

OCTOBER 2016 NEWSLETTER



The SHSE Administrative Team

Janet L. Gooch, *Dean of SHSE & Interim Dean of SAM*

Pete Kelly, *Interim Assoc. Dean & Chair of Education*

Mona Davis, *Assistant to the Dean/Newsletter Editor*

Roberta Donahue, *Chair of HES*

James Judd, *Director of the RPDC*

Stephanie Powelson, *Chair of Nursing*

Amy Teten, *Chair of CMDS*

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

Sabbaticals are considered one of the great benefits granted college professors. No teaching. No meetings. Fewer, if any, early morning fights for a parking space. According to the AAUP (1995), the major purpose of sabbaticals is to provide opportunity for continued professional growth and new, or renewed, intellectual achievement through study, research, writing, and travel. As a reminder, this year during spring, 2017 Dr. Jennifer Hurst (HES) and Dr. Bev Perrachione (ED) will be on sabbatical. In AY 2015-2016 no one from SHSE was on sabbatical; however, our colleague Dr. Barbara Price, MAE Secondary English (SAL) was granted sabbatical. In AY 2014-2015, Dr. Jerry Mayhew (HES) and Ms. Sheila Garlock (CMDS) both took semester sabbaticals. I remind you of our colleagues who have taken advantage of this excellent opportunity to renew so that you might ask them about their experience and think about this opportunity for yourself if you are eligible. There are 17 faculty in our school that are currently eligible for sabbatical and there is at least one colleague from each department. I am encouraging faculty who are eligible to speak to their chairs or to me to discuss the possibility of sabbatical leave. Unfortunately, for 2017-2018 SHSE did not have anyone apply for sabbatical leave. Talking about the possibility now and developing a plan could help to make a sabbatical a reality for many of you.

SHSE Dean's Mini-Grants

Ten SHSE Dean's Mini-Grants for AY 16-17 were awarded to 16 faculty and 19 students to support faculty and student collaboration in research. Recipients and the titles of their studies include: Ms. Susan Lambert and Dr. Carol Cox with Sam White and Christian Banez, *Public health education and nursing students: How do we perceive each other's professional roles?;* Dr. Nancy Daley-Moore with Wyatt Beckman, *Food Gendering in Health Magazine Advertisements: A Document Analysis;* Ms. Amanda Starks and Dr. Roberta Donahue with Leah Wright and Sydney Gosik, *The Relationship of Sorority Membership and Self-Reported Mental Health Status at Truman State University;* Dr. Jay Bauman and Ms. Michelle Boyd with Brendan Boyle, Nathan Komar, and William Wright, *Effect of Visual Training in College Baseball Players;* Dr. Nancy Daley-Moore and Ms. Evonne Bird with Elizabeth Barreca, Susana Caman, Lauren Houk, Olivia Simpson, and Taryn Sobal, *Truly Well: Exploring how professors contribute to students' overall wellness;* Dr. Jennifer Hurst and Janice Clark with Elizabeth Barreca, *A Snapshot of Mental Wellness: Photovoice Qualitative Study;* Dr. Brandy Schneider with Caitlyn Harter, Alison Crew, and Paige Clawson, *The Effectiveness of Cupping on Acute Low Back and Shoulder Pain and Muscle Soreness;* Ms. Jana Arabas, Ms. Liz Jorn, and Dr. Jerry Mayhew with Ashley Ploudre, *Accuracy of nine Bioelectrical Impedance Analyzers to Track Body Composition Changes across a Basketball Season;* Dr. Jay Bauman, Dr. Jerry Mayhew, and Ms. Michelle Boyd with Paige Clawson and Alison Crew, *Reliability and Smallest Worthwhile Difference in Dynamic Balance among Athletes;* and Dr. Julia Edgar and Dr. Lisa Goran with Lorrin McBee and Abigail Wilson, *The Effects of Vocal Health Education and Exercises on Student Teachers' Voice Quality.* The research will be presented at a SHSE Mini-Research Conference, Tuesday, April 4, beginning at 3:30 p.m., in Violette Hall 1010.

Communication Disorders

Members of the Communication Disorders Association (CoDA) promoted the professions of speech-language pathology and audiology, September 28, during Health Professions Awareness Week. Activities included tours of the Speech and Hearing Clinic, along with simulated clinical procedures so that interested students could learn more about the professions.

The Speech and Hearing Clinic will host an Open House for families, friends, and alumni, Saturday, October 1, during Family Day, from 3:00 p.m. to 5:00 p.m.

