

2009

Make Someone's Life Better

College of Health and Human Services

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make someone's life better

**Looking to New Horizons:
From Home to Abroad**



SIERRA
LEONE

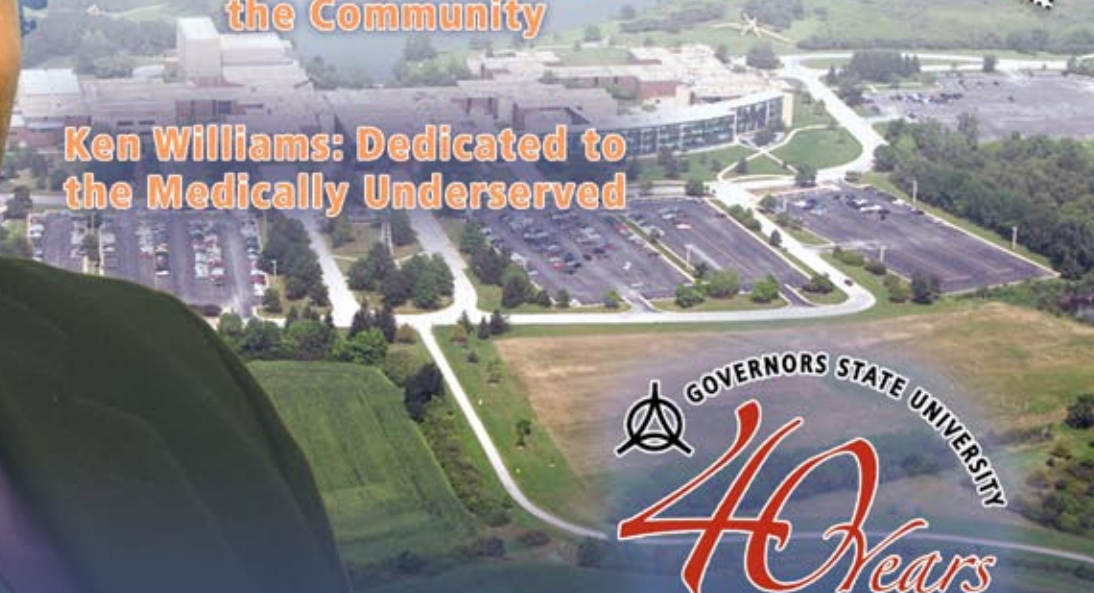


BRAZIL
NAMIBIA



**Dean Samson: Creating
Opportunities, Engaging
the Community**

**Ken Williams: Dedicated to
the Medically Underserved**



GOVERNORS STATE UNIVERSITY
40 Years
1969 - 2009

Making a Difference

Act as if what you do makes a difference. It does. — William James, 1842-1910, psychologist and author

"What difference does it make?"

How many times have you asked yourself that very question?

When it comes to supporting GSU's **College of Health and Human Services**, it may sound cliché, but it's still very true: You, as an individual, can make a difference. A very important difference.

You matter.

That's a fundamental principle that guides our College. Every person — every student, every faculty member, every clinical supervisor or field practicum instructor, every staff assistant — plays an important role in our success as a College. Everyone is a key player. Everyone has the potential to fulfill our College motto, "**Make Someone's Life Better.**"

As do **you**. You matter. You have the potential to make a difference in someone's life. Because of your support, we're able to provide high quality education and outstanding programs for our students, ensuring their future success as caring, compassionate, and skilled healthcare and human services practitioners.

GSU wouldn't be celebrating its **40th Anniversary** this year without the continuous support of our students, family members, friends, area residents, the business community, local organizations, and countless other supporters.

The same is true for the **College of Health and Human Services**. Without the generous contributions of our benefactors, especially in difficult economic times, we would not be able to provide the caliber of programs we now offer — including four doctoral degrees (and more on the way). Nor would we be able to provide a brand new **Community Health Education degree program**, as we are planning to do next year.

As a public institution, we are committed to assessing and meeting the needs of the communities we serve. And now, more than ever, as our current healthcare and economic environment remains volatile and fluid, it's crucial that we nurture generations of the highest qualified health and human services practitioners for our communities.

To those who sent contributions to the **College of Health and Human Services** last year, we say thank you. Thank you for your generosity and for your belief in our work.

And for those who feel they can't make a difference, please don't make the mistake of doing nothing because you can only do a little. Remember, you matter. Anything that you do matters. You have the potential to make a positive impact in the lives of others. We ask that you act as if you are making a difference. Because indeed, you are.

By dropping a stone, no matter the size, into the **College of Health and Human Services'** pool of resources, you send forth ripples of hope and opportunity to our students. You make it possible for us to provide scholarship funding for deserving students, many of whom are deftly balancing work and family responsibilities while attending school. You make it possible for us to provide our faculty with the tools and technological aides they need to provide high quality instruction and to conduct cutting-edge research.

In short, you make it possible for our College to not only survive, but to flourish.

Please use the envelope enclosed in this magazine. Make your check payable to the **Governors State University Foundation**. Be sure to indicate that your gift is to be directed to the **College of Health and Human Services**. Gifts also may be made via the Foundation's website: www.govst.edu/foundation

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To learn more about funding opportunities, contact **Linda Samson, Dean of the College of Health and Human Services**, at 708.534.4388, or l-samson@govst.edu; or **Christine Radtke, Office of Advancement**, at 708.235.7494, or c-radtke@govst.edu.

Thank you for making a difference.



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A Message from Dean Linda Samson: Serving our Community

I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve.

—Albert Schweitzer



In his 1961 inaugural address, President John F. Kennedy said, "And so, my fellow Americans, ask not what your country can do for you; ask what you can do for your country."

More recently, President Obama has called on all Americans to step forward and provide sustained, meaningful service to their communities through his *United We Serve* initiative.

And now, in this issue of *Make Someone's Life Better*, we in the College of Health and Human Services reaffirm our commitment to the communities we serve.

It's a commitment we take very seriously. While the times may be difficult economically, the College remains steadfast in its mission: to prepare our students to be the very best health and human services professionals possible.

And by providing the highest quality education, we give our students a chance to commit themselves to a greater calling: serving their community, and the world around them.

That world seems to grow smaller and more tightknit every day. As you'll read in this issue of our magazine, our students, faculty, and alumni are striving to *make someone's life better* in places right around the corner from the university, as well as on other continents.

You'll read about an assistant professor in Addictions Studies, for example, who recently returned from her second visit to Africa. She and her team members were there to train HIV workers in a technique designed to address the high alcoholism rate among their patients.

Closer to home, you'll read about two Social Work professors who are conducting research on the needs of an invisible, highly misunderstood community: elderly Arab Americans in Chicago's southwest suburbs. Their research reflects our College's commitment to the underrepresented segments of our society.

You'll also read about a Health Administration graduate who chose to stay in the south suburbs — rather than pursue a more lucrative career elsewhere — in order to ensure the provision of quality healthcare services to the uninsured and underinsured here in his community. His passion inspires us all.

By serving our community, we serve all of humanity; as human beings we are connected in ways we may never discover. And each and every one of our actions affects the lives of others in more ways than we could possibly imagine. You never know when sparks of hope and inspiration will ignite, or where those sparks will fall.

For example, little did one of our Physical Therapy professors know that the anatomy lab tour she gave to a group of Girl Scouts would instantly compel then-fourth grader Madeline (Maddy) Caplice to choose a medical career. Maddy, now 18, recently wrote a scholarship-winning essay about her transformative experience at GSU's Physical Therapy Department. This fall, she is beginning pre-med studies at the University of Illinois, Urbana-Champaign.

Reflecting on the past year, I'm grateful for the community partnerships our College has developed and look forward to strengthening these partnerships; it truly does 'take a village.' We would not be the fastest-growing college in the university — nor would we be able to do our work — without the highly engaged support and collaboration of our community partners.

I'm also grateful for the opportunity to work with some of the finest faculty and staff members; these dedicated professionals are our College's most valuable asset. I congratulate them on another year of accomplishment for our College and look forward to working with them in the coming year, as we continue to navigate the troubled waters of our economy.

Martin Luther King said, "Everyone can be great. Because anybody can serve."

Indeed, everyone can be great. And it is our privilege — and honor — to serve. Thank you for your support as we continue to serve and strengthen our community — both here and abroad.

Best regards,
Linda F. Samson, Ph.D., RN, BC; NEA, BC

A handwritten signature in black ink that reads "Linda F. Samson".

Dean, **College of Health and Human Services**
Interim Vice Provost for Research and Graduate Studies
Governors State University

New Advisory Board Lends Ear, Expertise to CHHS

The College of Health and Human Services (CHHS) just got connected in 11 new and wonderful ways with the Chicagoland area it serves.

The CHHS now has an 11-person Advisory Board comprised of health and human service professionals from across the region. Their mission is to help CHHS achieve its goals and objectives, as outlined in the College's Strategic Plan. Members will also provide guidance on marketing the College to the broader community (defined as high school students, working professionals, and other advocates from the workforce arena.)

Led by CHHS Dean Linda Samson, the first-ever meeting of the College's new Advisory Board was held in late May.

Members serving on the CHHS Advisory Board include:

Jennifer Artis, Director of Community Affairs for St. James Hospital and Health Care Centers, Chicago Heights, IL

John Cicero, Executive Director of the Will County Health Department, Joliet, IL

Seth Eisenberg, M.D., Medical Director, Treatment Alternatives for Safe Communities, and Director of the Division of Addiction Psychiatry, Northwestern Memorial Hospital, and Medical Director of the Illinois Department of Human Services/Division of Alcohol and Substance Abuse

Elizabeth Coulson, State Representative, 17th District – Glenview, IL

Donald T. Mon, Ph.D., Vice President of Practice Leadership for the American Health Information Management Association (AHIMA)

Michael R. Murphy, Government Policy Advisor, Dykema, Springfield, IL

Edward S. Ogata, M.D., MM, Chief Medical Officer, Children's Memorial Hospital, Crown Family Professor of Pediatrics, Associate Dean for Academic Affairs and Professor of Pediatrics and Obstetrics/Gynecology for Northwestern University's Feinberg School of Medicine, Chicago, IL

Allen Sandusky, President and Chief Executive Officer, South Suburban Council on Alcoholism and Substance Abuse, East Hazel Crest, IL

William Staub, Principal, Axiom Integrated Services, Chicago, IL

Debra VanScheper, Director of Rehabilitation Services, Ingalls Memorial Hospital, Harvey, IL

Scott Zeller, Recruitment Manager, Accelerated Rehabilitation Centers, Chicago.

Also serving on the Advisory Board is **Christine Radtke**, Director of Development at GSU.

"I am absolutely delighted to have such a wealth of talent and expertise to draw from as we strive to reach our goals as a College," noted Dean Samson. "Our future as a College has always looked bright, but it's certain to get even brighter with support of this caliber."

Subjects addressed at the first Advisory Board meeting ranged from the need for informatics/electronic health records and robotic nursing/training coursework throughout the College curriculum, to telemedicine as a growing field. Advisory Board members will also lend their expertise in terms of offering ideas regarding how the College can address its current challenges, including budget constraints, diminishing resources, and competition for quality faculty, among other concerns.

The new Advisory Board will also provide support in terms of sustaining the College's Mission, Core Values, and Vision Statement:

MISSION

The mission of the College of Health and Human Services is to provide accessible and quality health and human services professions education; foster a commitment to lifelong learning, scholarship, professional ethics, diversity, and social justice; and infuse its programs into community partnerships for the health and well-being and economic development of the region.

CORE VALUES

Integrity: Act honestly and ethically with all constituents

Trust: Creating an environment that fosters trust and mutual respect

Collaboration: Collaborate with all stakeholders and work together toward common goals by sharing responsibility, authority, and accountability

Commitment: Commitment to academic and professional excellence through teaching, service, and scholarship

Commitment to engaging diverse communities

Commitment to providing educational access

Commitment to fostering sustainable communities of support

Commitment to the health and well-being of the region and especially vulnerable populations

VISION STATEMENT

The College of Health and Human Services aspires to be:

- A global leader in preparing professionals in practice, education, service, and scholarship;
- A recognized leader in advancing evidence-based professional practice;
- A recognized leader in our professional and clinical practice doctoral programs;
- The college of choice for students and faculty/staff seeking active engagement with a diverse community of learners; and
- Nationally recognized for distinctive achievements in teaching, scholarship, research, and service.

The Mission, Core Values, and Vision Statement of the College of Health and Human Services were ratified by the College's Faculty and Staff at the Fall All-College Meeting, Friday, September 26, 2008.

Dean Samson: Creating Opportunities, Engaging the Community — at All Levels

College of Health and Human Services (CHHS) Dean Linda Samson, Ph.D., has her ear to the ground, her eye on the future, and her foot on the gas.

She's burning on all cylinders, connecting at all levels.

As head of the fastest-growing college within GSU, Dean Samson is a one-woman dynamo whose energy extends beyond the walls of the College to the Chicago Southland community and, most recently, even beyond our nation's borders.

"What appeals to me about this university and the communities we serve is the fact that this university is not an Ivory Tower, sitting on a hill, where we pontificate and all the people benefit from our pontification," Samson said.

"We're very much on the flatland, and we engage with the community regularly. It's absolutely essential to us that we stay connected. Because we strongly believe in creating opportunities, we've made it our business to engage with constituents in our community to find opportunities."

A Career Rooted in Nursing

Growing up, Samson had always aspired to a career in healthcare. She considered going to medical school, but found herself disenchanted with the disease-focused perspective of medicine.

"The physician's interaction with you as an individual focuses on diagnosing and treating your illnesses," she noted. "Nursing is so much more holistic, in terms of viewing the patient as a human being, and promoting health and wellness. Something really resonated with me about that, as opposed to the study of medicine."

Samson holds both a bachelor's and a master's degree in nursing from Emory University, as well as a Ph.D. in Health Policy and Nursing Administration from the University of Pennsylvania School of Nursing.

Prior to coming to GSU, Dean Samson served as Dean of the School of Health Sciences at Clayton State University in Morrow, Georgia. Her impressive 22-page CV provides a long history of presentations, publications, editorial board involvement, research activities, honors, community service, and Who's Who listings.

While Dean Samson's education and career paths have led her to Georgia, Utah, Pennsylvania, and New Jersey, today she and her husband reside in Illinois, where their two children and four grandchildren now reside. She enjoys Illinois, and feels, "by and large, most people in Illinois are extremely friendly. As opposed to some other places where they never really embrace you and let you be a part of their lives. Here, people are much more willing to engage with you, and invite you in."

Connecting at the Community Level

Collaborating, communicating, and connecting with people from all ends of GSU's service area is crucial, the Dean explained. Currently, the College of Health and Human Services maintains nearly 400 clinical affiliations — relationships with hospitals, clinics, social service agencies, and other business sites in the community where undergraduate and graduate students can complete their practicum (required hands-on training prior to graduation).

"Because we educate people to care for individuals and families in a variety of healthcare and human services settings, we can't deliver education if we don't know what our partners expect of people who are educated with that particular credential. Nor can we educate our students if we don't have opportunities for them to work with clients in their selected discipline prior to the time they graduate.

"Not only do we need to help prepare the health and human services professional," Samson continued, "we really need to understand how healthcare practice changes, what people who consume our services and use our students think we're doing well, and what things they'd like us to do differently. It's a very symbiotic relationship."

Reflecting on the College's varied relationships with the community, Samson noted that "We do try to meet people's needs. It doesn't mean we're always successful," she said. "But we make an effort. We're doing our best. Does it mean we can't do things better? No, you can always improve on what you do. But we do make a concerted effort to be engaged."

To that end, Samson serves on a number of community and professional organizations, including both the Government Affairs Council and the Health Care Council of the Chicago Southland Chamber of Commerce. Since 2004, she has served as state liaison on the Governmental Affairs Committee of the American Association of Colleges of Nursing.

Dean Samson also serves on the North Central Association of Colleges and Schools' Higher Learning Commission. Since 2003, she has served on the Advisory Board for the University of St. Francis College of Nursing and Allied Health.

Dean Samson also serves on the Public Affairs Committee of the Illinois Chapter of the March of Dimes, as well as the Illinois Chapter of the Prairieland Region of the American Cancer Society Board. Her interest in the Cancer Society stems from a family history — a son-in-law survived a bout of testicular cancer.

"We went through a very scary two-year period, shortly after my eldest grandson turned eight months old," Samson recalled. "Today, after surgery and treatment, my son-in-law is ok. But things like that really put you in touch with your own mortality. As a parent, you never want to outlive a child. We've been touched by cancer in our College family, as well."

Connecting at the University Level

Earlier this year, Samson was appointed to serve as Interim Vice Provost for Research and Graduate Studies. As Vice Provost, Samson is responsible for the Graduate Council, the deliberative, policy-making body related to graduate programs, particularly doctorates. Samson has garnered significant success in developing and implementing graduate programs, which is evidenced by the four doctoral programs offered through the CHHS (and more planned for the future).

Since her arrival at GSU seven years ago, Samson has been able to secure \$10.5 million in external grant funding for research programs and projects conducted by the College of Health and Human Services.

It's clear that Samson has earned the respect and gratitude of colleagues and faculty members since coming to GSU. She was nominated last year for the Dr. Gerald C. Baysore Distinguished Service Award — presented annually to the GSU employee who exemplifies the qualities of absolute integrity, total competence, generous dedication, and unfailing civility.

In their nomination letter for the Dean, faculty members highlighted her commitment to providing substantive opportunities for students served by GSU. A major example of this commitment is the acquisition of external grant funding through the Department of Health and Human Services for students of limited economic means. This funding — known as Scholarships for Disadvantaged Students — helps ease monetary pressure among students with financial concerns. This year almost \$750,000 in financial aid was distributed to these students.

The Baysore Award nomination letter also highlighted another major initiative spearheaded by the Dean: Building Capacity in Health Disparities Research. Funded through the National Center on Minority Health and Health Disparities, this initiative provides an opportunity for CHHS faculty to develop their research skills through community-based research projects, undertaken with mentorship from University of Illinois at Chicago faculty. Projects under this umbrella are designed to identify and eliminate health disparities across the communities served by GSU.

Also highlighted in the nomination letter was Samson's "absolute integrity." The letter read, "Dean Samson earns respect and coop-

eration through her unfailing civility. [She] creates an environment in which people are free to do their best. Her greatest strength is her ability to help others realize their greatest strengths. She is the finest of leaders and the most generous spirit."

Connecting at the International Level

Last March Samson was appointed to an international organization created to address issues that affect nurse educators worldwide. The Dean is co-chairing a joint task force created by the National League for Nursing (NLN) and the National League for Nursing Accrediting Commission (NLNAC). The task force — known as the International Nursing Education Services and Accreditation (INESA) — is comprised of six leading nurse educators with extensive experience in nursing education and international healthcare delivery and policy. The task force's goal is to promote global initiatives in nursing education and to advance excellence in nursing education worldwide.

