy program with a Clinic Open House in April. The event featured speakers on various topics from diabetes and balance, to myths and facts about your ears. Free Health Screenings were offered for balance, blood pressure, fitness, hearing and swallowing, as well as interactive STEM activities and clinic tours of the NIU Physical Therapy Clinic and the NIU Speech-Language-Hearing Clinic.

Physical Therapy Faculty attend Clinical Specialist Recognition Ceremony

Three Faculty members in the NIU Physical Therapy Program were recognized as Board Certified Clinical Specialists during the American Physical Therapy Associations’ Combined Sections Meeting in Indianapolis, IN.

Dr. Rebekah Wagner, PT, DPT, NCS, was recognized as a clinical specialist in Neurologic Physical Therapy.
Dr. Christina Odeh, PT, DHSc, PCS, was recognized as a clinical specialist in Pediatric Physical Therapy.
Dr. Brynn Nahlik, PT, DPT, SCS, was recognized as a clinical specialist in Sports Physical Therapy.

Clinical Specialization is the process by which a physical therapist builds on a broad base of professional education and practice to develop a greater depth of knowledge and skills related to a particular area of practice.

The specialist certification program was established to provide formal recognition for physical therapists with advanced clinical knowledge, experience and skills in a special area of practice and to assist consumers and the health care community in identifying these physical therapists.

The American Board of Physical Therapy Specialties (ABPTS) has certified more than 16,000 individuals since 1985 marking its 30th anniversary in 2015. Currently, the ABPTS offers board-certification in eight specialty areas of physical therapy: Cardiovascular and Pulmonary, Clinical Electrophysiology, Geriatrics, Neurology, Orthopaedics, Pediatrics, Sports and Women’s Health.
7th Annual Audiology Day

Every year the Audiology program celebrates the completion of third-year Doctor of Audiology students’ capstone projects and the completion of fourth-year students’ externships on Audiology Day. This year’s event was May 7.

The celebration started with Audiology Alum Lawrence Clayton speaking to the students about his career.

Then, each of the third-year students was presented with a white coat to mark the completion of their in-house clinical training and the beginning of their clinical externship.

After the ceremony, the third-year students presented their capstone projects in a poster format. Six professionally dressed students presented a total of three projects tackling a wide range of clinical questions, including:

1. Brittany Uitenbroek and Stacie Ueckert: P50 Suppression in Adolescents with a History of Concussion
2. Kelly Hemmingway, Jessica Wagner and Brian Waldman: Characterization of Peripheral Vestibular Dysfunction Using the Video Head Impulse Test (vHIT) in Athletes with Concussions

After the poster presentations, students and faculty enjoyed a potluck lunch and fourth-year students shared their externship experiences and answered questions from the audience.

Deaf Pride After-School Club

In November 2014, Deaf Pride started an after-school club at DeKalb’s Clinton Rosette Middle School. One or two Deaf Pride members volunteered to teach basic American Sign Language to sixth grade students weekly.

Students learned a wide range of topics—the ABCs, numbers, vocabulary words, deaf culture and simple phrases such as “my name is...” and “how are you?” All members played fun games incorporating fingerspelling, as well as signing sentences.

All students in the Sign Language Club displayed much enthusiasm to learn sign language and learn more about people who are deaf. Deaf Pride members who participated were Ashley Liem, Abby Jeppson, Melissa McCanna, Emileanne Delaney and Ashley Person.

Collins Releases New Book


Dr. Collins’ research focuses on culturally responsive care, emphasizing the importance of addressing faith as a component of culture to consider when delivering health care.

*My Coat of Many Colors* chronicles Dr. Collins’ life journey, from her experiences growing up in a small village in Botswana to her transition through diverse cultural and geographic landscapes.

The book presents a humorous discussion of how one can be “every person” and yet remain whole emotionally and spiritually.
During Spring semester, Colleen Boraca, head of NIU’s Health Advocacy Clinic, presented “NIU Health Advocacy Clinic: Legal and Medical Providers Working Together to Improve Client Health” to 42 audiology, law, physical therapy and speech-language pathology students and faculty. The mission of the Health Advocacy Clinic is to improve the health of individuals by resolving legal issues. Through discussion of individual cases, participants shared knowledge and resources emphasizing the need for inter-professional collaboration. Participants were invited to Hesed House, a support center for homeless individuals, for future partnerships.

NIU’s Health Advocacy Clinic presents

Gladfelter earns Leadership Award

Dr. Allison Gladfelter, Assistant Professor of Speech-Language Pathology, was recently honored at the Riley Child Development Center 45th Anniversary and Awards with the MCH Early Career Leadership Recognition Award. This award recognizes a former RCDC trainee early in their career who has demonstrated leadership ability in the provision of services to children and their families. The award is given every 5 years.

Pictured at left, from left: Sarah Muir, Speech-Language Pathology Coordinator at RCDC and Dr. Gladfelter’s former Leadership Education in Neurodevelopmental and Related Disabilities fellowship mentor, and Dr. Allison Gladfelter.

Dr. King Chung Issued Patent

Dr. King Chung, Associate Professor of Audiology, was issued a patent (#8,942,815) for Enhancing Cochlear Implants with Hearing Aid Signal Processing Technologies. The patent is for a system and method that enhances the performance of cochlear implant signal processing in an amplification device. The system utilizes a signal input device that picks up the sounds from the environment or other hearing or audio devices and feeds the incoming signal into a front-end signal processor. The front-end processor pre-processes the signals and feeds them into a cochlear implant signal processor. The system also may insert a front-end processor into multiple signal processing stages of a cochlear implant signal processor with the front-end processor “sandwiched” between the multiple signal processing stages of the cochlear implant signal processors. The system also may insert a front-end processor into multiple signal processing stages of a cochlear implant signal processor with the front-end processor being either an integrated part of the cochlear implant signal processor or a functionally distinctive part for bilateral cochlear implants.
Annual AHCD Research Day Features Research Areas

The School of Allied Health and Communicative Disorders held its second annual Research Day in April.

