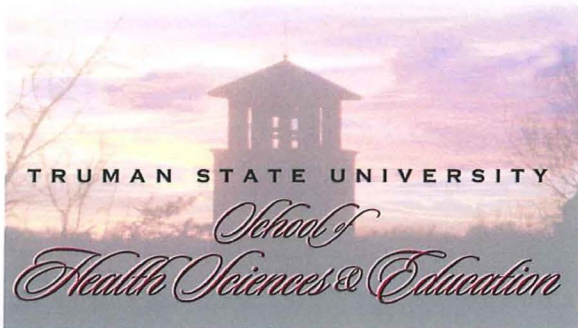


# MARCH 2016 NEWSLETTER



## The SHSE Administrative Team

**Janet L. Gooch**, *Dean*  
**Paula Cochran**, *Chair of CMDS*  
**Mona Davis**, *Assistant to the Dean*  
**Roberta Donahue**, *Chair of HES*  
**James Judd**, *Director of the RPDC*  
**Pete Kelly**, *Chair of Education*  
**Stephanie Powelson**, *Chair of Nursing*

## Message from Janet L. Gooch, Ph.D., CCC-SLP, Dean, School of Health Sciences and Education

Happy Leap Day! A complete orbit of the earth around the sun takes exactly 365.2422 days to complete, but the Gregorian calendar uses 365 days. Hence Monday, February 29, 2016. Almost unnoticed Leap Day comes in and out of our lives, an extra 24 hours every 4 years. There's typically no celebration. You probably came into work at roughly the same time, poured your coffee, checked your email and calendar, and got busy. Rather than let the Leap Day go uncelebrated, do something you would not have normally done. Do one of those really important things you meant to do all year long but didn't get to. If that doesn't work out for you, at least make sure you write the date on something before the day is over to celebrate.

As we celebrate Leap Day think about the many expressions that contain the word "leap". They are all quite fitting in our world of higher education.

We hope our students progress in our classes, in our majors, in life by **leaps and bounds** and that they think critically in an effort to solve real world problems rather than **leap to conclusions**. We hope at least once while at Truman that they take a **leap of faith** and pursue activities and challenges out of their comfort zone but that they **look before they leap** so that they come out ahead. Of course we hope they grow by **leaps and bounds** and after they graduate we can say without hesitation that they made a **quantum leap** toward adulthood and are now active and engaged citizens.

I hope that sometime in your extra 24 hours you will read this newsletter because it contains so many amazing accomplishments by our faculty, staff and students. Proof that a great accomplishment isn't the end of the road, just the starting point for the next **leap forward**.

Enjoy Leap Day!

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## Hunger Summit



Faculty and students from several departments traveled to the Presidents United to Solve Hunger (PUSH) and Universities Fighting World Hunger (UFWH) Summit, February 26, at the University of Missouri-Columbia. Faculty included Christine Harker (English), Franta Majs (Agriculture Science), and Alicia Wodika (HES). Eight students attended including Aly Duval (IDSM), Maggie Wilcox (Sociology), Josh Ellerman, Tommy Fieser, Levi Perry, and Craig Wehmeyer, (Agriculture Science), and Ashley Kuykendall and Bonnie Kempker (HES). Topics for the workshops and breakout sessions included “developing your own on-campus hunger dialogue,” “examining synergies between food security and health,” and “media & hunger reporting trends in the 21<sup>st</sup> century.”

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Truman State University and A.T. Still University personnel signed an articulation agreement that will allow students to finish undergraduate and medical school within seven years. The Pre-Med/Med Accelerated Track program (also known as the 3+4 program), will allow incoming freshmen the opportunity to matriculate into medical school after three years at Truman. This program allows students to focus on the development of academic and leadership skills during their undergraduate years without the traditional MCAT requirement. Students entering Truman in the fall will be eligible to apply for the program. Pictured (above) signing the agreement, January 28, are: Dr. Norman Gevitz (ATSU VPAA), Dr. Sue Thomas, Dr. Janet L. Gooch, and Dr. Margaret Wilson (ATSU Dean).