As task force co-chair, Samson represents the NLNAC, which is the entity responsible for specialized accreditation of nursing education programs, both post-secondary and higher degree, which offer a certificate, diploma, or a recognized professional degree.

Addressing Challenges . . . Looking to the Future

While there are a number of challenges facing both the community and the College, the nation's economy and the state's budgetary crisis serve as a "cornerstone" to the vast majority of these concerns, Samson said.

"As the economy stays sluggish, and state contributions to the cost of higher education decline or stay flat, it means we don't have the resources to reach out to people. The challenge is, how do you continue to grow your enrollment, grow your programs, with limited resources? We try to do things creatively and effectively, but the economy is certainly a driver right now," Samson said.

"As an upper division university, we continue to struggle with the best ways to bridge from high school to GSU — to make those community college partnerships work in a way that is not only beneficial to the community colleges, but beneficial to us as a senior institution, as well," Samson said. "There are so many things we could be doing to help people — particularly underprivileged individuals — aspire to health careers. So finding ways to build those connections with high school students and help them pass through the community college experience is one of our aspirations."

While nearly every degree program within the College of Health and Human Services has its own longstanding, active advisory board, Samson has recently assembled a new, 11-person college-wide Advisory Board. (See related story, page 5). Meeting several times a year, CHHS Advisory Board members — representing major suburban and Chicago-area hospitals, associations, treatment centers, governmental agencies, and public health departments — will work on ways to address the College's challenges.

Ken Williams: Committed to his Community

After 25 years as a bus and truck mechanic for the CTA, 44-year-old Ken Williams was ready for a change — but not ready for retirement.

A graduate of Washburn Trade School, Williams had always wanted to get into the health professions.

So Williams decided to return to school, enrolling at South Suburban College in South Holland, where he, his wife, and two children have resided for the past 13 years. There, Williams discovered he loved business.

Next stop: the Health Administration program at Governors State University. As a GSU undergrad, while balancing family and work, Williams received the GSU Alumni Scholarship and the Donald W. Hansen Endowment Scholarship. He also made the Dean's List, served as business manager for the *Phoenix* student newspaper, and still managed to graduate with academic honors in 2005.

Reaching Out to the Community

After earning his Bachelor of Health Administration degree, Williams was approached by the non-profit, suburban-based agency, Aunt Martha's Youth Service Center, Inc., to be a community health outreach worker.

"Even though it was a part-time position, I wanted to do it, and enjoyed it from the first day," Williams said. "The people shared my mission — going out into the community, educating uninsured and underinsured people about how they can access our health services, regardless of their ability to pay."

Williams feels good about working for an organization that adheres to the policy that everyone deserves quality healthcare treatment. "Growing up, my parents always had health insurance," Williams recalled, "but some of my friends didn't — and I saw the outcomes. Some of them are no longer with us."

Williams is convinced that "if you have a healthy nation, you have a more productive nation. When healthcare issues go unchecked, they manifest as more serious issues, requiring more services from the government, such as disability."

Outstanding Graduate Student

Soon Williams was promoted to director of Business and Health Administration at Aunt Martha's. At the same time, he began working on his MHA (Master of Health Administration) degree, which he received in 2008. He was named Outstanding Graduate Student by the Department of Health Administration that year. In graduate school, Williams maintained a 3.8 GPA and worked on the student chapter of the American College of Healthcare Executives — all while overseeing a staff of 42 individuals and nine community health clinics.

"Thankfully, GSU caters to the nontraditional student," Williams said, "because when you have a family and a full-time job while going to school, and try to make it to your child's baseball or volleyball games (like I was doing), you're going to encounter some hurdles. You do have to work a little harder to achieve more. Plus, you're going to need the kind of attention and feedback that the instructors at GSU give you. It helped me out. I took advantage of it."

Today, as marketing director for Aunt Martha's Health Division, Williams oversees the largest and fastest-growing division in this 37-year-old health and social service agency. It's a big job. He supervises operation of the now 18 Illinois health clinics (Federally Qualified Healthcare Centers), stretching from as far south as Danville to as far north as Carpentersville.

Invested in the Community

Armed with his Master of Health Administration (MHA) degree from GSU, Williams could have very well headed to the city for more lucrative employment. But instead, he stayed within his community — a choice he's very happy about.

"I have an opportunity to get out into the community at various health fairs, churches, schools; I get to educate people on the importance of having a 'medical home.' When you have a medical home, your health outcomes are better. You become more productive. Behaviors change. I enjoy trying to make a difference in the community because there are a lot of people out here who are still unaware of the resources available to them. So many people go without too much, for too long. And that's not good. Especially for the children."

Men also have a tendency to underutilize healthcare services, Williams noted, which is why he helped organize a Men's Health Fair at Governors State University last year. "A lot of men wait until the last minute and wind up in the emergency room," he noted.

While working on his MHA at GSU, Williams recalls reading a paper on hospital Emergency Department utilization in the Southland, written by three GSU Health Administration professors. The paper inspired Williams to approach South Suburban Hospital in Hazel Crest with a possible solution. The end result? Aunt Martha's now operates a community health center on the South Suburban Hospital campus.

"Because of that paper, we were able to help the community by reducing some of the over-utilization of services in South Suburban's Emergency Department." He hopes to be able to do the same with St. James Hospital and Medical Center, another strong community partner with whom he works a great deal.

GSU: An 'Educational Home'

Just as his employer, Aunt Martha's Health Division, serves as a "medical home" for the community, Williams believes GSU serves as an "educational home" for the community.

"It certainly is for me," Williams said. Most of his colleagues at Aunt Martha's and fellow professionals in the field are GSU graduates. "I graduated with people who live in Kankakee, Joliet; one student came all the way from Great Lakes Naval Base," Williams said. "So GSU is benefiting the entire region. People are coming from far and wide to get some of these programs. We may not be one of the most recognized universities in the nation, but a lot of people from GSU are doing a lot of good."

"You can't beat the quality education. It's actually a world-class education, at a very affordable price," Williams continued. "Our (Masters in Health Administration) program has been accredited by the Commission on Accreditation of Healthcare Management Education. It's one of only three universities in Illinois — and the only public university — to have such accreditation."

Speaking of the MHA program, Williams credits his instructors — both researchers and former industry professionals alike — with preparing him to meet the challenges of his field.

"When I got into this industry, I was able to compete with and discuss healthcare related issues with people who had been in the industry for years," Williams said. "It's helped me move along in my short career."

Most recently, Williams' employer sent him to a strategic marketing management course at the University of Chicago.

"My boss was truly impressed by my knowledge. So that's why he felt I would be a good person to send to the class at U of C — because those classes are not cheap. The class I went to probably cost about half as much as my master's degree!" he joked.

'Good Education is Good Education'

Williams was pleasantly surprised to learn that he was already well familiar with the concepts taught in his U of C class.

"Good education is good education," Williams realized. "It just may not be as well-known. At the U of C, we worked with case studies from Harvard. We had case studies at GSU — they just weren't from Harvard. But we learned the exact same concepts."

Williams admits he's a lifelong learner, and encourages his staff to follow suit. "The employees of any organization are its greatest resource," Williams said. "When you invest in yourself with education, you also invest with the company." Whenever the opportunity arises, Williams sends his staff members to courses and continuing education classes at GSU.

"I send them every year to learn and refresh," Williams said. "I respect the concept of educating myself and my staff, as well as staying on top of the industry. GSU has instilled that in me."

Research: Looking at the Overlooked



Collaborating on a research project designed to identify the needs of Arab American elders are (pictured, left to right) Nareman Taha, co-founder of Arab American Family Services (AAFS); Itedal Shalabi, Executive Director and co-founder of AAFS; Wafa Zegar, director of Elderly Services at AAFS; and Elizabeth Essex, Ph.D., Associate Professor of Social Work and Associate Director for the Institute on Aging in the College of Health and Human Services at GSU.

Unacknowledged. Understudied. Misrepresented.

These are all apt terms to describe the Arab American elderly community and their family caregivers living in Chicago's Southwest suburbs. But thanks to a research study developed by two associate professors of Social Work in the College of Health and Human Services (CHHS), some scholarly attention is going to finally be paid to the social service needs of this overlooked — and often stigmatized — group of individuals.

"The interesting thing about this Arab American population is that people don't realize it's there overall," noted Elizabeth Essex, Ph.D., Associate Professor of Social Work and Associate Director for the Institute on Aging in the CHHS. Joining Essex in this study is Najma Adam, Ph.D., Associate Professor of Social Work.

Well-Suited for Research

Dr. Essex and Dr. Adam are uniquely qualified to conduct this study. Essex has been involved in research on aging and care giving for more than 15 years, and is a recipient of the prestigious Hartford Geriatric Social Work Faculty Scholars award. Essex serves on the Advisory Council for AgeOptions, the Suburban Cook County Area Agency on Aging. Adam is a nationally known expert on Muslim cultural issues and social service delivery to Muslim communities.

The primary purpose of the research study is to increase understanding of the health, mental health, and social support needs of Arab American elders and adult child caregivers of Arab Americans residing in the southwest suburbs of Chicago. The two GSU professors hope to contribute to the scant gerontological research that exists regarding Arab American elders and their caregivers, in the hopes of generating further interest and studies. The researchers believe their work will be of value to social service organizations, policy makers, and community leaders.

"We're working in light of the university's commitment to diversity, and to meeting the community's needs, as well," Essex said. "We want to find out what types of services are needed by this population."

This research project is being conducted under the auspices of the College of Health and Human Services' Institute on Aging. Created in 2006, the mission of the Institute on Aging is to undertake research that has the potential to reduce, if not eliminate, health disparities among aging minority populations located within GSU's vicinity. The research will follow the College's translational research model that provides real solutions to real human problems in the community.

An Understudied Population

As a gerontologist, Essex had noticed more and more research being conducted on diverse groups of elderly — except for Arab Americans. What limited research exists was conducted in the Dearborn Michigan area, which has the highest concentration of Arab Americans in the country.

But the fact remains that Illinois ranks sixth in terms of states with the largest Arab American population. Nearly three quarters of Illinois Arab Americans live in Cook County, which is the county with the third largest number of Arab Americans in the United States. After migrating primarily from Palestine and Jordan, and settling in

Chicago, many Arab Americans relocated to the southwest suburbs — in particular, Bridgeview, Burbank, Oak Lawn, and Orland Park. According to the most recent U. S. Census, the southwest suburban area now has the highest concentration of Arab Americans in Illinois.

A Qualitative Approach

The best way to determine the needs of the community, the researchers knew, was to take a qualitative (vs. quantitative) approach to their research. Their plan was to conduct separate, two-hour focus groups with the following four groups: Arab American women, age 60 and older; Arab American men, age 60 and older; male adult children or adult children-in-law, 18 and older; and female adult children or adult children-in-law, 18 and older. According to Essex, it's best to keep focus groups homogeneous, for ease of conversation; gender dynamics can influence the direction of discussion.

Fortunately for the GSU researchers, a wonderful confluence of circumstances melded together to create the perfect arena for this study. For starters, Itedal Shalabi, the Executive Director and co-founder of the not-for-profit Arab American Family Services (AAFS) social service organization based in Bridgeview [see "AAFS: All are Welcome," page 13] studied social work under Essex at the University of Illinois/Chicago. Shalabi earned both a bachelor's and a master's degree in Social Work there, and remembers Professor Essex and her passion for gerontology even then. As a further coincidence, both Shalabi and GSU's President Elaine Maimon were featured as "standout" professional female leaders in a July, 2008, issue of the *Southtown Star's Elite Magazine*.

Moreover, a recent GSU Master of Social Work (MSW) graduate — Wassim Moukahal — assisted with the focus groups; Moukahal completed his five-month field placement with the AAFS.

Najwa Saleh meets with a client at Arab American Family Services.



Suhad Tabahi, a graduate student at the University of Chicago and a former student of Adam's, also assisted with the focus groups; she will complete her field placement at AAFS this year.

"We were really impressed with Wassim's knowledge and skills," Shalabi said. Now a working counselor, Moukahal is a Lebanese immigrant fluent in Arabic and English. He helped design the focus group questions for the research study, led the focus groups, and transcribed and translated the audio recordings. The focus group participants were recruited by the staff of AAFS.

"We couldn't have done this without Wassim's help," Essex noted.

Addressing Issues

Questions addressed in the focus groups centered on four key areas: health, mental health, informal social support, and formal services. Topics ranged from living arrangements, how the focus group members liked living in the United States, what types of services they used, the quality of social interactions they had, and what improvements they would like to see.

From their research, the two GSU professors expect to find a number of issues shared by all new immigrant groups, such as "the feeling of acculturation, how comfortable you are in a totally different culture," Essex said. Acculturation can be a challenge, especially for many elders who lack English skills, are homebound, and whose children are busy earning a living and raising their own children.

Another key element to consider, Adam said, is that one's extended family is the social service network among Arab people; it's a very informal network. Social service delivery systems in America are far more formalized and can be intimidating to immigrants.

"Arab sons hold the major responsibility for the care of the elderly," Shalabi explained. "In America, the son — an immigrant himself — often doesn't know how to reach out for help. So the biggest challenge for us is to educate the Arab American community to have their parents come and visit us."

There's a lack of social outlets, connectedness, and transportation services for the Arab American elders, too. Language is a key barrier. "When you don't speak the language, you might as well be invisible," Shalabi said.

As a second generation Ugandan Indian Muslim, Adam can understand some of the concerns shared by the Arab American immigrants. "You're accepted there (in your home country), you're part of. Here, you're always the other, apart from the rest," Adam said.

A Successful Relationship

For their part, AAFS is pleased so far with the relationship they've developed with GSU.

"Betsy (Essex) was just phenomenal," Shalabi said. "She really jumped on the bandwagon and went after this grant that gave her the opportunity to do this study. The needs of the elderly are her passion."



Iteidal Shalabi (left), Executive Director and co-founder of Arab American Family Services, and Fatin Abed, at the Bridgeview-based organization's headquarters.

"Dr. Essex is very dedicated and professional," Moukahal agreed. "She has a great deal of expertise and curiosity — both good qualities for a researcher."

"I am so proud and so honored that Governors State has taken the opportunity to do a research project with us," said Shalabi. "It means a lot. It really took initiative to work with an underserved and underprivileged community. I think Governors State is really working towards its goal of reaching out to communities. It's a great working partnership and relationship that we're building together. The study with GSU is a step up for us, as well," Shalabi added. "It shows we're not afraid to talk about the issues that our elderly are facing, and we're not afraid to have the elderly speak up about these issues."

A Shared Passion for Community . . . and Humanity

It's apparent that Arab American Family Services and GSU's College of Health and Human Services share a passion for serving the community . . . and, indeed, all humanity.

"The community is humanity, not necessarily rooted in any particular religion, culture, ethnicity, social class, or gender," Adam said.

Shalabi agrees. "It's about humanity. It's about seeing a need and trying to meet it," she said. "That's what we try to do here (at AAFS). It's connecting humanity. When we talk with people from so many different faiths and beliefs, we discover there's more that connects us than separates us," she said. "We share all the same fears and worries. We're all trying to pay our rent, our mortgage, our car payment, make sure our kids are staying out of trouble, going to good schools . . . so there's a lot more connectedness," Shalabi said.

"God put you on earth to see what you could do to change humanity," Shalabi concluded. "We're all responsible to our brothers and sisters. You're only as human as much as you can give back."

AAFS: All are Welcome

Established in 2001 by Itedal Shalabi and Nareman Taha, Arab American Family Services (AAFS) is a not-for-profit, multicultural, multilingual, apolitical, and non-religious social service organization based in Bridgeview, Illinois.

Since the economic downturn, the staff of AAFS have been providing more and more services for people from all ethnic origins and walks of life — Caucasian, Polish, Hispanic, African American — not just Arab Americans. They've even hired a Spanish-speaking and Polish-speaking person to meet the growing client demand.

"If the need is there, we're not closing our door to anyone," said Wafa Zegar, director of elderly services at AAFS. "That's why I love this organization — everyone is welcome. It brings us all together. It's a microcosm of the world."

"Money, status, educational levels — in this office, nothing matters to us," Zegar added. "What matters is that you walked in and said 'I need help.' And you are going to be given the same dignity and respect, the same assessments, services, and programs, no matter who you are. We don't put you in a waiting line; we want people to walk into this office and feel respect and dignity — not to feel like a number. Regardless of where you're from, even if you're an immigrant, you deserve the best of the best. All of our staff share this passion."

Word has spread about the high quality of services and care delivered by AAFS. They don't advertize because they lack the funding — but they don't really need to. Last year AAFS served more than 10,000 clients.

"In these tough economic times, we've found a lot of middle and upper class people are seeking help," Zegar said. "These are people who have paid their taxes and contributed to the system to support those who are needy — but they've never before reached out for help. They often don't know about these services, and suffer in silence."

In addition to elderly services, AAFS is a virtual one-stop social service provider, with 20-plus staff members on hand to assist individuals with a broad range of concerns — including domestic violence (the U.S. State Department sent Shalabi earlier this year to Jerusalem as an expert on domestic violence issues); health education and awareness programs; public aid services; Medicare fraud; CEDA; energy assistance; case management services for people under age 60; immigration assistance, and much more.

"We are grateful to our funders — AgeOptions (Suburban Cook County Area Agency on Aging), the Retirement Research Foundation, and the Coalition of Limited English Speaking Elderly (CLESE) — for helping us provide quality services to the community," Zegar said.

Additional information about AAFS is available: www.arabamericanfamilyservices.org



Looking to New Horizons: From Home to Abroad

SIERRA LEONE

Maristela Zell,
Ph.D., LCSW



Phyllis W. Bell,
Ph.D., MPH, MSW



BRAZIL

NAMIBIA

Jacqueline Elder,
Psy.D., CADC



Changing Addictive Behaviors: Namibia

Imagine a nation of just under two million people where 40 percent of the population is HIV positive. Now, imagine that same country has a 30-40 percent alcohol addiction problem on top of that; however, their only substance abuse treatment facility is one 20-bed center.

To make matters altogether worse, the alcohol consumed by the HIV positive clients completely negates any positive benefit that they might derive from the HIV medications.

Welcome to Namibia, located just north of South Africa, wedged between the Kalahari and the South Atlantic, on the western edge of the African continent.

HIV + Alcohol Abuse = A toxic combination. Any way you look at it, the situation in countries like Namibia is dire.

But that doesn't prevent people like Assistant Professor Jacqueline Elder, Psy.D., CADC, from volunteering her services there. Elder teaches in the Master of Addictions Studies program for the College of Health and Human Services.

MI as Intervention

A GSU graduate herself, Elder is trained in the technique known as Motivational Interviewing (MI), and is a member of the Motivational Interviewing Network of Trainers (MINT). Established in 1997, MINT is an international collective of trainers in MI. Elder has been presenting and training mental health, substance abuse, and healthcare workers in MI for more than eight years.