The Speech and Hearing Clinic will conduct speech-language-hearing screenings for children enrolled in Head Start programs throughout Northeast Missouri on Thursday and Friday, October 6 and 7.

In observance of Graduate Education Month, the Speech and Hearing Clinic will host a Halloween Spooktacular for children ages two to thirteen, Wednesday, October 26, from 6:00 p.m. to 8:00 p.m. Free speech, language, and hearing screenings, fun Halloween activities, and prizes are planned. This event is open to the general public, so invite your neighbors and friends.

The CMDS Department will host a Graduate Student Open House on Saturday, November 5. Invitations will be sent to: Truman students [both majors and non-majors], students who have applied for Spring, 2017 and/or Fall, 2017 admission, and students who have contacted the University expressing interest in the master's degree in CMDS. CMDS Program Chairs in Missouri, Iowa, and Illinois are also sent information and are asked to post/distribute invitations for/to their current students. Various stations of information/interest are established. Faculty will discuss internships, the academic curriculum, the Speech and Hearing Clinic processes/procedures, financial aid availability, and various topics of interest to prospective graduate students. Lunch will be provided. In the past, this event has been an excellent recruiting tool.



CMDS students who participated in the 2016 CMDS Study Abroad Experience in Puerto Vallarta, Mexico shared their experiences, what they learned and reflections on the trip on September 19, in the SUB Alumni Room. Seven presentations were delivered to an audience of students, faculty, and friends. Information on the history, geography, economy, family organization, healthcare, language, perceptions of individuals with disabilities, and special needs services in the schools was provided by the 21 students who went on the trip.

Students presenting their 2016 Mexico Study Abroad experiences include: Lindsey Reynolds, Ellie Zempel, and Taylor Reed *History of Puerto Vallarta and poverty issues*, Jamie Gronkowski, Mackenzie Jones, and Jessica Stevens *Geography, Demographics, and Culture of Puerto Vallarta*; Sara Saulich, McKenzie Veselic, and Jamie Graf *Family organization/site description*; Kaitlin Terrel, Lynde Blakely, and Taylor Kramer *Healthcare delivery*; Danielle Tous, Meghan Gerstner, and Bri Henley *Language topics*; Brooke Empson, Amanda Lewis, and Tina Leslie *Perceptions of individuals with disabilities*; Kristen Ottenlips, Taylor Schmelder, and Mackenzie Mack *Special needs services in the schools*.

Education



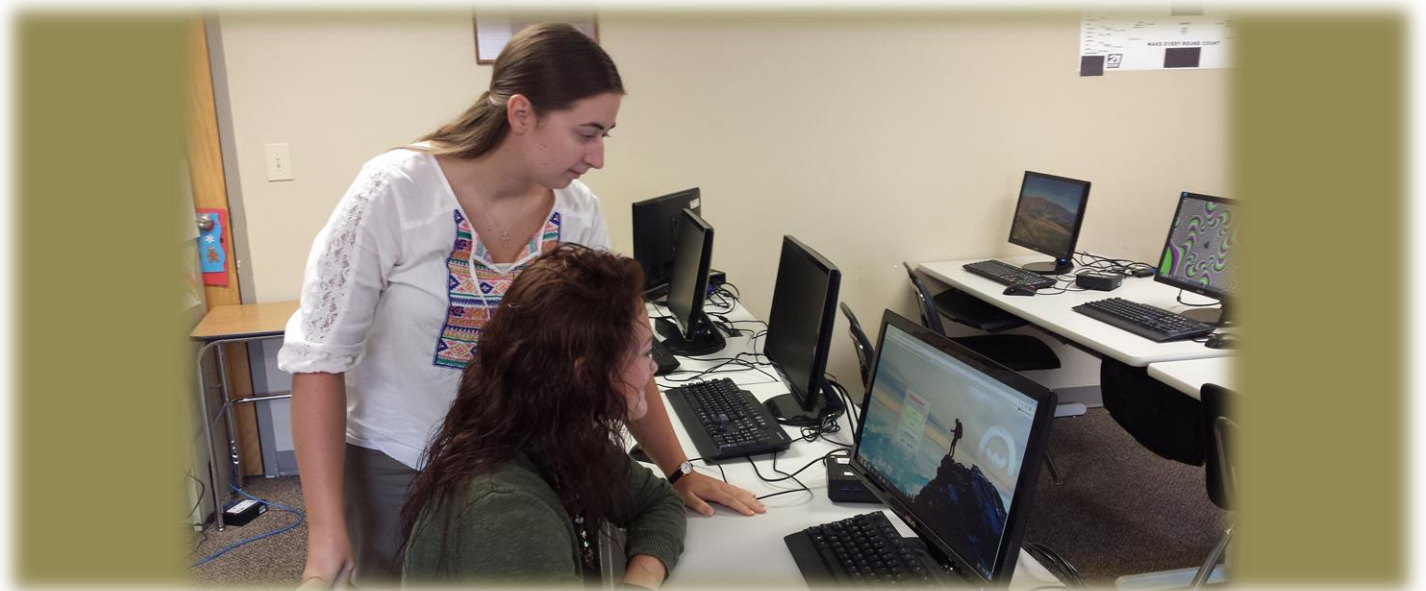
Dr. Donna Rhinesmith attended a presentation by Gamache series author Louise Penny, September 1, in Kansas City, on the Plaza. Ms. Penny discussed her life, her work, and her new hardcover *A Great Reckoning*, as well as answering audience questions and signing her book. Dr. Rhinesmith and Ms. Penny are pictured, left.



