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TODAY

Wednesday, March 31, 2010

Volume 23, Number 6

NATIONAL PUBLIC HEALTH EVENT

Lifestyle and chronic disease discussed at Healthy People 2010

By Heather Reifsnyder

Loma Linda University School of Public Health hosted 550 guests March 9 and 10 for Healthy People 2010. This annual conference on lifestyle and chronic disease seeks to move forward the fight against the American health crisis caused by many more factors than inactivity and poor diet.

Thirty-eight speakers delved into lifestyle and chronic disease from diverse angles, raising ideas such as how technology can play a role in changing people's behavior, how health should be considered in every government policy from housing to economics, and the way in which families, neighborhoods, and schools should work together to influence childhood obesity. The information was thought-provoking, according to Maria Hardt, DrPH, an attendee who works at Redlands Community Hospital.

The two keynote addresses discussed the federal government's Healthy People 2020 objectives and the social determinants of health, delivered respectively by Jonathan Fielding, MD, MPH, MBA, MS, chair of the Secretary's

Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2020, and director and health officer at the Los Angeles County Department of Public Health; and Anthony B. Iton, MD, JD, MPH, senior vice president, Healthy Communities, The California Endowment, and narrator of *Unnatural Causes*, a documentary film series on inequality in health that aired on PBS.

"This is the right kind of conference," says Sheldon Greenfield, MD, of the University of California at Irvine about his reasons for speaking at the event, where he says people are interested in relevant topics and doing the right thing for patients.

During the conference, David Dyjack, DrPH, dean of the School of Public Health, presented the Loma Linda Award for the Promotion of Healthy Lifestyles to KCET—Los Angeles' PBS television station—in recognition of its educational programs promoting the best start in life for young children from 0 to 5. The programs are supported by community workshops for parents and caregivers. The award was established in 2009 and is given each year



More than 550 people attended the conference to learn how we can make communities healthier.

during Healthy People to recognize leadership and commitment toward making communities healthy and flourishing.

The conference is organized by Loma Linda University School of Public Health with the support of organizations including Kaiser Permanente, First 5 San Bernardino and Riverside, and presenting sponsor Loma

Linda University Medical Center.

Following the Healthy People conference, on March 11, the School of Public Health's office of public health practice and workforce development put on a one-day workshop about community-based participatory research, in cooperation with the Association for Prevention Teaching and Research.

PHILANTHROPY FOR CHILDREN

Walter's Children's Charity Classic raises \$200,000 for pediatric ophthalmology

By Nancy Yuen

Community members, corporations, and friends of Loma Linda University Children's Hospital enthusiastically responded to the theme of the 14th Annual Walter's Children's Charity Classic, "Helping children see the future." The event resulted in a \$200,000 donation benefiting pediatric ophthalmology at Children's Hospital.

As a result, children with retinal dystrophies will soon be able to receive sophisticated electrodiagnostic ophthalmology testing with the purchase of an electroretinogram (ERG) machine. The ERG machine will be the first of its kind in the Inland Empire; pediatric patients requiring testing with this specialized equipment now travel to Los Angeles, and wait up to six months for an appointment.

"We are thrilled," says Zareh Sarrafian, MBA, administrator, Children's Hospital, "to be able

to purchase an ERG machine, providing vital care to children in our region. The generous gift from Walter's Children's Charity Classic will make a significant difference in their health and will help hasten their treatment."

Over the last 14 years, Walter's Children's Charity Classic has raised more than \$2.6 million for Children's Hospital. These funds have supported cardiac intensive care and the neonatal intensive care units, the pediatric intensive care unit, the child abuse protection and child abuse prevention centers, the emergency department, the craniofacial specialty team center, hematology and oncology, acute care, pediatric diabetes center, and the extra corporeal membrane oxygenation (ECMO) program.

This year, Walter's Children's Charity Classic organizers Cathy and Steve Kienle received the 2009 Shirley N. Pettis Award from the Loma Linda University Children's Hospital Founda-



Steve (left) and Cathy Kienle (right) receive a plaque recognizing the donation in support of pediatric ophthalmology made possible through the 14th Annual Walter's Children's Charity Classic, while Jennifer Dunbar, MD, assistant professor of ophthalmology (center) looks on.

tion for their commitment to improving the lives of children in the Inland Empire.

Their commitment to hosting an annual event benefiting Children's Hospital inspired the creation of the Children's Hospital Champions for Children program. The number of corpo-

rate Champions has grown to 16, each hosting an annual fundraising event benefiting Children's Hospital with a gift of \$5,000 or more.

Plans are underway for the 15th Annual Walter's Children's Charity Classic, which will be held in the fall.

INTERNATIONAL OUTREACH AND AID

Strengthening Hopital Adventiste d'Haiti for the long haul

By Dustin Jones and Heather Reifsnnyder

On January 12, 2010, Hopital Adventiste d'Haiti (HAH), in Carrefour, Haiti, found itself at the epicenter of a fierce 7.1 magnitude earthquake. Early reports suggested the hospital was completely destroyed, while others stated that the hospital was partially destroyed, but completely useless.

Fortunately the hospital, a 70-bed facility built in 1978, received minimal damage. This facility had joined Adventist Health International (AHI), a nonprofit international organization based at Loma Linda University (LLU) in 2003.

"We had already been working with Haiti for a number of years," reports Richard Hart, MD, DrPH, president of LLU and AHI, "so we knew the facility well and had direct relations with the hospital leadership."

In the days that followed, HAH began serving as one of the clinical centers for the nation. Hundreds of patients and their families camped outside the hospital waiting to be treated. Scott Nelson, MD, a Loma Linda University graduate based in the Dominican Republic, came to HAH and began performing orthopedic surgeries immediately. He was soon joined by Andrew Haglund, MS, assistant professor of health geoinformatics at LLU's School of Public Health, who was dispatched to coordinate logistics at the hospital.