The event featured faculty and student researchers from programs within AHCD who are working hard to solve real life health problems.

Their projects are directly impacting the health of people in the region, and some are improving quality of care on national and international levels.

Below is a listing of programs and faculty/student researchers and their research areas:

**Audiology:**
- Early Diagnosis of Auditory Processing Disorders: Electrophysiological Findings by R. Munguia

**Speech-Language Pathology:**
- Prevalence of Voice Problems in Working Mothers by Amanda Carlson and Alysha Lenert; Faculty Mentors: Miriam van Mersbergen and Mary Lynn Doherty
- Infants’ Solo and Dyadic Play in the Presence of Background Television is Negatively Related to Vocabulary Acquisition by E.F. Masur, V. Flynn and J. Olson (2014)
- Mothers’ Object Labeling Responses Mediate the Relation Between Infants’ Proto-Declarative Gestural Bids and Noun Vocabularies by J. Olson and E.F. Masur (2014)

**Rehabilitation Counseling:**
- Family Involvement in Postsecondary Settings for Students with Autism Spectrum Disorder by Alyssa Ashmore, Co-Presenter: Susan Mitchell; Faculty Mentors: Drs. Bryan Dallas and Julie Ramisch

**Medical Laboratory Sciences:**
- 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 by Hajer Al-Hamdan
- Comparison of Enteric Pathogenic Gram Negative Rods in the Saliva and Stool of Healthy Canine Pets Fed Traditional and Commercial Raw Diet by Carla Scholpp
- Temperature Control of a Single Blood Unit During Transport by Sara Hargis.

**Prefrontal Cortical Activation Changes and Stuttering Improvement by In-Sop Kim**
- Cortical Responses to Verbal Working Memory and Speech Improvement: fNIR Study by In-Sop Kim
- Verbal Working Memory and Reading in Parkinson Disease: fNIR Study by In-Sop Kim
- Enhancing Clinical Education: Hands-on with RTI by Patricia Tattersall and Laura Emmert
- Older Struggling Readers: Value in Phonemic Awareness and “Phonics” Instruction by Patricia Tattersall
- Modifying MIT for Severe Aphasia: More Music, More Language? by Tertia Jeppson and Jamie Mayer

**Physical Therapy Students Visit Resthave Home**

Doctor of Physical Therapy students and Dr. Prisca Collins visited Resthave Home in Morrison, IL. The PT students gave a presentation on safety and keeping residents’ environments free from fall risks. The PT students also helped the residents of Resthave Home with simple strengthening exercises and proper body mechanics.
AHCD represented at IL Speech-Language-Hearing Convention

AHCD faculty and students 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. Dr. Pat Tattersall, Assistant Professor of Speech-Language Pathology, was awarded “Honors of the Association” at the convention. This award is given to those who actively participate and make significant contributions to the professions of speech-language pathology or audiology. This award is the highest honor of the Association.

Also present at the convention were Dr. Jamie Mayer, Associate Professor of Speech-Language Pathology, and student and NIU Lincoln Laureate recipient Tertia “Abby” Jeppson, who presented their research “Modifying MIT for Severe Aphasia: More Music, More Language?” Michelle Burton, Clinical Faculty, served as Student Liaison co-chair. Debbie McGee, Clinical Faculty, served as Registration co-chair, and Lilli Bishop, Clinical Faculty, served as Vice President-Division for Professional & Consumer Communication.

Masih Shokrani honored as Educator of the Year

Dr. Masih Shokrani, Associate Professor of Medical Laboratory Sciences, has been named Educator of the Year for 2014-2015 by the American Society for Clinical Laboratory Sciences-Illinois (ASCLS-IL).

The honor came during the organization’s annual meeting and awards ceremony, in April in Peoria, IL. This award serves to recognize an ASCLS-IL member/educator for outstanding achievements, contributions and service to the profession and celebrates the value of professional ability and commitment.

Dr. Shokrani also was elected to be the next president of ASCLS-IL. The election is a three-year term: 2015-16 as president-elect; 2016-17 as president; and 2017-18 as past-president.

ASCLS is the pre-eminent voice of all clinical laboratory professionals, creating a vision for the advancement of the clinical laboratory practice field and advocating the value and the role of the profession in ensuring safe, effective, efficient, equitable and patient-centered health care.

Youel Sets Record

Health Science/Pre-Physical Therapy major Nelle Youel became the NIU women’s tennis all-time career combined wins leader this past January.

Health & Wellness Promoted

Doctor of Physical Therapy students in the AHPT 602 class presented at DeKalb High School and Waubonsie High School. In AHPT 602, students learn the basics of promoting health and wellness via community education.
Nutrition Program Collaborating with NIU Dining

For decades, NIU Residential Dining has worked with Dietetic interns each semester in the dining program to gain knowledge of food service and to practice these skills in all aspects of the operation, culminating in a special dinner event. The NIU Nutrition undergraduate program and NIU Residential Dining also has begun a rewarding collaboration. Last year NIU Residential Dining hired three Nutrition students. One student was hired as a Food Allergy Support Coordinator and two students were hired as Nutrition/Wellness Coordinators. Residential Dining Director, Richard Fritz, is committed to continuing both collaborations.