## Communication Disorders

### Faculty Member of the Month

*interview conducted by  
and article written by  
Sara Saulich,  
CMDS graduate student*



~Amy Teten, Ph.D., CCC-SLP~

*The SHSE faculty member of the month is Dr. Amy Teten. Dr. Teten recently joined the Communication Disorders department in January of 2016. I interviewed Dr. Teten and asked her these hard - hitting questions so the School could get to know her a little better.*

Q: If you weren't an SLP, what would your chosen career have been?

A: "A musician of some sort. I was raised in a very musical family; my dad is an opera singer and my parents both sang in the church choir, and I also did a lot of that growing up. I majored in music in my undergrad and spent a little bit of time as a choir director during grad school and I loved that, so that's what I'd be doing."

Q: What are some of your favorite things to do when you aren't working?

A: (laughs) "Who has time to do anything with a four year-old and a two year-old? I like antiquing; especially now with a new house, I want to fill in some of the areas that don't have a lot of furniture yet. Every now and then I'll do some cross stitching, and I like gardening. We have a lot of space now so I will probably be doing a vegetable garden when it gets a little warmer."

Q: What is one interesting/unique fact about you?

A: "I'm from Mobile, Alabama, but people tell me I have no southern accent anymore."

Q: If you could go anywhere in the world for a vacation, where would you go and why?

A: "I would probably go to Asheville, North Carolina or the mountains of North Carolina. I went to a church camp in that area when I was younger and just loved the mountains. It was very peaceful up there."

Q: What are your top three favorite movies?

A: "Four Weddings and a Funeral, Mary Poppins, and I like thrillers, but I'm trying to think what my favorite one would be."

Q: If you had to pick a theme song for your life, what would it be?

A: (laughs) "Right now what's popping into my head is "Staying Alive" because since we've moved here my kids have been sick a lot and I've had to miss a couple of days, so just keeping everyone healthy and getting my job done. It's been very hectic."

Q: If you could invite three people to a dinner party, living or dead, who would they be?

A: "Two of them would be the grandparents I grew up with. My mother's mother was living while I was growing up, and I spent every Friday night with her and I just miss her like crazy. Same thing with my dad's dad. He was just a lot of fun; he wanted me to go dancing with him, took me to bingo and the circus. He was a lot of fun. Then, I would probably have some famous musician like Mozart or somebody."

Q: If you could have three wishes granted, what would they be?

A: "Healthy children, healthy family definitely. We always play the "if I won a million dollars game" and my husband always says he would buy an airplane because he's a pilot, and that would be really cool because we could fly back and forth wherever we wanted to go. And probably a maid (laughs)."

Q: If you were an Olympic athlete, what sport would you compete in?

A: "Oh I am the least athletic person in the world! But I always liked volleyball, and it was the only thing I was really decent at, so we'll say volleyball. But I'd need to grow like a foot!"

Q: Would you rather go back in time 100 years, or travel 100 years into the future?

A: "Oh that's really tough. I guess I would go back 100 years because it would be interesting to see how people did things then, but I would really miss things like air conditioning!"

Ms. Kelsey Aurand de Razo accompanied 29 Communication Disorders graduate students to Jefferson City, to participate in Missouri Speech-Language-Hearing Association (MSHA) Legislative Day and Truman at the Capitol Day, February 23, where they met with legislators. MSHA provides information to members and students concerning legislation and regulatory issues that affect the speech-language pathology and audiology field.

Ms. Melissa Passe attended her first meeting as a national representative on the Board of Ethics of the American Speech-Language-Hearing Association. The meeting was held February 25-28 at the ASHA National Office in Washington, D.C. While there, Ms. Passe adjudicated cases filed as Ethics Complaints against practicing audiologists and speech-language pathologists.

The Communication Disorders Association in partnership with the Kirksville Salvation Army have hosted a diaper drive since February 15 that will culminate Wednesday morning, March 2, with the first distribution. Drop-off sites for diapers include the Student Union Building and the Speech and Hearing Clinic.