Dr. Enrique Pareja, Dr. Julie Lochbaum, Dr. Pete Kelly, Dr. Lisa Goran, Dr. Janet Gooch, and Dr. James Guffey represented Truman at a regional meeting, September 7, at Kirksville High School, sponsored by the Department of Elementary and Secondary Education and Commissioner Dr. Margie Vandeven to gather feedback from educators, parents, students, community members, and civic and business leaders to help the department make Missouri's public schools among the best of the nation. Dr. Barbara Price and Mr. James Judd were also present, but not pictured.

Dr. Julie Lochbaum was appointed by the Adair County Commissioners to a three-year term as a member of the Board of Directors of the Adair County SB40. SB40 is named for Senate Bill 40 which authorized counties to levy taxes which are to be used in that county to support services to persons with developmental disabilities. Missouri is one of only five states to have this legislation. Out of 114 counties in Missouri, there are 56 Boards and eight associated organizations. Adair County's SB 40 serves seven northeast Missouri counties by taking on Targeted Case Management (TCM) in the other counties. Every cent of property tax collected in Adair County stays in Adair County. Julie joins members of the board who help determine the services that receive this funding, and guide compliance of these services with the law. As co-chair of Truman's Disability Studies Minor, Julie will be connecting more Truman students with the efforts of the local SB40.

MAE Special Education alumna Ms. Tamara (Tami) Handy presented *Teacher Leaders as Cultural Workers: Transforming Inequitable Education Systems*, September 28, as part of the MAE Leadership Series. Ms. Handy is a doctoral student at the University of Kansas and her research focuses on building inclusive educational systems in post-conflict and conflict-affected settings, particularly in re-establishing school systems in developing countries and settings that have been affected by wars and other civil conflicts. Tami focuses on the intersections of race, poverty, gender, and disability in children and youth from these settings and investigates factors that perpetuate marginalization in educational settings.



Students in ENG 608 Management of Instruction in Secondary English complete approximately 30 hours of clinical work at Preferred Family Health Care's (PFH) adolescent educational facility in Kirksville. PFH is a residential juvenile substance abuse treatment facility and partners with Kirksville Public Schools to provide two hours per day of educational programming for adolescents housed at the facility. The Truman students complete two hours each week observing and assisting the teacher with this educational programming. They also facilitate mini-lessons based upon perceived student need and designed to provide literacy exploration and growth. This is the fourth year that Truman's ENG 608 students have worked with PFH and the public schools in this manner. The clinical experience was initiated to provide English education students an opportunity the semester before their student teaching internship to work with secondary students and to put into practice the theoretical principles they explored in their coursework.



During the summer, MAE Elementary Education students taught students in the Kirksville R-III school district. The future teachers worked in teams with a mentor teacher to create curricula, plan lessons, organize their classrooms, and conduct research. The MAE students taught in the SOAR program, credit recovery, general education, and special education across the elementary and middle school grade levels. "I enjoyed teaching summer school because it was a great first experience with my own classroom; an experience where I could try new things and strategies but still have a safety net. It helped me understand what my career as a teacher would truly be like. My students were fantastic!" stated Emma Westin, who taught middle school this summer. The MAE students will begin setting up their own classrooms within the next year, and with the daily successes and challenges they experienced this summer, they are prepared to begin their careers.