"This nation has lost upwards of 225,000 people; almost 1 million of the surviving population are without proper food, water, shelter, or sanitation, and somewhere between 7,000 and 10,000 have had limbs amputated—not to mention the huge number of patients with surgically treated injuries," says Mr. Haglund. "LLU/AHI are providing an incredible service here in Haiti and we continue to need your support."

To maximize response to the humanitarian crisis in Haiti, Loma Linda University partnered with Florida Hospital in Orlando, Florida. From this collaborative effort, a reliable system for scheduling and transporting medical teams, supplies, and equipment into Port-au-Prince emerged. Loma Linda University has been coordinating volunteers who arrive in Haiti at the rate of 20 to 30 per week and include medical personnel and logistics support from many other entities.

After visits by both the United States and French ambassadors, the flow of fresh water and other supplies from international donor agencies increased dramatically.

"All indications are that when some of the temporary medical facilities leave Haiti, Hopital Adventiste d'Haiti will be the most advanced hospital in the country," says Mr. Haglund.

The LLU School of Public Health Center for Public Health Preparedness began making plans to help in Haiti immediately after the earthquake and deployed its public health disaster assessment and response team (PHDART), which was on the ground in Carrefour less than 10 days after the quake.

Trained to lead response activities in areas such as environmental health (potable water, sewage, latrines, and trash management), maternal and child health, and communicable disease risk reduction, the team members collaborated with ADRA International in responding to the immediate needs of more than 15,000 displaced persons on the grounds of Universite Adventiste d'Haiti. Recognizing the need to quickly assess the health situation and respond to the imminent public health disaster, LLU PHDART's goal was to evaluate the immediate public health needs and provide emergency public health services for the camp. Additionally, several of the team members worked at



Andrew Haglund, MS (left), assistant professor of health geoinformatics at LLU's School of Public Health, stands at the entrance to Hopital Adventiste d'Haiti with Scott Nelson, MD, a Loma Linda University graduate based in the Dominican Republic.

HAH to provide safe drinking water and access to latrines to improve sanitation conditions on the hospital grounds.

The team's initial assessment showed a priority need to establish a supplemental food program for malnourished children under 5 years of age, as well as to provide services and education for lactating mothers. When the rest of the team returned to the United States on February 2, Walleska Bliss, MPH, project coordinator, and Jesse Bliss, MPH, director of the Center for Public Health Preparedness, stayed behind for three additional days to welcome LLU's Behavioral Health Trauma Team (BHTT) and to help facilitate BHTT's integration into the framework created by the PHDART. During the additional days, Mr. and Mrs. Bliss collaborated with UNICEF and CONCERN Worldwide to train four malnutrition nurses and to establish a supplemental feeding center on the campus.

Two weeks after the Blisses returned to Loma Linda, LLU received a request from ADRA for continued support from the School of Public Health, and so the Blisses returned to Haiti in

late February and remained there until the end of March. This time ADRA requested them to coordinate and manage the entire camp operation, the population of which had grown to more than 20,000 displaced persons.

As Haiti's rainy season brought with it an environment where pathogens can transmit and thrive more easily, preventing the transmission of communicable illnesses was a top priority. School of Public Health personnel worked to address the spread of diarrheal disease and malaria, and had already encountered a couple of cases of typhoid, a serious illness that is easily passed on without proper hygiene and sanitation facilities. David Dyjack, DrPH, dean of LLU's School of Public Health, also visited the camp, where he lent his expertise in environmental health and spent several days assisting with the water and sanitation response for the camp as well as for HAH.

"It was a blessing to see the many volunteers cooperate," reports Chris Jobe, MD, department of orthopedic surgery, Loma Linda University School of Medicine. Dr. Jobe travelled to HAH with an orthopedic team. "Lives and limbs are being saved because of the collective effort of so many people."

According to Dr. Jobe, people from different countries and religions were working together.

"It was a blessing just to see people from all over the world cooperating with one purpose—to save as many lives as they could," he says.

The Global Health Institute at LLU continues to receive names of individuals offering to assist at the hospital, as well as donated medical supplies. They will continue to send volunteers to HAH for the next year and beyond.

A website at LLU is accepting donations for Hopital Adventiste d'Haiti. Funds donated thus far have been used to purchase a sterilizer, a generator, orthopedic saws, medications, and numerous other medical supplies.

Individuals who would like to donate to the relief effort of HAH are invited to visit the website at <www.llu.edu/news/haiti> or to contact the LLU office of philanthropy at P.O. Box 2000, Loma Linda, California 92354. The phone number is (909) 558-5010. Please make checks payable to: Loma Linda University—Haiti Earthquake.



Hopital Adventiste d'Haiti has been serving as a clinical center for the country.

PROFESSIONAL EXCELLENCE

Pediatric RN residents celebrate with Drs. Clark and Seuss

By James Ponder

Those attending the recognition ceremony for the 17th cohort of the RN residency in pediatrics were reminded recently of how simultaneously delightful and practical the whimsical verbal riffings of Dr. Seuss can be.

The scene was the Wong Kerlee International Conference Center, and the speaker was Aleca Clark, MD, assistant professor of pediatrics in the LLU School of Medicine, who—in honor of Dr. Seuss' birthday—peppered her remarks to the graduates with a few well-chosen philosophy selections from his epic tome, *Oh, the Places You'll Go!*

The room was abuzz with students, faculty, family, and friends eager to celebrate the accomplishments of the 21 nurses graduating from the program.

I have heard there are troubles of more than one kind.

Some come from ahead and some come from behind.

But I've bought a big bat. I'm all ready you see.

Now my troubles are going to have troubles with me!