The Food Allergy Support Coordinator works with all special diets, food allergies that are either referred from the Disabilities Office or students who have some food challenges and need some guidance in navigating choices. Under a recently passed federal law, any medical issue that causes interruption in daily activities can constitute as a disability, meaning that many food allergies qualify under the ADA and Dining Services is legally required to accommodate. This position must be a senior student in the Nutrition program who is committed to going into the nutrition field.

The Nutrition/Wellness Coordinators work with student customers to provide ongoing education about healthy choices, dining service offerings, and menu labeling. This is all part of the new Healthy Huskies program. The two positions must be junior students accepted into the Nutrition program with the intent of going into the nutrition field. Another great result of the collaboration has been the MyPaw program. The MyPaw concept was created by Nancy Prange, Dietetic Internship Director; Richard Fritz, Residential Dining Director; and the student Nutrition/Wellness Coordinators. This program is based on the USDA MyPlate program that provides some easy connectors for students to use for making healthier food choices. MyPaw is based on a 2,000 calorie intake per day with specific percentages coming from each food group: meat/proteins, dairy, grains, fruits and vegetables. Combined with a program of good food choices and exercise, a Healthy Huskie should be academically successful and be on the road to making good life choices. "At a time when students are typically just beginning to make their own decisions about food choices, it is important to have positive resources available on site. Both the Nutrition/Wellness Coordinators and the MyPaw program can make a significant impact on students to improve their nutrition by making the healthy choice, the easy choice," said Prange.

During this past Spring Semester under the direction of Jane Maxwell, 17 FCNS 410 students conducted intercept interviews with nearly 525 students to determine the following:
- Did students understand what "Healthy" was?
- Did students feel that Residential Dining offered "Healthy" choices?
- Did students who were athletes feel that the dining program offered them the foods necessary for them to maintain their physical regimen?
- Did students feel the meal plan provided the meal coverage they wanted?
- Did the dining centers provide a social connection for student?

The interviews allowed Senior Nutrition and Dietetic students to conduct a needs assessment and get hands-on experience. Nutrition students acted as consultants to NIU Residential Dining and the experience gave students an opportunity to apply classroom learning to actual work experience. The results of the needs assessment were very helpful and specific goals have been established by the NIU Residential Dining management team from this work.

Of the collaboration Fritz said, “The program is going great. We are able to provide great services to our customers while providing real life activities in real life situations for our students. They are able to apply what they have learned in classroom to life situation with peers. Peer evaluation and data gathering can be difficult, but our nutrition students have shown how it is done successfully.”

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Prange honored with Outstanding Community Service Award

Nancy Prange, Dietetic Internship Director within the School of Family, Consumer, and Nutrition Sciences, was the recipient of the Outstanding Community Service Award at the Martin Luther King Jr. Presidential Breakfast event in January. Prange was presented the award in recognition of her outstanding work on the Camp Power initiative during the summer of 2014.
Nutrition major Rachel McBride eager to feed the world

When Rachel McBride transferred to NIU as an underclassman in 2011 to study Nutrition, she unwittingly opened the door to a world of new and unexpected learning opportunities.

As an undergraduate in the College of Health and Human Sciences, she studied abroad in Tanzania where she assessed student nutrition needs.

Last December, as a graduate student, she served an externship in Bucerias, Mexico, where she conducted nutrition needs assessments that laid the foundation for nutrition classes and community gardens to be implemented in the near future.

Now, thanks in part to a $10,000 Clarence and June Pearson Worldview Internship Award through CHHS, the 24-year-old from Decatur, IL, is sharing her knowledge and passion for healthy eating. Her six-month internship at the Food and Agriculture Organization of the United Nations in Roma, Italy, began April 7.

“I would have never guessed things like this would have happened for me at NIU,” McBride said. “I’ve had some amazing opportunities that I know I wouldn’t have gotten anywhere else.”

While in Italy, she will assist in exploring ways to improve dietary standards for school meals, as well as work with Improved Complementary Feeding Project (IMCF) to help prepare documents, newsletters and project management activities from Malawi and Cambodia.

“I feel that my personal values align really well with this organization,” McBride said. “I am excited to learn how a large international organization works and to see how like-minded people work toward the eradication of hunger.”

She first discovered her passion for helping less developed nations after attending a micro finance lecture given by NIU College of Business instructor and active social entrepreneur Dennis Barsema. McBride said Barsema inspired her to make a difference globally, not just locally.

“He told us the only difference between us and the world’s extreme poor is latitude and longitude,” McBride said. “He said we need to use the skills we were blessed with here to help those who are less fortunate elsewhere. It really stuck with me.”

She was an undergrad at the time, exploring her major with aspirations of a career in sports nutrition as an Olympic dietitian. But after Barsema’s talk, the seeds of social entrepreneurship had been planted. McBride now plans to pursue a career that will help her feed those who are less fortunate.

She’s hopeful the internship will allow her to better understand what type of organization she would like to work for after she graduates. If she can’t find the right fit, she said she will start her own organization.

“Really, it comes down to feeding hungry people, whether that be in another country or here in America,” she said.

McBride said she is excited to experience the culture and food of Italy, but she’s also looking forward to continuing to build her professional network on an international level.

“This is a great learning experience for me,” she said. “I’m truly blessed that these things keep happening for me. I just hope this helps expand my network and helps me build a future in this field. I’m excited for the adventure ahead.”

