

MAY 2016 NEWSLETTER



The SHSE Administrative Team

Janet L. Gooch, Dean
Paula Cochran, Chair of CMDS
Mona Davis, Assistant to the Dean
Roberta Donahue, Chair of HES
James Judd, Director of the RPDC
Pete Kelly, Chair of Education
Stephanie Powelson, Chair of Nursing

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

It will soon be the end of another successful academic year! Time to look back and time to look forward. Take some time to think about what worked and what didn't work so well this year. Write down some ideas for what habits or practices you want to continue and what you want to change next year. Start planning your summer fun!

In the spirit of reflection, I'm inviting everyone to send me a "blurb" via email about some part of their year. Something brief but meaningful. What was your favorite event of the year? Describe a specific "highlight" or "lowlight". Favorite project? Favorite student moment? Most humorous event of the year? Just reflect back on something from AY 2015-2016 and "blog" about it. Mona and I will collect these "blurbs" and present them again in the first newsletter of AY 2016-2017. It will be fun. I hope you will participate.

For me, AY 2015-2016 will be forever remembered as the year of the Education CAEP site visit. The degree of collaboration and commitment exhibited by the Education faculty to get "the job done" was incredible. The planning, the writing, the reading, the changes, the progress...all amazing. The irony – the kicker so to speak...Education had the site visit dates planned well in advance, nearly a year prior to the visit, and as the site visit drew near and we had a tentative agenda planned for the site visit team including a trip over to the Kirksville R-III Schools on Monday, February 29th we learned that Kirksville R-III wasn't in session that Monday! The irony that this was also February 29th, a leap year, did not go unnoted. It hardly mattered in the long run – the ED team pulled it all together and successfully executed the visit!

There were many memorable moments of AY 2015-2016, some in a good way and some...well, less so. I would love to hear yours, so please share by responding in an email. We will compile our collective memories and revisit in the fall, 2016.

Many thanks. Enjoy summer!

Janet

Leadership Recognition Banquet

The Center for Student Involvement Leadership Recognition Program was held March 30 in the Student Union Building. The Leadership Recognition Program is designed to recognize students, advisors and organizations that have inspired and impacted Truman's campus. This year focused on inspirational leadership. Among awards presented were: Outstanding New Organization Award: Best Buddies (nominee); E.M. Violette Outstanding Advisor Award: Kelly Freeland and Liz Jorn (nominees); Women of Distinction Faculty Award winner Melody Jennings, with Patricia Hanson and Alicia Wodika (nominees); and Outstanding Organization Award winner Student Public Health Association.

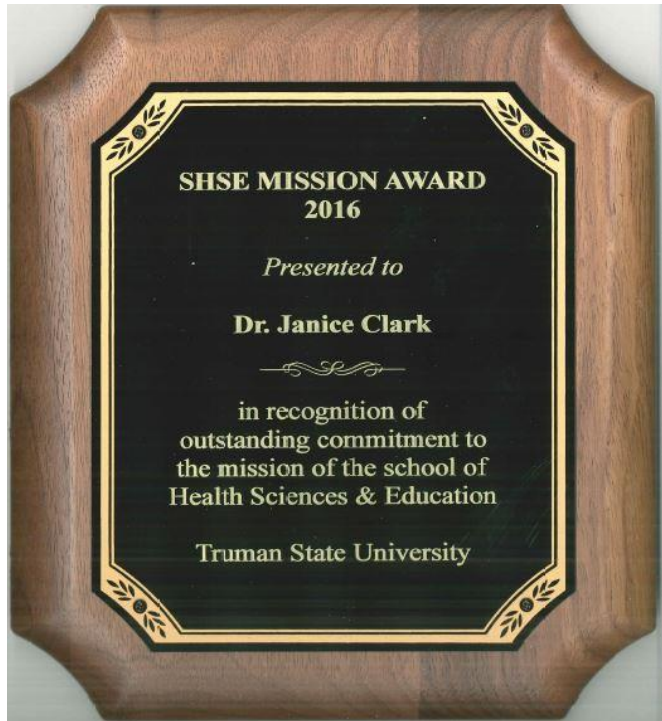
Janet L. Gooch, Ph.D., CCC-SLP, completed the Boston Marathon, April 18, in Boston, Massachusetts. This was her third Boston Marathon and 16th marathon. Janet is pictured with one of her several congratulatory bouquets, this one from her son, Andrew.