Doina Rus, MSN, RN, didn't seem to have any trouble stepping to the podium to welcome everyone. According to the schedule in the bulletin, Janel Isaeff, MA, RN, chief of patient care at Loma Linda University Children's Hospital (LLUCH), was supposed to deliver the welcome. However, Ms. Isaeff was called away to other responsibilities, so Ms. Rus, manager of the RN residency and quality for LLUCH, stood in for her and welcomed everyone to the event.

Kathy McMillan, MA, popped onstage to share the story of a nurse named Jennifer who pulled out her stethoscope and placed the bell over the heart of a 4-year-old boy.

"As was her custom," Ms. McMillan explained, "she put the earpieces into Jason's ears and said, 'Now, what do you suppose that is?' He crinkled up his forehead and thought really hard. Then his face broke into a smile as he asked, 'Is that Jesus knocking on my heart?'"

Ms. McMillan, a long-time friend of the RN residency in pediatrics, and director of employee spiritual care and wholeness, listed a number of occasions when nurses reach out to help patients without really knowing where the process is going, only to discern the hand of God working through their involvement later.

"You are entering a new phase of your young career," she continued. "You might be excited that you're on your own now. Or you might be terrified that you're on your own now. But actually, you're not! You are surrounded by a team who cares for you and cheers your success. And as you move on, I invite you to look around you for those in need, pay attention to the details and most of all, listen well. There just might be somebody knocking on your heart!"

You will come to a place where the streets are not marked.

Some windows are lighted, but mostly they're darked.

A place you could sprain both your elbow and chin!

Do you dare to stay out? Do you dare to go in?

From the moment she took the podium to deliver the keynote address, Dr. Clark framed her thoughts in the words of Dr. Seuss. "Congratulations!" she began. "Today is your day. You're off to great places! You're off and away."

For the next minute or so, she regaled members of the class with insights from the poet's enchanting observations about life:

You'll be on your way up! You'll be seeing great sights!

You'll join the high fliers who soar to high heights.

You won't lag behind, because you'll have the speed.

You'll pass the whole gang and soon take the lead.

Wherever you'll fly, you'll be best of the best.

Wherever you go, you will top all the rest.

Except when you don't. Because sometimes you won't.

Dr. Clark went on to enumerate six qualities she said will empower graduates to maximize their contributions to the field of nursing: attitude, desire, teamwork, resiliency, pride and humility, and gratefulness.

In speaking of attitude, she agreed the word often has negative connotations, such as when people say, "Don't give me attitude! However," she continued, "I mean for you to think of it in a positive light. In our sometimes unpredictable and crazy world, it is the one thing you can control. You wake up in the morning and you choose."

The desire to be the best is also important, she pointed out, because it "leads to the desire to work hard. It is the starting point of achievement, for if we do not desire or aspire to it, we will not achieve it."

In addressing teamwork, Dr. Clark challenged the class to "think of your team broadly. Your team is not just your fellow nurses, who can cover your patients while you go to lunch, but all of us who work together to ensure the health and wellbeing of our patients."

Concerning the importance of resiliency, she pointed out that life and medicine have their ups and downs.

"Successful nurses bounce! They bounce back from a tough day at work, the loss of a patient, a challenging family, or a frustrating physician

encounter. Per Dr. Seuss, "There are some (challenges) down the road between hither and yon, that can scare you so much you won't want to go on." She encouraged the class to be resilient enough to see challenges as opportunities to learn and grow.

In joining pride and humility together, Dr. Clark instructed the graduates to take pride in what they do, but not to be proud-spirited. "Be humble enough to remember that everyone has something to teach you," she urged.

Gratefulness, she told the class, comes from remembering, "that you have been given a gift. That gift was the opportunity to become a nurse. To help those in pain and suffering heal in an environment of love and caring."

She reminded them that the opportunity came at the price of hard work, student loans, and time away from family, yet noted that the way they use this gift "tells the world who you are."

To conclude her remarks, Dr. Clark deferred once more to Dr. Seuss:

And will you succeed? Yes! You will indeed!

98 and three-quarters percent guaranteed.

So be your name Buxbaum or Bixby or Bray,

Or Mordecai Ale Van Allen O'Shea,

You're off to great places! Today is your day!

Your mountain is waiting. So ... get on your way!



Graduates of the 17th cohort of the pediatrics RN residency program at Loma Linda University gathered for a photo with members of the the RN residency program administration following the recognition program honoring their accomplishments. Those in the photo include: (front row, from left) Salina Van Noy, RN residency administrative secretary; Doina Rus, MSN, RN, manager of the RN residency program; Layla Ohara, PICU; Luda Palamarchuk, acute care pediatrics; Diana Shaw, unit 5800 cardiac; Jeanette Thoongsuwan, unit 5800 intermediate; Hilda Vega, hematology/oncology/SCT; Kim Wheeler, unit 5800 intermediate; and Mona Marinell, RN residency educator; (middle row, from left) Amy Buchanan, hematology/oncology/SCT; Janine Morris, hematology/oncology/SCT; Mikki Hinojosa, unit 5800 cardiac; Melissa Rich, hematology/oncology/SCT; Lauren Lockman, unit 5800 cardiac; Katie Velasco, acute care pediatrics; and (back row, from left) Nikki Anketell, hematology/oncology/SCT; Theresa Boone, acute care pediatrics; Geri Odiakosa, acute care pediatrics; Janelle Cicero, PICU; Stacy Hook, hematology/oncology/SCT; Lauren Horinouchi, unit 5800 intermediate; Katie Mattison, hematology/oncology/SCT; Ashley Prudholm, hematology/oncology/SCT; and Richard Wright, PICU.

PUBLIC HEALTH OUTREACH

Public health student speaks at One Young World Summit

By Heather Reifsnyder

Ajarat Bada had the chance to share her mind with future leaders from more than 120 countries during the One Young World Summit held in London February 8–10, 2010, with the support of figures such as activist and Nobel Peace Prize winner Desmond Tutu, former secretary-general of the United Nations Kofi Annan, and Grameen Bank founder Muhammad Yunus.