—From NIU Today

Annual State Conference
Graduate Specialization in Marriage & Family Therapy students at the Illinois Association for Marriage and Family Therapy’s Annual State Conference, held at the NIU Naperville Campus.
2015 ILCFR Conference

In April, 11 Family and Child Studies students along with Dr. Jane Rose Njue, Associate Professor of Family and Child Studies, attended the Illinois Council on Family Relations Conference in Champaign, IL. Dr. Njue was given the Faculty Mentor Award at the conference. The Faculty Mentor Award is given to a professor or faculty member who has provided outstanding leadership, guidance and professional role modeling.

Of the conference, student attendee Rachael Martin said, “The 2015 ILCFR conference on Modern Families was a really great experience. Dr. Njue made sure we were able to see the room we were presenting in beforehand so we could as prepared as possible, which helped a great deal. Presentations we attended were not only fascinating, but I could see ways in which each presentation or body of research apply to my coursework and education at NIU, but also the ways they might inform or influence my future practice. I hope to become a Licensed Marriage and Family Therapist through NIU’s program.

“We heard presentations on resilience in the face of health crisis, the impact of trauma on relationships, the efficacy of NIU’s CFLE program, relationships between adoptive parents and children, and the effect of child incarceration on families (the keynote address). The conference also ran very smoothly from a logistical perspective, and the food was great, too! I also enjoyed the fact that Dr. Njue had us get involved in the set-up and mediation of the conference so that we were able to experience a piece of what it might look like to coordinate and execute such an event,” said Martin.

“Amanda O’Connor and I presented a program we developed for Dr. Njue’s FCNS 450 Family Life Education Methodology class. Our program was designed to guide college students to financial health, and was titled “Let’s Make Cents!” The program itself was divided into six objectives to be presented in weekly, two-hour sessions over five weeks. The first week covers credit cards and scores. The second covers loans and interest. The third, budgeting; the fourth, the relationship between a student’s family of origin and the student’s financial attitudes and behaviors. The fifth covers two final objectives, the relationship between finances and stress, as well as how to access mental health and financial services when additional help is needed,” said Martin.

“This program was developed by analyzing and synthesizing information from scholarly, peer reviewed journal articles, as well as the Financial Planning textbook used in NIU’s FCNS 343 Family Financial Planning class. For our presentation at the conference, we used PowerPoint to create a presentation including a literature review, an explanation of our theoretical framework (we used Bronfenbrenner’s model), and a shortened version of the budgeting session we would present in our actual classes, complete with handouts and budgeting tools, so that our audience would be able to get a sense of what an actual session would look like.”

Hospitality Students Attend Career Fair in Chicago

During Spring semester, Dr. Lan Li, Professor of Hospitality Management, along with Anne Marie Edwards, from NIU Career Services, took 22 students to the Hospitality Career Fair in Chicago. The career fair was organized by the International Council on Hotel, Restaurant & Institutional Education Central Federation. Industry professionals from 67 hospitality companies were able to meet hospitality students from Illinois higher education institutions. At the Career Fair, NIU hospitality students took advantage of everything it offered, from mentorship and career advice, to jobs and internships. They also networked with industry professionals from various sectors of the hospitality industry such as hotels, restaurants, event planning companies, and travel companies.

Hospitality Recruitment Day

During Spring semester, the Hospitality Management Program, along with NIU Career Services, hosted Hospitality Recruitment Day. It provided hospitality companies the opportunity to interview students for summer internships and employment after graduation.

The following companies participated: Q Center, Goose Island Catering, Kane County Cougars, Chicago Entertainment Cruises, Rich Harvest Farms, Trump International Hotel and Tower, Schaumburg Boomers, and NIU Outreach Conference Services.

Dr. Lan Li, Professor of Hospitality Management, introduced new faculty and staff members Dr. Nick Hryhorczuk and Chef Bryan Flower, to the industry recruiters during lunch at Chandelier Room.
Beware the lure of ‘get-slim-quick’ diets, NIU experts say

Warm weather has finally arrived and that can mean only one thing – it’s time to start losing weight so you have the perfect beach body!

One might be forgiven for believing so, anyway, based upon the steady stream of spam e-mails, television ads and magazine covers that hawk the latest miracle diets, each and every one of them guaranteeing to melt away the pounds with little or no effort.

“Those ads are actually out there year-round, but there are certain times when you see a burst of them. Spring is one of those times,” said Meg Burnham, a registered dietician who counsels students at Nutrition and Wellness Center of the Campus Recreation Center.

Each ad is carefully designed to help its creator grab his or her share of the $40 billion that Americans spend each year on diet plans, books, supplements and a host of other products aimed at helping shrink waist lines.

Do these miracle diets work? In a word, no.

Just about any of them can induce short-term weight loss, said Hannah Degen, who is pursuing a master’s in nutrition at NIU, but few have any lasting effect.

“Unfortunately, a lot of fad diets rely on quick water-weight loss,” said Degen. “The pounds come off quickly, but they don’t stay off. After a couple of weeks it stops working, and people looking for something else to help them lose weight.”

Many of the students who make an appointment to meet with Burnham have tried their share of fad diets, with predictable results. “In my experience, by the time a client comes to see me they have been-there, done-that on fad diets,” she said. “When they come to me they have recognized that they don’t work and are ready for a more realistic lifestyle change approach.”

That approach—one that incorporates not just changes in diet and exercise, but also examines how food fits into one’s lifestyle—seems to be key to lasting weight loss and improved health.