Eighth Annual Language and Literacy Conference

Dr. Lisa Goran and Ms. Mary Rose Salles, MAE alumna, were the featured speakers at the Eighth Annual Language and Literacy Conference, April 22. Their topic was "Enhancing Students' Vocabulary Skills Using Evidence-Based Instruction and Interventions." The event was attended by more than 100 college professors and students, general education teachers, special education teachers, speech-language pathologists, and others who learned to maximize vocabulary instruction and intervention by identifying which words to target and how to do so effectively, critical concepts related to vocabulary development and word learning, factors to consider when selecting and instructing target words, as well as how to determine student growth within instruction and intervention.





Congratulations to Dr. Janice Clark, who was awarded the second annual **School of Health Sciences and Education (SHSE) Mission Award**, April 28. The award was established last academic year by Dr. Janet L. Gooch, Dean, to honor a faculty member in the School who has distinguished her / himself by participating and excelling in activities that model the mission of the School. In the nomination, the submitter wrote, "Janice exemplifies the SHSE Mission as demonstrated by her service in the department, to the university, and always to the students in HES and across campus. Her courses are always organized and efficient with incredible detail. She embodies professionalism and is a leader in health education." Dr. Clark received a plaque and is eligible for reimbursement up to \$500.00 for an activity or resource that will further her work / development and help her continue to model the SHSE mission.

May 2016 Commencement

Commencement ceremonies for the Truman May Class of 2016 will be held Saturday, May 7. Of the 972 candidates (as of this writing), 290 ($\approx 30\%$) are from the School of Health Sciences and Education. The Registrar Office reports the following numbers:

The Communication Disorders (CMDS) Department has 49 candidates: 9 for Bachelor of Arts (BA), 17 for Bachelor of Science (BS), and 23 for Master of Arts (MA) in CMDS.

The Education Department anticipates 72 graduates from the Master of Arts in Education (MAE): 27 in Elementary Education, 9 in English, 5 in Exercise Science, 8 in History/Social Science, 12 in Music, 3 in Science, 7 in Special Education, and 1 in Visual Arts.

Health and Exercise Sciences has 3 candidates for the BS in Athletic Training, 84 for the BS in Exercise Science, and 46 for the BS in Health Science.

Nursing expects to graduate 36 with the BS in Nursing.

Service Recognition

Congratulations to School of Health Sciences and Education members who will be honored May 12 at the annual Service Recognition luncheon in the Georgian Room. Honorees include: Five Year: Susan Lambert, Nursing and Brian Snyder, Health & Exercise Sciences; Ten Year: Myra Collins, Regional Professional Development Center and Paul Yoder, Education; Fifteen Year: Wendy Miner, Education; Twenty Year: James Padfield, Health & Exercise Sciences and Stephanie Powelson, Nursing; Twenty-Five Year: Lori Murray, Regional Professional Development Center and Retiree: Paula Cochran, Communication Disorders.

School of Health Sciences and Education Outstanding Students

The School of Health Sciences and Education recently named outstanding undergraduate and graduate students to be recognized at the Academic Honor Awards Assembly. The Assembly will be held Friday, May 6, in the Georgian Room. The reception will begin at 5:00 p.m. and the awards ceremony will begin promptly at 5:30 p.m. Students to be honored include:

Communication Disorders Department

Kylie Warner: Outstanding Graduate Student in Communication Disorders
Kaytlin Tippin: Outstanding Undergraduate Student in Communication Disorders

Education Department

Elle Irons: Outstanding Graduate Student in Elementary Education
Stephanie Sherman: Outstanding Graduate Student in Special Education
Conner Katsev: Outstanding Graduate Student in Secondary Education (History/Social Science)

Health and Exercise Sciences Department

Kevin Madden: Outstanding Undergraduate Student in Athletic Training
Ashley Kuykendall: Outstanding Undergraduate Student in Health Science
Abigail Werner: Outstanding Undergraduate Student in Exercise Science

Nursing Department

Laura Dungan: Outstanding Undergraduate Student in Nursing

Communication Disorders

Dr. Amy Teten and Ms. Melissa Passe attended the annual meeting of the Council for Academic Programs in Communication Sciences and Disorders, March 30 – April 2, in San Antonio, Texas.

Congratulations to talented and hard-working students who were selected as student research award winners at the 57th Annual Missouri Speech-Language-Hearing Association (MSHA) Convention, April 7 – 10, at Tan-Tar-A Resort, Osage Beach. The theme of the convention was “Passport to Success: A World of Opportunities.” The two outstanding posters and two outstanding technical sessions by undergraduate and graduate students received a monetary award from MSHA.