Ms. Bada, a global health student at LLU School of Public Health, spoke about improving health and raising the standard of living around the world in accordance with the United Nations' Universal Declaration of Human Rights and Millennium Development Goals.

Among the points she made were:

- “The same health care that’s guaranteed for

the president of a country should be guaranteed for the lowest citizen—if we can even define who a lowest citizen is.”

- “If one more kid has to go hungry—one more kid has to die from polio—we’re not doing our best. We can do better.”
- “Yesterday, 16,000 children died from hunger—3,000 from malaria, and 1,000 from HIV/AIDS. Today, 16,000 children will die from hunger, 3,000 from malaria, and 1,000 more from HIV/AIDS. Tomorrow’s numbers are in your hands. What are you going to do?”

Ms. Bada, who is from Nigeria, is a nurse. When she finishes her master of public health degree from Loma Linda University, she hopes to attend medical school. Included in her experience is being one of a select group of volunteers at the inaugural African First Ladies Health Summit, which brought together leading



Public health student Ajarat Bada (right) met Muhammad Yunus (left) at the Young World Summit, whom she admires as founder of Grameen Bank. To fight poverty and improve socioeconomic conditions, the bank lends credit to the rural poor in Bangladesh without requiring collateral.

women and dignitaries from numerous African nations on April 20 and 21, 2009, in Los Angeles.

Ms. Bada’s speech at the One Young World Summit was introduced by Anne M. Johnson, MD, professor of infectious disease

epidemiology at University College London, who said of Ms. Bada, “She’s learnt very early how to achieve political influence and the really important role of women leaders in achieving change in health care.” Her speech can be viewed at <youtube.com/watch?v=cIIBakaf760>.

RETROSPECTIVE AND INTROSPECTIVE

The renewal of spiritual emphasis at Loma Linda University in the 1970s

By James Ponder

The story of how an anesthesiology professor in the LLU School of Medi-

cine tirelessly pursued a renewal of spiritual vision at Loma Linda University underscores the far-reaching contributions one dedicated individual can make in helping to shape the

mission and destiny of an organization.

“When I came here in late 1969,” notes Bernard Brandstater, MBBS, “I had an unrealistic expectation of finding some sort of New Jerusalem. I thought Loma Linda would be the fountainhead of Adventist medical outreach around the world; a deeply spiritually motivated place.”

What he found, however, was an institution

that was struggling hard to re-establish itself as a clinical medical school in a semi-rural setting after moving from downtown Los Angeles where it had been operating successfully for years.

A few years before Dr. Brandstater’s arrival, David B. Hinshaw Sr., MD, dean of the school, had brought a cluster of handpicked colleagues

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TRAINING THE NEXT GENERATION

LLU summer internship and management residency programs continue to shape the Adventist health care, business, and communication leaders of tomorrow

By Nathan Lang

Since June 2007, LLUAHSC has been running Summer Business Internship and Management Residency Programs providing leadership experience for Seventh-day Adventist college and graduate students who specialize in business, marketing, and many other fields of study represented on campus.

Each year, 7 to 10 summer business interns and 2 to 4 management residents are chosen for respectively 12-week and 2-year terms. To date, interns and residents have experienced 100 percent success rate with placement into positions across LLUAHSC departments; these positions include quality analyst, decision support analyst, project coordinator, and spiritual life & wholeness manager, to name a few.

In addition to professional experience, the programs focus on the personal growth and development of participants through activities such as weekly meetings, social outings, and training opportunities. A more personal aspect of the program includes the mentorship, coaching, and assessments provided by Melinda Muganzo, MBA, manager of employment and internship in human resource management (HRM).

"I believe it's that one-on-one relationship, the personal touch, that helps to foster wholeness of the participants, in both their professional and personal development," notes Ms. Muganzo.

Currently, there are ten participants in the program. Of the ten, Krista Juhl, Tristan Mingo, and Arvin Tanag each represent various stages during a term at LLU.

Ms. Mingo's internship began last August. As a summer business intern, she worked in the office of the dean of the School of Medicine, where she assisted with the ad campaign for last year's centennial celebration.

After completing her internship, Ms. Mingo was hired in October as a benefits analyst in HRM. She has since helped to launch an online



Tristan Mingo, a previous marketing intern who promoted last year's School of Medicine centennial celebration, is now employed as a benefits analyst in human resources.

system that speeds up the process for LLU employees' benefits enrollment.

"We work hard, but have fun too," Ms. Mingo assures.

Krista Juhl joined the program as a management resident in July 2009. She serves at LLU Medical Center East Campus on a five-member development team under Jillian Payne, MBA, director of community development and outreach. From day to day, Ms. Juhl coordinates committees, plans staff retreats, implements patient-centered care programs, and leads hospital tours.

Lately Ms. Juhl has been overseeing initiatives for meeting Planetree designation requirements; Planetree is a Connecticut-based nonprofit organization promoting innovative models in holistic health care.

"Not having a standard routine for my day," remarks Ms. Juhl, "is actually something I enjoy most about my job."

The most recent addition to the management residency team is Arvin Tanag, who serves



Krista Juhl, a management resident, promotes Planetree designation requirements for LLUMC East Campus administration.

Loma Linda University Health Care in decision support/IT. Mr. Tanag has spent his first weeks shadowing his colleagues and is just starting to get involved hands-on with web development, project write-ups, and management of Loma Linda electronic medical records, including LLEMTR training sessions for clinical staff.

"When we have GoLive training sessions," explains Mr. Tanag, "we aim to keep attentive to the staff's questions, yet instead of fixing a problem for them, we try to have them operate the computer while we give instructions—that way they learn the system better themselves."

