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## CHHS March/April 2014 E-Newsletter

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## CHHS March E-Newsletter

### IRH Participates in Community Event



On January 29th, WKU's Institute for Rural Health had the opportunity to participate in the "Community Connect Day of Hope" held at The Salvation Army in Bowling Green. Held annually, this is a day of partnerships within the community to offer free food, fellowship, goods, and services to many of our underserved in and around Warren County.

Registered nurse Tracey Osborne and Graduate Student, Eiman AlEissa, of the Institute for Rural Health, and Tonya Bragg-Underwood of WKU's RN to BSN program teamed up to provide a total of 111 lipid panel, glucose, and blood pressure screenings at the event. The 37 participants who participated in the screenings were provided a copy of their results, related teaching and instruction, educational material, and doctor referrals as needed. The WKU Institute for Rural Health and WKU School of Nursing are pleased to have the opportunity to work together for such a great event to serve and promote health and wellness in and around Warren County.

### Interdisciplinary Learning at its Best: Impact Belize Service Learning Study Abroad 2014

By: Jan Sandidge, Impact Belize Program Director

Winter term 2014 took 19 students and 6 Faculty/Staff on a service learning based study abroad to Belize through the College of Health and Human Services International Health and Human Service Learning Program (IHHSLP). The trip provided a hands-on interdisciplinary approach to learning while immersed in the culture of Belize.

Students, faculty, and staff from the departments of Communication Sciences and Disorders, Allied Health - Dental Hygiene, Public Health, School of Nursing, and Social work participated in the 9 day program. Local physicians, Dr. Sherry Jones, Glasgow, KY and Dr. Ryan Flammian, Indiana, along with three of Dr. Jones' office staff joined the group in country to assist with service provision.

Participants were required to attend pre-trip orientation meetings to prepare and lay the foundation of working together as a team. The trip began in Belize City with an orientation to the healthcare system provided by the Ministry of Health Central Health Region. The group then traveled to Gales Point, Belize which is a remote Kriol village located in the Southern Lagoon of Belize, approximately 3 hours by bus south of Belize City.

During the stay in Gales Point participants converted a community center into a health clinic and then assisted in providing medical, dental, and pharmacy services to the village. The medical team treated approximately 130 villagers at the clinic and through home visits with the physicians. The dental team saw 47 patients providing: dental exams, cleanings, restorations, varnish application, extractions, and oral hygiene instruction. The Ministry of Health Central Health Region provided a team of healthcare professionals to assist two days allowing students to learn more specifically regarding their profession and how services are provided in the village. The team also met with the local elementary school faculty to discuss education with a focus on literacy development in the village. Students from Communication Sciences and Disorders, Dental Hygiene, and Social Work provided short workshops in the school regarding literacy development, good oral hygiene skills, and sexual education. Students from Public Health engaged in a study regarding air quality in the homes and were able to visit 20 different homes in the village to collect data. While in Gales Point participants engaged in community based cultural learning activities including a Sambai, basket making and cooking demonstration, manatee watch, and a trek through the jungle to see Ben Lomand Cave.

The last two nights of the trip were spent in Lamanai which is north of Belize City in the Orange Walk District. Students were able to contrast the cultural differences in Belize as the population in Lamanai is a more Spanish speaking community and nearby is an Amish community. Participants were able to visit and climb the Lamanai Mayan ruins. Activities also included learning about both land and water based plants and wildlife as well as a presentation by Dr. Frank Mazzotti, Ph.D., professor at University of Florida conducting research on wildlife in Belize.

Students from each discipline were able to enroll in a three credit hour course to complete this program. The program was concluded with a final reflective learning discussion. To learn more about this unique opportunity please visit us online at [www.wku.edu/belizeprogram](http://www.wku.edu/belizeprogram)





## **KRS Graduate Students Attend Leadership Conference**

*\* Original article by was on the WKU News website and can be found at <http://wkunews.wordpress.com/2014/02/20/krs-sbslc-2014/>*

A group of seven graduate students and one faculty member from WKU's [Department of Kinesiology, Recreation and Sport](#) (KRS) attended the 26<sup>th</sup> annual [Southwestern Black Student Leadership Conference](#) (SBSLC) Jan. 16-19 at Texas A&M University in College Station, Texas.

This year's conference was designed to create a forum in which student leaders are able to develop personally and professionally through superior programming and intellectual discourse. The WKU group participated in leadership, educational, professional and cultural workshops.

“It is my great pleasure to welcome African-American students to one of the largest and most prestigious student-run collegiate leadership events in the nation,” Conference Chair Natalie Dunn said. “SBSLC has been dedicated to empowering student leaders to excel academically and become productive leaders and citizens in their communities for more than 25 years. It is our hope that this four-day conference inspires participants to strive for professional, personal and academic growth as leaders.”

Brittany Prather of Henderson, a graduate student in the Master of Science in Recreation and Sport Administration (RSA), found the conference to be interactive and an excellent networking opportunity. “The whole conference was leadership based and helped attendees to not only build upon their existing skills, but it also pushed us outside of our comfort zones,” Prather said.