Outstanding Undergraduate Technical Session:

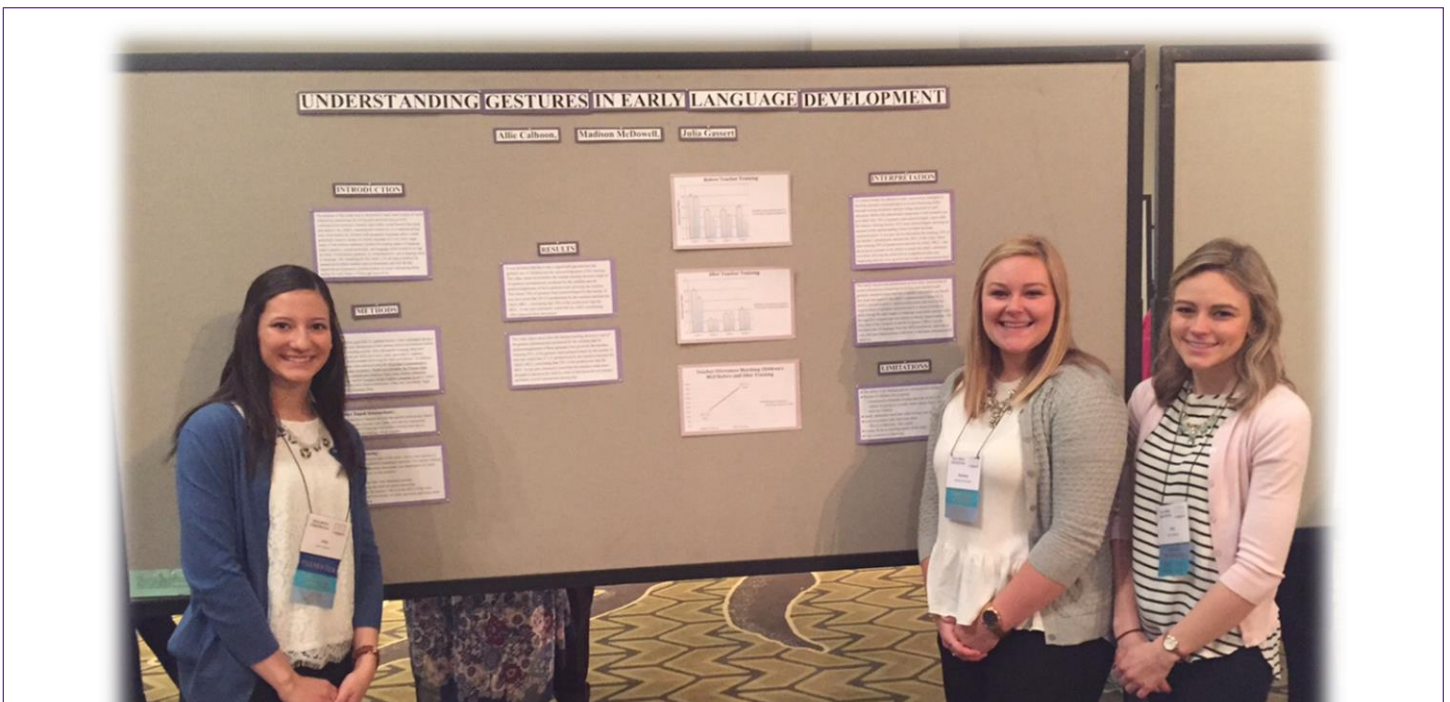
Comparison of Effects of Yoga and Straw-Phonation on Voice Quality
Christina Jones, Callie Templeton, Madison Kusmec
Mentor: Dr. Julia Edgar

Honorable Mention, Undergraduate Technical Session:

Musicians and Noise Induced Hearing Loss
Josie Greenemay, Hailey Koob, Abigail Wilson
Mentor: Dr. Ilene Elmlinger

Communication Disorders (CMDs) students made presentations at the MSHA Convention. They are listed along with their research supervisors: *Comparison of Effects of Yoga and Straw-Phonation on Voice Quality*, Christina Jones, Callie Templeton, Madison Kusmec, supervisor Julia Edgar, PhD, CCC-SLP; *Musicians and Noise Induced Hearing Loss*, Josie Greenemay, Hailey Koob, Abigail Wilson, supervisor Ilene Elmlinger, AuD;