## Education

Jessica Schlessner and Danielle Beers, students in Dr. Donna Rhinesmith's ENG 415 Literature for Children class, hosted a book club featuring the fantasy selection *Winterfrost* by Michelle Houts. The book is about an ordinary Danish Christmas that turns extraordinary when a family overlooks an important folkloric tradition by neglecting to set out the traditional bowl of Christmas rice pudding for the tiny nisse who are rumored to look after the family and their livestock. The nisse is a mythological creature, often a mischievous elf, from Scandinavian folklore, today typically associated with the winter solstice. Nisse wears gray, woolen clothes, a red bonnet, red stockings, and white clogs. Families leave him a bowl of rice pudding or porridge on Christmas Eve to keep him from playing jokes on the family. The students served pudding in keeping with the Danish tradition. Usually Nisse is a kind and helpful elf. He is good to the children and brings them gifts on Christmas Eve. One highlight of the book study was for the students in the class to Skype with Ms. Maria Lillelund, an elementary teacher in Copenhagen, Denmark. Ms. Lillelund discussed the tradition of the nisse as part of her family's Christmas and the role of the elf in her school's curriculum. She then answered questions from class members. Ms. Lillelund was a Rotary Exchange Student who lived with Sam and Sheila Berkowitz and their daughter Caryn during the 1987-88 school year. Ms. Berkowitz helped to arrange the chat time. Ms. Schlessner and Ms. Beers had classmates make snowflakes with pipe cleaners, Borax and boiling water, integrating science with literature. English 415 Literature for Children is a requirement for students seeking Elementary or Special Education certification. The course relates literature to the needs, abilities, and interests of children emphasizing reading and evaluation of poetry, fiction, non-fiction, and folklore.



## Health and Exercise Sciences

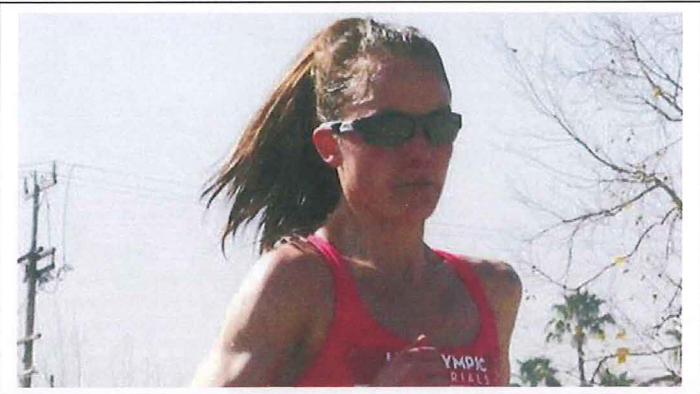
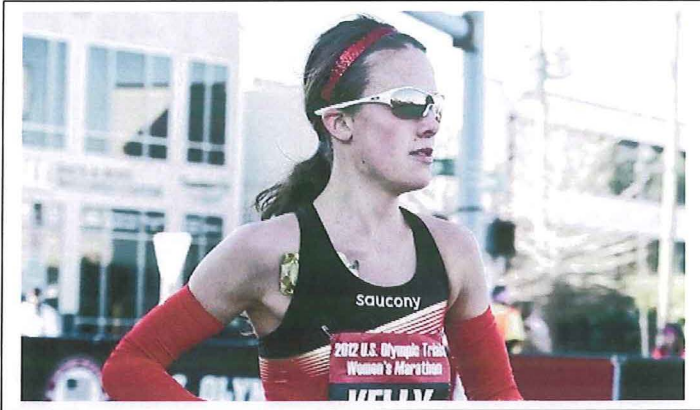


The Athletic Training Academic Quiz Bowl Team took first place, February 6, at the Missouri Athletic Trainers Association Educator's and Student Leadership Conference in Fayette. The team consisted of Kevin Madden (senior), Jordan Beckett (senior), Mackenzie Mertz (junior), and Madi Hoppe (junior). The Quiz Bowl Team is qualified to compete at the Mid America Athletic Trainers Association District Conference, Friday, March 18, in Springfield.