Elder first learned about MI in a class at GSU. Her husband, Ken Schmidt—a fellow GSU graduate and MINT member—joined Elder and other MINT trainers on their first visit to Namibia in September, 2008. The couple just returned from Tanzania in July. Elder found Tanzania to be an "absolutely beautiful" nation that is "seven times poorer" than Namibia. The U.S. Centers for Disease Control and Prevention (CDC) solicited the help of the trainers.

Motivational Interviewing is a form of psychotherapeutic intervention designed to help people change their addictive behavior. Developed approximately 20 years ago by two psychologists, Professor William R. Miller, Ph.D., and Professor Stephen Rollnick, Ph.D., MI was considered somewhat controversial at the time because it involved a more empathic, versus confrontational, style of therapy.

As Elder explains, MI is about "how to get conversations started about behavior change in such a way that you're not confronting or challenging the client, but more like soliciting ideas and kind of going with their sense of conversation. We attempt to steer the conversation, but it's not manipulative."

MI, as defined by Rollnick and Miller in their text, *Behavioral and Cognitive Psychotherapy*, is "more focused and goal-directed, compared to nondirective counseling."

Addressing Addiction

In Namibia, the goal for Elder and the other trainers was to help the HIV workers (social workers, nurses, therapists) engage in a non-adversarial and non-judgmental conversation with their patients about their alcohol use and adherence to HIV medication use.

"The whole idea is to talk about quitting drinking so the HIV meds can work," Elder said. "Even though they know they are drinking, the HIV workers find it too uncomfortable to bring up the issue of alcohol with their clients." That's where Elder and the other trainers step in, giving the HIV workers concrete steps (like asking open-ended questions, rewarding positive behavior) to take in order to engage their clients.

The trainers also teach Brief Motivational Interviewing (BMI) techniques to the HIV workers, since the healthcare worker often only has a brief time (between five and 10 minutes) to elicit information from the clients. "Sometimes even just one session, done well, has a very positive outcome," Elder said.

Serving the Underserved

While Elder has always wanted a career in the helping professions, she admits it has only been in the last 10 years or so that she has started to work with marginalized populations. Her "shift in values" began when she started volunteering for a needle exchange program in Chicago; there, she worked with homeless individuals, commercial sex workers, and other at-risk populations. Elder finds this work especially meaningful and rewarding.

Since traveling overseas and becoming involved in MINT, Elder has found herself paying a lot more attention to what's going on in the world, especially Africa.

"When I went there (Namibia), I don't know that anything could have prepared me for the poverty," Elder said. "The absolute poorest person in the United States is really wealthy compared to these people. And to see this for miles and miles . . ."

In the face of poverty, illness, and addiction, however, Elder found the people of Namibia to be "very joyful . . . Very kind and generous. . . It was a great experience."

In Pursuit of Social Justice: Brazil

If one of the goals of the CHHS Social Work Department is, as its mission statement asserts, "to promote social justice and counter the effects of oppression," then perhaps Associate Professor of Social Work Maristela Zell, Ph.D., LCSW, is a living, breathing embodiment of that mission.

Though Zell left her native São Paulo, Brazil, 22 years ago, she did not leave behind her concern for her native country. Not long after arriving in the U.S., Zell became interested in the Movement of the Brazilian Rural Landless Workers (MST), and discovered that there was a non-profit support group for MST here in America. She subsequently helped found the Chicago chapter of this international human rights organization, the Friends of the MST (FMST). "It's really a work of love," Zell said.

According to Zell, Brazil enjoys the world's eighth largest economy, but 34 percent of its people live in poverty. A mere 1.6 percent of the population controls roughly half (46.8 percent) of the arable land.

In essence, the Movement of Brazilian Rural Landless Workers (also known as "sem terra") is about the mass occupation and settlement of currently unused, undeveloped land by rural, landless workers. Work on the land, as well as child care, cooking, and other chores, is divided equally and shared. MST workers practice a "diversified, environmentally sustainable" form of agriculture, "based on rational use of natural resources," Zell explained.

Over the past 20 years, the MST movement has helped settle more than 300,000 landless families on permanent land. The Brazilian Constitution states that land remaining unproductive should be used for a "larger social function." Brazilian President Luiz Inácio Lula da Silva believes that large-scale agribusiness is the solution that will lift people out of poverty.

A Focus on Human Development

"It's a bad, bad equation, when you think it's going to be agribusiness that lifts people out of poverty," Zell countered. "The people who own agribusinesses are never small farmers," Zell said. "They all work for national or transnational corporations; much of the work is mechanized. What's going to generate food, jobs, and prosperity and not degrade the land is small farmers — a small farmer owning a small piece of land and farming for food," Zell said.

"Land should be in the hands of small farmers. In a nutshell, that's what the (MST) movement is all about. Agribusiness puts economic development before human development and prosperity," Zell said.

According to Zell, there are some people in Brazil who own land the size of Vermont — ill-gotten land from the time of the Portuguese invaders of the 1500s. "And they don't even use a third of the land!" Zell said. "It's so unfair. It's not right, when so many people are hungry and looking for jobs."

A Focus on Education

But the MST movement is about much more than land, in Zell's view. It's about using education as a tool to promote human development. The MST movement currently main-

tains 1,200 elementary schools, employing 3,800 teachers (all non-paid volunteers), caring for more than 75,000 children.

In an article she wrote for the *Journal of Comparative Social Welfare* in 2007, Zell states that education in the MST movement "is conceived as a liberating force that fosters agents of change, capable of dialogue, critical reflection, and collective action, all needed to build and sustain their communities."

The schools in the MST movement follow their own pedagogy, Zell said, based not just on reading, writing, and arithmetic — but on the empowering concept of teachers and students exchanging ideas and knowledge in an equal, give-and-take working relationship. The pedagogy developed by the Brazilian educator Paulo Freire, author of *Pedagogy of the Oppressed*, is followed in MST schools.

The true crowning educational achievement of the MST was the construction of the University — the Florestan Fernandes National School (ENFF). The school is named after its patron, the well-known Brazilian sociologist, Florestan Fernandes.

Described as an institution of higher education built by and for peasants, the university was built by 1,200 rural landless volunteers from across Brazil; it opened in 2005. Programs offered at both the graduate and undergraduate levels include nursing, law, history, organic agriculture, environmental protection, sustainable development, and cooperative management.

Zell was thrilled to pay a visit to the university last year with her family. "The property itself is beautiful and self-sustaining," Zell said. "They have food that is cultivated mostly in the little farm they have inside the school property."

Boundless Passion and Energy

What Zell lacks in physical size and stature, she more than makes up for in passion and energy. It's obvious she feels deeply committed to the plight of indigenous people and agrarian reform in her native Brazil. And she's found her students get just as excited as she does about this subject.

"I think that since our students are social work students, their minds are more inclined to be excited about things like this; they also see things from a social justice perspective," Zell said.

As a researcher and professor, Zell is going to focus on what she feels committed to and passionate about. So she plans to continue doing what she can to help raise the public consciousness of these issues. Currently, funds are needed to pay for computers, materials, and to help send 100 students from all over the country to the university's three-month course on herbal medicine.

"I'd like to do more," Zell said. "The more you do, the more impact you have. And you never really know what kind of impact you actually have."



Reaching Out to the World Community

Assistant Professor of Social Work Phyllis W. Bell, Ph.D., MPH, MSW, discovered herself and her life's passion in a small village in the West African nation of Sierra Leone.

"Working for the Peace Corps introduced me to my life's work," Bell stated. "I discovered my passion for social work and public health through the Peace Corps."

Born and raised in Chicago's North Lawndale neighborhood, Bell was the youngest of five children, and the only person in her family to graduate from college. She studied history at Olive Harvey Community College, and then transferred to Paine College in Augusta, Georgia, where she majored in history.

Bell thought she was headed to law school, until one day a visitor from the United Nations spoke to the students about the work he was doing in Sierra Leone. She was hooked, and immediately went to the school library to find out how to sign up for the Peace Corps.

Bell's family didn't approve of her plans. "They told me poor people don't volunteer to join the Peace Corps, they get jobs." But she went anyway, and was assigned to Liberia, where she worked as a logistical coordinator of a vaccination program. "Often I'd see babies die from dehydration. We were trying to give them the basics: orange juice, water, salt. The hospitals didn't have IVs for the babies, so we fed them by mouth," she said.

Bell's assignment was preempted after only three months when Liberia erupted into civil war. "When I saw M-16 rifles go up in my face, I decided it was time to go home," she recalled.

For her next Peace Corps assignment, Bell was sent to a rural area of the West African country of Sierra Leone. Living in a village with no running water, no electricity, and a mountain bike for transportation, Bell was the only English-speaking person in an all-Muslim village.

But she recalls having "the best Christmas ever" in that village. Someone knocked on her door on Christmas Day and handed her a bushel of bananas, some kola nuts, and a live chicken.

"A live chicken is the highest honor one can receive," Bell explained. "Kola nuts represent life. I was so honored; I cried. Here you have people with nothing, but they were willing to share their hearts with a stranger. None of them spoke English, but they adopted me as a daughter."

Bell has since returned to Sierra Leone and remains in touch with friends she made in Africa, including a young boy who helped carry water from the well for her. She and her husband helped put this youth—now a young man—through college.

Bell believes her experience in the small Sierra Leone village shaped her life and helped her discover "what was important to me as a human being. Prior to joining the Peace Corps, I never knew anything about public health; I took for granted where clean water and good

sanitation came from. I took for granted that we had good healthcare and decent food."

After her Peace Corps work, Bell returned to the U.S. where she earned a double master's degree in Social Work and Public Health from Tulane University in New Orleans. She later earned her Ph.D. in Social Work from the University of Chicago.

In her Social Work classes at GSU, Bell encourages her students to experience living or working in a different culture, just as she did years ago. "This gives our students a world view, rather than just a local view," Bell said. It also helps them to think "outside the box, or out of the comfort zone" of their daily lives, as well as develop an awareness of their personal biases.

Experiencing life in another culture also helps to reinforce the concept of social justice, which the CHHS Social Work Department adheres to, Bell said. "It's a focus on respecting people; that there is justice for all, equality for all, access and available services for all, fair treatment for all."

Social workers have a responsibility to reach out to the world community, Bell believes. "Probably the most important thing I've learned from living in Africa is that there is a village wherever you go," Bell said. "A village is a community in need. We have New Orleans, Native American reservations, parts of Appalachia, Ford Heights, Robbins, North Lawndale . . . These are all villages in need also."

The bottom line, however, is that "social work is about service. Everything we do, wherever we do it, affects the entire world. I've learned, however, that there's a lot more that unites us than divides us; we all share hopes, dreams, and aspirations.

"It's exciting to work with GSU students," Bell continued. "They give me hope for the future. We have some of the hardest-working students; you have to admire them: working all day, and coming to school at night, and some doing it after 20 or 30 years of being out of school."

Bell would love to be able to bring GSU Social Work students to Sierra Leone for a field work experience some day. "Africa—such a fascinating place," Bell said. "So beautiful and hard all at the same time."

Editor's Note:

The travels of CHHS faculty members are far from over. At the invitation of Operation Snowball, University Lecturer Mark Sanders from the Department of Addictions Studies is headed to Lithuania in October, 2009, to speak to teachers and administrators in three school districts on the subject of prevention. Operation Snowball, which focuses on alcohol and drug prevention among youth, recently started groups in Poland, Russia, and Lithuania. Sanders will also speak at a school of social work while he is there. Happy Trails!

Beyond GSU's Doors . . . Flying High



Patsy L. Ruchala, DNSc, RN



Augustine (Austin) O. Agho, Ph.D.



*Maria A. Connolly, Ph.D., APN/CNS,
CNE, FCCM, ANEF*

There's just no telling how far or how high College of Health and Human Services grads will fly.

Take a look at these three grads:

Patsy L. Ruchala, DNSc, RN
Professor and Director, Orvis School of Nursing, Reno, NV

From the hills of southern Illinois, to the south suburbs of Chicago, to the mountains of Reno, Nevada, Patsy Ruchala has followed quite a path in her nursing career. But without her GSU education, she'll tell you, she wouldn't be where she is today.

Originally from downstate Alton, Illinois, where she earned a diploma in Nursing from the Alton Memorial Hospital School of Nursing in 1973, Ruchala relocated to the south suburbs, and with a husband and toddler son at home, began pursuing her bachelor's degree in Nursing at GSU. While juggling a part-time job with her

family responsibilities, Ruchala was grateful for GSU's flexible class schedule. She managed to complete her BSN in 1983, and her MSN in 1984.

"Back then, most nursing schools were not flexible," Ruchala said. "If you were a working RN with a family, they expected you to take Monday through Friday classes. Fortunately, GSU offered convenient hours for a mom like me, where you could juggle school and work, and still have a happy and decent family life."

After serving in faculty and administrative positions at Trinity Christian College in Palos Heights, Illinois, Saint Louis University and Georgia State University in Atlanta, Ruchala's career took a turn toward the west. For the past five years Ruchala has served as a professor and the Director of Orvis School of Nursing (OSN), based at the University of Nevada, Reno (UNR) – the oldest school of nursing in the state of Nevada.

As Director of the Orvis School of Nursing, Ruchala is also responsible for the Orvis School of Nursing Clinic, the state's only nurse-managed primary care clinic, located in downtown Reno. "Our clinic staff provides a community service for uninsured and underinsured people through the clinic," Ruchala said. "Especially in these economic times, this is an extremely important service."

Looking back, Ruchala feels "good about where I am today. But if I didn't have the opportunity to further my education at GSU, I wouldn't be here today. I really do believe that."

Ruchala feels she was well-prepared by the GSU nursing curriculum. In fact, she can remember being at GSU studying for her MSN with students who had gone to other programs for their BSN, "and they didn't have the foundation in nursing theory that I had."

"GSU also gave me such a fantastic foundation for my doctoral studies, too, since there was an emphasis on scholarship and nursing theory." Ruchala earned her doctorate from Rush University in 1991.

She credits GSU faculty, including the recently retired Connie Edwards, Ph.D., (see story, page 37), with having a tremendous amount of influence on her nursing career path.

Reflecting on her years at GSU, Ruchala admits she "absolutely loved being a student there." She recalls GSU being "a family-friendly place. I made use of all the resources the university had to offer. It wasn't just a place to get a good education." Ruchala took her son for swimming lessons at the YMCA (now the GSU Recreation and Fitness Center), and she recalls attending concerts and shows featuring some "big-name talent." GSU was "a commuter university," Ruchala said, "but it was a place where students could go to get involved above and beyond just going to classes. It was a great resource for the community and for families."

Ruchala's advice to future GSU students? "Make the most of your education," she said. "Don't just go to class and then leave. Really glean whatever you can from your faculty in terms of knowledge and guidance. And get involved." She was a member of the first nursing student organization at GSU, and part of its original planning committee. In 1986, Ruchala earned the Outstanding Nursing Alumnus from the College of Health Professions (now the College of Health and Human Services). "It was truly a humbling experience for me," she said.

Looking at the state of our nation's healthcare system, Ruchala said that "it's more important than ever before for nurses to care for patients in a different way. Nurses need to be patient advocates more and more. Every patient needs an advocate to help them navigate through an ever more complicated healthcare system."

But overall, Ruchala is optimistic about the future of the nation's healthcare system. "I think more and more you see an emphasis on the inter-professionalism in healthcare practice and education," she noted. "We're moving away from the divided 'silos' of nursing, respiratory therapy, medicine, and so on."

This fall, UNR has plans to break ground on a new health sciences education building where both nursing and medical students will be based. While students will have separate curricula, at times they will be brought together for state-of-the-art simulations. The thought is that when you bring nursing and medical students together while they're still in school, they'll work better and more collaboratively after they graduate, as nurses and physicians.

**Augustine (Austin) O. Agho, Ph.D.
Dean, School of Health and Rehabilitation Sciences
Indiana University Purdue University Indianapolis**

Augustine (Austin) Agho had never heard of GSU before he came there as a student more than 20 years ago. Originally from Nigeria, Agho was finishing his undergraduate degree in management science from Alaska Pacific University in Anchorage and looking for a graduate program in health administration.

GSU caught his eye; he was attracted to the economical tuition rates and to the fact that the MHA (Master of Health Administration) degree program was fully accredited.

"The other thing I liked and still remember about the program is the caring attitude of the faculty and staff. They were extremely helpful to students," Agho said.

Another aspect of GSU that Agho remembers and appreciates is the fact that "there were a lot of minority students there — more than I had seen at other places. I believe that the department chair — Dr. Ken Whittmore — made a conscious effort to recruit and retain minority students," Agho said.

In terms of the education he received while at GSU, Agho believes that when he received his MHA from GSU in 1985, he was well-prepared. "I did not follow the same career path my classmates took; most of them went on to work in the health field, but I went on for my Ph.D.," he said. "I enrolled in the MHA program knowing that I would eventually go on to obtain a doctorate degree in health and hospital administration. I was able to finish my Ph.D. on time and I attribute my success to the quality education I received at GSU."

Since earning his Ph.D. in Hospital and Health Administration from the University of Iowa in 1989, Agho has had quite a career in academics, research, and healthcare administration.

Today, Agho is Dean of the School of Health and Rehabilitation Sciences at Indiana University Purdue University Indianapolis (IUPUI), an urban research and academic health sciences campus with 22

schools and academic units granting degrees in more than 200 programs from both Indiana University and Purdue University.

Prior to coming to Indiana, Agho served for seven years as the founding dean of the School of Health Professions and Studies at the University of Michigan – Flint. While in Flint, Agho played a critical role in developing and implementing the Urban Health and Wellness Center, consisting of a nurse-managed clinic and a physical therapy clinic.

“Those of us who have studied healthcare delivery systems across the world would agree that the United States has one of the best healthcare systems in the world. In spite of the many successes we have had in the area of management technology and medical technology, we are still struggling to find a comprehensive approach to deal with the complex challenges related to access to care, quality of care, cost of care, and ethnic/racial disparities in healthcare. The Urban Health and Wellness Center represents a clear example of an effective campus-community partnership designed to provide high quality health promotion, health education, and disease prevention services to the underinsured and uninsured residents of Genesee County, Flint, Michigan.”

Dr. Agho’s responsibilities while at the University of Michigan included managing the school’s undergraduate and graduate programs in anesthesia, health administration, health education, health science, medical technology, nursing, physical therapy, and radiation therapy.

And prior to Michigan, Agho served as director of the Division of Healthcare Management in the School of Allied Health Sciences at Florida A & M University, where he also earned two Teacher of the Year awards.

**Maria A. Connolly, Ph.D., APN/CNS, CNE, FCCM, ANEF
Dean, College of Nursing & Allied Health, University of St. Francis, Joliet**

The nursing career of Maria Connolly could be described as a textbook case of doing it all – and doing it very, very well.

From a staff nurse and clinical nurse specialist to a full professor and administrative chairperson . . . to now Dean, Chief Nursing Officer, and Chief Operating Officer: Dr. Maria Connolly has exceeded in every aspect of her career. And she has never forgotten the important role that GSU has played in her career.