“When we work with a client we talk about things like why they go out to eat so often. Maybe they lack options for good home-cooked meals, or they are just too tired at the end of a work day to cook, and we look for alternatives. Or they may be using food as a way to manage stress, and we talk about better ways to deal with that. All of those things can be part of the equation,” said Burnham.

Fad diets are the nutritional equivalent of get-rich-quick schemes, promising fast results that hardly ever materialize, and often at great cost, agrees NIU Priyanka Chakraborty, a professor in NIU’s CHHS who teaches about nutrition.

“When people try these diets, they often end up dizzy, nauseous and dealing with headaches or diarrhea,” she said.

Luckily, the nutritionists agree, fad diets are usually easy to spot:

If it seems too good to be true, it probably is. Many diets, healthy ones or fad diets, can help you lose five or more pounds of weight in the first week or two. But any diet that promises prolonged weight loss of more than one or two pounds a week is suspect. Most of the weight lost in the early phases of a diet is water-weight. Beyond that, most weight loss requires burning up fat—about 3,500 calories worth per pound. It is difficult (without extreme exercise and diet regimens) for a body to burn up more than a pound or two of fat a week, according to the Mayo Clinic.

Fad diets offer an all or nothing approach. If a diet is based upon eating unusual amounts of a particular food, or relies upon eliminating one type of food completely, it is probably a fad diet. Even when dieting, your body still needs the nutrients provided by the various food groups. “Fad diets often create an imbalance in nutrients. For instance, diets that completely eliminate carbs may help you lose water-weight, but you can also lose muscle when what you want to do is lose fat,” said Chakraborty.

Fad diets lack scientific proof. Pills that magically burn up fat, or all natural appetite suppressants sound great, until you look into the science behind them. Very few of the aggressively marketed diet products have withstood rigorous clinical trials that prove that they work.

Chakraborty suggests checking out any such claims on the Mayo Clinic website that examines the science – or lack thereof – behind many weight loss diets and gimmicks. “Most fad diets, or diet products, are not FDA-approved because they haven’t done the proper testing to prove they actually work,” she said. WebMD also has a useful page that provides reviews of dozens of diet plans.

Fad diets don’t include exercise. Any diet that promises weight loss without exercise is probably a sham. “There are some diets that limit calories so severely that they actually recommend against exercise. That’s a red flag. Any diet like that is so restrictive it’s not healthy,” said Burnham.

A combination of moderate adjustments in caloric intake, coupled with exercise, is the surest route to healthy weight loss. Relying upon all one or the other is not as successful or as healthy.

They are usually pushing a product. If the wonderful new weight loss

Continues on page 14
Get-Slim Quick Warning

From page 13

plan that just showed up in your e-mail inbox requires buying a specific line of foods, supplements or gadgets, chances are it is a gimmick. This is not always true, but it bears investigating.

So, what makes for a healthy weight loss plan?

It comes down to two simple dictums: Eat right and exercise more, said Chakraborty.

As unglamorous as it may sound, she said some of the best advice can be found through sites such as ChooseMyPlate.gov—a website run by the U.S. Department of Agriculture. It recommends a diet based upon the “My Plate” guidelines that have replaced the old “food pyramid.” The site explains the guidelines, offers menu and exercise tips, links to recipes and even apps to help you track your progress.

Consulting a nutritionist or dietician before you begin is also a good idea, she said. In addition to offering advice on what and how to eat, they can help you make other lifestyle changes that can greatly enhance the chances of taking off – and keeping off – weight. They also can help identify medical issues, such as thyroid dysfunctions, that may need to be addressed to facilitate healthy weight loss.

Finally, the dieticians advise, don't obsess over what the scale says.

“Dieting is not a one-size fits all proposition, and not everyone progresses at the same rate,” said Chakraborty.

“In addition to paying attention to weight loss, also set goals for fitness (how much faster can you walk a mile, or how much further can you cycle in an hour), how many servings of vegetables are you eating a day, are you meeting your sleep goals, etc. All of those things have an impact on how much weight you will lose and how soon,” she added.

“Don’t just get fixated on your diet, and don’t fall for the false promises of a fad diet.”

- from NIU Newsroom

FCNS Child Development Lab Receives GOLD Circle of Quality

The FCNS Child Development Lab at NIU received the GOLD Circle of Quality designated from ExceleRate Illinois, the state’s new quality rating and improvement system for early learning and development providers. The Gold Circle of Quality recognizes programs that meet or go beyond the highest quality goals. Gold Circle programs have met the highest quality standards in three areas: learning environment and teaching quality; administrative standards; and staff training and education. Programs are actively engaged in continuous quality improvement.

ExceleRate Illinois helps families make more informed choices about their children’s early learning. It establishes standards to help infants, toddlers and preschoolers develop intellectually, physically, socially and emotionally. Additionally, it provides a framework for early learning and development professionals to identify opportunities to enhance their knowledge and skills.

It’s an honor to be a GOLD Circle of Quality center. Receiving the GOLD Circle of Quality demonstrates the CDL’s commitment to providing quality in early learning and development. The CDL is one of two centers in DeKalb County that is a both National Association for the Education of Young Children Accredited and a GOLD Circle of Quality designated center. The CDL will be receiving a $2,500 bonus for achieving the GOLD Circle of Quality, as well as continue to receive a 15% add-on rate for all families on the Child Care Assistance Program.
NUHS Hosts Graduate Colloquium Lecture

During Spring semester the School of Nursing and Health Studies hosted a Graduate Colloquium Lecture. Michael David, M.D., Ph.D., spoke on the topic of “Methicillin-resistant Staphylococcus aureus (MRSA): Epidemiology and Impact of a Superbug around the World.” Dr. David is a faculty member at the University of Chicago in the Departments of Medicine, Pediatrics and Public Health Sciences. He studies the epidemiology of Staphylococcus aureus infections and colonization and is especially interested in the prevention of the spread of methicillin-resistant Staphylococcus aureus (MRSA).