Exercise Science majors enroute to a club basketball tournament in Wisconsin were among a group who assisted at the site of a car accident at the Missouri-Iowa border. After colliding with a deer the driver was unharmed but his wife, who had recently had a stroke, was injured and unconscious. Thanks to CPR and first-aid training, the team members were able to assist until the EMTs arrived 45 minutes later. Pictured right, left to right: Bailey Lee, Rachel Meinert, Mary Kate Hummel, Madison Thornburg and Hannah Runez.



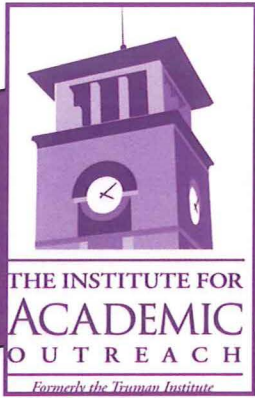
2009 Exercise Science alumna Lee Anne Flagg recently graduated from the University of Alabama at Birmingham (UAB) with a PhD in Medical Sociology. She is an Associate Service Fellow in the Mortality Statistics Branch within the Division of Vital Statistics at the National Center for Health Statistics. Lee Anne (center) is pictured with the Dean of the Graduate School at UAB (left) and her primary mentor and co-chair of her dissertation committee (right).



Cross country and track and field star athlete and 2009 Exercise Science alumna Danna Kelly Herrick earned a Doctorate in Physical Therapy from Des Moines Iowa University in 2012. She continued competitive running while in physical therapy school, qualifying for the Olympic Trials Marathon in 2012. She began working in the outpatient orthopedic setting for Rock Valley Physical Therapy following graduation and continues working part-time. Danna trained and raced Ironman Wisconsin with her husband Justin in 2014, where they both qualified for and raced in the Ironman World Championships in Kona, Hawaii, in the fall of 2015. She recently competed in the Olympic Trials Marathon for the second time in Los Angeles, California. While at Truman, Danna was a two-time All-American in Cross Country and Track and Field, school record holder in the 3000 meter steeplechase, and a member of Cardinal Key service organization, and the Fellowship of Christian Athletes.

Danna is pictured left, top to bottom: at the 2012 Olympic Trials, at the Ironman World Championships, and at the 2016 Olympic Trials and below, her senior year in the Truman Bulldog uniform.





# TruLifesaver

American Heart Association Basic Life Support Course



**American  
Heart  
Association®**

*Learn and Live*

**The Basic Life Support (BLS)** class is designed to help people recognize and respond to several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner.

**\*Certification is good for 2 years\***

Our course includes the following for an adult, child, and infant:

- ◆ Critical concepts of high-quality CPR
- ◆ The American Heart Association Chain of Survival
- ◆ Differences between rescue techniques
- ◆ 1-Rescuer CPR and AED
- ◆ 2-Rescuer CPR and AED
- ◆ Bag-mask techniques
- ◆ Rescue breathing
- ◆ Relief of choking

## Instructors:

Liz Jorn and Jana Arabas  
Truman State University  
Department of Health  
and Exercise Science

## Dates & Times:

**Sunday, March 20, 1-6 pm**

**Tuesday, April 12, 5-10 pm**

**Monday, April 18, 5-10 pm**  
(\*night before SRC)

**Tuesday, April 19, 5-10 pm (\*SRC)**

**Monday, April 25, 5-10 pm**

## Location:

Health Science 1206 - CPR Lab  
Truman State University

**Cost: \$60.00**

Cost includes all instruction, materials  
and two year certification with the  
American Heart Association

## To Register:

Visit [institute.truman.edu/trulifesaver](http://institute.truman.edu/trulifesaver) and complete the online registration form. You may email us at [institute@truman.edu](mailto:institute@truman.edu) or call with questions. Students will pay online and must have paid in full before the class meeting. Businesses interested in using purchase orders should call our office in advance. No-shows will not receive refunds. Classes with enrollments below 12 may be subject to cancellation.

