

DECEMBER 2019 NEWSLETTER



The SHSE Administrative Team

Dr. Lance Ratcliff, *Dean of SHSE*

Dr. Michael Bird, *Chair of HES*

Dr. Wendy Miner, *Chair of Education*

Mr. James Judd, *Director of the RPDC*

Dr. Amy Teten, *Chair of CMDS*

Dr. Brenda Wheeler, *Chair of Nursing*

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

Message from Dr. Lance Ratcliff, Dean School of Health Sciences and Education

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Greetings from the School of Health Sciences & Education! It is a pleasure to be part of such a dynamic group of focused professionals, and I am privileged to give an overview of our December newsletter.

November often includes multiple faculty and student conferences; this November was no exception. Colleagues and students participated in numerous local, regional, and national conferences. It is equally humbling and invigorating to work with so many who are recognized for their content knowledge and scholarly excellence, and it is obvious that our students are well on their way to serving in roles that further their respective fields.

These opportunities often are supported by research and travel funds made possible by the generosity of friends and supporters, and I want to extend sincere gratitude to everyone who has given. Please know you are appreciated, and these gifts truly act as investments in our future...thank you! In the coming months, an Impact Report will be prepared; I am confident it will reveal an extraordinary return on investment for funds given to our programs.

As I near the end of my first six months at Truman, I would like to thank everyone for welcoming me, and I look forward to all our continued accomplishments. Many blessings to you for a wonderful Christmas and enjoyable New Year!



WE PROUDLY BRING YOU

DISABILITIES STUDIES FESTIVAL AND CAPSTONE PRESENTATIONS

This event is a presentation of all the amazing capstone projects disability studies minor students have worked on all semester

DECEMBER 3RD
5:00-6:30 PM
VIOLETTE HALL 2ND
FLOOR COMMON AREA

Accessible parking and elevator access to the second floor is on the west side of the building off of Patterson Street

Refreshments will be served

Dr. Temple Grandin to Speak in Baldwin Hall

Dr. Temple Grandin will speak Friday, December 6, in Baldwin Hall auditorium. Dr. Grandin is a prominent author, speaker, and professor at Colorado State University. She also has a successful career consulting on both livestock handling equipment design and animal welfare. Dr. Grandin is considered a philosophical leader in both the animal welfare and autism advocacy movement. She is one of the first individuals on the autism spectrum to publically share insights from her personal experiences. Ticket information can be found at [Eventbrite.com](https://www.eventbrite.com). The event is free to Truman students and faculty who show a Truman identification card and who do not eat the lunch or apply for the CEUs.

Registered Behavior Technician Training

In response to increasing demand for autism spectrum services, Truman's Institute for Academic Outreach is offering training for registered behavior technicians (RBTs). The RBT is an entry-level credential for those who work in direct support in delivering services to people with autism and other neurodevelopmental or behavioral conditions. The RBT is a paraprofessional supervised by a Board Certified Behavior Analyst (BCBA), carrying out behavior analytic services. A college degree is not required of a registered behavior technician, and demand for people with the credential is great, including in northeast Missouri. Truman's RBT program is mostly online. Courses are eight weeks long and begin January 13 and March 5. More information on the program is available at pd.truman.edu/rbt The Institute can be reached at (660) 785-5384 or by email, institute@truman.edu

December 2019 Commencement

Commencement ceremonies for the Winter Class of 2019 will be held Saturday, December 14. Of the 298 candidates (as of this writing), 72 ($\approx 24\%$) are from the School of Health Sciences and Education. The Registrar Office reports the following numbers: The Communication Disorders (CMDS) Department has 27 candidates: 7 for Bachelor of Arts (BA), 8 for Bachelor of Science (BS), and 12 for Master of Arts (MA) in CMDS. The Education Department anticipates 5 graduates from the Master of Arts in Education (MAE) in Elementary Education and 1 in Music. Health and Exercise Sciences has 2 candidates for the BS in Athletic Training, 18 for the BS in Exercise Science, and 10 for the BS in Health Science. Nursing expects to graduate 9 with the BS in Nursing. Eighteen SHSE members are graduating with honors: 8 cum laude, 4 magna cum laude, and 6 summa cum laude, two of whom are valedictorians.