Before his lecture, Dr. David met with NUHS faculty and students and had lunch with the NUHS Research Committee. He also spent time with an Epidemiology class. Dr. David’s two hour lecture was very interactive with students, spending over 40 minutes answering questions from the audience. The lecture was very well attended with more than 100 in the lecture hall and over 25 online.

Davis Featured in CBS Continuing Ed Online Series

Amber Davis, Nursing Instructor, was recently featured in CBS’s Continuing Education online series.

In the article Educator Teaches Chicago Students the Language of the Nursing Industry, Davis discusses the need for nurses to earn their bachelor’s degree, which introduces students to leadership roles, critical thinking and case management.

Davis also recommends students take a second language to expand patient communication.

Davis’ advice, “Be prepared to start a life-long process of learning. It’s a very rigorous program anywhere you go. Stay focused. Stay balanced. Keep a good schedule so that you can manage your life and your courses.”

Bostwick Appointed to Editorial Board

Dr. Wendy Bostwick, Assistant Professor of Public Health, was appointment to the Editorial Board of the Archives of Sexual Behavior. The official publication of the International Academy of Sex Research, the Archives of Sexual Behavior is dedicated to the dissemination of information in the field of sexual science, broadly defined. Contributions consist of empirical research (both quantitative and qualitative), theoretical reviews and essays, clinical case reports, letters to the editor, and book reviews.

NUHS Alum Shares Experiences

Nursing alum Georgia Giellis, along with her three-year-old son, Jace, returned to NIU as a guest speaker in Sandra Wolf’s OB class this past Spring semester. Giellis shared her experience of giving birth three months prematurely. This was the sixth time she has shared her experiences with NUHS classes, including when she was a student.

Student Nurse Political Action Day

Members of the Student Nurse Organization attended Student Nurse Political Action Day, organized by the American Nurses Association.
Geiger Accepted to American College of Epidemiology

Dr. Sarah Geiger, Assistant Professor of Public Health, has been accepted to the American College of Epidemiology (ACE). The college was incorporated to develop criteria for professional recognition of epidemiologists and to address their professional concerns.

ACE serves the interests of its members through sponsorship of scientific meetings, publications and educational activities, recognizing outstanding contributions to the field and advocating for issues pertinent to epidemiology.

The goals of the college include: Advocating for policies and actions that enhance the science and practice of epidemiology; Promoting the professional development of epidemiologists through educational initiatives; Recognizing excellence in epidemiology; Developing and maintaining an active membership base of both Fellows and Members representing all aspects of epidemiology.

Geiger’s Innovative Teaching Approach

This past Spring semester, Dr. Sarah Geiger taught both the undergraduate and graduate Epidemiology courses. Dr. Geiger allowed students to attend guest speakers for BOTH classes. In other words, those from undergrad could sit in on guest speakers in the graduate class and vice versa. Dr. Geiger said, “I think it is a great professional development opportunity for them and a way to improve career success by gaining knowledge about master’s- and doctoral-level epidemiological career paths.”

Jaeyong Bae: Physicians, critics wrong to fear electronic health records

As hospitals across the country work to adopt electronic health records (EHR), critics worry that breaches in security, malpractice and violations of the Health Insurance Portability and Accountability Act (HIPAA) will increase.

But according to a recent study co-authored by Jaeyong Bae, a professor in NIU’s CHHS, the real issue stems from fear of change among health care professionals.

“Some physicians are against the change,” Bae said. “They want to stick with what they know works.”

Among the intended benefits of EHR are the ability to boost patient participation in their own care, to raise accuracy of diagnosis and health outcomes and to improve care coordination.

The article, written by Bae and lead author, William E. Encinosa, of Georgetown University, predicts that the adoption of EHR will result in a reduced number of adverse drug events. “In our study, we found hospitals that did not use electronic health records saw medical errors increase by 14 percent,” Bae said.

“I think the whole system of the hospital changes because of electronic health records. They will have the means to improve efficiency.”

Thanks in part to the 2011 Health Information Technology for Economic and Clinical Health (HITECH) Act, and nearly $30 billion in incentives, hospitals across the country are being encouraged to quickly incorporate the new system.

The goal is to have computer systems from clinics across the country talking to each other—linked and 100 percent compatible by 2016—to improve patient care and reduce costs by reducing duplication of services.

Another concern among critics is that physicians are failing to properly record information, which can lead to misdiagnoses and additional patient health complications.

“I think it is a great professional development opportunity for them and a way to improve career success by gaining knowledge about master’s- and doctoral-level epidemiological career paths.”

“Because we’re in the early stages, physicians might take more time to put information in the computer, so there’s a decrease in efficiency in that regard. The good thing is that the information is more widely accessible.”

Others are concerned the software can create opportunities for personal information to be stolen.

Jim Fatz, director of investigations in the Department of Information Technology Services, said medical records contain a wealth of information that can be used for identity theft.

As long as all guidelines meet HIPAA standards, Fatz said, there’s no reason for concern. If people can trust websites such as Amazon or PayPal with personal information, hospitals can be trusted with patient records.

“If an entity maintains its own records locally, then the burden is on them to keep the records safe,” Fatz said. “If they meet the standards that have been set, then it shouldn’t be much of an issue. The software used for health records is no different than any other system that compiles personal information.”