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## Nursing

Nursing students participate in various simulation experiences throughout their years in the program. Students in NU 485 Rural Public Health care for Ima Payne and her husband, Henry, in a home setting for their simulation experience. During this activity students practice setting up a weekly medication tray. Ms. Pam Melvin and Ms. Sarah Weber assist the students for the public health simulation.



Ellen Hargrove and Sam Daugherty assess Ima's edema.



Tori Holt listens to Ima's lungs.

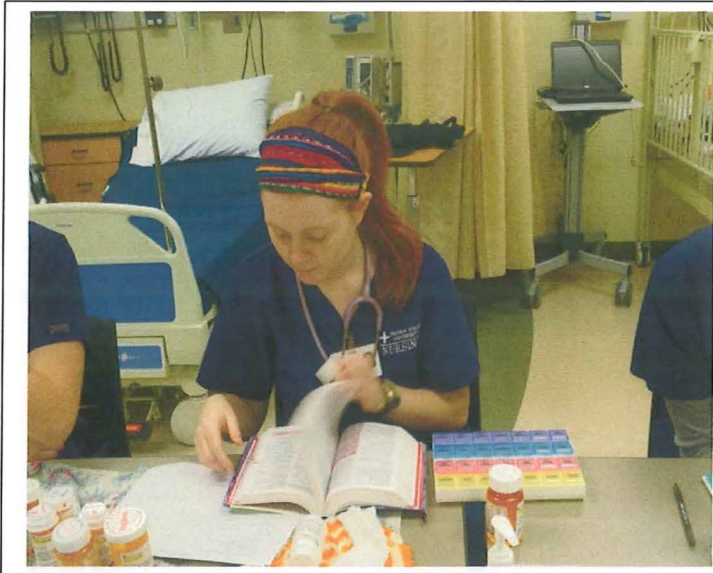


Pam Melvin completes a debriefing session with the students following the simulation activity.



Sarah Weber assists students as they fill a medication tray for a home health client.





Brittney Siefker looks up a medication in order to properly teach her patient about it.



Ten middle and high school students visited the nursing simulation center (NSC), February 15, as part of their activities with Northeast Missouri Area Health Education Center (NEMO AHEC). Assisting from Truman's nursing program were Pam Melvin and senior nursing student Paige Allen. The student visitors were able to participate in various hands-on activities with the simulation manikins while in the NSC. Activities included listening to heart, lung, and digestive track sounds, as well as taking blood pressures. Ms. Melvin also spoke with the students about nursing and nursing education at Truman. Pictured above, left: Senior nursing student Paige Allen assists a visitor with taking a blood pressure on simulated patient, Ima Payne. Pictured above, right: An AHEC student visitor listens to Ima's digestive system sounds.



Nursing faculty and senior nursing students participated in the 30<sup>th</sup> Annual Missouri Nurses Association (MONA) Nurse Advocacy Day, February 17, in Jefferson City. They learned about the political process that affects all nurses and nursing students and how their voice can be heard in the state government. The event gave the students an opportunity to advocate for nursing issues at the state level as well as meet with state officials. The day-long event concluded with a presentation by Rebecca McClanahan, MSN, RN, MONA Vice President of Advocacy and a former professor with Truman's department of nursing. Senior nursing students, faculty, and Nursing faculty attending the event included Dr. Stephanie Powelson, Dr. Stephen Hadwiger, Ms. Kit Hadwiger, Ms. Pam Melvin, Ms. Brenda Wheeler, and Ms. Corrie Willis. Pictured, left: Representative Nate Walker met at the grand staircase in the capitol rotunda for a group photo with the Truman entourage.



Alyssa O'Brien, Tori Holt, Taylor Park, Nicole Skinner



Laura Dungan, Hannah Hyer, Jacob Finke



Paige Allen, Kaylee McCune, Lindsey Purcell, Pam Melvin



Alex Scherr and Rebecca Vadalabene

## Calendar of Selected Upcoming Events

### **March 1-31: SHSE Department Chair Evaluations**

March 2, Wednesday: First Block Classes End

March 3, Thursday: Second Block Classes Begin

March 3, Thursday: Undergraduate Council, 3:30 – 5:30 p.m.