Communication Disorders

Dr. Julia Edgar, Ms. Andrea Richards, and Ms. Melissa Passe attended the American Speech-Language-Hearing Association (ASHA) annual Convention, November 20 - 22, 2019, in Orlando, Florida. Ms. Passe made the following presentations: "Rocking Remediations," "An Advanced Conversation on Hot Topics in Ethics (Master class)," "Ethical Excellence Imagined: Speech-Language Pathology."

The CMDS Department hosted a Graduate Student Open House on November 2, 2019. The 26 attendees represented the following universities: Truman State University - 17; Iowa State University - 2; Southern Illinois University - Edwardsville - 3; Missouri State University - 3; University of Missouri- Columbia - 1.

Education



Dr. April Warren-Grice (MAE Secondary English 2004) founder and CEO of Liberated Genius, has been named one of St. Louis' 100 most inspiring and influential leaders and professionals of our generation by DELUX Magazine. DELUX recognizes those who lead, inspire, innovate, and demonstrate through their individual talents. April's work is driven by educational equity and wellness, especially for marginalized communities. The awards will be presented December 22, at the Chase Park Plaza Royal Sonesta in St. Louis.



The Missouri Folklore Society conducted its annual meeting, October 10 – 12, 2019, in Marshall. The meeting was organized by President Dr. Barbara Price, professor in the English and Linguistics Department. Presentations by current Truman students included “Outlaws, Oilmen, and Oral Myth: How They All Came Together through Frank Phillips’ Woolaroc” by Grade Fodor, English MA and Secondary English MAE candidate. Other MAE students participating in the meeting were Katie Holtmeyer and Emmy Nixon, both of whom chaired sessions. Pictured above, left to right: Sarah Muir (English MA), Emmy Nixon (English MA and MAE), Katie Holtmeyer (English MA and MAE), Grace Fodor (English MA and MAE), and Rowen Conry (English MA alumnus, now employed in the Advancement Office).

Dr. Stacy Davis (CML/ED) took pre-MAE students Zyanya Hernandez and Adrianna Ovalle and MAE student Ian Crane to ATSU’s Performance Assessment Center, November 7. Future Bulldog language teachers were hosted by ATSU’s Medical Spanish Club to perform patient simulations in Spanish. “We loved forming cross-campus connections as Truman helped ATSU medical students hone their medical Spanish for future patients! We learned so much from each other!” the participants reported.





Drs. Donna Rhinesmith and Wendy Miner attended professional development with teachers from the NEMO region, November 11, at Novinger High School. Todd Whitaker, Professor of Educational Leadership at the University of Missouri, shared his expertise about what great teachers do differently. Participants walked away with immediate takeaways for their students. In addition, Drs. Rhinesmith and Miner reconnected with alumni who teach locally.