“GSU has served me well,” Connolly said. “The nursing program offered tremendous training and preparation.”

After receiving her nursing diploma from St. Francis Hospital in Evanston and a bachelor’s degree in Health Education from the University of St. Francis, Connolly came to GSU and proceeded to earn her BSN and MSN; she also later served as a professor of nursing at GSU, as well as Loyola University Chicago. Connolly also holds a Ph.D. in respiratory nursing from Rush University; she was named Distinguished Rush University Nursing alumna in 2008.

An Oak Forest resident, Connolly still maintains connections with GSU, especially fellow nursing colleague Linda Samson, Ph.D., GSU’s

Interim Vice Provost for Research and Graduate Studies and Dean of the College of Health and Human Services.

Twenty-five years ago, GSU’s Nursing program was a good choice for Connolly, a native of Chicago’s southeast side. “GSU was the closest, the most economical, and convenient,” she said. “They were also the most sensitive to the adult learner.” Moreover, the Nursing program was accredited and the university provided childcare.

“When you’re raising four children, teaching and working, childcare is extremely important to have,” she noted. Connolly earned a spot on the Dean’s List at GSU, and was also named Outstanding GSU Graduate Nursing Student. From her days at GSU, Dr. Connolly recalls, in particular, a role model who “encouraged me to reach for the stars!” That role model was Dr. Annie Lawrence, former chairperson of the Nursing Department at GSU and President of the Illinois Nurses Association.

Today, Connolly’s children may be grown, but her days are just as full. Since 2002, she has served as Dean and Chief Nursing Officer for the College of Nursing and Allied Health at the University of St. Francis (USF), Joliet. In her position as Dean, she provides academic leadership for faculty and students, as well as administrative oversight for eight programs, including: pre-licensure BSN; RN-BSN Fast Track; MSN-CNS/ANP/FNP; MS-Physician Assistant; BS-Medical Technology; Radiation Therapy; Radiography and Nuclear Medicine; and Post-masters certificates. Connolly also has developed a state-of-the-art simulation laboratory at USF.

A recognized nursing education leader in Illinois, she is also the immediate past chairperson of the Illinois Association of Colleges of Nursing (IACN).

A fellow in the Academy of Nursing Education and the College of Critical Care Medicine, Connolly provided the impetus behind, and is now Chief Operating Officer for, the \$2.1 million University of St. Francis Health and Wellness Center for the medically-underserved residents of Will County. As the first nurse-managed primary healthcare center in Joliet, the Center provides a “one-stop” approach to meeting the individual’s physical, psychological, and social healthcare needs, including assessment, treatment and follow-up services. The Health and Wellness Center has been recognized by the Illinois Nurses Association (INA) for its innovative delivery of high quality, cost-effective, and accessible healthcare services.

Currently, Connolly is also overseeing the inception of the very first doctoral program at the University of St. Francis: the Doctor of Nursing Practice (DNP) program is scheduled to begin this fall.

Featured recently in the Metropolitan Chicago Healthcare Council newsletter (March 16, 2009), she said “The future of healthcare will be dependent on advanced practice nurses (nurse practitioners and clinical nurse specialists) who will be the providers of primary care in the next decades.”

Rest assured, with nursing professionals like Connolly at the helm, the future of healthcare is in very good hands.



Dawn Mayerak, Unsung Hero

Dawn Mayerak wears a number of different 'hats' throughout the course of her day.

Catch her at 8 a.m., and you'll find her in her speech-language pathologist role in the deaf and hard-of-hearing program for the Southwest Cook County Cooperative Association for Special Education at Oakwood School in Lemont.

Later that same day, you'll see Mayerak in her role as preceptor, working with Sarah Lecauchois, a GSU Communication Disorders (CDIS) student. Lecauchois is completing her onsite clinical practicum for her Master of Health Science (MHS) degree in CDIS under Mayerak's supervision at Oakwood.

In the evening, after most people have already sunk far into their couches, you'll find Mayerak in front of a classroom of graduate CDIS students at GSU, where she serves as an adjunct faculty member.

It all boils down to this: hers is a life of service, revolving around something that most people take for granted — being able to communicate.

You might call Mayerak an unsung hero of the Communication Disorders Department in the College of Health and Human Services. You don't often hear about these tireless individuals — but they're out there, juggling families, jobs, teaching, and mentoring duties.

Luckily for Mayerak, she is living her passion. Growing up with a younger sister who was born deaf, Mayerak has long been interested in the field of deaf education. During high school, she would volunteer in her sister's classroom. Watching her sister's speech therapists at work, Mayerak thought to herself, "I want to do that!"

A Committed Relationship with CHHS

A lifelong south suburban resident, Mayerak received her bachelor's degree in CDIS from GSU in 1981 and, while raising two children, managed to earn her MHS degree five years later. She has been supervising at least two students a year since 1989. It looks like there is no end in sight for this "long-term relationship" she has maintained with the College of Health and Human

Services. "I may have graduated, but I've never really been gone," she joked.

Mayerak enjoys having graduate practicum students in her classroom. "It benefits both of us," she said. "Having students keeps you from becoming stagnant; you're always on top of your game, because you've got someone watching and learning from you. Plus, my students will take therapy materials I've used for years and, using their own creativity, do something completely different."

She particularly enjoys the unique student population she deals with at GSU, as well. "Everyone comes in with a different knowledge base. I've had students who are parents of a child with a disability. So they've learned about speech pathology through their child. They all have something to share," Mayerak said.

Mayerak loves sharing her young students at Oakwood with her GSU grad students. "They're a neat group of kids to work with. And if my students have a desire to work with hearing-impaired children, I really want to foster that desire."

The GSU students who fulfill their practicum in Mayerak's classroom at Oakwood have a valuable chance to work with children diagnosed with varying degrees of hearing loss, from mild to profound. Some children have hearing aids, some have cochlear implants; one student with cerebral palsy uses a speech-generating device to communicate.

A Challenging Field

One of the greatest challenges facing communication disorders students and practitioners today is the explosion of information in the field, especially as it relates to neurological deficits that occur as a result of stroke or a traumatic brain injury, Mayerak said.

"It's become this broad-based field, and you need to learn a little bit about everything," Mayerak said. "But when you finish school, you have to choose an area to focus on, because you can't focus on all of it. You can't be all things to all people. You can't service the birth to age three population and the adult population. But it's often difficult for students to know what they're going to focus on after finishing school. Certainly their practicum experience helps them narrow down their choice."

Mayerak, herself, knew she wanted a deaf education setting. "The deaf education area is my first love, and I'm sure it comes from my sister. I'm quite at home in a classroom where all the children have hearing loss. We all find our little niche."

The other challenge facing CDIS graduates today is the big "push for evidence-based research and practice," Mayerak said. "You need to know what materials have research behind them, so that you can have the data to show that this particular technique produces results."

A Solid Foundation for Success

Regarding her GSU education, Mayerak believes she was well-prepared to succeed. "I feel we continue to do a good job prepar-

ing our students today," she added. The graduate program in speech-language pathology is accredited every eight years through the Council on Academic Accreditation in Audiology and Speech-Language Pathology (CAA) of the American Speech-Language-Hearing Association (ASHA).

"The GSU faculty very definitely does a wonderful job of staying abreast with the changes and new approaches within our field. I think they ensure our students have the skills they need when they leave GSU. Faculty members each have a specialty area, as well as a broad base of knowledge," Mayerak said.

She particularly credits current CDIS department chair William Yacullo, whom she has known "forever. I was one of his very first students," she noted. "He's wonderful, a very bright man."

Lifelong Learning

A lifelong learner, Mayerak herself stays current within her field. She holds a Certificate of Clinical Competence from ASHA and has accrued 27 hours of coursework beyond her master's degree, focusing on children from birth to junior high school age. And even after 22 years in the field of communication disorders, Mayerak is still learning something new every day, like visual phonics. Involving both writing and hand cues, this new system is designed to visually represent sounds that people with hearing loss cannot pick up. Mayerak learned about this from a fellow GSU graduate, Karen Gross, whom Mayerak supervised and with whom she has maintained close professional ties.

Thanks to visual phonics, "Karen and I have seen major growth with our students in terms of reading, spelling, and articulation abilities," Mayerak said. Gross is now a visual phonics specialist, training teachers and speech pathologists all over the state.

The vital role that communication plays in a person's life is still sometimes underestimated, Mayerak has found. "A parent will say, 'well, he has normal intelligence, but he is just not able to communicate very well.' Communication goes far beyond just sitting down and having a conversation. You're never going to know how those communication problems will impact other areas for the rest of their lives — their social life, their employment, their opportunities. It's a significant, broad-based problem that can spread to all these environments and situations."

In a continuing effort to increase public awareness about communication disorders, Mayerak and other CDIS faculty members have their graduate students develop public education projects for the community around topics such as: how to avoid hearing loss; how to protect a young child's hearing; protecting your hearing in the workplace; and how to interact with individuals who have hearing loss.

"As a nation, we've made a lot of progress in dealing with disabilities in general, and communication disorders, specifically. It's great that our GSU students can contribute to this increased awareness," Mayerak said.

A Wealth of Experience, and Service

When the three GSU Health Administration graduate students (see accompanying story, page 25) vied against Big 10 schools last fall in the annual Case Study Competition sponsored by the National Association of Health Services Executives (NAHSE), they had quite a coach in their corner.

That coach was Rupert Evans, Sr., MPA, DHA, FACHE, Assistant Professor and Associate Director of Graduate Programs in the Health Administration Department of the College of Health and Human Services.

Dr. Evans brought nearly 30 years of executive healthcare experience along with him to the Atlanta-based competition. A former CEO for several different healthcare organizations, Evans began his career in the United States Air Force, serving for 25 years as a Medical Service Corps officer specializing in hospital/healthcare management.

After retiring as a major, Evans began working on his doctorate in health administration. At the same time, he continued his healthcare management career as president and CEO of three different healthcare organizations, including the not-for-profit Institute for Diversity in Health Management. A wholly-owned subsidiary of the American Hospital Association, the Institute's mission is to improve opportunities for minorities in healthcare organizations across the country.

Diversity has always been forefront on Evans' agenda. "I perceive diversity and inclusion as components of the whole issue of the health disparities that exist in the U.S. If we had more diversity and inclusion, we'd have more people at the table to make resource allocation and service decisions based on serving people in the best way — with quality — and not based on who they are or what background they happen to come from."

Around the World, and Back Again

Stepping into a GSU classroom, Evans shares a wealth of hands-on healthcare management experience with his students. He also brings a global perspective to everything he does. Born and raised on Chicago's south side, Evans and his family have "literally lived all over the world" during his military career. As part of his doctorate program, Evans spent some time at the World Health Organization in Geneva, Switzerland, four years ago.

"We live in a global environment now," Evans said. "I think people are handicapped when they don't have some experience with different cultures and how things are done outside of their own reality."



But while Evans has seen the world, his feet are now firmly planted in the Chicago Southland community. It's obvious he believes in community service – both in and outside GSU's walls.

After being recruited by GSU in 2006, Evans began serving as a mentor for the university's Latino Center for Excellence. He's also an advisor to GSU's Brother 2 Brother program, which helps young minority males successfully complete their degrees and move into professional roles in society. Evans is on the GSU President's Planning and Budget Advisory Council, where he helps oversee strategic development and planning for the university. He also serves on the Academic Affairs Council for the College of Health and Human Services.

Outside of GSU, Evans serves on the regent's advisory council of the American College of Healthcare Executives, as well as the Urban Health Advisory Council of the University of Illinois at Chicago.

But perhaps the organization most near to his heart is the Thapelo Institute, for which Evans volunteers as executive director. The Thapelo (an African term meaning "rebuilding the soul") Institute is a not-for-profit men's health service organization established six years ago by several African American physicians and health care executives. The Institute is dedicated to addressing the healthcare needs and concerns — and eliminating some of the disparities —among African American men across the greater Chicagoland area.

"All the money we receive from grants goes directly into programs," Evans said. "It's truly an organization dedicated to intervention." Every year Thapelo provides free health screenings (prostate cancer, diabetes, heart disease, renal disease, and obesity) in an attempt to address the primary healthcare concerns of African American men.

Serving with Evans on the Thapelo Institute are the former state director for the Department of Health, and now the Executive Vice President for Community Research and Development at the University of Chicago, as well as the current commissioner and associate commissioner for Chicago's Department of Health, among others.

And Healthcare for All?

Evans believes quality healthcare is every citizen's right.

"When the framers of our Constitution spoke of life, liberty and the pursuit of happiness, I believe they were really including healthcare and education — they just didn't spell it out in the Bill of Rights,"

Evans said. "So here we are in 2009 still having a debate about whether healthcare is a right or a privilege. Education falls into the same basket. If we have a healthy, educated populace, we'll have a better country. And we'll eliminate poverty."

"We have to develop a national healthcare policy in this country," Evans continued. "I'm not saying it has to be government-run; it could be done by a public/private partnership. But right now we don't have one. It's all ad hoc; some of it is in managed care, some of it's in fee-for-service, and everything has to change. As a country, we're smart enough to put together a system that will take care of everyone, regardless of who they are and their ability to pay."

Evans has this conversation with his students all the time, "since our whole healthcare system is going to be in their hands. They're the new minds that will help us solve this dilemma. They must answer some very substantial questions, such as, how do you, in fact, provide healthcare for everyone in a high quality and cost-effective way? It's going to call for some very different and innovative ways of thinking."

Tough Decisions

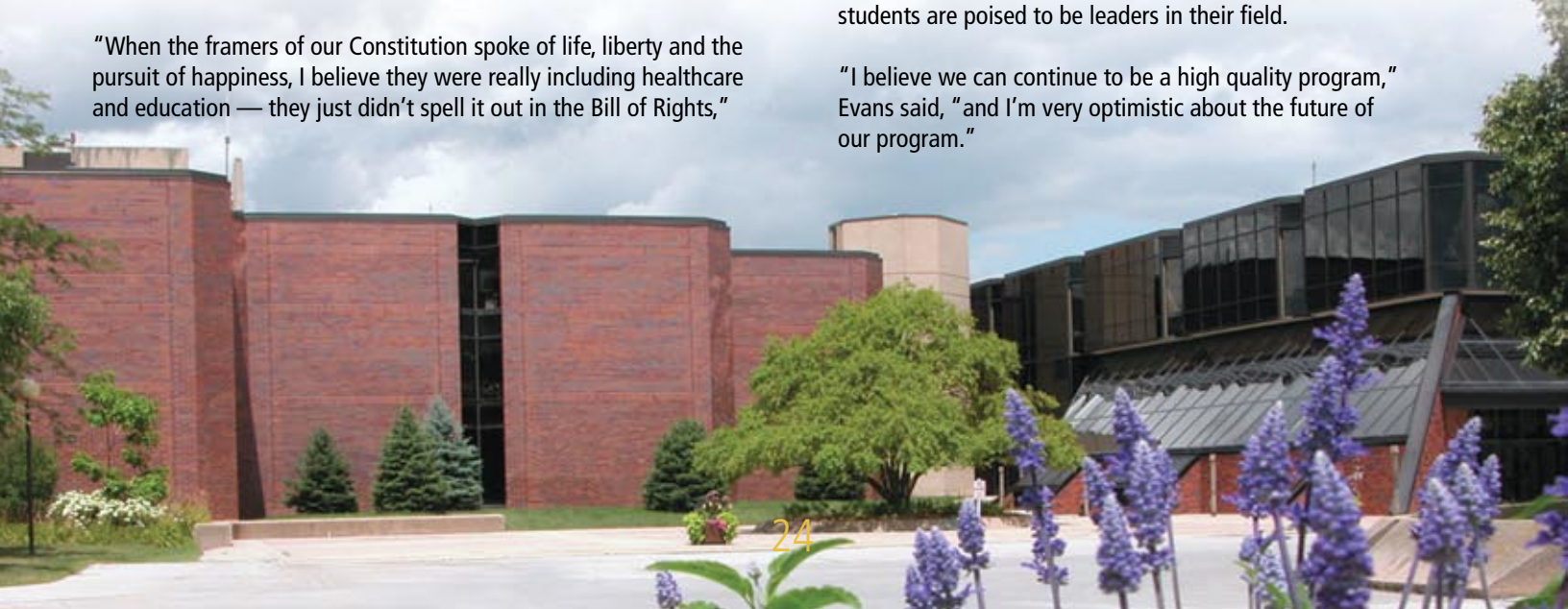
With increasing innovations in healthcare technology, Evans foresees his students wrestling with some equally challenging moral and ethical medical questions.

"If we're helping people to live longer, there has to be a policy decision at some point that says, when is enough too much?" he said.

His students also will be dealing with some extremely difficult value judgments. "Just because we CAN do something (such as cloning or genetic engineering), should we? Our nation attempts to legislate values and morals. How does that morality play in what people do and how they act?"

Evans is confident, however, that GSU's MHA program is more than adequately preparing students to address the changing healthcare landscape. Citing the fact that GSU is the only public university in the state of Illinois that has a fully accredited Master of Health Administration program, Evans believes GSU students are poised to be leaders in their field.

"I believe we can continue to be a high quality program," Evans said, "and I'm very optimistic about the future of our program."



'New Kids on the Block' Place Fifth at Competition



Dr. Rupert Evans (top, center) and his star MHA students (left to right) Donna McCarthy, Jermaine Paul, and Monica Longmire.

The College of Health and Human Services was represented for the very first time at the annual Everett Fox Student Case Study Competition sponsored by the National Association of Health Services Executives (*NAHSE) last fall.

Three graduating seniors from GSU's Master of Health Administration (MHA) program went to Atlanta last October to compete in this prestigious national competition, which pitted students from 22 different universities against each other.

The three GSU seniors may have been rookies at this competition, but they performed like seasoned professionals, finishing in an award-winning (\$500 per team member) fifth place. The students—Donna McCarthy of Lynwood, Monica Longmire of Harvey, and Jermaine Paul of Park Forest—faced off against some formidable competition, including Ohio State (usually finishing first, second, or third) and the University of Michigan. This year Ohio State failed to make the semifinals.

"Usually teams will compete three or four years before they place," noted Assistant Professor and Associate Graduate Program Director of Health Administration Rupert Evans, Sr., MPA, DHA, FACHE. Dr. Evans served as the team's advisor and coach.

"This was a real nice feather in our cap," Evans said. "It really puts our program on the map. I'm extremely proud and it's really a banner achievement for our students. They worked really, really hard. It's a welcome award, and they deserve it."

This year's competition was based on a challenge presented by the Hospital Corporation of America (HCA), the world's largest for-profit healthcare company. The students were asked to develop an entire executive business plan for a free-standing emergency facility in north Las Vegas.

"It was really taking theory to practice, in a real-world sense," Evans noted.