March 4, Friday: First Block final grades due in TruView before noon

### **March 4, Friday: SHSE Mission Award nominations due before noon**

March 7 – 11, Monday – Friday: Midterm Break (University Open)

March 16, Wednesday: Graduate Council, 3:40 – 5:00 p.m., BH 100

March 19, Saturday: Visit Event

### **March 23, Wednesday: The New Jim Crow Discussion, Chapters 1-3, 3:30 p.m., VH 2351**

March 24, Thursday: Faculty Senate, 3:00 – 5:00 p.m.

March 28, Monday: Spring Break

March 30, Wednesday: Faculty Forum, Dana Smith, "Lessac Kinesensics: Voice and Body Work Onstage and Off"

March 30-31, Wednesday-Thursday: Alphonso Jackson Visit to Truman

### **April 5, Tuesday: SHSE Mini-Research Conference, 3:30 p.m., VH 1010**

April 9, Saturday: Board of Governors

### **April 11, Monday: The New Jim Crow Discussion, Chapters 4-6, 3:30 p.m., VH 2351**

April 14, Thursday: Undergraduate Council, 3:30 – 5:30 p.m.

April 15, Friday: Children's Literature Festival

April 19, Tuesday: Student Research Conference

April 20, Wednesday: Graduate Council, 3:40 – 5:00 p.m., BH 100

April 22, Friday: Eighth Annual Language and Literature Conference with Laura M. Justice, Ph.D., CCC-SLP, speaking on *Enhancing Children's Vocabulary Skills Using State-of-the-Art Techniques and Interventions*

April 23, Saturday: Visit Event

April 28, Thursday: Faculty Senate, 3:00 – 5:00 p.m.

April 28, Thursday: Undergraduate Council, 3:30 – 5:30 p.m.

April 29, Friday: Last Day of Spring 2016 Semester Classes

May 2, Monday: Finals Start

May 4, Wednesday: Reading Day

May 5, Thursday: Old Faculty Senate, 3:30 – 5:30 p.m.

May 5, Thursday: New Faculty Senate, 5:30 – 6:00 p.m.

May 6, Friday: Academic Honor Awards, 5:00 p.m.

May 7, Saturday: Commencement

May 7, Saturday: May Interim Begins

May 11, Wednesday: Graduating Senior and Graduate Student grades due in TruView by noon

May 13, Friday: All Other Grades due in TruView before noon (see above for senior grade deadline)

May 28, Saturday: May Interim Ends

May 30, Monday: Memorial Day (University Closed)

May 31, Tuesday: First Five Week & Ten Week Classes Begin

June 3, Friday: May Interim grades due in TruView before noon

June 6, Monday: Eight Week Classes Begin

June 11, Saturday: Board of Governors

June 27 – July 1, Monday – Friday: Calculus, Statistics, and World History Advanced Placement Institutes

July 1, Friday: First Five Week Classes End

July 4, Monday: Independence Day (University Closed)

July 5, Tuesday: Second Five Week Classes Begin

July 18 – 22, Monday – Friday: English Language, English Literature, and United States History AP Institutes

July 29, Friday: Eight Week Classes End

August 5, Friday: Second Five Week & Ten Week Classes End

# *Mission Statement*

The School of Health Sciences and Education is committed to preparing students to effectively serve as professionals and leaders in their communities and fields by providing an exceptional education grounded in the liberal arts and sciences, fostering interdisciplinary collaboration, promoting diverse learning experiences, and inspiring the pursuit of continued scholarship and research.

## *Five Pillars*

Professional programs grounded  
in the liberal arts and sciences



Leadership development



Interdisciplinary collaboration



Diverse learning and service opportunities



Pursuit of continued scholarship and research



TRUMAN STATE UNIVERSITY

*School of  
Health Sciences & Education*