Noise Exposure and Temporary Threshold Shift, Jordan Ganter, Michelle Goedeker, supervisor: Ilene Elmlinger, AuD; *Comparison of Guardian and Teacher Report With EHS Screening Results*, Sarah Ostermiller, Hannah Mahon, supervisor Ilene Elmlinger, AuD; *Putting Purpose Behind Play: Language Enrichment at Early Head Start*, Natalie Keller, Kaytlin Tippin, Lauren Hennenfent, supervisor Ilene Elmlinger, AuD; *Effects of Visual and Verbal Cueing on Question Asking*, Alexis Hinkhouse, supervisor Julia Edgar, PhD, CCC-SLP; *Non-Speech Oro-Motor Exercises on Intelligibility of Dysarthric Speech*, Alyssa Hand, supervisor Julia Edgar, PhD, CCC-SLP; *Minimal Pair Treatment on Speech Intelligibility*, Hannah Kreinberg, supervisor Julia Edgar, MA, CCC-SLP; *Efficacy of Auditory Bombardment in the Treatment of Phonological Processes*, Jessica Stevens, supervisor Paula Cochran, PhD, CCC-SLP; *The Effect of Focus Toys on Incidence of Challenging Behavior*, Lynde Blakely, supervisor: Paula Cochran, PhD, CCC-SLP; *Choral Reading and Whispered Self-Practice: Increasing Oral Reading Fluency*, Mackenzie Mack, supervisor Paula Cochran, PhD, CCC-SLP; *The Effect of Syllable Drills on Productions of Initial R*, McKenzie Veselic, supervisor Paula Cochran, PhD, CCC-SLP; *Sight Word Short Stories and Sight Word Reading Accuracy*, Kristen Ottenlips, supervisor Paula Cochran, PhD, CCC-SLP; *Using an Alphabet Card to Cue Spelling in Broca's Aphasia*, Morgan Schmitz, supervisor Julia Edgar, PhD, CCC-SLP; *The Contribution of Charting on Correct /r/ Production*, Taylor Kramer, supervisor Paula Cochran, PhD, CCC-SLP; *The Effects of a Musical Warm-Up Activity on Communication Attempts*, Taylor Reed, supervisor Julia Edgar, PhD, CCC-SLP; *Questions*, Taylor Schmelder, supervisor Paula Cochran, PhD, CCC-SLP; *Effect of Visual Biofeedback on Intonation*, Kaitlin Terrel, supervisor Julia Edgar, EdD, CCC-SLP; *Understanding Gestures in Early Language Development*, Allie Calhoon, Julia Gassert, Madison McDowell (pictured below), supervisor Janet Gooch, PhD, CCC-SLP.



Allie Calhoon, Julia Gassert, and Madison McDowell (pictured above), presented their research, *Understanding Gestures in Early Language Development*, at the 57th Annual Missouri Speech-Language-Hearing Association (MSHA) Convention, April 7 – 10, at Tan-Tar-A Resort, Osage Beach. They were supervised by Janet Gooch, PhD, CCC-SLP.

CMDS faculty sponsored the twelfth annual TruBash, a gathering for Truman alumni and friends, at the MSHA Convention, April 8, in Osage Beach. TruBash, a very successful reunion event, is an opportunity for faculty, current students, and former students to connect. Food, beverages, and door prizes were provided.

Dr. Paula Cochran was recognized as a finalist for the Outstanding Research Mentor of the Year Award during the Accolades of Academics Banquet, April 18. The selection committee is made up of students and the award is jointly sponsored by Student Senate and the Office of Student Research.



Dr. Paula Cochran is pictured, center, surrounded by CMDS faculty and staff, at her retirement party April 22.

CMDS held its annual Graduating Student/Awards Ceremony and Luncheon, April 29. During the ceremony, students were recognized for their outstanding achievements. Also, community members who have assisted the CMDS Department and Speech and Hearing Clinic were recognized during the ceremony. Congratulatory wishes were extended to all students who are graduating.

CMDS faculty will accompany 25 CMDS students, May 24 through June 1, to Puerto Vallarta, Mexico. Participants in the CMDS Study Abroad Program (CMDS Experience in Mexico) will provide consultation, screening, and speech-language enrichment at the Refugio Infantil orphanage/school and the Pastitos de Luz (a day care center serving children with disabilities). Individuals who would like to donate small toys, games, and books should contact Ms. Andrea Richards arich@truman.edu

Education

Education Department Chair Dr. Peter Kelly has challenged the other SHSE Departments to see who can raise the most money for the Food Bank for Central and Northeast Missouri at the third annual Kirksville Buddy Walk fundraiser, Saturday, August 27, at Kirksville High School Spainhower Field. This is the Saturday after the first week of classes. Mark your calendars and start organizing your teams! “If we put this on our radar now, we should be able to really give the Food Bank a needed boost,” Dr. Kelly said.

The spring MAE film series screened *Go Public: A Day in the Life of an American School District*, April 7, in Baldwin Hall Little Theatre. *Go Public* is a documentary film portraying one day in the life of the Pasadena, California public schools. The film aims to provide a counter narrative to the negative perceptions of the quality of public schools in America. A small but enthusiastic crowd was on hand.