Making the challenge even more daunting for the students was the fact that they were only given two weeks to develop their plan—all while balancing their final capstone courses, field placements, families, and full-time jobs.

Needless to say, there was "a lot of sleepless nights and long days" involved in the students' preparation for the competition, noted student Jermaine Paul. But the end result was well worth the effort.

"It was an honor to represent the school," student Donna McCarthy said. Making it to the semifinals "says a lot about GSU and the education we've received," she added. "They have, most assuredly, adequately prepared us for the work environment. They taught us everything we need to know."

McCarthy credits the "excellent" instructors in the MHA program. "It's not just a job for them; it's a passion."

Fellow teammate Monica Longmire, president of the GSU chapter of the Student Health Care Management Association (SHCMA), agrees. All in all, she said, "the experience (of competing) was so unexplainable, so empowering. Something I will never forget."

Perhaps the greatest benefit for all three students was networking with fellow students, healthcare executives, and other professionals—many of whom offered their assistance with mentoring and job offers.

"They were literally standing in line to offer help," McCarthy noted. The GSU students have already been asked to offer assistance and serve as judges at next year's NAHSE conference. Not bad for a bunch of rookies.

**Founded in 1968, the National Association of Health Services Executives is recognized globally as the premier professional association for African American executives, administrators, and practitioners working in the healthcare industry.*

OT Celebrates Centennial Vision

The Occupational Therapy Department hosted a 10-year celebration of graduates of the Master of Occupational Therapy (MOT) Program recently. The featured guest at the celebration was Dr. Penny Moyers Cleveland, President of the American Occupational Therapy Association (AOTA).

Two MOT students, Joanne Linane, President of Pi Theta Epsilon (PTE), the National Honor Society for Occupational Therapy students and alumni, and Amanda Rosenthal, Vice President of PTE, were integral in bringing the AOTA President to the GSU campus for the celebration.

During her visit to the College of Health and Human Services, Dr. Moyers Cleveland served as keynote speaker for the OT Department's Centennial Vision program. After a day of meeting and speaking with MOT and DrOT (Doctor of Occupational Therapy) students, Dr. Moyers Cleveland commented that she has "never seen such energy, enthusiasm, and excitement. I can look forward to retirement now, knowing the profession is in good hands."

Writing on her President's blog following the trip, Dr. Moyers Cleveland said she had a "great" time visiting GSU, where she engaged in numerous "creative and energetic" discussions with OT students, alumni, and faculty.

"I was most impressed with the desire of all of the students and practitioners to make positive contributions to their clients and to the profession. It was a fantastic experience."



Dr. Elizabeth Cada (left), Chair of the Occupational Therapy Department, and Dr. Penny Moyers Cleveland, President of the American Occupational Therapy Association.

Meeting a Community Need: Santila Terry, MOT

It happens all the time.

Lucius Napier of Chicago can't drive by the offices of Special Therapy Care without his five-year-old son, Brandon, wanting to stop in for a visit.

Located in the heart of Beverly's Western Avenue business district, Special Therapy Care is where Brandon receives pediatric occupational therapy services. The facility was developed and is owned and operated by GSU graduate Santila Terry ('99, Master of Occupational Therapy [MOT]).

Young Brandon has been coming to Terry's facility for the past two years.

"It's been an absolute blessing," said Brandon's father. "As a parent of a special needs child, it's wonderful to have such dedicated, professional people working on my son's behalf. They know their craft. Their services are top of the line. I know that by the results I see in my son."

Parent Lisa Heath of Chicago has been bringing her four-year-old son, William, to Special Therapy Care for more than a year. She "can't say

enough" about the quality of care her son has received. "He's doing so well," Heath said. "This is one of the only places where I can leave William with the therapist, and he's fine. That says a lot about the people here."

People. Community. These are the passions of Santila Terry.

From RT to OT

Growing up in Northwest Indiana, Terry had always wanted to serve in a helping profession. She earned her bachelor's degree in respiratory therapy (RT) at Tennessee State University. Employed at the Southlake Methodist Hospital in Merrillville, Indiana, Terry found respiratory therapy to be "quite intense, since you're dealing with critically ill patients. And you really don't get the quality time with the patients, since you're often dealing with them at a sad time in their life, when they are on ventilators."

Terry had friends working across the hallway from her in the OT department. She would observe them interacting with their patients. "They looked like they were spending quality time talking to their patients about what's important to them. I thought, I'd like to do more of that," she said.



Providing occupational therapy services with a smile are (left to right) Akilia D.T. McCain, MA, CCC-SLP; Deenaa Williams, COTA/L; owner Santila Terry, MOT/RL; Miriam Chukwu, office manager for Special Therapy Care; and Katie Sheahan, GSU graduate Speech Pathology student.

During her free time, Terry researched both physical therapy and occupational therapy careers in the hospital library. She applied, and was accepted, to the second class of MOT (Master of Occupational Therapy) students in the College of Health and Human Services at GSU. She was one of nine students in that class. At the time, there was only a full-time option for OT students. So Terry worked on the weekends and commuted back and forth from her parents' home to GSU.

Filling a Community Need

After earning her MOT, Terry began providing occupational therapy services for children out of her home office in Chicago's Beverly neighborhood. Terry discovered that the community had plenty of physical therapy facilities, but there was nothing in the way of occupational therapy services for children. Parents from as far away as Oak Park began seeking her services. Unable to accommodate her growing client population, Terry realized she would have to open her own clinic.

Terry had just given birth to her first child when she opened the clinic three years ago. Today, she and her husband are expecting their second child, and they are happily residing just a few blocks from her OT facility. Business is flourishing. From the fish tank in the lobby to the brightly decorated and painted therapy rooms, to the hanging swing in one activity room, everything at Special Therapy Care is designed with children in mind.

Terry explains her work this way. "In the area I work — pediatric-based occupational therapy — we help to restore function, to help a child to be able to do what they naturally do, which is play. Through play is how children learn. So we'll work through the various developmental milestones, we'll start from where they are developmentally and then build from there.

"While some young clients have basic cognitive delays that affect their fine motor skills, the vast majority suffer from a wide spectrum of autism disorders," Terry said.

"Usually a child with autism has decreased attention skills; that means they will find it difficult to conform to a normal school routine. That affects every aspect of their life, whether at home or in school. In OT we take a holistic approach; we look at the whole person, as well as their family, to see how their lives are adversely affected," Terry said.

While Special Therapy Care initially offered only OT services, Terry now offers speech therapy, as well, due to the demand. Her sister, Akilia D.T. McCain, is a speech-language pathologist; she supervises GSU students from the Department of Communication Disorders, and works closely with the occupational therapists.

Staying Connected

Terry admits that she wouldn't be where she is today, in terms of her flourishing business, "without the proper education I received from GSU." She also credits the high level of support she has received from the GSU Department of Occupational Therapy, especially department

chair Dr. Elizabeth Cada, on whom she has always relied for support and advice regarding her clients.

"The entire faculty work very hard," Terry said. "They're committed, supportive, and resourceful. They're always trying to help you build your career in the direction you want to go. When I finished school, I always felt it was important to keep the lines of communication open between the university and a practicing therapist. That's where you get all the new information. Sometimes when you get out in the field you lose that — you become disconnected."

Plus, as a clinical fieldwork supervisor, Terry takes in OT students from GSU who are required to complete 12 weeks of work onsite at a clinical facility somewhere in the community. The doors of Terry's facility have always been open to GSU occupational therapy and speech therapy students; some have even been hired as employees.

"That's a neat way to stay connected," Terry said. "I'm teaching the students; they're sharing information with me, exchanging ideas and current occupational therapy practice."

A Past, Present, and Future Connection with GSU

Because of her continued connection with the College of Health and Human Services, Terry has also had the opportunity to participate at the national level within the OT profession. Most recently, she helped revise the blueprint for the new OTR examination that students must take to become an OT.

"I'm definitely committed in many different ways to the university," Terry said. Coming full circle, Terry, at age 37, is now enrolled in the College of Health and Human Services' very first Doctor of Occupational Therapy (DrOT) class. For Terry, this means another two and a half years of schooling. At first she worried whether she could handle the workload, but she's already enjoying it.

Looking ahead, Terry would one day enjoy teaching and sharing her passion for OT at GSU. But ideally, she would love to be able to help develop an OT educational program abroad, in a country that really needs it, like Nigeria. Terry's husband is Nigerian, and they have many family members living there. While physical therapy is taught there, "OT is not being offered at the universities there. And there's such a need." She envisions the possibility of Nigerians coming to GSU to study OT, or the possibility of establishing a clinic overseas. She's considering doing her research for her DrOT on that very subject.

Stay tuned.

You'll be hearing more from Santila Terry, OT *extraordinaire*.

Building Community: GSU Addictions Studies Clubs

It's a cause for celebration.

Current students and alumni from GSU's Addictions Studies program now have organizations to call their own — organizations dedicated to networking and professional development within the Addictions Studies field.

The students have found their voice. They have established a community.

The impetus behind the graduate and undergraduate Addictions Studies student organizations came from Addictions Studies lecturer James Golding, MHS, CRADC, CCJP, MAC.

"I was persistent with the students that they should have a club," Golding said. "I wanted to help the students build a community on campus. I'm big on building community, especially in our field. But very often it's difficult for students to build a sense of community here at GSU. You walk on campus, go to class, and leave campus to return to job or family responsibilities."

Picking up the Torch

Golding's request did not go unheeded.

The first student to pick up Golding's torch and run very, very far with it was Addictions Studies student Reginald (Reggie) Owens.

"I thought it was a very good idea," Owens said. "I saw the possibilities of the Addictions Studies' student community coming together with one voice."

Owens, now a graduate with a Master of Health Science (MHS) degree in Addictions Studies, is head of the Addictions Studies Alumni Club (ASAC). Owens laid all the groundwork and wrote the by-laws for both the ASAC and the undergraduate Addictions Studies Student Club (ASSC). Once he graduated from the Addictions Studies program, he turned over the leadership of ASSC to fellow student (and now fellow MHS graduate) Timaka Wallace.

A Passion for Helping Others

Talk to Reggie Owens and Timaka Wallace for five minutes and you'll immediately see the passion they share for the field of addictions studies and for the two organizations they now lead. Both products of Chicago's south side housing projects, Owens and Wallace have witnessed firsthand the devastation caused by addiction; but somehow they managed to beat the odds against them. Wallace credits her grandmother, Dorothy, for protecting her from negative influences.

"Growing up, I never had what I wanted, but I always had what I needed," Wallace recalls. "Had my grandmother not been like that, I probably would have ended up differently. I give her all the credit for who I am today."

Today, working as professionals in the addictions field, they are committed to leading their clients down the road to recovery.

"I no longer believe the mantra 'once an addict, always an addict,'" Wallace said. "I give my clients hope; I empower them by letting them know that I came from the same environment that they probably live in now. I show them that it's possible for them to go in a different direction. I'm all about helping someone if you can. People do want to change. They just need to see and know that there is something else out there for them," Wallace said.



Likewise, Owens enjoys “helping people turn their lives around,” he said. “I enjoy helping people make it into recovery — whatever recovery means for that individual. Recovery for one person might mean being able to take a hot bath, fixing your own meals, and staying out of trouble. It all depends on the individual. I like helping people find their road to recovery . . . It’s all about little successes. You fight these little battles and hope they turn into victory for the entire war.”

According to Rosemary D. Hulett, Associate Vice-President for Institutional Advancement and Alumni Relations at GSU, student and alumni organizations like those headed by Wallace and Owens play a key role in keeping students and alumni connected in meaningful ways — not only to each other, but to their chosen field of study.

“Without the dedication and commitment of people like Reggie Owens and Timaka Wallace, this university wouldn’t have clubs such as these. We’re grateful for their time and energy, and we wish them continued success with their organizations,” Hulett said.

Busy Practicing Professionals

It’s not easy for busy practicing professionals like Owens and Wallace to find the time to devote to their respective organizations.

As a single dad with two teenage boys, “everyday life seems to have a profound effect on your time,” Owens said. “With the economy the way it is, it’s not easy for me or our adult students to make time for meetings. But I put time into ASAC because it’s something that I really want to do; this organization is close to my heart. I want it to be successful and to continue on in perpetuity,” he said.

Owens serves as a Qualified Mental Health Professional (QMHP) with the Community Mental Health Council, based on Chicago’s south side, where he works with clients suffering from both mental illness and chemical dependency. He also works part-time as the intake coordinator in the medical stabilization unit of the New Visions program at Jackson Park Hospital. This program helps stabilize individuals who are addicted to alcohol, opiates, or other substances so that they can be transferred to a treatment program.

Wallace, an R.N., works a full-time night shift as a psychiatric nurse at a north side treatment and rehabilitation center; the majority of her patients suffer from chemical dependency and mental illness, as well. Though she has already completed her required internship with a substance abuser’s group at South Shore Hospital, Wallace still volunteers there because she’s interested in touching lives. “Touching someone’s life is more phenomenal than any dollar amount you could get,” she said.

Wallace has also managed to raise her daughter (now age 15 and an aspiring nurse practitioner) alone, since the child’s father died when she was just four. Her own father, a former substance abuser, is now clean, sober, healthy, and living with Wallace. He is extremely proud of his daughter, the first college graduate in the family. Wallace plans to continue her education, and is currently trying to identify a

school she can attend for her Psy.D. degree; her ultimate goal is to be a health psychologist.

Addictions Studies Alumni Club

The purpose of the Addictions Studies Alumni Club is to provide alumni with an opportunity to network, share ideas, and disseminate information concerning the latest advancements in the field of addictions and substance abuse.

“Our vision is to collaborate with other organizations with the same types of goals, as far as working in the field of addictions, and helping people,” Owens said. “We want to network, learn about different resources, and show the undergraduate students what we’re doing in the field and what they can expect when they go through the program and then graduate. At the same time, we want to strengthen our position in the field, in terms of resources for jobs, continuing education workshops, and funding. We also want to be a part of the orientation process for the new students coming into the program, as well as help students who are getting ready to take the comprehensive exam.”

“It’s really about collaborating and coming together, so we can be a voice out here for students,” Owens added. “That’s our vision, and our mission.”

Approximately 30 people attended the first official GSU Addictions Studies Alumni Club meeting last November. Even the cold, rainy night failed to affect either group attendance or energy level.

“I was really impressed with the turnout,” Owens said. “I loved the enthusiasm of the people who were there. They really had a thirst for this type of organization, so they could have a collective voice for themselves in the field of addictions studies. They could see how this organization could benefit them in their workplace.”

Golding agreed. “I’m excited about the club. We went overtime at our first meeting; people had lots of questions.”

A Labor of Love

Owens is optimistic about the future of the organization, which he calls “a labor of love.”

“I’m excited about being able to meet with people who are already working in the field. I’m excited about bringing the alumni together, and the students. I’m looking forward to having some really good ideas from everyone. This is not a one-man team. Everyone should contribute what they would like, and we’ll make it happen. We want to find ways to help the community, and just be a blessing to the GSU community,” Owens said.

At subsequent meetings, Golding and students from both the student and alumni organizations have discussed hosting a “recovery walk” in the summer to raise public awareness around recovery-related issues. They are also planning an educational



conference next year for addictions studies professionals on the GSU campus; the conference would be similar to that held every year by the official certification board, Illinois Alcohol and Other Drug Abuse Professional Certification Association (IODAPCA).

A Changing Field

There would be much to discuss at next year's conference. The addiction field, Golding believes "is changing slowly, just like any other discipline. The changes are positive."

A new paradigm is developing in the field of addictions studies. The shift in focus is moving towards a more "evidence and outcome-based" treatment practice, Golding said. "Now the State is saying that you have to show us you are successful in what you're doing — that it works and results in positive outcomes," he said. "You have to deliver."

"Once the client is in treatment, we need to give them the necessary tools so when they go out into the world they can sustain what they were taught in treatment," Owens said. "We have to get them out of their environment, make sure they have food and shelter, and make sure they go to aftercare. We need to help them in recovery, because recovery is going to be long-term. That's where the industry is headed."

In order to remain competitive in their field, Owens advises current Addictions Studies students to "study hard and learn their best practices" — the techniques and procedures (like motivational interviewing) that have been scientifically proven to help substance abuse clients.

Education doesn't end once the student is working in the field, Wallace stressed. Continuing education is vital. Having worked in clinical settings for a number of years, she is adamant about the need for additional training and continuing education for professionals in the addictions field. "When hospitals and agencies don't mandate continuing education, the clients suffer," she insists.

A Life and Death Game

Considering the nation's struggling economy, DASA (Division of Alcohol and Substance Abuse) funding cutbacks, and fewer beds available for substance abuse patients, Owens says that "times are tough. It's ugly out there."

Owens and Wallace speak fervently about the vital importance of substance abuse treatment services for all communities.

"Without these services, you're going to have other types of problems that will manifest: crime, being one, and death and murder being

Mission Statement: Addictions Studies Alumni Club (ASAC)

The mission of the Addictions Studies Alumni Club (ASAC) shall focus on keeping all members aware of the most recent data, changes, and all matters pertaining to the field of addictions. It is also our mission to help build future leaders in the field of addictions by disseminating information, sharing new ideas, and networking with the addictions community at large, and specifically with current and past students of the Addictions Studies program at Governors State University.

another," Owens said. "This is a life and death game and our government needs to understand that people who are mentally ill or who are addicted have a really rough time out there. So they need to understand the consequences of their budgetary cutback actions."

Owens believes prejudice exists towards people who are addicted. "People with addictions are still stigmatized, even in our healthcare system," he said. "Insurance companies don't limit the amount of care they give to a cancer patient, but they will limit the amount of care they give a person affected by addiction."

Wallace agrees. She recalls one client, an individual who had been doing drugs for 59 years — ever since his uncle (a heroin addict) injected him with

the drug at the age of nine. "He didn't have a chance," Wallace said. "That's why, when people ask if it is a choice or a disease, you have to take it as a case-by-case scenario. It's not just about the addiction itself. It's the whole blueprint, the DNA and lifelong history of a person, the family, the upbringing."

An 'Invaluable' Education

Reflecting on their years of study at GSU, Owens and Wallace are grateful for the financial assistance they received from the Scholarships for Disadvantaged Students (SDS) funding provided through the College of Health and Human Services.

Owens describes his GSU Addictions Studies education as "invaluable."

"The professors were great," he said. "To be honest, I miss school. I really do. I would love to return to GSU as an adjunct professor."

For her part, Wallace is extremely glad she decided to return to college after years in psychiatric nursing. "This (MHS in Addictions Studies) is not just a degree for me. It's a degree for my community," she said. "When you're helping people, it gives you such a drive."

Wallace is also thankful for the caliber of instructors she's encountered in the College of Health and Human Services, including Mark Sanders ("great group techniques" professor), Peter Palanca, James Golding, Dave O'Donnell, and Dr. Cheryl Mejta, among others. She's also thankful for two psychology/counseling professors, Dr. Arthur Freeman and Dr. Corey Nigro, who have been strong advocates for her at GSU.