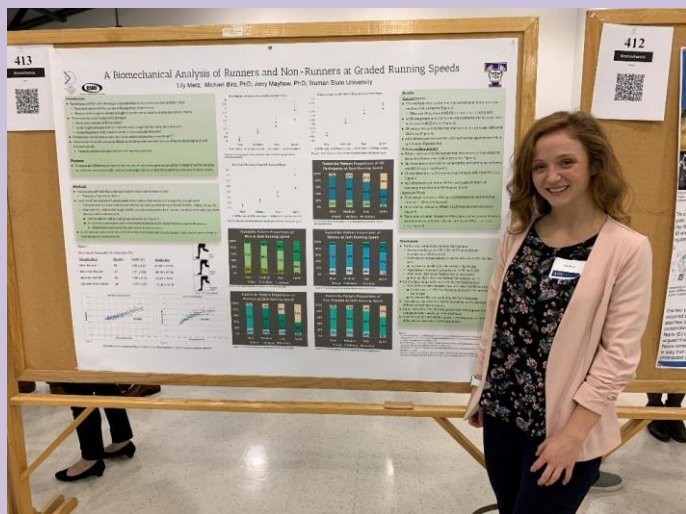
Health and Exercise Sciences

“Hannah Bateman is a senior Health Science major at Truman. Hannah is involved in many things on Truman’s campus. Best Buddies is an organization at Truman that she holds dear to her heart. Hannah has been involved in Best Buddies for four years and has served as Treasurer for the past two years. Best Buddies is an organization that fosters friendships between Truman students and adults in the Kirksville community with intellectual or developmental disabilities. The goal of Best Buddies is to promote inclusive friendships and equal opportunity until it is the norm in our community and the club is no longer needed. “Best Buddies has opened my heart and mind in so many ways. Being surrounded by people filled with genuine and caring hearts is uplifting and inspiring.” The Best Buddies Chapter at Truman is only five years old and each year she is amazed at the growth and progress of the club. She encourages everyone to join because “who doesn’t love friendship?” Hannah will graduate in May 2020 with a Bachelor of Science in Health Science degree and will be attending an Accelerated Bachelor of Science in Nursing program.”

~ by Valerie Hagedorn



Truman Health and Exercise Sciences students presented at the Interdisciplinary Biomedical Research Conference, November 2, 2019, at A.T. Still University.



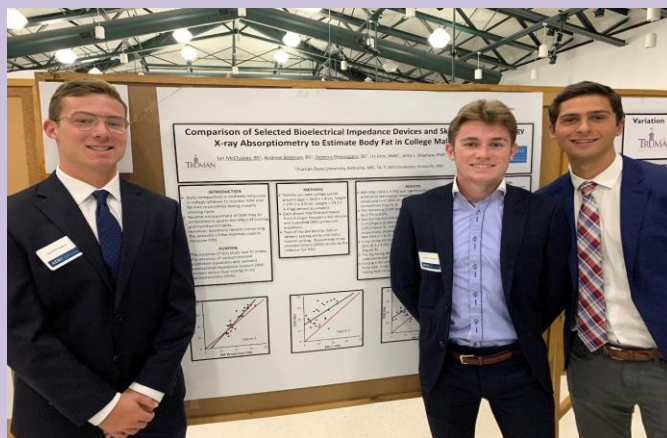
Lily Merz presented "A Biomechanical Analysis of Runners and Non-Runners at Graded Running Speeds" as a poster.



Lily Merz presented her research on runners and non-runners as a podium presentation.



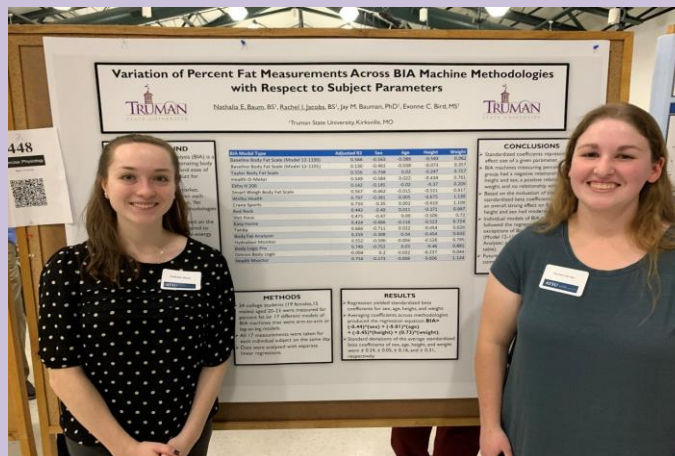
Shanley Kliethermes and Allison Jackson Presented a poster, "Relationship of Regional and Total Lean Masses to Strength Performance in College Football Players."



Ian McCluskey, Andrew Brennan, and Dominic Deprospero presented "Comparison of Selected Bioelectrical Impedance Devices and Skinfolds to Dual X-Ray Absorptometry to Estimate Body Fat in College Male Soccer Players."



Abby Orf and Nicole Young presented "Prediction Accuracy of Height and Weight in College Men and Women."