Health and Exercise Sciences

TruLifesaver American Heart Association Basic Life Support Course Tuesday, November 1

5:00 p.m. – 10:00 p.m.

Health Science CPR Lab 1206

Instructors: Liz Jorn and Jana Arabas

Cost: \$60.00 includes instruction, materials, and two year certification with the AHA

To Register: institute.truman.edu/trulifesaver

Questions: e-mail institute@truman.edu or call 660.785.5384

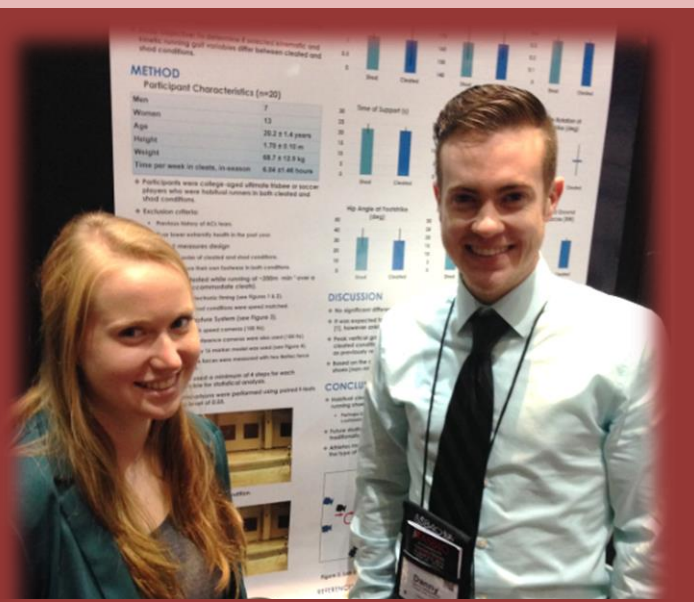
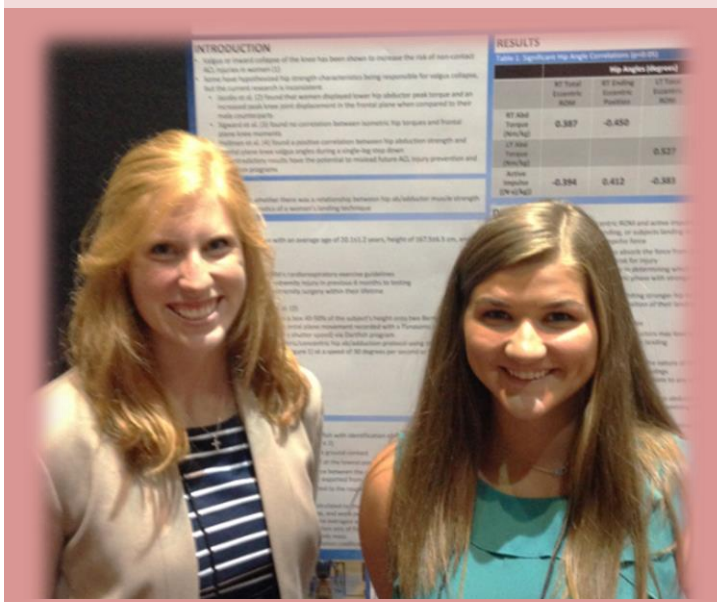
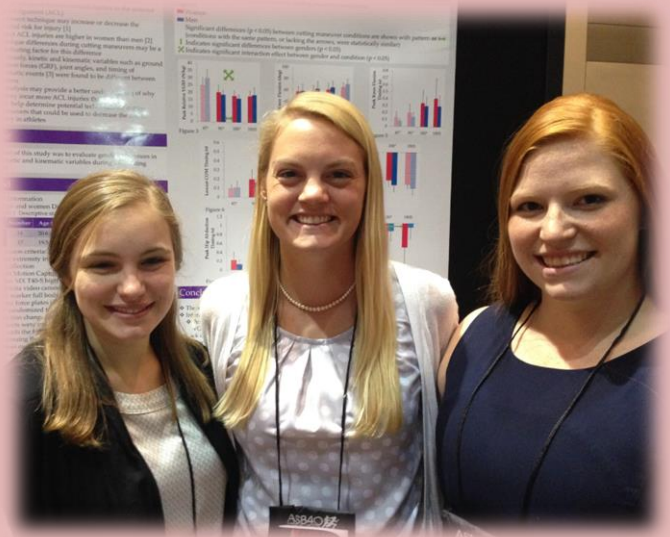


Brock Wright and Aaron Patterson attended the National Athletic Trainers' Association (NATA) annual convention in June in Baltimore, Maryland at no charge because they won a national social media contest sponsored by the NATA by showing what #BetterTogether meant to them. Brock and Aaron documented their convention and Baltimore experience and it was featured in the monthly NATA news publication (left).