While on-site training lasts a few weeks, the interns' and residents' experience in their fields has been years in the making.

Ms. Mingo, previously a summer intern at Florida Adventist Hospital, helped market the Creation Health initiative, a large-scale holistic health campaign with its own book and website, which received acclaim from figures such as Mehmet Oz, MD, and Ben Carson, MD.

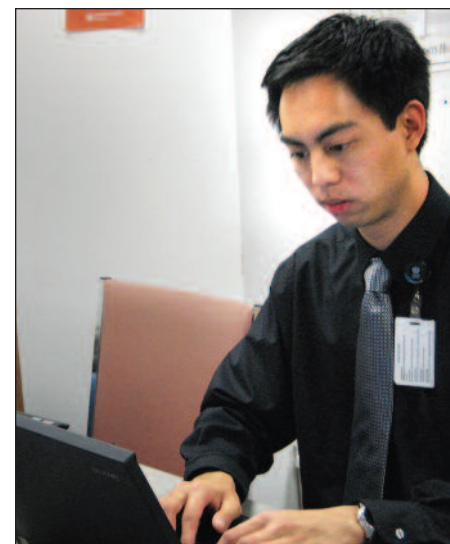
Ms. Juhl's past experience in marketing traces back to high school, and before coming to LLU, she already served two years as a resident intern at Adventist Health Gresham Station in Portland, Oregon. While in Portland, Ms. Juhl implemented one of her most memorable patient-centered care programs.

"I worked with medical technologists to create a spa-like atmosphere for patients throughout breast cancer month," she recalls.

"After their appointment," elaborates Ms. Juhl, "our patients were presented with a chocolate and a pink rose. The buzz this created was phenomenal. Patients who hadn't had their screening for years came to our clinic that month."

At Southern Adventist University in Tennessee, his alma mater, Mr. Tanag received his most valuable training as a web developer for the college library, McKee Library, where he developed, redesigned, and launched the new library website.

"It was a pretty big achievement for me," comments Mr. Tanag.



Arvin Tanag, a management resident for decision support/IT, provides Loma Linda electronic medical records training sessions for clinical staff.

A native of San Diego, Mr. Tanag heard about the LLU residency program through a cousin employed at Loma Linda Veteran Affairs Health Care System, but for Ms. Juhl and Ms. Mingo, the residencies' location was far from home.

While Ms. Mingo, from Alabama, gushes nostalgic, "I love the South—there's no place like home," she also emphasizes her driven nature and how it led her to pursue a job across the country. Ms. Juhl likewise regrets not being able to visit her family in Caldwell, Idaho—because of work in addition to year-round school; both Ms. Juhl and Ms. Mingo currently attend an MBA evening program at the University of Redlands.

Having earned a BBA in business with a marketing emphasis at Walla Walla University in Washington, Ms. Juhl is now settled in Southern California and predicts she will reside here for years to come.

She attends both the CrossWalk and ReLive churches in the Loma Linda area. Despite her many hours studying, Ms. Juhl declares, "I spend as much time as possible with family and friends," for whom she volunteers as a wedding make-up artist.

Ms. Mingo earned a dual BBA in marketing and health care administration at Oakwood University in Alabama. With her new job and year-round school, she uses her meal times for breaks between her heavy workload.

"One of my favorite things to do is eat!" she exclaims. "The girls from my internship program have made it a point to meet up for lunch every so often to catch up on life."

Ms. Mingo is equally passionate about graphic design and volunteers her skills creating logos, programs, and flyers for the young adult ministries at her new home church, Mt. Rubidoux Adventist Church in Riverside.

"I suppose you could add Facebook to my list of hobbies," chimes Mr. Tanag, who also enjoys guitar, photography, camping, and cleaning.

He has started to attend the Japanese Adventist



Nathan Lang, an intern in the LLU office of university relations and author of this article, has a bachelor's degree from Washington Adventist University, in Takoma Park, Maryland. He plans to pursue a master's in English in the fall.

HEALTH PREPAREDNESS

LLU prepares county environmental health departments

By Heather Reifsnnyder

To preserve the public's health in the event of a disaster, LLU School of Public Health is training the environmental health departments of both San Bernardino and Riverside counties in emergency response.

About 70 people from San Bernardino County came to the campus February 9 and 10, 2010, for the two-day training. On March 24 and 25, the school went to Riverside to train approximately 100 from that county.

Topics covered include food safety, available drinking water, shelter, waste water services, and solid waste management—the bare essentials of healthy living, all of which could be compromised by a devastating earthquake, fire, or other natural or manmade disaster.

"Environmental health is for everyone, everywhere, all the time, and this is particularly true

during disasters," says David Dyjack, DrPH, dean. "Our school is providing valuable training to regional public sector environmental health specialists so they can contribute to preparedness and emergency response efforts in a meaningful and professional manner."

The trainers come from the California Department of Public Health, San Bernardino County Department of Public Health, the American Red Cross Inland Empire Chapter, and LLU School of Public Health.

Environmental health specialist Grizelda Velasquez-Reisinger attended the February training, which she said helped make her department as prepared as possible for when an emergency arises.

"We are there in the middle of it all informing, educating, and providing support to the residents of San Bernardino County," she says. "This training empowers us to be the most



Environmental health specialists from San Bernardino County listen to a training session conducted by Andrea Champlin, MPH, of Loma Linda University Center for Public Health Preparedness.

effective and efficient in the most uncertain of times. On a daily basis, different levels of emergencies arise regularly; this kind of training prepares us even in the smallest emergency."

Fellow environmental health specialist Julie Sica appreciated the specific examples of successful

strategies used in previous crises. She also learned about the flexibility required in an emergency.

"Everybody has a specific role that may be very different than the one we do at work every day," she says.