—from NIU Newsroom
“Mission” Success

Everyone who knows NIU, knows about the mascot, Mission. He is adored by fans of all ages and instantly lifts spirits with his presence.

Recently, however, Mission proved that he is more than just a pretty (and furry) face. He has been competing in dog shows, and recently competed in a United Kennel Club (UKC) conformation show. His handler at dog shows is trainer Lisa Monge.

“Mission participated in a UKC conformation show hosted by K-9 Petiquette in Huntley, IL, March 8. He was judged by two separate judges on how well he matched the Siberian Husky breed standard. (For information about the Siberian Husky breed standard, visit: http://www.ukcdogs.com/Web.nsf/Breeds/NorthernBreed/Siberian-Husky07012009).

Both judges found Mission deserving enough to win two Best of Breeds, two Northern Group 1s, and then he went on to win Altered Reserve Best in Show under the second judge, and Altered Best in Show under the first judge (the esteemed Sally Davidson).

Not only are Best in Show wins exciting, these competitive wins over many other dogs gave Mission the points he needed to complete his Altered Championship title (ALCH). His formal registered name has now changed to ALCH Shiver Mission Accomplished.

“I am Mission’s handler in the show ring for these endeavors, and he loves to show and get the attention! It was very exciting that both judges found Mission to be the best (or one of the best) dogs in the whole show on that day,” said Monge.

Mission works side by side with NIU’s Army ROTC program. The cadets have a club known as “Mission Support” where they are trained as handlers. Mission and team members from Mission Support then appear at several events all over campus and abroad. Mission Support Officer in Charge (OIC) is Cadet Karina Avila.

“This school year, I have had the opportunity of being the OIC of the Mission Support Club with ROTC,” said Cadet Avila. “It has been an outstanding year, and we have really expanded what events we attend with Mission. The other cadets on the team really enjoy being around Mission as well, and it shows how great we work with him throughout the NIU Community.

“Mission is the face of NIU Athletics, therefore being at football games and running on the field is always a thrill. We also attended volleyball, basketball, baseball, and softball events. Not only do we make appearances at sporting events, but we also try to get Mission to attend events such as the Child Development Lab on campus, and ‘I Heart NIU’ week,” Avila said.

“Mission is great with kids, and people really like having him around. Overall, Mission loves the attention he gets and all the lovely photo-shoots people ask to take with him. He’s a great mascot for NIU and he gives cadets in the Army ROTC program a great opportunity to get involved and serve the local community,” she said.

“The Huskie Battalion has been honored to work with Mission and we look forward to continuing to work with him.”

Living proof that indeed, “Huskies Lead the Way!”
Military Science Instructor Receives “MVP Award”

Master Sergeant (MSG) Rufus Beamon is one of the three instructors in NIU’s Army ROTC Program.

MSG Beamon is a critical component of the program, not only teaching Military Science courses to the program’s cadets, but also working with the other instructors to make sure everything runs smoothly.

An important part of their work is to ensure each and every cadet has the best opportunity to learn and develop as future Army leaders.

MSG Beamon was recently awarded for his hard work, dedication and countless hours spent working with the ROTC program as an educator and mentor.

He was nominated by Allyson Lehman from the NIU women’s basketball team for the “Most Valuable Professor Award” (or MVP Award) in February. He was awarded with a certificate and medallion to recognize his selection.

Project GO and CULP! Summer Cultural Experiences for ROTC Cadets

NIU’s Army ROTC program provides some unique training opportunities. Cadets might learn how to parachute, rappel or survive and fight in northern climates. Other opportunities come in the form of foreign language and cultural immersion experiences over the summer. This summer, NIU is sending three cadets on just such an adventure.

The first is freshman Accounting major Cadet Kelly Strauf. She will be doing Project Global Officer (or Project GO!). Cadet Strauf received a full scholarship for six weeks of beginning Chinese, starting in mid-May, at North Carolina State University. Since Chinese is considered a strategically important language by the U.S. Army, she also may qualify for a monetary bonus upon completion.

Sophomore Biological Sciences major Cadet Madison Richmond will go on a Cultural Understanding and Language Proficiency mission this summer. She will be traveling to Ljubljana, Slovenia, where she will be doing different activities for cultural immersion and ‘military to military’ instruction with the 132nd Slovenian Mountain Regiment. There will be a point at which she will be working with Slovenian youth as well.

The third cadet taking advantage of this opportunity is junior Biochemistry major Cadet Joseph Hines. Through Project GO, he will attend six weeks of intensive Russian language training at Boston University this summer. He has a commitment to then travel to Russia in the summer of 2016 for the second part of the program. He received a full scholarship to cover tuition and fees.
Jim Ciesla’s Research Corner

By Jim Ciesla
Associate Dean for Research and Resources

I like to use this space to show CHHS Dispatch readers the ways we promote a culture of research in the College—that is, how we foster research that provides learning opportunities for students and promotes the professional growth of our faculty—and describe the larger good CHHS research does for the region NIU serves and beyond.

In recent issues of Dispatch I described the “PI Academy” and the impetus it gives to CHHS scholarship by supporting our new faculty (CHHS Dispatch 13-4), and I described the early-career success of one of our new faculty, Dr. Matt Wilson, who was awarded a highly competitive new investigator grant from his professional organization (CHHS Dispatch 14-1).

In this issue I am very happy to announce to readers that an Associate Professor in the School of Nursing and Health Studies (NUHS), Wendy Bostwick, has been awarded a grant from the National Institutes of Health, Institute on Minority Health and Health Disparities. NIH is among the most prestigious funders of health related research in the world. The application process is hyper competitive. For example, the award rate in the institute that has funded Wendy’s grant is just over 11 percent, meaning that of the thousands of applications that institute reviews every year only a handful are funded.