Current exercise science majors and several alumni met at the American Society of Biomechanics annual meeting in August in Raleigh, North Carolina. Pictured above, front row: Abby McWilliams, Becky Rogers, Shelby Wilson, Meghan Puett, and Abby Werner. Back row: Dr. Michael Bird, Spencer Wittmeyer, Sidney Baudendistel, Danny McAndrew, and Jeremy Crenshaw.

Exercise Science majors presented their research at the American Society of Biomechanics annual meeting in August in Raleigh, North Carolina. Right: Becky Rogers, Abby Werner, and Meghan Puett presented *Gender Differences in Kinematics During Change of Direction Maneuvers*. Below, left: Spencer Wittmeyer and Abby McWilliams presented *Drop-Landing Kinematic, Kinetic, and Strength Correlates for Women*. Below, right: Shelby Wilson and Danny McAndrew presented *Comparison of Running Gait in Cleated and Shod Conditions*. Lauren Kells was also part of this research, but did not attend the conference.



HLTH 362 Environmental Health students cleaned their section of High Street from Normal to Buchanan, September 17. Teams of students clean the street three times each semester. This group received help from students in HLTH 290. Pictured are Health Science majors: Ben Lasser, Momi Sagoe, Abby Mansley, Madison Thornburg, Rachel Hanson, Lana Allen, Madeline Thomas, Brendan Cronley, Emmy Fry, and Ikeolu Oladipo. Courses are taught by Dr. Janice Clark.

HES students in HLTH 255

Introduction to Community and Public Health promoted safe driving across campus throughout the month of September. Awareness table locations included McClain, Magruder, Pershing, Missouri Hall, and the SUB. Students increased awareness about the CHEERS program. CHEERS promotes designated drivers by providing free non-alcoholic drinks to those who are designated drivers. A designated driver is defined as someone who has consumed no alcohol, not even a sip. There are nine establishments in Kirksville that support the CHEERS program and provide free drinks to designated drivers. People who stopped at an awareness table obtained free reminder items, such as CHEERS cups, highlighters, sodas, pens, etc., as well as information about risk reduction. The students shared basic information about what a designated driver is and the CHEERS program. Students made contact with 1,045 individuals at their tables. To learn more about the CHEERS program and which establishments in Kirksville participate, go to www.cheers.missouri.edu



Nursing

The Department of Nursing is among eight in Missouri awarded competitive grants to expand nursing education. The grants, ranging from \$57,000.00 to \$150,000.00, and totaling nearly \$1,000,000.00, were awarded through an application process by the Department of Higher Education and the Missouri Board of Nursing, which provides funding for the grant program. The goal of the program is to increase the number of nurses in Missouri, especially in areas where a shortage of health care professionals exists. The funds can be used to: add faculty positions in nursing education programs; recruit and retain highly qualified faculty for nursing education programs; develop accelerated graduate nursing programs; provide scholarships or training to develop faculty who will commit to teach in a Missouri school of nursing for at least three years; develop new clinical partnerships for training new nurses; and to expand the use of technology to support nursing education programs. Truman's Department of Nursing received the maximum amount available, \$150,000.00. The funds will be used to enhance and expand nursing education programs to allow more students to study nursing. The second round of nursing education grants will be awarded in spring 2017.



Nursing students who participated in SA PHI 300 Nursing Experience in the Philippines this past summer will present their study abroad experiences Tuesday, October 11, at 7:00 p.m., in the Student Union Building Alumni Room. A video will be screened showing highlights of the trip. Refreshments will be provided. Twelve nursing students traveled to the Philippines with Dr. Stephen and Kit Hadwiger to gain clinical experience based on caring communication across cultures. The students spent three weeks at Jose Reyes Memorial Medical Center in Manila and West Visayas State University Medical Center in Iloilo City. While in Manila, the students gained clinical experience assisting in the delivery of a newborn and providing care in various units of the students' choosing. These included surgery, neonatal intensive care unit, postpartum unit, emergency department, pediatric intensive care unit and burn unit. At Iloilo City, the Truman students paired up with nursing students from West Visayas State University to provide care both at the medical center and in the community. Clinical experiences in Iloilo City included home visits with an indigenous population of the Philippines, a social hygiene clinic, a leprosarium and hospital rotations in the medical, pediatric and surgical wards. Pictured above, front row from left: Ashley Coe, Larissa Gunther, Kate Heman, Mickenna Broman, Sierra King and Jordan Day. Back row from left: Katie Daugherty, Jessica Groenke, Erin Fisher, Hannah Hopson, Kaleigh Wagoner and Ashley Moll.