The renewal of spiritual emphasis at Loma Linda University in the 1970s ...

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to Loma Linda to build up flourishing medical practices and provide patients and revenue to support the operation of the new medical center, which opened in 1967. "The focus was on generating revenue as quickly as possible," Dr. Brandstater asserts.

"The risk these men and women were taking was not imaginary," he goes on. "There was the very real and looming possibility that moving their successful practices from Los Angeles to Loma Linda would result in financial disaster. These new medical practices had to succeed in order for the Medical Center to make payments on its enormous loans. It was a huge undertaking." Under the circumstances, he suggests, the spiritual mission of the campus was not as emphasized as it might have been.

Even so, the situation seemed unacceptable to Dr. Brandstater, who had heard glowing stories of the faith-based origins of LLU while growing up in Australia. Although reluctant to take any credit for the metamorphosis that followed, he found himself pressed into service at a pivotal time.

"We had just gotten a new church pastor in the form of Bill Loveless," he recalls. "I got a call from the nominating committee asking if I'd be willing to serve as an elder in the church. Three days later, I got a call asking if I'd be willing to serve as head elder in a church of 5,000 members. That shook me up! I hardly knew any of the leaders. I don't think I felt overwhelmed; I was humbled by it."

Ironically, Dr. Brandstater didn't think of himself as a spiritual giant. "I was no more religious or spiritual than anyone else," he observes, "but I was provoked by my call to serve the church into thinking about the spiritual tone and commitment of the school."

Rolling up his sleeves, the energetic newcomer made two discoveries. First, many students weren't attending church. On a given Sabbath, most of them were either at the beach or out at Joshua worshipping God through nature. "The church wasn't doing much to meet their needs," Dr. Brandstater suggests.

Second, he felt there wasn't enough of a spiritual atmosphere in the School of Medicine. "I

decided we ought to hold some get-togethers among members of the faculty who shared this spiritual concern," he reports. "I got the idea of a weekly meeting where we could read some scriptures and pray for the school and its goals. So I put up notices around the medical center saying we were going to have a faculty prayer fellowship at 6:30 on Monday mornings. People said, 'Brandstater, you're off your rocker!'"

Nevertheless, between a dozen and 16 people started showing up for the meetings. "That was very heartening to me," he shares. "I knew these colleagues well from the bedside, but I didn't know them as spiritual leaders. We needed this time together to give expression to the goals and ideals we all had."

Changing the perception that the church had nothing to offer students took a bit longer to achieve. After his three-year term as head elder ended, Dr. Brandstater came up with a plan. "I went to see Bill Loveless," he remembers, "and said, 'We've got to start a special Sabbath school expressly designed for students.' Bill said, 'Well, Bernard, if you want to do that, why don't you go ahead?'"

Dr. Brandstater assembled a team of like-minded individuals—including Doug Welebir, a young lawyer who became the first mayor of Loma Linda, Bruce Wilcox, who shared teaching responsibilities, and Fred Anderson, the music leader whom Dr. Brandstater describes as "charismatic, uninhibited, and lots of fun"—and had at it.

For the next seven years, the gregarious Australian served as emcee of the Sabbath school program, enjoying his role as Loma Linda's Johnny Carson. "We had standing room only," he says. "In fact, although it had its ups and downs, it eventually morphed into the young adult church Tim Gillespie currently runs."

Meanwhile, Dr. Brandstater was also chairing the medical evangelism committee of the School of Medicine Alumni Association. "I realized that the school had been, until recently, called the College of Medical Evangelists," he notes. "Clearly we were medical, but where was the emphasis on evangelism? I convened a weekend retreat at Laguna Beach for clinical thought leaders. We explored ways to incorporate spirituality into the curriculum. I went to Campus Crusade and told Bill Bright, 'I'm from Loma Linda.'"

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LLU summer internship and management residency programs continue to shape the Adventist leaders of tomorrow ...

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Church in Redlands but is still close to his home churches in San Diego.

Becoming increasingly networked in his home state, he suggests, "I suppose I'd settle down near family, for mutual support." As for his career goals, Mr. Tanag is deceptively reticent.

"It would be pretty cool to be a chief information officer for a medium-sized company," he starts. "I'm not sure if I'm up for managing huge enterprises, but we'll see after a few years."

Eventually, Ms. Mingo aims to work in corporate HR. She believes that employees are the mainstay of an organization's success, and she intends to be involved with strategic HR planning.

Ms. Juhl hopes to gain greater responsibility in her field as well, reaching the director level or higher in health care management.

In aiming high, these interns practice the holistic model they have marketed. Their spirituality expands their future goals while still

maintaining their sense of direction in the present.

"God has specific plans for me," says Ms. Mingo, "and it's my job to sit back and enjoy the ride."

Ms. Juhl reflects, "In the past, I have made the mistake of forging on ahead with major decisions without waiting to find out what path God had planned for me.

"And I see a huge difference," she adds, "in

the way things fall into place when you put your trust in God and wait to hear what God has planned."

Mr. Tanag also recognizes the fine line between leadership as independent leading versus being led by God. He recalls moments of strong spirituality in himself and then admits, "It's kind of hard. One thing I've learned so far is that being a true Christian leader takes a lot more dedication and faith than simply professing to be one."

For more information about the summer business internship and management residency programs at LLUAHSC, contact Melinda Mughan or Dominic Bokich, HRM recruiter, or visit <careers.llu.edu>.

NATIONAL CHILD ABUSE PREVENTION MONTH

Children's Assessment Center combats the effects of sexual child abuse

By James Ponder

As director of the Children's Assessment Center at Loma Linda University Children's Hospital (LLUCH), Clare Sheridan-Matney, MD, evaluates victims of child abuse on a daily basis.