Dr. Bostwick joined the faculty of the Public Health Program in NUHS in 2009 with an excellent educational pedigree having served as a pre- and then post-doctoral fellow on NIH funded training grants at the University of Michigan. Her research has been published in prominent internationally circulated journals—American Journal of Public Health, Addiction, and Archives of Sexual Behavior—to name a few.

While this is not her first research grant, it is the biggest and most prestigious. She will use the $371,583 award to study aspects of the mental health of bisexual women. Using e-diaries, an innovative method of data collection, Wendy and a team of researchers she has assembled, will assess the health effects of microaggressions. Health disparities among lesbian, gay, bisexual and transgender (LGBT) persons across the lifespan are well-documented, yet gaps remain in basic understanding of the health status, behaviors and outcomes within LGBT groups. In particular it is known that bisexual women have consistent and pronounced disparities in mental health. Wendy’s research will shed light on this disparity paving the way to better understanding, and in the longer term, improved health and the wellbeing of bisexual women.

Bostwick was awarded tenure and promoted to Associate Professor effective this fall. She joins the growing number of research active senior faculty in the College. Her work is an excellent example of the culture of research that is thriving in the College of Health and Human Sciences.

Interdisciplinary Autism Spectrum Disorder Research

Drs. Bryan Dallas (Rehabilitation Counseling), Julie Ramisch (Marriage & Family Therapy), and Beth McGowan (University Libraries) have completed an article entitled, “Students with Autism Spectrum Disorder and the Role of Family in Postsecondary Settings: A Systematic Review of the Literature.”

The article will appear in the June edition of the Journal of Postsecondary Education and Disability. In recent years, U.S. postsecondary institutions have witnessed an increased number of students with autism spectrum disorder (ASD) seeking support services. This article explores what constitutes appropriate familial involvement with these students after they enroll in college.

On April 21, Alyssa Ashmore, an Honors Research and Artistry Assistant mentored by Drs. Ramisch and Dallas, presented at the Undergraduate Research and Artistry Day. Ashmore also was supported on the research project by Susan Mitchell, an Applied Family and Child Studies graduate student. The research consisted of qualitative interviews with postsecondary disability support staff on their perception of family member involvement and appropriate support roles.

The group plans to continue this line of research in the fall.
CHHS Faculty Work

Dr. Sarah Geiger, Assistant Professor of Public Health: 2014 PHPR Honor Award for Outstanding Scientific Publication in the Subcategory of Behavioral and Social Science for MMWR Alcohol-attributable deaths and years of potential life lost - 11 States, 2006-2010.


Dr. Matt Wilson, Assistant Professor of Audiology: Wilson, M. From the Lab to the Community: A Translational Approach to Concussion Research. NIU Foundation College of Health and Human Sciences Venture Grant. ($19,940) Funded.


CHHS ALUMNI

Tom Thompson, a 1978 graduate of the Rehabilitation Counseling program, began a new adventure in California in April at California State University-Fullerton. Thompson, who retired in 2010 from a 30-year career as Director of Disability Resources for Harper College in Palatine, IL, is serving as Interim Director of Disability Support Services at CSU-Fullerton. Thompson will administer the department and do some evaluation of its resources and functioning. Prior to his new position, Thompson had been consulting for various colleges including schools in Alaska, Texas, Iowa, North Carolina and Ohio, as well as presenting at conferences in Texas, Florida and California.

Master’s of Public Health alum, Miranda Hawker, is Indian River County administrator for the Florida Department of Health. Hawker runs two public health service locations, managing 135 employees, overseeing an $8 million budget, coordinating with various outside groups and non-profit organizations, and following state directives from Tallahassee, as well as, maintaining and improving healthcare in Indian River County. Hawker was appointed to her current position in 2007, and for the three years prior to that she served as the department’s assistant director. Before moving to Florida, she was employed by the Emergency Medical Services Authority of Sacramento, CA.

Stephen H. LeMaster (BS ’96) NIU: Following graduation from NIU, he went on to earn a PharmD (’05) and MPH (’08) at the University of Minnesota. He completed his residency training in Clinical Toxicology at Regions Hospital, St Paul, MN, and is board-certified by the American Board of Toxicology (DABT). Dr. LeMaster now serves as Sr. Clinical Toxicologist with SafetyCall International and is an Adjunct Assistant Professor in the College of Pharmacy at the University of Minnesota. He lectures in clinical toxicology and serves as a clinical preceptor for fourth year PharmD students.

Lauren Cardelli, 2014 graduate of the BS in Public Health program with an emphasis in health administration: is employed with Medline, the largest privately held manufacturer and distributor of healthcare supplies in the United States. Lauren’s sister Krista Cardelli is also a graduate of the Public Health program, in the class of 2012. Krista said, “We love to share our memories with both having the same degree but different emphases. We will never forget the wonderful education we received and the awesome faculty who made it happen.”

Ellen Storm, 2013 Alum of the MS in Nursing Education program, was named Dean of Nursing at Rock Valley College, in Rockford, IL, in July 2014. Storm has been in nursing academia at Rock Valley College since 2005.

Catherine Antolec, 2007 Child Development Parent-Infant Specialist Alum: is currently a Legal Assistant/Paralegal. After graduation, she became a teacher and taught for six years. She then went back to school to study Paralegal Studies.
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.

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Thank you for your ongoing support of CHHS!

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.

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