International and study abroad students were invited by Study Missouri to participate in the 2016 Photo Contest for International Education Day. Winning entries were displayed in the Missouri State Capitol Rotunda April 12, during International Education Day. MAE student and Department of Defense Dependents Schools (DoDDS) intern, Victoria Halfmann, entered the above photo. It was captioned *Silver Lining* and in Victoria's words, "The mountains, the snow, the clouds, the sun. Above the clouds and into the Sun I went as I ascended the ski lift at Kronoplatz in the Dolomites of Italy. Only for minutes could I walk around after twisting my knee two days before. Thank God for my lift pass which carried me above the clouds in the valley to open my eyes to the bright, shining snow of a world I never imagined. I was on top of the world."



Four of the spring MAE interns were guest speakers at the Knox County Rotary Club meeting, April 7, in Edina. Ms. Bev Peters, clinical instructor at Truman, and Ms. Nancy Goodwin, Knox County R-1 special programs director/middle school principal, gave a brief overview of each institution and the creation of the Truman/Knox County R-1 partnership that began in the fall of 2015. The interns then had an opportunity to share with the Rotarians the benefits they received as future educators as a result of their placement in this local school district that is distinctive because of the one-to-one initiative (every student has an iPad) and the technology-rich educational environment. After the interns' initial remarks, they fielded questions from the audience. Three of the four interns are MAE Special Education and the fourth is MAE Elementary Education.

Ernest Motley has been hired as Kirksville R-III primary school principal after having been principal at Macon R-I for the past 14 years. Ernest and his wife Marilyn are both MAE alums and their oldest son Austin is presently pre-MAE. Congratulations, Ernest!

Health and Exercise Sciences

The Masters of Athletic Training (MAT) was approved, April 27, on the Missouri Department of Higher Education Coordinating Board consent agenda.



The Mid-America Athletic Training Association (MAATA) held the district meeting, March 17 – 19, in Springfield, with eight Truman students and two Truman faculty in attendance. JoJo Hudgings presented *Comparison of Percent Fat Prediction Methods in College Wrestlers* and Mackenzie Snyder presented *A Case of Hemochromatosis: Pumping Iron has a Whole New Meaning*. Pictured above are JoJo Hudgings, Mackenzie Snyder, and Allison Crew.



The Truman Athletic Training Quiz Bowl team made it to the final round at district competition by placing first in their section out of seven teams. The team competed well but fell short of a trip to the national convention. Pictured above are Madi Hoppe, Jordan Beckett, Mackenzie Mertz, and Kevin Madden.

To celebrate National Public Health Week (NPHW), April 4 – 10, the health communication students and nutrition students worked to educate the campus and surrounding community about the many accomplishments of public health. The classes also worked to raise awareness concerning food insecurity, safe sexual practices, older adult health, healthy eating habits, and physical activity.

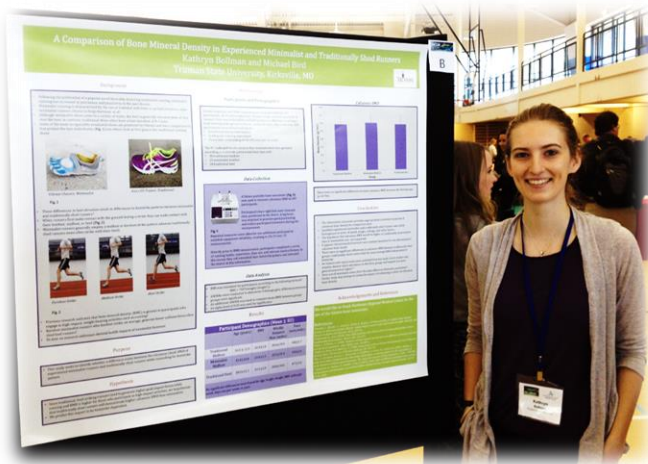


The health communication students launched the “This is Public Health” social media campaign publicizing Truman’s public health efforts.

President Paino attended one of the National Public Health Week tabling events.



The nutrition students tabled all week at HyVee, Walmart, and on campus to collect donations for the Food Bank and to raise awareness about food insecurity in Missouri. The students raised almost \$1,600.00.



Kathryn Bollman (pictured left), a double major in economics and math, presented her research, *A Comparison of Bone Mineral Density in Experienced Minimalist and Traditionally Shod Runners*, at the 30th annual National Conferences on Undergraduate Research (NCUR) conference, April 7 – 9, in Asheville, North Carolina. Kathryn's project, one of eleven presented at the conference by Truman students, was funded by a TruScholars grant and mentored by Dr. Michael Bird.