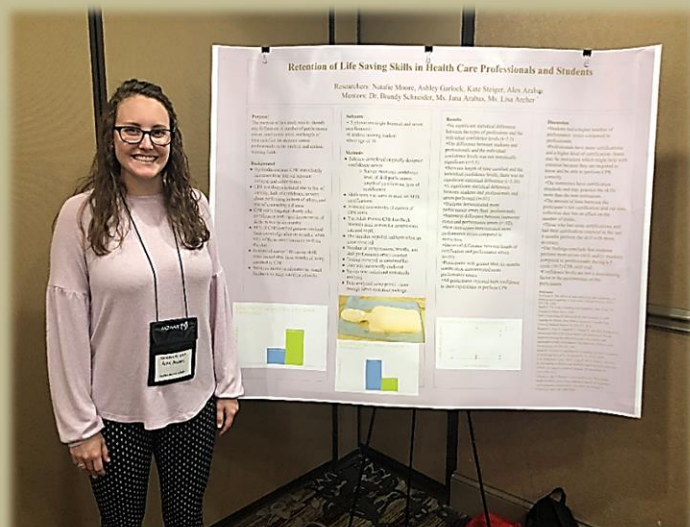


Nathalia Baum and Rachel Jacobs presented "Variation of Percent Fat Measurements Across BIA Machine Methodologies with Respect to Subject Parameters."



Jana Arabas and Liz Jorn along with Gina McNeece from Northwest Missouri State University taught CPR/AED and First Aid at the Missouri Society of Health and Physical Educators (MOSHAPE) Conference, November 8, at Lodge of the Four Seasons, Lake Ozark. The class consisted of 30 current physical education teachers from throughout Missouri who received the certification.

Three research groups from Health and Exercise Sciences presented, November 9, at the MOSHAPE conference. Research group Chad Verdier (AT), Haley Mills (HS), Jordan Dorsey (ES), and Hannah Higbie (HS) presented their poster *Retention Knowledge of CPR Skills in University ROTC Program*. Faculty mentors were Dr. Brandy Schneider, Jana Arabas and Lisa Archer. Research group Ashley Garlock (MAT), Kate Steiger (MAT), Natalie Moore (MAT), and Alex Arabas (ES) presented their poster *Retention of Life Saving Skills in Health Care Professionals and Students*. Faculty mentors were Dr. Brandy Schneider, Jana Arabas, and Lisa Archer. Research group Grace Pepple (AT) and Ashley Rose (AT'19) presented their poster *The Effects of Delayed Onset Muscle Soreness Using the Firefly T-1 Device in College Athletes*. Faculty mentor was Michelle Boyd. Grace Pepple was awarded the MOSHAPE Outstanding Major in Athletic Training. Grace was also awarded the Dr. Patricia McSwegin Student Research Award based on her poster submission.



Alex Arabas



Grace Pepple



The Second Life project is a creative recycling/reuse assignment in HLTH 362 Environmental Health, taught by Dr. Janice Clark. Its purpose is to give used items a “second life” beyond their primary or intended purpose. Students were instructed to create a usable home/office product or an art item from used materials. The Second Life product should be something entirely new and different from the purpose of the original item(s). Students presented and explained their projects in class and then held a display, November 8 and 11, in Pershing Building. (See above.) Items made were a dog bed from a dresser drawer, a back pack from a corduroy jacket, a braided rug from t-shirts, a raised dog bowl holder made from pallet wood, a chess board and chess set, a bicycle wall hanger, a memo/photo holder made from a window frame, a mosaic decorative tray from a cake pan and DVDs, a side table with storage bins made from crates, a wall organizer made from an old wooden shutter, a Christmas tree made from newspapers, a plant stand made from a child’s chair, house slippers made from plastic milk jugs and t-shirts, and a wall “hanger” made from recliner chair parts.

Students and faculty were encouraged to vote for their favorite item in one of the following categories. The winners were:

Most Creative Item: Chess board and chess set made by Jaelen McDonald

Biggest Change (from 1st to 2nd life): (tie) Backpack made from corduroy jacket made by Claire Wiegert, and Christmas tree made from newspapers created by Olivia Harris

Most Useful Item: (tie) Backpack made from corduroy jacket made by Claire Wiegert, and wall organizer made from old wooden shutter created by Sam Wittich

Best of Show: raised dog bowl made by Tristyn Hasmer

After completing this project, most students remarked they are more likely to re-use and repurpose items, and are personally trying to find more ways to live more sustainably. To create your own Second Life item, search the web for ideas. Try key words of “upcycled,” or “repurposed” ideas/art. Also, explore www.recyclethat.com and Pinterest for ideas.

SCHEDULE of Showcase Presentations of HLTH 440 Capstone Projects
Tuesday, December 3, 2019
Violette Hall 1010, 6:00 - 7:45 p.m.