WKU students also promoted the Master of Science in Recreation and Sport Administration by sponsoring a booth at the conference career and vendor fair. “I am so proud that our graduate students and faculty are willing to market the RSA program to future generations of WKU students,” said Dr. Fred Gibson, Director of Graduate Programs in the Department of Kinesiology, Recreation and Sport. “They are recruiting outstanding students from across the country with their testimonials about the WKU experience.”

Dr. Evie Oregon, faculty advisor for the conference trip, noted that the “entire experience was a great opportunity for our graduate students to enhance their leadership skills, to promote the RSA program and recruit future minority students. They represented WKU well.”

WKU students who attended the conference were: **Teranie Thomas** of Dallas, Texas; **Brittany Prather** of Henderson; **Shirrita Newton** and **Jared Clendinin**, both of Atlanta, Ga.; **Desmond Davidson** and **Andre Farrell**, both of Louisville; and **Jamal Forrest** of Miami, Fla.

Travel costs and conference registration fees were covered for each WKU student through funding by the KRS Department and the Graduate School.

**About the SBSLC:** The mission of the Southwestern Black Student Leadership Conference is to present the importance of combining knowledge with family, religion, culture, and community to be used as tools to become productive members of society is our mission as “Today’s Black Leaders: Our Hope for Tomorrow.” As members of the African American Community, we must use our strength and pride to take the initiative to educate our youth and to help them to focus on their futures. It is not for us to wait until tomorrow to rescue our young people from the dangers surrounding us; the time is now. The conference encompasses history, leadership and networking skills, and self-improvement techniques. In addition, the conference values clarification and uses corporate America to inspire and motivate the intellect of young Black collegians to be productive leaders of tomorrow. For information on the conference please visit <http://sbslc.tamu.edu/>.

Contact: Dr. Evie Oregon, (270) 745-2080 or [evelyn.oregon@wku.edu](mailto:evelyn.oregon@wku.edu).



**WKU's Master of Science in Recreation and Sport Administration was featured at the career and vendor fair. Front row: Teranie Thomas and Brittany Prather; back row: Jared Clendinin and Evie Oregon.**



**WKU students who attended the Southwestern Black Student Leadership Conference were (from left) Jared Clendinin, Teranie Thomas, Andre Farrell, Brittany Prather, Jamal Forrest, Desmond Davidson and Shirrita Newton.**

### **FACS Professor Featured in WKU Herald**

*Original article by Anna Roederer can be found at [http://wkuherald.com/life/article\\_6060c122-99b9-11e3-a379-001a4bcf6878.html](http://wkuherald.com/life/article_6060c122-99b9-11e3-a379-001a4bcf6878.html)*

Along with her collection of eight hundred cookbooks, one professor is adding flavor to WKU with her years of experience in the field of nutrition and dietetics.

Known to her students as “Chef Lee,” Julie Lee worked as a dietician and diabetes educator and was an executive chef at a large hospital in Cincinnati, Ohio prior to coming to WKU to teach food and nutrition courses.

"I loved the pastries," Lee said. "I loved working in kitchens, but I also love being an educator."

Lee was a single mom with a 2 year old working 80 hours a week while running the hospital kitchen before she came to WKU in 2006. She said that she always wanted to get work experience before teaching.

"You have to have seen what not to do. You very rarely see what to do. That's what the textbooks are for," Lee said.

Richard Patterson, associate dean of Facilities and Management, was on the hiring committee for Lee and was impressed with her credentials.

"She's a great person to work with," Patterson said. "She knows more about food than most people I know."

Lee has taught in both the hospitality and dietetics sides of the major and wants her students to draw on the background knowledge they have learned in her class to think on their feet when they are working.

Hopkinsville senior Ernest Simmons said that Lee's classes have helped prepare him for a job.

"She relates everything we talk about in class to everyday life so that it is all not just textbooks but is related to what is actually going on in restaurant management today," Simmons said.

Lee said that she tells her students to "logic through it" because she believes it to be the most important thing to do. Simmons has experienced this firsthand while studying under Lee.

"She [Lee] would really have us think for ourselves and work our way through some problems we may have," Simmons said.

Patterson said that he has "somewhat stolen" Lee from the dietetics program, and she is primarily now in the hotel, restaurant, tourism management concentration because of her skills.

"In order to be a dietician, you have to know food and you have to know management," Patterson said.

Lee started working in restaurants when she was 14. Originally, she studied pre-med, but Lee dropped out of college her freshman year and worked as a chef for several years before going back to school to study nutrition and dietetics in Cincinnati. She then completed her associate's degree in culinary arts in Denver.

Lee worked full time as a pastry chef while she was a full time student. The long hours she put in to get through school came at a cost. She graduated with not only a degree but also with diabetes — leading her to specializing in Diabetes Education.

"Diabetes is just my passion," Lee said.

“I don’t think enough people understand it. A lot of people think it is a death sentence, and it doesn’t have to be.”

Lee said her diabetes was triggered by only getting four to five hours of sleep every night while completing her degree and that people don’t realize how significant sleep deprivation is.

“I’m very against cramming for tests,” Lee said. “You stay up all night studying...that is just like taking a test after drinking one or two beers.”