"We (graduates) are coming out really equipped to be great professional clinicians," Wallace said. "This is an excellent program. In fact," she added, "I want to do a GSU commercial. GSU is terrific! It's perfect and terrific."

Additional information about GSU's Addictions Alliance Club for undergraduate students is available from Timaka Wallace at gsuaddictionalliance@yahoo.com. Addictions Studies alumni are encouraged to learn more and get involved with the Addictions Studies Alumni Club by contacting Rosemary D. Hulett in the GSU Alumni Relations Office at (708) 534-4128.

Dawn Voss: Making a Difference



Dawn Voss still remembers her first introduction to occupational therapy.

"I had a friend whose son was born with cerebral palsy. When he was a toddler, a home healthcare occupational therapist made regular visits to his house for treatments. I got to watch some of the treatment sessions, and saw how much it benefited him," Voss, who was a teenager at the time, recalled.

Today, Voss is entering the final phase — known as the "Level 2's" — of Governor State University's rigorous Master of Occupational Therapy (MOT) program. She expects to complete the MOT program in December, following two rounds of field work. Voss describes herself as "a people person" who has always enjoyed helping others. Since high school, she's worked toward that

goal, first in the Certified Occupational Therapy Assistant program at South Suburban College, and later in the Ingalls Memorial Hospital network, where she's helped patients at an OT outpatient clinic for the last five years.

Scholarship Winner

After an Ingalls supervisor urged Voss to continue her education, she enrolled at GSU, receiving a Bachelor's in Interdisciplinary Studies in 2006. She enrolled in the MOT program the following January. Voss has shown herself to be an exemplary student; she is the 2009 winner of the Virginia M. Pizza Scholarship in Geriatric Care, funded through the GSU Foundation. Dr. Elizabeth Cada, chair of the Department of Occupational Therapy, says she believes Voss personifies the mission of GSU and the College of Health and Human Services.

Occupational Therapy can make a big difference to a great many people, and in a variety of ways, Voss says. But all OT patients have one thing in common — they have undergone a drastic event that prevents them from living independently. As an Ingalls COTA, Voss currently works with patients who need help with tasks like learning to button their shirt using only one hand. In GSU's Occupational Therapy program, Voss is learning how to help clients whose lives have been changed forever by strokes, brain injuries, accidents, diseases, and other disabilities.

No Textbook Cases

"No two people are alike, and nothing ever happens strictly according to the textbook. You can have two stroke patients, with an injury to the exact same spot on the brain, and they will have totally different symptoms. And that means they will need totally different treatment plans," Voss said.

Occupational therapists assess a client's needs and desires, and determine which activities are most meaningful to them. They develop methods to improve performance, sometimes by working with the client's range of motion and sometimes by making changes in their personal environment. Occupational therapists need to understand anatomy, physiology, movement analysis, and neuroscience. Often, they provide assistive technologies to move clients past their limitations and toward greater independence.

As an MOT student, Voss is a member of a 30-student cohort that shares classes and projects during a program typically divided into two years. Voss has managed to complete her class work while still employed at the Ingalls Center for Outpatient Rehabilitation in Calumet City. During the first year of the MOT program, students receive a strong background in the sciences, while also getting a foundation in ethics, the processes of Occupational Therapy, and multiculturalism.

The second year of the program includes the Level 2's — involving two, three-month internships at sites such as hospitals, schools, or nursing homes. During this field work, Voss will work under the direction of a supervisor; she'll be exposed to real-life situations and participate in decisions on patient care and treatment. By December, the second phase of her training will be completed. She and the other members of her MOT cohort will be ready for graduation. Then she'll prepare for the state licensing exams. After receiving state licensing, she'll be a Registered Occupational Therapist, and fully equipped to take on the challenges of persons who want to resume independent lives.

Interdisciplinary Teams

As an occupational therapist, Voss will work with other health-care professionals — doctors, nurses, speech therapists, physical therapists, and other occupational therapists — on interdisciplinary teams that assist clients on the road to recovery.

At GSU, Voss says her instructors and classmates have already given her a good idea of how an interdisciplinary team works.

"We're all working together," she says. "And we're seeing how that makes a difference. We're all finding there are so many opportunities in occupational therapy, and so many ways we can help make positive changes."

Scholarship Assistance: Help at Hand

In order to recognize academic excellence and to provide financial assistance for deserving students, the GSU Foundation and the GSU Alumni Association devote a great deal of effort to raise funds for scholarship awards.

Currently, a total of nine scholarships are open exclusively to students in the College of Health and Human Services:

- Virginia M. Pizza Scholarship in Geriatric Care
- Marie Grey Bertz Memorial Endowed Scholarship
- James and Helen Hassett Endowed Scholarship in Nursing
- Kimberly Edwards Endowed Scholarship in Nursing
- Dr. W. Prince and Elise McLemore Endowed Scholarship in Physical Therapy
- Annie L. Lawrence Scholarship for Students of Nursing and Health Sciences
- Monsignor Ignatius D. McDermott Endowed Scholarship for Addictions Studies
- Psi Iota Xi Scholarship in Communications Disorders
- Accelerated Rehabilitation Scholarship for Physical Therapy

If you are interested in establishing an endowed scholarship, contact Linda Samson, Dean of the College of Health and Human Services, at 708.534.4388, or l-samson@govst.edu; or Christine Radtke, Office of Advancement, at 708.235.7494, or c-radtke@govst.edu.

PT Students: Take the 'Challenge'



Proudly displaying the money they raised for physical therapy research are pictured (back row standing, left to right): Russell Carter, Ed.D., PT, chair of the Physical Therapy Department at GSU; student Jena Zientek of Oak Lawn, Illinois; and Dale Schuit, PT, Ph.D., MS, Associate Professor of Physical Therapy at GSU. Seated, left to right – Student Patricia Barker of Tinley Park, Illinois; Tim Coleman, PT, MS, OCS, partner/owner of METT Therapy Services and Adjunct Professor of Physical Therapy at GSU; and Student Tanya Anders of Crete, Illinois. The students pictured are in their third year of the Doctor of Physical Therapy (DPT) program.

Physical Therapy students in the College of Health and Human Services know a good challenge when they see one.

Since 1989, PT students at Marquette University in Milwaukee, Wisconsin, have challenged students from other PT programs across the nation to raise money for research through the American Physical Therapy Association's Foundation for Physical Therapy. The foundation raises money to help fund research grants for the development of the most effective physical therapy interventions.

For the first time, GSU Physical Therapy students accepted the Marquette Challenge this year, raising \$1,000. Third year Doctor of Physical Therapy (DPT) students Tanya Anders of Crete, Illinois, Jena Zientek of Oak Lawn, Illinois, and Patricia Barker of Tinley Park, Illinois served as key organizers for the GSU effort.

The students' interest in the Challenge was sparked by Associate Professor of Physical Therapy Dr. Dale Schuit. After brainstorming several fundraising options, the students offered a continuing education seminar for physical therapy practitioners. All proceeds from the seminar were donated to the Challenge.

"We wanted to take a continuing education focus in our fundraising efforts," noted Patricia Barker. "We were fortunate to tap into the expertise of our professors by asking them to teach a seminar for students and practicing physical therapists."

The daylong seminar, *A Commonsense Approach to the Management of Low Back Pain*, was presented by Schuit and Tim Coleman, PT, MS, OCS, a partner and owner of METT Therapy Services. Coleman, of Homewood, volunteers his time as an adjunct PT professor at GSU.

Each year approximately 45 schools contribute to the Marquette Challenge. Since the inception of the Challenge, students nationwide have raised more than \$1.3 million dollars for the Foundation for Physical Therapy. Schuit and Dr. Russell Carter, chair of the Physical Therapy Department at GSU, were both thrilled to be a part of their students' fundraising efforts.

"We're extremely proud of our students," Schuit said. "We are looking forward to raising even greater participation in the coming years."

Assessing Community Needs: Student Research Goes 'Above and Beyond' the Call

It's not every day that university students have the chance to make a direct impact on the lives of community residents.

But that's exactly what students in the Winter 2009 Social Work 530 (*Urban Dynamics*) class at GSU had the chance to do.

The class is taught by Lorri Glass, Ph.D., LCSW, ACSW, assistant professor of Social Work in the College of Health and Human Services and coordinator of the Bachelor of Social Work degree program. Glass and her 27 students volunteered to do data collection for AgeOptions, the Suburban Cook County Area Agency on Aging. AgeOptions was interested in learning whether a certain community — in this case, Chicago Heights, Illinois — was currently meeting the needs of older adults, and whether or not the city was prepared to address the needs of its growing older adult population in the years to come.

Social Work 530 focuses specifically on urban communities, Dr. Glass explained. "Our class draws knowledge from sociology, political science, and economics, with a social work perspective." The class also studies how communities have evolved over time, addressing issues like community planning, the sociological theories and frameworks upon which communities are based, and what makes a community good.

"This fit so perfectly because it meant actually going out into a specific community, doing hands-on observation, and assessing whether that community is meeting the needs of a certain population. In this case, we were attempting to assess if older residents' needs were being met," Glass said.

While AgeOptions enlisted the aid of senior citizen volunteers to perform quantitative research by conducting one-on-one surveys with older residents, Glass's GSU students were assigned to do the ethnographic research and observation portion of the study, which was more qualitative in nature.

Students broke up into teams; each team was responsible for observing by taking photographs and notes on certain aspects of the city's programs and services, including transportation (accessibility of bus routes, wheelchair accessibility, handicapped parking); public safety (street lights, curbs); shopping (grocery stores); parks and recreation (available seating area for elderly, as well as park amenities that would enable older residents to engage in active recreation, like trails), and a host of other factors related to quality-of-life issues.

Taking to the streets of Chicago Heights in the dead of winter to conduct their research — the students had no complaints whatsoever. "The students were real excited about this because it wasn't a mock project — it was real. And our class is going to be listed in the project credits, too," Glass said.



An Eye-Opening Experience

Social Work major Samantha Dagenais found the research project for AgeOptions to be a real eye-opener. Her team was assigned to visit and assess the grocery stores within the city to determine how senior-friendly they were. Dagenais had never put herself in the shoes of elderly or disabled individuals before.

"I learned that the elderly and disabled populations have issues with accessibility that many of us take for granted," Dagenais said. "Things like, the height of the shelves within the store, the personnel available to help the elderly with items they can't reach or find, and the width of the aisles within the store." When she enters stores today, Dagenais says, she immediately looks for ways to improve accessibility for all populations, including the elderly and disabled.

"This experience opened my eyes and made me realize that change can happen and needs to happen in order to improve the quality of life for individuals who suffer from challenges with accessibility," Dagenais said. "This was a wonderful experience. By putting the word out there for change, I know that change can and will happen within the near future, starting with my peers, social workers, other advocates, and myself."

Above and Beyond the Call

Representatives from AgeOptions were impressed by the quality of data generated by the GSU students. "I cannot say enough about the value that the student observations have added to the community preparedness initiative," noted Rebecca Burgstahler, Planning Specialist with AgeOptions.

"Dr. Glass and her students went above and beyond the initial assessment questions to evaluate how community characteristics could impact the quality of life of older residents. Their feedback and observations demonstrated an understanding of the changing needs of residents as they age. The students were willing to ask tough questions and acknowledge the factors that can really make a difference in a person's daily life, like the personal attention customers receive at a neighborhood grocery store," Burgstahler said.

"The analysis and specific examples the students documented and photographed will be used in the summary of findings we share with the community, as discussion points in meetings with community leaders and in a final report to the State of Illinois summarizing the preparedness of Illinois communities for a growing older adult population."

Burgstahler truly enjoyed working with Glass and her students. She found the class "brought a variety of perspectives and an interest in looking beyond the project at hand to broader social and policy decisions that influence 'community livability' for residents of all ages. Their work and presentations showed the dedication and care they poured into this project."

Likewise, the students themselves were grateful for the opportunity to participate. "You don't get this type of hands-on experience very often," one student told Burgstahler during a class visit.

A Mutually Beneficial Collaboration

From Glass's perspective, the collaboration between her students and AgeOptions was mutually beneficial. "I like the idea of the community and academics coming together and supporting one another."

In fact, Glass believes that the Social Work Department "has a huge responsibility to the community. Social work is an applied discipline. It needs to stay in tune to what is current and what is going on in the community. Because we're preparing people to go in and work with communities, we need to be relevant. We need to keep our hands on the pulse of the community. So we count on people to tell us what's going on and what their needs are."

Under the nation's new administration, the climate is "ripe for change" and ready for a wave of social service/community activism, Glass believes. She herself is looking forward to being involved in domestic violence and women's issues again — goals she had to put aside while working on her Ph.D.

You could never accuse Glass of living in some ivory tower of academia, however. She prefers staying grounded and in touch with the community. "I really want to be in a position of doing something that I know would benefit someone," she said.

No worries there. It looks like Glass is already doing it!

Social Work Student Organization: In Touch with Community

Members of the GSU Social Work Student Organization (SWSO) have their finger on the pulse of the community, according to the group's president, Diane Moler.

SWSO members are often involved in community service projects, such as collecting children's books and canned goods for shelters during the holidays. The students also publicly advocate for the Social Work profession by attending Advocacy Day in downstate Springfield every year. For the benefit of Social Work students at GSU, the SWSO recently hosted speakers from different areas of social work (hospice, police, and the Red Cross). Members also visit high schools and community colleges in order to promote the profession.

They're also working on developing a mentoring program where students are matched with older students in the program.

"We work with staff to try to improve the Social Work program any way we can," noted Moler. "Membership is actually on the rise, and we hope this will continue into next year."

The SWSO meets the second Tuesday of every month at 3:30 p.m. in the student commons. Other officers include Mary Busch, Secretary; Kenneth Abrams, Jr., Treasurer; and Leo Lavender, Vice President. For additional information about the organization, e-mail diane.moler@sbcglobal.net.

Members of the Winter, 2009 Social Work 530 Urban Dynamics class, with (far right), Rebecca Burgstahler, Planning Specialist with AgeOptions.



Connie Edwards: The Spirit of Service

If there was ever a living, breathing personification of "spirit of service," perhaps it would be Constance ("Connie") L. Edwards, Ph.D., RN, a recently retired associate professor of Nursing in the College of Health and Human Services.

Long before President Obama's call to service for the American people, Edwards was serving the GSU community, the nursing profession, and her country as a soldier-nurse in the US Army. Now a retired full Colonel with 40+ years of service, Edwards has devoted much of her life to advocating for veterans' rights to adequate healthcare, shelter, and other basic services.

In her letter nominating Edwards for a 2008 Faculty Excellence Award for Outstanding Community Service, nursing colleague Catherine Tymkow, RN, DNP, wrote that Edwards "always has the best interests of individuals, the profession, and the university at heart. Dr. Edwards truly exemplifies the spirit of service in everything she does."

The Segregated South

Growing up in the segregated south of Birmingham, Alabama, Edwards spent her youth as an eyewitness to — and "a foot soldier" in — our nation's Civil Rights Movement. Edwards recalls the march on Selma; it was illegal to march in the streets back then. Thanks to a court ruling, young people like herself were not charged with felonies for marching. "I never would have gotten into the military otherwise," she said.

Living in a segregated town, Edwards recalled, was challenging. Opportunities for African Americans who didn't go to college were slim. There was domestic work at \$5 for an entire day; those who worked in restaurants or department stores were barred from positions in which they would handle money.

"My daddy's ultimatum was: you graduate from high school and then either go to college or get a job," Edwards recalled. So in 1965 she headed to the Tuskegee Institute to study nursing.

African American students were not allowed to use the library in some parts of Alabama at the time that Edwards was a student at Tuskegee, she noted. Her third year of nursing was completed in Baltimore, Maryland. "We had to go there to make sure we had good clinical experiences, because we couldn't get them in Alabama," Edwards said.

After earning her BSN at Tuskegee, Edwards went on to the University of Colorado at Denver for her MSN degree.

Off to War

Edwards joined the military at the age of 19 as an Army Nurse Corps Cadet. Four years later, she was given a month's notice that she was being sent to Vietnam. She spent a year there, working as a nurse in the 24th Evac. She still thinks about her tour of duty.

"I saw a lot. There are some things you don't want to remember. But I think I'm OK," Edwards said. "Though we were not appreciated when we came back," today the nation's perception

of and respect for veterans has improved greatly, Edwards believes. Overall, "it's been a process of healing."

Back in the states, Edwards joined the reserves. She came to GSU in 1978 as a "community (adjunct) professor," where she divided her time between teaching, serving as nursing program chair, and spending many a weekend on duty as the Brigade Chief Nurse at the old Fort Sheridan, among other Army installations.

Life at GSU: Focus on Public Health Nursing

Having taught community health nursing for nearly 30 years at GSU, Edwards has been a recognized and leading advocate for vulnerable populations in the community, where she has spearheaded health programs in underserved areas such as Ford Heights. At one time she and her students taught STD/HIV and pregnancy prevention in the schools, and performed physicals on homeless clients of PADS (Public Action to Deliver Shelter).

Over the years at GSU, Edwards was constantly organizing health fairs, wellness projects, blood drives and other events throughout the community — always with her students' involvement, and always while building and strengthening relationships with healthcare providers and organizations throughout the region. In between teaching and community health events, Edwards managed to squeeze in coursework for her Ph.D. in Public Health from the University of Illinois at Chicago.

Edwards also laid the groundwork for the Lambda Lambda Chapter of Sigma Theta Tau (nursing's international honor society) at GSU. The premier nursing professional organization, Sigma Theta Tau is designed to promote research, scholarship, and service around the world. Over the years, Edwards has played a key role in maintaining the strict standards that are required to sponsor a Sigma Theta Tau chapter status.

Supporting Veterans

After 40+ years in the military, Edwards is as passionate today about veterans' rights to quality healthcare and other services as she was the day she returned home from Vietnam. She currently serves as vice president for the National Women Veterans United (NWWU) and recording secretary for the Coalition of Veterans

Organizations (CVO). The two groups are working to convert a house in Chicago's Englewood neighborhood into a home for homeless female veterans.

"We have more females deployed now than we did when I was active," Edwards noted. "We have lost nearly 200 women in Iraq and Afghanistan, and that number is still climbing, with more suffering from unseen wounds. Twenty-five percent or more of our nation's homeless are veterans who are sleeping on the ground that they fought for."

But the veterans organizations' primary focus remains on trying to secure mandatory funding for veterans' healthcare.

"A lot of people think when you're in the military you have all kinds of rights and privileges. But there are a lot of people coming back from Iraq and Afghanistan who are not getting the services they need," Edwards said. "We're trying to make the point to Congress that when you send someone to war, you're automatically making a veteran. So as you send these men and women over, the funds need to be allocated before they need them."