5:45-5:55 p.m.	Pictures of HLTH 440 student presenters
6:00-6:12 p.m.	Buddy Pack Coordinators: Clare Bush and Elliott Montgomery
6:12-6:24 p.m.	Nobesity Project at FLS: Breauna Chaney and Brooke Hierholzer
6:24-6:36 p.m.	Disc Golf Tournament: Dane Bossert and Taylor Hession
6:36-6:48 p.m.	4 Kids Only: Johanna Burroughs and Haley Mills
6:48-6:55 p.m.	Break
6:55-7:07 p.m.	Sleep Awareness Week: Shayla Pasley, Jordan Podgorny, Anisha Mahat, and Ally Robinson
7:07-7:19 p.m.	HLTH 255 Teaching Assistant: Mackenzie Kloth
7:19-7:31 p.m.	American Red Cross Blood Drive: Benjamin Brooke
7:31-7:43 p.m.	HLTH 145, Sexual Health student preceptors: Bansari Amin and Amber Mathai

HLTH 290 Students Donate to the Food Bank

Students in HLTH 290 Principles of Health complete a 15-17 hour campus/community service learning project every semester. The purpose is to give back to the campus/community as a volunteer, learn more about local life beyond the Truman campus, and apply their knowledge and skills as health educators. Students can select from over 20 local opportunities (assisting teachers in the Kirksville-area schools and pre-schools; contributing to HS senior capstone projects; and volunteering with the YMCA, NEMO AHEC, K-Life, Green Thumb, Take Root Café, Kirksville Animal Shelter, and local thrift stores). Students are also given the option to donate increments of \$10 to the Buddy Pack (Food Bank of Central and Northeast Missouri) in lieu of an hour of service. During the fall semester, HLTH 290 students donated \$810.00 to the Kirksville Buddy Pack. Each Buddy Pack contains non-perishable food K-12 students for 36 weekends during the academic school year. The cost per child for these 36 Buddy Packs is \$180 per year. With their donations to the Food Bank, HLTH 290 students have helped to prevent hunger among 4.5 food-insecure students in the Kirksville area. Additionally, one student in HLTH 290 donated \$170.00 to the Take Root Café in Kirksville as part of her service.



Kailee O'Laughlin passed her Board of Certification (BOC) exam on the first attempt! Upon graduation she will be a certified athletic trainer. Pictured, left, is Kailee with her celebratory cookie cake.



Master of Athletic Training students, led by Michelle Boyd, recently presented spine boarding techniques to ATSU medical students.

Study Break Yoga

Need a little mental clarity during the end-of-semester pressures?

Drop by for some relaxing, mindful yoga @ 9 p.m. in HS 1206

Sunday, December 1

Tuesday, December 3

Thursday, December 5

Monday, December 9

Wednesday, December 11

Yoga mats will be available. - Wear comfortable clothes.

Questions? Contact Dr. Donahue, rdonahue@truman.edu

Nursing

“Morgan Stoll is a senior Nursing major at Truman. In the summer of 2019, Morgan participated in the three-week Transcultural Nursing Experience in Iloilo City, Philippines. She provided nursing care to all age groups throughout the community. Some of her most memorable experiences were providing newborn care in the labor and delivery unit and assisting an orthopedic surgeon with an above-the-knee amputation in the operating room. Having the opportunity to work alongside her fellow classmates and Filipino nursing buddies, she feels like she has grown as a nurse, gained experience in working with patients of other cultures, and is able to effectively communicate with those who are not fluent in the English language. Morgan is beyond grateful for the experience she had and it has made a forever influence on her future career as a nurse. After graduation, she plans on working as either a pediatric or labor and delivery nurse in St. Louis.”