Student Public Health Association (SPHA) members attended the Public Health Scholar Bowl and Trivia Challenge, April 8 – 10, at St. Louis University. After leading all 13 teams in the Trivia Challenge, they placed third overall.



SPHA members Chaney Cooper, Alex Connor, Brendan Cronley, Clare Pond and co-advisor Dr. Alicia Wodika.



Trivia Team members ready for their next match.

The Student Public Health Association welcomed 12 new members in the spring semester. SPHA is co-advised by Dr. Janice Clark and Dr. Alicia Wodika.



HLTH 440 Capstone Project – Mental Health Awareness Week

Mental Health Awareness Week, April 11 – 14, was planned and hosted by Katie Larabee, Dominique Boesch, Jenny Lowe, and Laura Kimin in HLTH 440 as their senior capstone project. Activities included yoga on the quad, a speaker on mental health, mental health screenings offered by University Counseling Services, informational tables, and an online chat to help “Break the Stigma” of mental health issues on campus. Additionally, Dr. Lou Ann Gilchrist offered a Mental Health First Aid course on April 16 with 22 participants, including the four HLTH 440 students.



Dominique Boesch and Katie Larabee at their table in the SUB



Mental Health First Aid participants and Dr. Lou Ann Gilchrist



Yoga on the Quad activity

HLTH 440 Capstone Project – Hearing Awareness Week



Joetta Schmidt and Michelle Coots planned and conducted a Hearing Awareness Week. They hosted an informational table in the SUB utilizing “Jolene,” the decibel manikin, and distributing ear plugs and ear buds. Participating students could insert their iPod earbuds into Jolene’s ear to learn the decibel level of their iPod music. Joetta and Michelle worked with Dr. Ilene Elmlinger, CMDS, to schedule hearing tests for interested students. When the week’s guest speaker became ill, Ms. Sheila Garlock, CMDS, graciously consented to make an emergency substitute presentation on Sign Language.

HLTH 440 Capstone Project – NEMO Heart Health Gents and Joules Gala

Sydney Thomas and Erin Champ's senior capstone project was to assist the NEMO Heart Health's Gents and Joules Gala planning committee. During their project they recruited and supervised volunteers, secured sponsors and prizes, created a sponsor slide show, located a student photographer, assisted during the event, as well as helped with the set-up and clean-up. Sydney Thomas (left) and Erin Champ (right) are pictured at "Casino Night" held at the Newman Center in Kirksville.



HLTH 440 Capstone Project – Skin Health Awareness Week



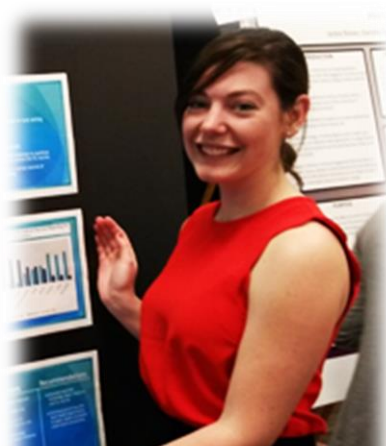
Alexa Kuenzel and Michalina Tomczak presented Skin Health Awareness Week and hosted Dr. Nathan Cleaver of Cleaver Dermatology as the featured speaker on "Skin Health. Alexa (left) and Michalina (right) are pictured with Dr. Cleaver during the presentation.

Dr. Janice L. Clark was a faculty mentor for two student research projects at the Student Research Conference. Both of these were oral presentations: Meghan R. Meyers presented her McNair research, *College Students' Health Perceptions of Electronic Cigarette Use* and Michalina Tomczak and Alexa Kuenzel presented *Truman Skin Health*.

Health Science Students Present at Student Research Conference



Sung Huh, Leyna Craigmile, and Kacie Isaacson presented *The prevalence of body image issues among sorority women*. They were mentored by Dr. Alicia Wodika.



Joetta Schmidt and Jessi Falvey presented on *Parental Awareness and Behaviors of the Flu Vaccine*. Jessi is pictured above. Both students were mentored by Dr. Alicia Wodika.



Meghan Jones presented *Perceptions of Sexual Consent and Alcohol Consumption among College Students*. Meghan received a mini grant from the SHSE and was mentored by Dr. Nancy Daley-Moore and Dr. Alicia Wodika.