Edwards co-chaired the Welcome Home Chicago parade for Vietnam veterans in 1985. "We decided if the country wasn't going to welcome us back, we'd do it ourselves. Our goal was to never let that [ridicule, abuse] happen again to returning vets." Originally

conceived as a small affair, the parade grew to astronomical proportions, was two years in the making, and ended up drawing close to a million spectators — some from as far away as Australia. In the meantime, Edwards became a much sought-after media spokesperson for the veterans' movement.

Most recently, Edwards organized and attended a support group for the family of a female Iraq war veteran who was killed in the shootings at Northern Illinois University in 2008.

A New Chapter to Write

People have told Edwards that she should write a book about her life. She's certainly packed a lot of living in her 65 years so far.

In the meantime, Edwards is enjoying spending more time at home with her husband. They are parents of two grown daughters; one followed in Edwards' footsteps by studying nursing and entering the military (Navy). The other daughter is a school social worker.

Having left GSU, Edwards believes the College of Health and Human Services remains in good hands with Dean Linda Samson in charge. "The College is more connected to the community now," Edwards said. "This is the first time we've ever had a dean who was a nurse, too. We have a research infrastructure that's now developing. We've made major progress under Dean Samson's leadership."

PT Visit Inspires Youth to Study Medicine

Madeline (Maddy) Caplice is one of the lucky ones.

While many young people her age flounder in search of a career interest, this 18-year-old has known her "true calling" in life since she was a fourth-grader.

It all started on a tour of the anatomy lab of the Physical Therapy Department at GSU. Caplice and her fellow Girl Scouts were being led by Roberta O'Shea, associate professor in Physical Therapy at GSU.

Caplice remembers the exact moment when Dr. O'Shea put a human brain in her hand: "I could not believe that something so small could control the entire human body. With each organ I held, I became infatuated with the many functions of the human body. I knew that science was my true calling."

A graduate of Lyons Township High School in LaGrange, Illinois, Caplice has begun pre-med studies in the School of Biological Sciences at the University of Illinois, Urbana-Champaign. Her goal is to become a pediatric surgeon.

She still remembers her first visit to the anatomy lab at GSU, as well as a subsequent tour she took at the National Youth Leadership Forum on Medicine, to which she was nominated at the end of her sophomore year.



GSU Physical Therapy Associate Professor Roberta O'Shea (second from right) poses with Junior Achievement Scholarship Winner Madeline Caplice (second from left) and her parents, Cathy and Mike Caplice, at the Union League Club, Chicago.

Caplice was moved to write about these experiences in an essay she submitted to a contest sponsored by Junior Achievement of Chicago. Out of 140 applicants, Caplice was one of only 12 finalists. She earned a \$1,000 Colonel Henry Crown college scholarship.

Accompanying their daughter to the Junior Achievement scholarship awards breakfast recently at the Union League Club in Chicago, Cathy and Mike Caplice, Maddy's parents, said "We're so proud of her for just being one of the 12."

Also in attendance at the breakfast was Dr. O'Shea, the person responsible for first inciting Caplice's interest in medicine.

"I'm grateful that Maddy was so inspired during our tour," O'Shea said. "She's got a very bright future ahead of her."



Addictions Studies Lecturer Elected to National Advocacy Organization

Peter Palanca, a senior lecturer in the Addictions Studies and Behavioral Health Department, has been elected vice chair of the National Association of Children of Alcoholics.

Based in Rockville, Maryland, the association is a national membership organization whose mission is to advocate for all children and families affected by alcoholism and drug dependencies.

A resident of Homewood, Illinois, Palanca has had a distinguished career in the field of substance abuse prevention, treatment, and recovery. He currently serves as chair of the Advisory Board of the GSU Addictions Studies and Behavioral Health Department. Palanca is also vice president of Treatment Alternatives for Safe Communities, a not-for-profit organization that provides services across Illinois for thousands of individuals with substance abuse problems who are referred by the criminal courts, prisons, and the child welfare system.

Palanca also served as regional vice president with the Hazelden Foundation in Chicago and executive director of Parkside Behavioral Health Services.



Ethicist Jack Gilbert speaks with Rebecca Wojcik, associate professor of Physical Therapy, following a recent presentation.

CHHS Sponsors Visit from Renowned Ethicist, Author

The College of Health and Human Services hosted a presentation by noted ethicist and award-winning author Jack Gilbert, Ed.D., F.A.C.H.E. Gilbert is the author of *Strengthening Ethical Wisdom: Tools for Transforming Your Health Care Organization*.

In his presentation, which was made possible by a GSU Intellectual Life Grant, Gilbert discussed the importance of organizations keeping their credo alive.

NEWS BITES

"Sometimes a mission or vision statement just gets stuck on the wall. If our values are going to mean something, they need to be monitored. If you lose sight of your values, what happens is you get results — but not through ethical pathways," Gilbert said. This is what Gilbert refers to as "ethical erosion."

Gilbert advises workers to learn how to identify and trust what he calls their "ethical wisdom. If you feel uncomfortable with something — you sense something, a physical feeling—that's your ethical wisdom at work," Gilbert said. "Is it in everyone? No. Can you access this wisdom and harness it? Yes."

And that's the good news: "Unethical behavior is NOT in the DNA of organizations. Not necessarily," Gilbert said.

As individuals, we "have to start where we are," Gilbert said. "Every step we take, no matter how small, towards doing the right thing will help build an ethical society. We may not see it in our lifetime. But whatever we do towards this end is worthwhile."

Nursing Professor, Grad Student Attend National Human Genome Research Institute

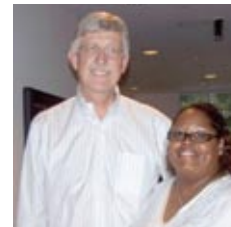
Dr. Catherine Tymkow, Associate Professor in the Nursing Department, and graduate nursing student Lisa Lowe attended the 2008 National Human Genome Research Institute (NHGRI) at the National Institutes of Health (NIH), in Bethesda, Maryland.



Dr. Catherine Tymkow; Vence Bonham, Jr., J.D., Chief, Education and Community Involvement Branch and Senior Advisor to the Director on Social Implications of Genomics, NIH/NHGRI; and graduate nursing student Lisa Lowe.

The goal of this intense, week-long institute is to create awareness of genomic advances and genomic research, and to foster the development of a community of genetic educators that share resources to assist in education, research, and promotion of health across communities.

Program attendance was competitive and included a diverse group of nurse educators, faculty, scientists, and selected students from across the nation.



Dr. Francis Collins, the new director of the National Institutes of Health and the retiring director of the Human Genome Project, with GSU graduate nursing student Lisa Lowe.

Attendees interacted with experts in the field, including Dr. Francis Collins, retiring director of the Human Genome Project, and the new director of the National Institutes of Health; Dr. Alan Guttenmacher, newly-appointed acting director of the Human Genome Project; Jean Jenkins and Dale Halsey Lea, nurse leaders in genetics; and Dr. William Gahl, director of the new NIH Center for Rare and Undiagnosed Diseases.

Lecture and lab topics included: bioinformatics; social and behavioral research, including genome-wide association studies; DNA sequencing; nanotechnology; genomics and health policy; and ethical issues.

For more information about this program and other exciting programs available to nurses through the NIH, contact Dr. Tymkow or visit www.genome.gov, or www.coge.nih.gov.

Alpha Eta Honor Society Chapter to Form

The College of Health and Human Services' departments of Physical Therapy, Communication Disorders, Addictions Studies, and Health Administration have been granted permission to establish a local chapter (Gamma Psi Upsilon) of the National Scholastic Honor Society for allied health students, known as the Alpha Eta Society. (The three other departments within the College — Nursing, Occupational Therapy, and Social Work — have already formed alignments with their respective National Honor Societies.)

Students and alumni who meet the high academic standards required by the Alpha Eta Society will be invited to participate in the organization.

In her letter of request for the chapter's establishment, Dean Linda Samson noted that the College's students "truly exemplify the motto of the Alpha Eta Society — 'Together We Serve.' They've devoted themselves to helping promote the health, well-being, and improved quality of life for some of the region's most vulnerable populations. These highly engaged individuals, I am certain, will distinguish themselves through their scholarship and achievements as members of the Alpha Eta Society."

The chapter is currently in the process of being formed. Additional information about Alpha Eta may be obtained by contacting Nancy Burley at n-burley@govst.edu.



2009 Faculty Excellence Awards

Constance Edwards – Service
 Martha Gainer – Teaching
 Tae Hyun (“Tanny”) Kim – Research

Faculty and Staff 2009 Service Recognition Awards

5 Years

Nancy Burley - Coordinator, Dean’s Office
 JoAnne Smith - Social Work
 Catherine Tymkow - Nursing

25 Years

Ralph Bell - Health Administration
 Judy Lewis - Addictions Studies

30 Years

Constance Edwards - Nursing



Outstanding Supervisors and Field Instructors

Addictions Studies and Behavioral Health

Katie Roberts

Communication Disorders

Bernie Ziganto

Health Administration

George Einhorn
 James Munz

Occupational Therapy

Robin Latman

Physical Therapy

Ricardo Fernandez

Social Work (BSW)

Eleanor Harris

Social Work (MSW)

Gene Wesolowski

Outstanding Students, Clinical Supervisors, and Field Practicum Instructor 2009 Recognition Awards

Addiction Studies and Behavioral Health

Graduate Colleen Wray

Communication Disorders

Undergraduate Edward Strugalla
 Graduate Brian Kral

Health Administration

Undergraduate Brenna Taylor
 Graduate Kranthi K. Pebbili

Nursing

Undergraduate Tim Benton
 Graduate Mary Bohlen

Occupational Therapy

Graduate Virginia Williamson

Physical Therapy

Graduate Margaret Nolan
 Graduate Shane Stachura

Social Work

Undergraduate Fernando Rayas
 Graduate Arlene Mitchell

Presentations

Najma Adam, Ph.D.

AARP Diversity and Aging in the 21st Century Conference (Second Annual) – Chicago, IL (Essex, E., Adam, N., and I. Shalabi): June, 2009
Needs of Arab American Older Adults

Catherine Balthazar, Ph.D.

30th Annual Symposium on Research in Child Language Disorders – Madison, WI (Scott, C.M., and C.H. Balthazar): June, 2009
Feasibility Study for School-Age Children with Oral and Written Language Disorders

Illinois Speech-Language-Hearing Association Annual Convention – Rosemont, IL (Balthazar, C.H., and C. Szymanski): February, 2009
Illinois Credentialing Basics

Convention of the American Speech-Language-Hearing Association – Chicago, IL (Balthazar, C. H.): November, 2008
Yes, My Treatment Works! Demonstrating the Effect of Treatment with Single-Subject Designs

South Suburban Speech-Language-Hearing Association – University Park, IL. Invited Lecture (Balthazar, C. H.): October, 2008
Application of Single Subject Research Designs to Treatment in Speech-Language Pathology

Convention of the American Speech-Language-Hearing Association – Chicago, IL (Scott, C. M., and C.H. Balthazar): November, 2008
Building Sentence Complexity: Evidence-Based Approaches with School-Age Children and Adolescents

Elizabeth Cada, Ed.D., OTR/L, FAOTA

Midwestern Occupational Dean's Research Conference (Cada, E., and B. Nugent): March, 2009
Using Writing to Develop Critical Thinking for Evidence-Based Practice

International Cerebral Palsy Conference – Sydney, Australia
Poster Presentation (O'Shea, R., and E. Cada): February, 2009
Barriers to Receiving PT and OT Services for Individuals with Cerebral Palsy

Russell E. Carter, Ed.D., PT

Annual Conference and Scientific Meetings of American Physical Therapy Association – San Antonio, TX (Carter, R., and Ryan, J.): June, 2008
Education Session: *The Matrix: A Tool to Understanding the Cardiopulmonary Changes with Exercise and Disease*

Danila Cepa, DHS, OTR/L

AOTA National Conference – Long Beach, CA
Poster Presentation (Cepa, D.): April, 2008
Problem-Based Learning and Interactive Media in Occupational Therapy Education

SLATE (Supporting Learning and Technology in Education) Conference – Chicago, IL
Poster Presentation (Cepa, D.) October, 2008
Using Blackboard in the Health Professions

Kyusuk Chung, Ph.D

AcademyHealth Annual Research Meeting – Chicago, IL
Presentation (Chung, K.): June 28-30, 2009
Interstate Patients Migration Pattern: A Case Study of Illinois

Shirley Comer, RN, MSN, JD

University of Chicago Hospital (Comer, S.): August, 2009
Nursing Media Stereotypes

Hilton Head, SC
Poster Presentation (Comer, S.): March 26-30, 2008
Using Multimedia to Teach Clinical Skills in a Nursing Assessment

David Diers, Ed.D., MHS, PT, SCS, ATC

Illinois Physical Therapy Association State Meeting – Naperville, IL
Presentation (Diers, D., Vendrely, A., and D. Schuit): September 27, 2008.
A Common Sense Approach to the Management of Low Back Pain

Illinois Physical Therapy Association State Meeting – Naperville, IL
Presentation (Diers, D., Vendrely, A., and D. Schuit): September 27, 2008.
Management of Running Injuries

Jacqueline Elder, Psy.D.

Motivational Interviewing Forum – Albuquerque, NM
Presentation (Elder, J.): October, 2008
Enhancing Your Training Skills

Anchorage VA – Anchorage, AK
Presentation (Elder, J.): March, 2008
Motivational Interviewing with Veterans

University of Texas – Austin, TX
(Presentation (Elder, J.): June, 2008
Learning the MITI Coding System

London, England
Presentation (Elder, J.): June, 2008
Motivational Interviewing Treatment Integrity

Birmingham, England
Presentation (Elder, J.): June, 2008
Motivational Interviewing for Outreach Workers

Battle Creek VA – Battle Creek, MI
Presentation (Elder, J.): July, 2008
MI (Motivational Interviewing) with Veterans

Windhoek, Namibia (Africa)
Presentation (Elder, J.): October, 2008
Brief Motivational Interviewing

International Motivational Interviewing Network of Trainers Forum – Sitges, Spain
Presentation (Elder, J.): June, 2009
Telephonic Feedback and Coaching with Healthcare Workers

Melanie T. Ellexson, DHSc, MBA, OTR/L, FAOTA

Orthopedic Grand Rounds – Orthopedic Hospital of Chernovitsi, Chernovitsi, Ukraine
Presentation (Ellexson, M.T.): May 26, 2008
Industrial Rehabilitation and Ergonomic Consultation: Occupational Therapy's Unique Contribution to the Prevention and Rehabilitation of Work-Related Injuries

St. Anthony Hospital Personnel and Labor Relations Departments – Chicago, IL
Presentation (Ellexson, M.T.): October 17, 2008
The ADA: New Approaches to Old Problems

Elizabeth Essex, Ph.D.

AARP Diversity and Aging in the 21st Century Conference (Second Annual) – Chicago, IL (Essex, E., Adam, N., and I. Shalabi): June, 2009
Needs of Arab American Older Adults

Rupert Evans, Sr., MPA, DHA, FACHE

Black Male Summit – University of Illinois at Chicago
Presentation (Evans, R.): April 11, 2009
Success = Networking+Mentorship x Talent² — Continuing the Journey: The College Years and Beyond

Senior Executive Leadership Forum – Metropolitan Club of Chicago
Presentation (R.Cobb, M. Broscio, M. Wright, R. Currie, A. Waller and R. Evans): May 7, 2009
Will You Survive This Economy?

National Association of Health Services Executives' Annual Mentoring Event – Chicago, IL
Panel Speaker (Evans, R.): August 20, 2008

Stephanie Hughes, Ph.D.

Annual Convention of the American Speech, Language, and Hearing Association – Chicago, IL (Hughes, S., Gabel, R., Irani, F., and A. Schlagheck): November, 2008
Fluent Speakers' Perceptions of Conversations with People Who Stutter

Annual Convention of the American Speech, Language, and Hearing Association – Chicago, IL (Swartz, E.R., Gabel, R., Hughes, S., and F. Irani): November, 2008
Role Entrapment of People Who Stutter by SLPs

Annual Convention of the American Speech, Language, and Hearing Association – Chicago, IL (Rusnak, E., Palasik, S., Hughes, S., and E. Burroughs): November, 2008
Perspectives on Graduate Student Clinical Training in Speech-Language Pathology

Tae Hyun "Tanny" Kim, Ph.D.

AcademyHealth Annual Research Meeting – Washington, D.C.
Presentation (Kim, T.H.): June 8-10, 2008
Disparities in Access to Hospitals with High Technology

AcademyHealth Annual Research Meeting – Washington, D.C.
Presentation (Kim, T.H.): June 8 - 10, 2008
Effect of Capital Investment on the Quality of Care in Safety Net Hospitals

Raven James, Ed.D.

National Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) Health Summit – Chicago, IL
Presentation (James, R.): August, 2009
Working with LGBTI Clients in Substance Abuse: What Counselors Need to Know

Nancy MacMullen, Ph.D.

Association of Women's Health, Obstetric and Neonatal Nurses National Convention – Los Angeles, CA
Presentation (MacMullen, N.J. and L. Schallmoser): June 24, 2008
Perinatal Depression in Mexican Women: An Intervention Study

National League for Nursing, Nursing Leadership Conference – Orlando, FL
Poster Presentation (MacMullen, N.J., and L. McCann): February 7, 2008
Nursing Blog: Technical Innovation for Student Participation

DNP Practice – Drexel College of Nursing and Health Professions – Hilton Head, SC
Presentation (MacMullen, N.J.): March 25, 2009
Strategies to Create DNP Curriculum with Emphasis on the Care of Vulnerable Populations

National League for Nursing, Nursing Leadership Conference – Orlando, FL
Poster Presentation (MacMullen, N.J., and L. McCann): February 7, 2008
Nursing Blog: Technical Innovation for Student Participation

Linda McCann, MA, MPA

National League for Nursing, Nursing Leadership Conference – Orlando, FL
Poster Presentation (MacMullen, N.J., and L. McCann): February 7, 2008
Nursing Blog: Technical Innovation for Student Participation

Ravi Nigam, Ph.D.

American Speech-Language-Hearing Association Convention – Chicago, IL (Nigam, R., Mukhopadhy, S. and R.K. Koul): (2008)
Poster presentation: *Development of Core Lexicon and Socio-Cultural Validation of Picture Communication Symbols for Botswana Culture*

Roberta K. O'Shea, PT, Ph.D.