~ by Valerie Hagedorn



Calendar of Selected Upcoming Events

- December 3, Tuesday: Disability Studies Festival and Capstones, 5:00 – 6:30 p.m., VH second floor commons
- December 3, Tuesday: HLTH 440 Capstone Projects, 6:00 - 7:45 p.m., VH 1010
- December 5, Thursday: Nursing Capstones, 9:45 a.m. – 5:30 p.m., SUB Activities Room
- December 5, Thursday: Undergraduate Council, 3:00 – 5:00 p.m., SUB Alumni Room 2105
- December 6, Friday: Last day of classes
- December 6, Friday: Dr. Temple Grandin, 8:00 a.m. – 3:00 p.m., Baldwin Hall Auditorium
- December 7, Saturday: Board of Governors meeting
- December 9, Monday: Finals start
- December 11, Wednesday: Reading day
- December 11, Wednesday; CMDS Graduate Student Research Forum, 9:00 a.m. – noon, HS 2203
- December 12, Thursday: Faculty Senate meeting, 3:00 – 5:00 p.m., SUB Alumni Room 2105
- December 13, Friday: Finals end
- December 14, Saturday: CMDS Hooding Ceremony, 8:30 a.m., SUB Down Under
- December 14, Saturday: Nursing Pinning Ceremony, 8:30 a.m. – 10:30 a.m., SUB Activities Room
- December 14, Saturday: MAE Hooding Ceremony, 9:00 a.m., Ophelia Parrish Performance Hall
- December 14, Saturday: Commencement, 11:00 a.m.
- December 14, Saturday: Winter interim begins
- December 23-27, Monday-Thursday: University closed


January 1, Wednesday: University closed
January 11, Saturday: Winter interim ends
January 13, Monday: Spring semester classes begin
January 15, Wednesday: Graduate Council, 3:40 p.m., Violette Hall 2151
January 16, Thursday: Undergraduate Council, 3:00 – 5:00 p.m., SUB Alumni Room 2105
January 20, Monday: Martin Luther King, Jr. Day, University closed
January 25, Saturday: Admission Office Showcase visit day
January 30, Thursday: Faculty Senate, 3:00 – 5:00 p.m., SUB Alumni Room 2105
February 8, Saturday: Board of Governors meeting
February 13, Thursday: Undergraduate Council, 3:00 – 5:00 p.m., SUB Alumni Room 2105
February 19, Wednesday: Graduate Council, 3:40 p.m., Violette Hall 2151
February 27, Thursday: Faculty Senate, 3:00 – 5:00 p.m., SUB Alumni Room 2105
March 2, Monday: Lyceum, Golden Dragon Acrobats, 7:30 p.m. (doors open at 7:00 p.m.), Baldwin Auditorium
March 4, Wednesday: First block classes end
March 5, Thursday: Second block classes begin
March 5, Thursday: Undergraduate Council, 3:00 – 5:00 p.m., SUB Alumni Room 2105
March 9-13, Monday-Friday: Spring break
March 18, Wednesday: Graduate Council, 3:40 p.m., Violette Hall 2151
March 19, Thursday: Faculty Senate, 3:00 – 5:00 p.m., SUB Alumni Room 2105
March 20, Friday: Admission Office Admitted Student Event
March 27, Friday: Lyceum, The Step Crew, 7:30 p.m. (doors open at 7:00 p.m.), Baldwin Auditorium
March 28, Saturday: Admission Office Showcase visit day
April 4, Saturday: Board of Governors meeting
April 9, Thursday: Undergraduate Council, 3:00 – 5:00 p.m., SUB Alumni Room 2105
April 13, Monday: Term Break/Spring Holiday. University closed
April 15, Wednesday: Graduate Council, 3:40 p.m., Violette Hall 2151
April 16, Thursday: Student Research Conference
April 23, Thursday: Faculty Senate, 3:00 – 5:00 p.m., SUB Alumni Room 2105
April 25, Saturday: Admission Office Showcase visit day
April 30, Thursday: Undergraduate Council, 3:00 – 5:00 p.m., SUB Alumni Room 2105
May 1, Friday: Last Day of Classes
May 4, Monday: Finals start
May 6, Wednesday: Reading Day
May 7, Thursday: Faculty Senate, 3:30 – 5:30 p.m., SUB Alumni Room 2105
May 8, Friday: Finals end
May 9, Saturday: Commencement, 2:00 p.m.
May 9, Saturday: May Interim begins
May 23, Saturday: May Interim ends
May 25, Monday: Memorial Day, University closed
May 26, Tuesday: First Five Week and Ten Week classes begin
June 1, Monday: Eight Week classes begin
June 26, Friday: First Five Week classes end
June 29, Monday: Second Five Week classes begin
July 3, Friday: Independence Day Holiday, University closed
July 24, Friday: Eight Week classes end
July 31, Friday: Second Five Week and 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*