Mona Lumpkin, on the other hand, is a jewelry artist who volunteers at LLUCH. She is an outspoken advocate for victims, and a vocal critic of people who downplay the life-distorting trauma sexual abuse inflicts on children.

In Ms. Lumpkin's case, the scars of being molested for many years by her stepfather—a well-respected businessman who won a Grammy for his contributions to the music industry—have persisted for decades.

"I thought I was OK as an adult," she says, "but ended up in counseling for about eight years. I thought I had worked out my anger as a child by getting in fights all the time. I fought with girls, I fought with boys; I fought with anyone." Unfortunately, she says that continuing emotional fallout troubles her to this day.

"There is not one flavor to sexual child abuse," Dr. Sheridan-Matney insists. "It occurs in different ways, and manifests in a variety of forms when the abused children become adults."

Dr. Sheridan-Matney says that contrary to persistent reports, not all molested children become abusers themselves. Many, however, suffer treacherous and unexpected consequences for decades of their lives.

"The longer the abuse lasts in childhood and the greater its intensity," she observes, "the more severe the after-effects tend to be for the victim. The same poor little person who was 6 or 7 when they were abused suffers lasting consequences to their physical and emotional health in adulthood."

In support of that assertion, Dr. Sheridan-Matney cites an article from the May 1998 edition of *American Journal of Preventive Medicine*. Titled, "Relationship of Child Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults: The Adverse Childhood Experiences (ACE) Study," the article evaluated whether an evidence-based connection can be established between sexual abuse in children and undesirable health outcomes later in life.

Dr. Sheridan-Matney says the idea for the study came from a San Diego physician who specialized in helping women lose weight. After repeatedly observing that many of his patients would lose weight only to gain it back in a short time, he began to wonder if behav-



In recognition of April's designation as National Child Abuse Prevention Month, Clare Sheridan-Matney, MD (left), director of the Children's Assessment Center at Loma Linda University Children's Hospital, and Mona Lumpkin, a jewelry artist and volunteer who advocates for children's rights, met recently to talk about the sexual abuse of children. Dr. Sheridan-Matney is widely recognized for her expertise in the field of forensic pediatrics, and Ms. Lumpkin is known for her courage in coming forward to talk about the trauma sexual child abuse continues to inflict on its victims once they reach adulthood.

ioral issues might play a role in obesity.

"He sent out a questionnaire," Dr. Sheridan-Matney reports, "asking for common factors among the women who had trouble keeping the weight off. He found that a very high incidence of sexual abuse had taken place during the childhood years of these now-obese women. He didn't find as high a correlation between sexual abuse during their childhood and problems like drug abuse and alcoholism in adulthood as might have been expected. But he did find a high incidence of heart disease, hypertension, and other illnesses that lead to a lower quality of life."

Surprisingly, the study "found a strong graded relationship between the breadth of exposure to abuse or household dysfunction during childhood and multiple risk factors for several of the leading causes of death in adults." Translation: sexual abuse of children is dangerous, not only because it leaves devastating psychological and emotional scars, but also because it is destructive to their health and reduces longevity.

Dr. Sheridan-Matney notes women aren't the only victims of sexual child abuse. Molested male children also suffer a variety of insidious long-term consequences. And while both men and women commit sex crimes against children, she says Ms. Lumpkin's experience is not uncommon.

"A lot of male molesters select young mothers with young daughters," she notes. "Usually these men are powerful people who establish a Svengali-type relationship with the mothers. Many women don't have the strength to get themselves out of these relationships."

"They tend to idolize the men," Ms. Lumpkin confirms. "My mother ran away from home to escape her mother, an evil person if there ever was one, when she was 15. A few years later, she found herself with two children and wondered, 'What am I going to do with them?' My stepfather came along like a knight in shining armor. She was 27 when she married him; he was 52."

But stepparents and significant others aren't the only perpetrators. "Biological parents can also be offenders," Dr. Sheridan-Matney points out.

Ms. Lumpkin says that regardless who the offender is, it's "vitaly important to educate children on ways to defend themselves from predatory adults. We have to tell children how

to get out of these situations, and what to do if they are the victims of abuse. I was afraid to tell my mother. I thought she would be mad at my stepfather and me."

"Little children often protect their parents in these situations," Dr. Sheridan-Matney agrees. "Sometimes they send up a trial balloon by asking their mother, 'What would you say if I said he touched my breast?' If the mom replies, 'I don't know what I'd do; that's just terrible!' the child may never tell what happened."

Another reason molesters are able to conceal their vices is the erroneous belief that people who look normal don't commit sex crimes against children.

"Unfortunately," Dr. Sheridan-Matney says, "we tend to believe that so long as the alleged offender looks like us, no abuse occurred. But show us a picture of some down-and-out dude, and we think he's a likely suspect. We make our judgment almost entirely on the basis of appearance."

"My earliest recollection of molestation occurred when I was eight or nine," Ms. Lumpkin says. "It may have happened earlier. I didn't tell my mom about it until I was 24, but I ran away from home when I was 12."

"Many boys and girls who run away from home to escape abusive situations end up getting raped or molested by someone else," Dr. Sheridan-Matney says. "That's what happened to me," Ms. Lumpkin rejoins. "I lived on the streets until I got raped at 15."

Dr. Sheridan-Matney says that when a child comes to the Children's Assessment Center complaining of abuse, they receive world-class, one-stop care.

"We let them know we're on their side, and that we believe them," she says. "And we do. Children rarely make up allegations of sexual abuse. We make it easier for them to tell their story; easy for them to be heard. In the past, children who reported sexual abuse had to endure as many as 18 or 20 different interviews in order to be taken seriously, but here, they only have to talk about it once."

"Talking about sex is embarrassing to children," Please turn to page 8

The renewal of spiritual emphasis at LLU ...

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Linda University. I'm coming here to get your help.' Bright said, 'I can't believe this!'"