"The variety that she gives us is just different than what I have experienced in previous classes."

Lee keeps herself busy. While teaching full time at WKU, she is also working on a doctorate and working part time at the hospital.

“I like to broaden people’s palettes and experiences,” Lee said.

Lee’s passion is diabetes education as well as international cuisine. She teaches an international cuisine class during the summer that fulfills a general education world cultures requirement.

She compiled 455 recipes for the five week course, requiring the students to cook two recipes three days a week in the class.

Lee said that she pesters her friends from other countries for recipes and that she gathers recipes from international students as well.

Simmons said his favorite part of being in Lee’s classes is her diverse background.

“She can give us a story about anything and how she has traveled and worked in different restaurants and different situations and hospitals," Simmons said.



## Dorothy Edwards/HERALD

WKU professor Julie Lee assists Brazil freshman Bruno De Sousa (left) and Louisville sophomore Bruce Hunt (right) in her food science class on Tuesday, Feb. 18. Lee has been teaching at WKU for eight years and previously worked as a chef. "I've always wanted to teach and I've always wanted to be a chef," Lee said. "I can't believe I have been here so long, I have never worked anywhere this long before." (Dorothy Edwards / Herald)

### **CSD Spring 2014 Research Newsletter Now Available**

Communication Sciences and Disorders (CSD) Spring 2014 Research Newsletter is now available. You can visit <http://www.wku.edu/communicationdisorders/news/index.php?view=article&articleid=2821> or click [here](#) to be taken directly to the PDF copy.

### **Kentucky Health Benefit Exchange (Kynect) Session**

Bill Nold, Deputy Director of the Kentucky Health Benefit Exchange (Kynect), presented in Bowling Green on February 18, 2014 at the Medical Center/WKU Health Science Complex. This event was sponsored locally by the College of Health and Human Services, South Central Kentucky AHEC, and the Institute for Rural Health. Eighty-four people including health care providers, administrators, boards of directors, community agencies, coalitions, patient navigators, university faculty/staff, and students attended the informational session. The Affordable Care Act (ACA) requires each state to create a health exchange or participate in the federal exchange. Mr. Nold provided the audience with a brief overview of the Kynect benefit exchange, as well as the total enrollment for the Commonwealth of Kentucky.



For more information about this session, please contact Lucy Juett at (270) 745- 3325 or Matt Hunt at (270) 745-4138.

### **FACS Student Publishes Book about Type 1 Diabetes**

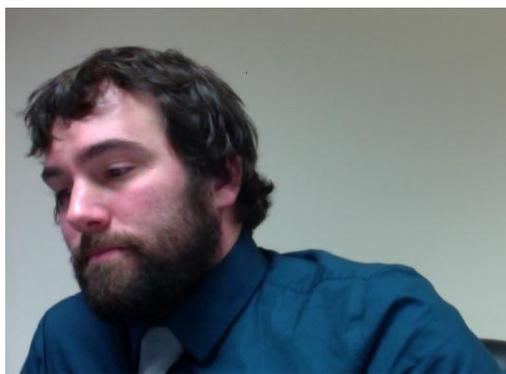
Caitlynn Oberhausen, a Family & Consumer Sciences (FACS) student recently published a book that addresses the myths and misconceptions of Type 1 Diabetes. Please visit <http://www.lulu.com/shop/caitlynn-oberhausen/the-truth-about-type-1-diabetes-the-myths-exposed/paperback/product-21473207.html;jsessionid=F52A8526BA2A5D92135241A980987110> to get more information about the book and to place an order.

### **Public Health Faculty Member Receives Best Paper Award**

Dr. Colin Farrell, a professor in the Department of Public Health, received an award at the Spring 2014 Conference in Biloxi, Mississippi. Authors: Colin Farrell, Visiting Assistant Professor in Public Health; PhD in Medical Sociology and MPH in International Epidemiology. Co-Authored the paper with Mark Lanier, Professor in Criminal Justice at University of Alabama.

Paper: It was our belief that human trafficking should be redefined as a public health issue, opposed to solely a legal issue. There are multiple reasons for this, but one of them is strictly procedural - victim identification. The purpose of the paper was to explore the perception of human trafficking from the view of law enforcement. We surveyed law enforcement departments in all Florida (FL) counties and in South Africa (RSA). Part of the survey asked the respondent to report 'level of concern' regarding human trafficking in general (which would reflect the concern of the department) and then 'level of concern' regarding human trafficking for other societal entities - media, politics, citizens, and public health. We also had the chance to interview FL sheriffs and lawyers who represented human trafficking victims. Our results (qualitative and quantitative) suggest that law enforcement agencies in Florida and South Africa perceive human trafficking to be as much of a concern (RSA) if not a *greater* concern (FL) for public health than it is for law enforcement. As such, if we can incorporate the public health infrastructure into the human trafficking conversation, we would likely increase the number of victims identified.

Process: Peer selection. Each paper was presented, and then the audience (other presenters and interested parties) were asked to vote for the best paper. The votes were tallied and the paper with the most votes was awarded 'Best Paper.'



**Dr. Colin Farrell**