HLTH 366 Fundraiser

This semester the two sections of HLTH 366 Program Assessment and Planning in Health raised money to help fund Kirksville Child Development Center's (K-CDC) future bike path. The paved bike path is scheduled to be completed during the summer of 2016 and will allow the children to use their tricycles and bicycles more than in their present small concrete area. After meeting with Ms. Katy Korte, Director of K-CDC, students in Dr. Alicia Wodika's and Dr. Janice Clark's sections of HLTH 366 were each assigned to develop project proposals. Students presented proposals to their classmates and one fundraising project was selected by each class. Dr. Wodika's students chose to design and sell "Club Pickler" tee-shirts, while Dr. Clark's class organized a free movie night and sold refreshments and requested donations. A total of \$719.00 was raised by both HLTH 366 classes with Dr. Wodika's students raising \$391.60 and Dr. Clark's class raising \$327.40. Pictures of the HLTH 366 students and Ms. Korte are below.





Students in HLTH 260 Human sexuality completed over 300 hours of service learning projects during the spring semester. Projects included Condom Awareness Week, participation in the Vagina Monologues, Pink Tax Awareness Tabling, STI awareness month, Body Image Awareness, and women's mental health discussions with the Women's Resource Center.

HLTH 440 Senior Capstone Projects

At the end of each semester, students from Dr. Janice Clark's HLTH 440 Program Implementation & Evaluation course present their capstone projects in a Showcase to the campus and community. This year's Showcase of senior capstone projects was presented to Truman students, faculty, parents, and community supervisors, April 26 and 28, in VH 1010. Each student (individual, in pairs, or in groups of 3-4) selected their campus/community project prior to the spring 2016 semester and began initial work with their project supervisor before returning to campus in January. The project requirement is a minimum of 30 service hours, with many projects exceeding this number. Some projects were student-initiated and others were either new campus/community projects or a continuation of an existing project. Students were responsible to plan, implement, and evaluate their work under the guidance of their project supervisor. Some students applied for campus grant funding (GIASR, MO-PIP, or organizational grants) to finance their projects. Projects presented April 26 include: *Mental Health Awareness Week*, Dominique Boesch, Katie Larabee, Laura Kim & Jennifer Lowe (Dr. Janice Clark, supervisor); *HLTH 410 Teaching Assistant*, Sam Koenig (Dr. Nancy Daley-Moore, supervisor); *Mental Health Research*, Emma Hegemann & Shelby Partridge (Dr. Roberta Donahue, supervisor); *Wellness Zone Campus Food Consumption Patterns Study*, Helen Curran, Marie Arnett, Whitney Richardson & Nick Anderson (Dr. Paul Yoder Supervisor); *Wellness Zone Self-Study Modules*, Victoria Sells & Cierra Utter (Mrs. Evonne Bird, supervisor); *NEMO Heart Health Gents & Joules Gala*, Erin Champ & Sydney Thomas (Mrs. Heather Darrah, supervisor); *Campus Sexual Health Project - Coordinate CPE training & overall sexual health awareness group*, Ashley Kuykendall (Dr. Nancy Daley-Moore, supervisor); *SHAG Presentations*, Michelle Draper, Kendra Woolman, & Brad Skeens (Dr. Nancy Daley-Moore, supervisor); *SHAG Website Development*, Jihee Lee, Dongxue Wang & Emma Robertson (Dr. Nancy Daley-Moore, supervisor); *HLTH 260 Teaching Assistant*, Bonnie Kempker (Dr. Alicia Wodika, supervisor); and *Skin Health Research & Awareness Week*, Alexa Kuenzel & Mischa Tomczak (Dr. Janice Clark, supervisor). Poster presentations were April 28 in VH lobby. Projects presented April 28 include: *Body Image Research*, Leyna Craigmile, Kacie Isaacson, & Sung Huh (Dr. Alicia Wodika, supervisor); *Buddy Pack Project Coordinators*, Christian Reiling & Ryan Mayer (Mrs. Susan Dublin, supervisor); *ATSU AHEC Fall Prevention Project & Presentations*, Ashley Bond, Meghan Meyers & Na'Kea Shepard (Dr. Janet Head & Ms. Amanda Mills, supervisors); *ATSU AHEC Sodium Reduction Project & Presentations*, Casey Nebbitt & Harry Bernard (Dr. Janet Head & Ms. Amanda Mills, supervisors); *HLTH 255 Teaching Assistants*, Amanda Robinson, Kelli Butler & Bailey Leftwich (Dr. Roberta Donahue, supervisor); *Alcohol Awareness Week*, Alex Connor & Katherine Golson (Mr. William Nelson, supervisor); *Genesis House Fundraiser/Gala*, Emma Staecker & Lauren Renschler (Ms. Sandra Novinger, supervisor); *Faith Lutheran School Health Life Skills (Gr.7-8) Lessons*, Maria Caputa & Grace Holthaus (Mrs. Debbie Lawrence, supervisor); *Hearing Awareness Week*, Michele Coots & Joetta Schmidt (Dr. Janice Clark, supervisor); and *HLTH 195 Teaching Assistant*, Patrick Zink (Mrs. Jana Arabas, supervisor).