With help and encouragement from Dr. Bright, the founder of Campus Crusade for Christ, and Wilber Alexander, PhD, LLU's beloved ethicist/spiritual advocate, Dr. Brandstater provoked leaders of the school to explore and fulfill the spiritual mission of the organization.

Paradoxically, art provided one way to express the mission. "In the early 70s," Dr. Brandstater recalls, "I served on the university fine arts committee. Several of us were aware that Alan Collins had done significant architectural memorials for churches in England. Gaines Partridge, dean of students and chair of the committee, asked Collins to think about a sculpture that would represent the university's ideals. Months passed, and Gaines called the committee together, and who should be there but Collins himself with a model of the Good Samaritan sculpture in white plastic resin. When the committee gazed on that, they were speechless."

The only modification anyone offered came from Dr. Brandstater himself. "Why don't you consider representing the Levite of the parable as an academic figure?" he asked the sculptor. "I didn't know what Collins would do with the suggestion until the day of the unveiling. He represented it as a professorial figure."

Today, Loma Linda University's reputation as a faith-based scientific university and its commitment to the teaching and healing ministry of

Jesus Christ are widely known.

From Bernard Brandstater's perspective, that's the way it should be.



Bernard Brandstater, MBBS, professor of anesthesiology at Loma Linda University School of Medicine, says he was expecting to find the New Jerusalem when he came to Loma Linda University in 1969. Instead, he found an institution struggling hard to survive. Working with a dedicated group of fellow physicians, students, department directors, and others, Dr. Brandstater helped the organization recover its sense of spiritual mission.

PROFESSIONAL EXCELLENCE

LLU School of Pharmacy students take Washington by storm

By James Ponder

According to Jim Pinder, JD, MBA, associate professor in the school, that golden dome towering above the smiling group of Loma Linda University School of Pharmacy students is none other than the U.S. Capitol Building.

"It's the real McCoy," he insists, "and not some amusement park replica."

Dr. Pinder reports that 37 students and four faculty members traveled to Washington, D.C., for the American Pharmacists Association meeting the weekend of March 12 to 15, 2010.

While there, the group enjoyed special student-

oriented programming at the meeting, met potential employers in the exhibit hall, attended a reception hosted by the California Pharmacists Association for students from pharmacy schools in California, and enjoyed a bit of sight-seeing in the nation's capital.

"After the day's events concluded on Sunday evening," Dr. Pinder adds, "10 of the students decided to walk to the Capitol. I went along and took the picture."

"We are grateful," he concludes, "to be able to provide our students with a wide variety of extracurricular learning opportunities to enhance their knowledge of regional and national trends in the pharmacy profession."



They may look like high-powered political operatives storming the nation's Capitol, but in reality these are 10 of the 37 LLU School of Pharmacy students and four faculty members who recently attended the American Pharmacists Association meeting in Washington, D.C. They are (from left) Michelle Hoang, Karissa Jongsma, Scott Glenn, Tammy Nguyen, Alan Estareja, Thao Tran, Timothy Honrada, Michael Ibrahim, Ashlyn Davies, and Melanie Nguyen.

CREATIVE EXCELLENCE

Isn't that an elephant in front of the landscaping department?

By James Ponder

Don't look now, but there's a life-sized replica of a three-year-old African

elephant standing in front of the Loma Linda University landscape department.

According to Gerhard Steudel, director of the



They may look like big-game hunters with their trophy, but in reality these groundskeepers are surrounding their favorite elephant, a topiary sculpture in front of the landscape department on Stewart Street: (standing, from left) Jose Perez, Craig Jenkins, Susan Serna, Roberto Flores, Bernabe Davila, Marcos Romo, Elias Mendoza, Humberto Saldana, Raul Cahue, Uriel Vargas, Francisco Flores, Ernesto Gonzales, Jose Ramirez, Ruben Gutierrez, and Juan Perez, (kneeling, from left) Gerhard Steudel, Efen Gomez, Sergio Ramirez, Oscar Delgado, and Bruce Nutt.

Children's Assessment Center combats the effects of sexual child abuse ...

Continued from page 7 she continues. "Sex is private, and they don't want to have to talk about it over and over. Under the old system, they would sometimes change their story—even to the point of saying the abuse never happened—in order to avoid further humiliating interrogations."

But at the center, Dr. Sheridan-Matney and her associates interview the children and capture everything they say on a DVD. As a result, victims are spared further indignity. The children also receive a complete forensic exam. "We

check for signs of trauma," she notes. "The child may or may not have been penetrated, yet they often feel like they have been. Sometimes we do get forensic evidence and help put perpetrators behind bars where they belong."

"Either way," she concludes, "the forensic exam is part of the healing process for the child. We restore their dignity. Even if they've been raped, everyone's a virgin when they leave here."

"I wish I had known about the center when I was a child," Ms. Lumpkin observes.

department, "a gentleman who had undergone successful open-heart surgery at Loma Linda University Medical Center approached me. He worked for Disney, and made the topiaries at the front entrance of Disneyland. This elephant—which is made out of rebar—is the last thing he made before losing his sight. He also made the seal and dolphin topiaries at the front entrance to Children's Hospital."

Mr. Steudel says the living sculpture had to be moved from Children's Hospital to accommodate the needs of a construction project there a few years ago. He points out that the vegetative covering for the sculpture is a Eugenia plant.

"If there's one whisker out of place," he reports, "the maintenance workers trim it right off. We appreciate the kindness of the gentleman who donated this to our facility. One of these days, if we can find the right place for it, we'd like to move it back to Children's Hospital."



A life-sized replica of a three-year-old African elephant adorns the flower bed out front of the LLU landscaping department on Stewart Street in Loma Linda. The living sculpture—made of rebar covered by a Eugenia plant—was donated by the gentleman who made the topiaries in front of Disneyland.



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