International Cerebral Palsy Conference – Sydney, Australia
Poster Presentation (O'Shea, R.K., and E. Cada): February, 2009
Barriers to Receiving PT and OT Services for Individuals with Cerebral Palsy

American Academy of Cerebral Palsy and Developmental Medicine – Atlanta, GA
Presentation (O'Shea, R.K.): September 16, 2008
Developments and Advances in Conductive Education

American Physical Therapy Association CSM – Las Vegas, NV
Platform Presentation (O'Shea, R.K.): February, 2009
Impact of Inter-University Collaboration on PT and OT Students

American Physical Therapy Association CSM – Las Vegas, NV
Platform Presentation (O'Shea, R.K., A. Vendrely): February, 2009
No Patients Today – The Auditors are Here! Using External Auditors to Teach Students the Importance of Clear Communication

American Physical Therapy Association CSM – Las Vegas, NV
Program Panel Presentation (O'Shea, R.K., et.al): February, 2009
The Continuum of Care for People with Lifelong Disabilities: Understanding the Issues and Forging New Pathways for Physical Therapists

American Physical Therapy Association – San Antonio, TX
Platform Presentation (O'Shea, R.K., Doty, A., and E. Hamilton): June, 2009
Continuity of Care

Illinois Physical Therapy Association Meeting – Naperville, IL
Platform Presentation (O'Shea, R.K.): September, 2008
El in the Perfect World: Making Sense of the System

Illinois Physical Therapy Association Meeting – Naperville, IL
Poster Presentation (O’Shea, R.K., S. Woomer): September, 2008
Wiihab: Effects of a Virtual Reality Game Implementation on the Quality of Life for Individuals in Residential Care

Illinois Physical Therapy Association Meeting – Naperville, IL
Poster Presentation (O’Shea, R.K., and K. Bryze): September, 2008
Impact of Interuniversity Collaboration on OT and PT Students

Illinois Physical Therapy Association Meeting – Naperville, IL
Poster Presentation (O’Shea, R.K.): September, 2008
Stress Coping Strategies of MPT and DPT Students

The Association for Conductive Education in North America (ACENA) Annual Conference – Chicago, IL
Platform Presentation (O’Shea, R.K.): August, 2008
Updates on the GSU CE Certificate Program

Illinois Public Guardian Office
Presentation (O’Shea, R.K.) – October, 2008
Overview of PT and OT: Advocating for Appropriate Services and Follow-up Therapies

Dale Schuit, PT, Ph.D., MS
Illinois Physical Therapy Association State Meeting – Naperville, IL
Presentation (Diers, D., Vendrely, A., and D. Schuit): September 27, 2008
Management of Running Injuries

Mett Therapy Services – Chicago Heights, IL
Presentation (Coleman, T., and D. Schuit): October 25, 2008
A Common Sense Approach to the Management of Low Back Pain

Midwestern University – Downers Grove, IL
Presentation (D. Schuit): January 18, 2008, and January 23, 2009
Introduction to Musculoskeletal Radiology

Ann Vendrely, PT, DPT, Ed.D.
Illinois Physical Therapy Association Meeting – Naperville, IL Presentation (Diers, D., Vendrely, A., and D. Schuit): September 27, 2008
Management of Running Injuries

American Physical Therapy Association CSM – Las Vegas, NV
Platform Presentation (O’Shea, R.K., A. Vendrely): February, 2009
No Patients Today – The Auditors are Here! Using External Auditors to Teach Students the Importance of Clear Communication

Publications

Elizabeth Cada, Ed.D., OTR/L, FAOTA
Cada, E., and R. O’Shea. "Identifying Barriers to Occupational and Physical Therapy Services for Children with Cerebral Palsy." *Journal of Pediatric Rehabilitation Medicine: An Interdisciplinary Approach* (November, 2008): 127-135.

Kyusuk Chung, Ph.D.
Chung, K., Essex, E., and L. Samson. "Does Caregiver Knowledge Matter for Hospice Enrollment and Beyond? Pilot Study of Minority Hospice Patients" *American Journal of Hospice and Palliative Medicine* 26 (2009): 165-171.

Chung, K., Yang, D., and J. Lee. "Determinants of Primary Care Physicians' Referral Pattern: A Structural Equation Model Approach." *International Journal of Public Policy*. (2009).

Chung, K. Long Term Care. *Encyclopedia of Health Services Research* (Sage Publishing, 2009).

Chung, K. Health Care as a Share of GDP. *Encyclopedia of Health Services Research* (Sage Publishing, 2009).

David Diers, Ed.D., MHS, PT, SCS, ATC
D. Diers. "Differential Diagnosis of a Medical Calcaneal Nerve Entrapment." *Physiotherapy Theory & Practice* (Summer, 2008).

O’Shea, R.K., Diers, D., Bauer, S., Bulanda, M., Harper, C., Jackson, A., Kelly, J., Mercado, C., Odeh, C., O’Shea, M., and C. Sullivan. "Pediatrics Sports Physical Therapy," from *Pediatrics for the Physical Therapy Assistant*. St. Louis, MO: Elsevier, 2008.

Jacqueline Elder, Psy.D.
Elder, J. (Reviewer) *Motivational Interviewing: An Overview*. (Guilford Press, June, 2009).

Melanie T. Ellexson, DHSc, MBA, OTR/L, FAOTA
Larson, B. and M.T. Ellexson. "The Principles and Practices of Work and Ergonomics." *International Handbook of Occupational Therapy Interventions*. (Springer, June, 2009): 369-374.

Ellexson, M.T. "The Impact of AOTA's Centennial Vision – Work Programs." *Work and Industry Special Interest Section Quarterly*, Vol. 22, Nu.AOTA (2008).

Elizabeth Essex, Ph.D.
Chung, K., Essex, E.L., and L. Samson. "Does Caregiver Knowledge Matter for Hospice Enrollment and Beyond? Pilot Study of Minority Hospice Patients." *American Journal of Hospice and Palliative Medicine*, 26 (2009): 165-171.

Rupert Evans, Sr., MPA, DHA, FACHE
Evans, R. "Work Force Diversity in Healthcare Management" Chapter 8 in *Human Resources in Healthcare* (2008).

Collins, C., Daniels, F., Evans, R., Howard, D., Lofton, M., and V. Roberts. *The National Association of Health Services Executives: 40 Years of Breaking the Color Line in Health Care Management*. National Association of Health Services Executives (2008).

Evans, R. "Ethics Matter in Association Management." Association Management of Greater Chicagoland (July, 2009).

Stephanie Hughes, Ph.D.
Irani, F., Gabel, R., Hughes, S., Swartz, E.R., and S. T. Palasik. "Role Entrapment of People who Stutter Reported by K-12 Teachers." *Contemporary Issues in Communication Science and Disorders*, 36, (2009): 48-56.

Gabel, R., Hughes, S., and D. Daniels. "Effects of Stuttering Severity and Therapy Involvement on Role Entrapment of People Who Stutter." *Journal of Communication Disorders*, 41 (2008): 146-158.

Gabel, R., Daniels, D., and S. Hughes, "A Mixed-Model Approach to Studying Treatment Outcomes." *Perspectives on Fluency and Fluency Disorders*, 18 (2008): 6-16.

Hughes, S., and R.M. Gabel, R.M. (2008). Stereotyping and Victim Blaming of Individuals with a Laryngectomy. *Perceptual and Motor Skills*, 106, 495-507.

Wells-Jensen, S., Hughes, S., & Daniels, D. "What Classroom Language Teachers Should Know about Communication Disorders." *Asian Quarterly: An International Journal of Contemporary Issues*, (2008): 9-32.

Tae Hyun "Tanny" Kim, Ph.D.
Kim, T.H. and M.J. McCue. "Association of Market, Operational, and Financial Factors with Nonprofit Hospitals' Capital Investment." *Inquiry*. (Summer, 2008).

Phillip R. Kletke, Ph.D.
Gabel, J.R., Fahlman C., Kang, R., Wozniak, G., Kletke P., and J. Hay. "Where Do I Send Thee? Does Physician-Ownership Affect Referral Patterns To Ambulatory Surgery Centers?" *Health Affairs* 27, no. 3 (2008): w165-w174.

Nancy MacMullen, Ph.D.
MacMullen, N., Shen, J., and C. Tymkow. "Adverse Maternal Outcomes in Asthmatic Versus Non-Asthmatic Women." *Journal of Applied Nursing Research* (2009). Available online at www.sciencedirect.com

Ravi Nigam, Ph.D.
Koul, R., Corwin, M., Nigam, R. and S. Otzel. "Teaching Individuals with Severe Broca's Aphasia to Produce Sentences Using Graphic Symbols: Implications for AAC Intervention." *Journal of Assistive Technologies* (2008): 23-34.

Roberta O’Shea, PT, Ph.D.
Cada, E., and R.K. O’Shea. "Identifying Barriers to Occupational and Physical Therapy Services for Children with Cerebral Palsy." *Journal of Pediatric Rehabilitation Medicine: An Interdisciplinary Approach* (November, 2008): 127-135.

R.K. O’Shea. *Pediatrics for the Physical Therapy Assistant*. St. Louis, MO: Elsevier, 2008.

Linda Samson, Ph.D., RN, BC; NEA, BC
Chung, K., Essex, E.L., and L. Samson. "Does Caregiver Knowledge Matter for Hospice Enrollment and Beyond? Pilot Study of Minority Hospice Patients." *American Journal of Hospice and Palliative Medicine*, 26 (2009): 165-171.

Mark Sanders, LCSW, CADC
Sanders, M. "Influenced by the Evidence: Addiction Counselors Can Be Effective Without a Wholesale Adoption of Evidence-Based Approach." *Addiction Professionals*, (July, 2009). Online exclusive article.

Sanders, M. "Fatherhood and Recovery," *The Source*, Vol. 19, No. 1, University of California at Berkeley, Spring, 2009.

Sanders, M. "Nurturer, Deserter, or Enemy: The Importance of Mother-Daughter Relationships in Adolescent Girls with Substance Abuse Disorders," *Counselor*, December, 2008.

Sanders, M. "Daddy's Little Girl: Fatherlessness and Substance Abuse in Adolescent Girls," *Counselor*, Vol. 9, October, 2008.

Sanders, M. "Prevention Strategies for Young Male Violence," *Student Assistance Journal*, Summer, 2008.

Sanders, M. "Can Adolescents Benefit from a Recovery Coach?" *Counselor*, June, 2008.

Sanders, M. "Recovery Management and People of Color," *Alcoholism Treatment Quarterly*, Vol. 26(3), 2008.

Sanders, M. *Counseling Clients with Antisocial Personality Disorder*, (DVD), produced by the Academy of Addictions Treatment Professionals, 2008.

Sanders, M. *Ethics in the Counseling Relationship*, (DVD), produced by the Academy of Addictions Treatment Professionals, 2009.

Sanders, M. *High Intensity Drug Use: New Edition*, (DVD), produced by the Academy of Addictions Treatment Professionals, 2009.

Sanders, M. *Abandonment: The #1 Cause of Self-Destructive Behavior Among Adolescents* (CD) Health Communications Publishing Services, Inc., 2008.

Sanders, M. *Father Hunger and Father Wounds: Intervention Strategies with Men Who Have Been Traumatized/Injured Due to the Absence or Toxic Presence of their Fathers* (CD) Health Communications Publishing Services, Inc., 2008.

Sanders, M. *The Therapeutic Benefits of Humor: A Workshop for Professionals Who Work with Difficult-to-Reach Adolescents* (CD) Health Communications Publishing Services, Inc., 2008.

Sanders, M. *The Father-Daughter Relationship* (CD) Health Communications Publishing Services, Inc., 2008.

Sanders, M. *Let Them Eat Cake: The Impact of Poverty and Privilege on Adolescents and Implications for Counseling* (CD) Health Communications Publishing Services, Inc., 2008.

Dale Schuit, PT, Ph.D., MS
Peterson, C.M., Schuit, D., Johnson, R.D., Levine, P. and H.G. Knecht. "Agreement of Measures Obtained Radiographically and By the OSI CA-6000 Spine Motion Analyzer for Cervical Spinal Motion." *Manual Therapy*. (June, 2008): 200-205.

Catherine Tymkow, ND, APRN, WHNP-BC, CNE
MacMullen, N., Shen, J., and C. Tymkow (2009). "Adverse Maternal Outcomes in Asthmatic Versus Non-Asthmatic Women." *Journal of Applied Nursing Research* (2009). Available online at www.sciencedirect.com

William S. Yacullo, Ph.D.
Yacullo, W. S. "Clinical Masking." In Katz, J., Medwetsky, L., Burkard, R., and L. Hood (Eds.), *Handbook of Clinical Audiology*, 6th ed. Lippincott Williams & Wilkins: Baltimore. (2009): 80-115.

Appointments

Gerri Outlaw, Ed.D, MSW
Graduate Dean Representative, Council on Social Work Education Board of Directors July 1, 2009 – June 30, 2012

Catherine Tymkow, ND, APRN, WHNP-BC, CNE
First Delegate, Sigma Theta Tau International Nursing Honorary Society, Lambda Lambda Chapter (2007 to present)

External Professional Service

Catherine Balthazar, Ph.D.

Reviewer, Language, Speech and Hearing Services in Schools (February, 2008 to Present)

Jessica Bonner, Ph.D.

Reviewer, Language, Speech and Hearing Services in Schools (February, 2008 to Present)

Danila Cepa, DHS, OTR/L

Accreditation Evaluator
Accreditation Council for Occupational Therapy Education (ACOTE)
2007 – 2010

Kyusuk Chung, Ph.D.

Member, Planning Committee
The Association of University Programs in Health Administration (AUPHA), 2008 – 2009

Reviewer, Conference Proposal
American Evaluation Association Multi-ethnic Topical Interest Group (TIG) and the International and Cross-Cultural TIG (April, 2009 – Present)

Member, Advisory Board, *Encyclopedia of Health Services Research*, Sage Publishing

Track Chair, Health Care Informatics Track, Business and Health Administration Association Annual Meeting, 2009

Reviewer, *Journal of Palliative Medicine*
Reviewer, *International Journal of Public Policy*
Reviewer, *International Journal of Health Geographics*
Reviewer, *Journal of Medical Systems*

Prisca Collins, PT, Ph.D.

Reviewer, Conference Proposal
American Evaluation Association Multi-ethnic Topic Interest Group (TIG) and the International and Cross-Cultural TIG (April, 2009 – Present)

Jacqueline Elder, Psy.D.

Addictions Expert
Interviewed by Richard Steele on "Eight Forty Eight," radio show, produced by National Public Radio (WBEZ Radio, Chicago)

"What Works and What Doesn't," on the "Brickyard Series with Greg Scott," produced by National Public Radio (WBEZ Radio, Chicago)

Melanie T. Ellexson, DHSc, MBA, OTR/L, FAOTA

Board Member, RESOURCE Foundation, Inc. (June, 2008 – Present)

Elizabeth Essex, Ph.D.

Editorial Board Member, *Journal of Community Practice* (Journal of the Association for Community Organization and Social Administration [ACOSA])

Secretary, Advisory Council, AgeOptions, the Suburban Cook County Area Agency on Aging (September, 2008 – Present)

Member, Workforce and Caregiver Work Group of the Older Adult Services Advisory Committee (October, 2006 – Present)

Manuscript Reviewer, *Journal of Community Practice* – Journal of the Association for Community Organization and Social Administration (ACOSA) (March, May, and September, 2008; January, 2009)

Manuscript Reviewer, *Family Psychoeducation for Serious Mental Illness* (Lefley, H.P., Oxford University Press, 2009)

Manuscript Reviewer, *American Journal on Mental Retardation* – Journal of American Society on Intellectual and Developmental Disabilities (May and October, 2008)

Manuscript Reviewer, *Intellectual and Developmental Disabilities* – Journal of American Society on Intellectual and Developmental Disabilities (July, 2008; March and July, 2009)

Stephanie Hughes, Ph.D.

Journal Reviewer, *Perspectives on Fluency and Fluency Disorders* (2008 – Present)

Tae Hyun "Tanny" Kim, Ph.D.

Proposal Review and Chapter Revision, *Financial Management of Health Care Organizations, 3rd Edition* (June 1, 2007 – July 31, 2008)

Ravi Nigam, Ph.D.

Consulting Editor, "Augmentative and Alternative Communication," *Journal for the International Society for Augmentative and Alternative Communication* (January, 2008 – Present)

Roberta O'Shea, PT, Ph.D.

Member, Public Relations and Membership Committees, American Physical Therapy Association, Neurology Section

Member, Education Committee, Compendium task force of Pediatrics Section, American Physical Therapy Association

Chair, Board of Directors, Center for Independence through Conductive Education, Western Springs, IL

Linda F. Samson, Ph.D., RN, BC; NEA, BC

Secretary, Regional Leadership Board
Prairieland Division, American Cancer Society (September, 2008 – Present)

Dale Schuit, PT, Ph.D., MS

Manuscript Reviewer, *Journal of Foot and Ankle Research* (January, 2008 - Present)

JoAnne Smith, MSW, LCSW

Knitting Class Instructor
Women's Justice Program, Cook County Jail, Chicago, IL (2007 to Present)

Claire Thompson

Committee Co-chair, Walk-a-Thon, Deicke Home for Adults (June 1 – November 1, 2008)

Rebecca Wojcik, PT, Ed.D, GCS

New Member Welcome Subcommittee, Appointed
Illinois Physical Therapy Association (January, 2008 – December, 2009)

Speaker, Assembly of Representatives
Illinois Physical Therapy Association (January, 2008 - December, 2009)

Board of Directors and Executive Committee, Elected
Illinois Physical Therapy Association (January, 2008 – December, 2009)

Grants

Kim Boland-Prom, Ph.D.

Association of Social Work Boards, American Foundation for Research and Consumer Education in Social Work Regulation
A Study of Social Workers Sanctioned by Regulatory Boards
July, 2009
\$25,000 over two years

Kyusuk Chung, Ph.D.

Illinois Department of Public Health
Revision of CON Rules and Regulations
July 2008 – June 2009
\$175,000

Prisca Collins, PT, Ph.D., and Gregory Marchetti, PT, Ph.D. (Duquesne University, Pittsburgh, PA)

EMPI, Inc.
Effectiveness of the Saunders Home Cervical Trac Unit Compared with a Standard Over-the-Door Pulley System with Physical Therapy Exercise Intervention in Patients with Cervical Radiculopathy: A Randomized Clinical Trial.
2008
\$17,545 over two years

Elizabeth Essex, Ph.D.

External Evaluator and grant writing assistance
U.S. Department of Education Office of Special Education and Rehabilitative Services
Career Tracks to Success, Project of SouthSTAR Services, Chicago Heights, IL
October, 2009
\$852,302 over five years

Elizabeth Essex, Ph.D., and Najma Adam, Ph.D.

Governors State University Research Grant
Needs of Arab American Elders
July, 2008 - June, 2009
\$2,710

Phillip Kletke, Ph.D.

Agency for Healthcare Research and Quality (AHRQ)
Unevenness of Physician Medicaid Participation Within Communities
July, 2009 – June, 2010
\$100,000

Roberta O'Shea, PT, Ph.D., and Ann Vendrely, PT, DPT, Ed.D.

Governors State University, College of Health and Human Services mini-grant
Project to Build a Video Library of Training Resources for Physical Therapy Students
May 1, 2007
\$1,460

Dale Schuit, PT, Ph.D., MS

Governors State University Research
Shoulder and Trunk Motion and Perceived Effort During the Traditional and Modified Functional Reach Tests
June, 2008
\$1,354

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