Each fall, junior and senior level nursing students participate in super lab activities in the Nursing Simulation Center (NSC). The super labs give students the opportunity to practice previously learned nursing skills in a safe environment to prepare for upcoming clinical rotations. Junior nursing students practiced several skills, including transferring techniques using a gait belt and Hoyer lift, wrapping the lower extremity using an ACE wrap, emptying a Foley catheter bag, assessment skills, and performing blood glucose checks. The seniors practiced skills such as TB skin testing, immunization / vaccine administration, and venipuncture.



Senior nursing student Emily Coe practices palpating a vein on fellow student Rebecca Atchley in preparation for venipuncture.



Senior and ABSN Katie Hussey practices administering an intradermal injection to Dr. Stephanie Powelson.

Calendar of Selected Upcoming Events

October 4, Tuesday: 8th Annual disABILITY Awareness Conference, 8:00 a.m. – 3:00 p.m., SUB

October 11, Tuesday: First Block Classes End

October 12, Wednesday: Second Block Classes Begin

October 13-14, Thursday-Friday: Mid-term Break

October 17, Monday: Spring 2017 class registration begins

October 17, Monday: *Night Falls Fast* book discussion, 3:30 p.m., VH 2351

October 21, Friday: Board of Governors Meeting

October 21 – 23, Friday – Sunday: Homecoming

November 1, Tuesday: Dr. Jennifer Hurst presents *Nature, the Truly Natural Treatment for Mental Health*, 4:00 p.m., MG 2001

November 5, Saturday: Admissions Saturday Showcase Event

November 10, Thursday: Lyceum *Seussical*[™], 7:00 p.m., Ophelia Parrish Performance Hall

November 15, Tuesday: *Night Falls Fast* book discussion, 3:30 p.m., VH 2451

November 21-25, Monday-Friday: Thanksgiving Break, University Closed Wednesday-Friday

December 3, Saturday: Board of Governors Meeting

December 9, Friday: Last Day of Classes

December 12, Monday: First Day of Finals

December 14, Wednesday: Reading Day

December 16, Friday: Last Day of Finals

December 17, Saturday: Commencement, 11:00 a.m.

December 17, Saturday: Winter Interim Begins

January 14, Saturday: Winter Interim Ends

January 16, Monday: Martin Luther King, Jr. Observance, University Closed

January 17, Tuesday: First Day of Classes

January 28, Saturday: Admissions Saturday Showcase Event

February 4, Saturday: Board of Governors Meeting

March 8, Wednesday: First Block Classes End

March 9, Thursday: Second Block Classes Begin

March 21, Tuesday: Summer 2017 class registration begins

March 25, Saturday: Admissions Saturday Showcase Event

April 3, Monday: Lyceum Saint Louis Brass, 7:30 p.m., Ophelia Parrish Performance Hall

April 4, Tuesday: SHSE Mini-Research Conference, 3:30 p.m., VH 1010

April 8, Saturday: Board of Governors Meeting

April 17, Monday: Term Break Day

April 20, Thursday: Student Research Conference

April 28, Friday: Language and Literacy Conference with Barbara Golub

April 29, Saturday: Admissions Saturday Showcase Event

May 5, Friday: Last Day of Classes

May 8, Monday: First Day of Finals

May 10, Wednesday: Reading Day

May 12, Friday: Last Day of Finals

May 13, Saturday: Commencement (3 ceremonies), Pershing Arena


Monthly newsletters are posted at <http://www.truman.edu/majors-programs/academic-departments/about-school-of-health-sciences-education/school-of-health-sciences-education-newsletter/> Newsletters are posted on the first business day (or close to that) of most AY months and are intended to improve communication within and across the School, campus, and larger community. Feel free to send notes to monad@truman.edu about faculty or staff accomplishments, what our students are doing, or anything else you would like to be considered for publication.

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

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Health Sciences & Education*