HLTH 349 Research Methods Poster Presentations

Two sections of HLTH 349 Research Methods for Health Sciences, presented their research at a poster competition, April 28, in the Violette Hall atrium. Student groups and presentation topics included: Section 01: *College Student's Perceptiosn on Skin Health* by Allie Dougherty, Rachael Reckamp, Courtney West, Kim Williams; *Effect of Social and Service Organizations of Self-Esteem in Undergraduate Students* by Sabrina Unseth, Kaitlin Beck, Briana Niedling, and Jeffrey Standifer; *Investigation of Soda vs. Water Consumption among College Students* by Chris Carter, Josh Hall, Mitch Finder, and John Frost; *Domestic and International Study Mental Health Perceptions* by Ben Peters, Jessi Falvey, Maha Mohamed, and Elsa Snider; *Oral Health Perceptions and Behavior of College Students* by Katie Mattingly, Ian Niccum, and Derek Mielke; and *Student Usage of Mental Health Apps* by Shannon Davis, Maria Gurung, Mitchell Schroeder, and Rachele Ulmer. Section 02: *Coping Mechanisms, Stress, and Resilience among College Students* by Chaney Cooper, Allison Politsch, Clare Pond, and Autumn Shepherd; *Health Relationship Identification in College Students* by Brendan Cronley, Hannah Denkler, Gillian Mwangi, and Maggie Pool; *Students' Perceptions of Mental Health among College Students* by Allison Freed, Kianna, Frienz, Melanie King, and Tori Thompson; *Correlation of Motivating Factors to Willingness to Donate Blood in College Students* by Sabiya Azim, Christian Banez, Katie Dickneite, and Anna Wang; *Knowledge, Attitude, and Behaviors of College Students regarding Oral Health* by Jace Galang and Leigha Lierheimer; *The Impact of Sleep on Academic Behavior* by Kam Murray, Nikki Bhuma, McKenzie Russell, and Miley Vu; and *Perceptions of male and female college students on body image* by Hannah Livsey, Maura O'Toole, and Aviance Webb.



Dr. Adam King, Alex Sextro, Rachel Meyer, and Dr. Michael Bird

~ continued on following page ~

Dr. Bird and Dr. King Testing Electromyography

~ interview and article by Sara Saulich, B.S. in CMDS ~

The end of the academic year is typically a time when those who have conducted research throughout the year share their findings. Dr. Adam King and Dr. Michael Bird, both faculty members in the Health and Exercise Sciences department, are among those conducting some very interesting research. Dr. Bird and Dr. King are conducting a study in which they are testing Electromyography (EMG), which is a diagnostic procedure used to assess the health of muscles and the nerve cells that control them. In this study, Dr. Bird and Dr. King are testing an abdominal device that a gentleman from Kansas City invented, which he hoped would be effective in activating muscles that you use for strengthening core abdominal muscles. They are specifically looking at how much muscle activity is involved when these exercises are performed compared to using the device. They tested 40 participants, 20 females and 20 males. “The participants completed 10 repetitions of 10 different abdominal exercises; 8 of them were weighted and unweighted versions of the exercises, such as a sit up or vertical knee raise,” explained Dr. Bird. These exercises were chosen to target abdominal muscles such as the rectus abdominis, rectus femoris, and a few others. They are conducting this research with the help of two student assistants in addition to other student workers. “Our goal is to compare his device and how it activates those muscles, and how that compares to standard exercises from the ones we’ve chosen (how they might be different or similar). We’ve broken it down into two parts; the forced production or concentric phase, where the muscles are typically going up and the other is the eccentric phase, where the muscles are going down. So we’ve broken the movement down into different phases and we’re going to analyze a specific number of repetitions. We aren’t going to do all 10 because sometimes strange things happen at the beginning or ending, so we are doing about 6 repetitions from the middle, and we are looking at how the muscle activation differs in standard exercises versus using the device.”- Dr. Bird. “I think the interesting part of the project is the set-up of the whole thing. The fact that this gentleman approached us with this device he wanted tested, and asked us to do independent testing of this device that he thinks could be beneficial for rehab purposes is really great. We’ve had many conversations with him in the beginning stages to lay out what he envisioned with the product and what he felt its use and functionality would be. Then we provided input on how we could assess that from a traditional sit up exercise stand point and from a research stand point in ways that we could assess muscular activity across a range of commonly used exercises both for fitness and rehab purposes. The beginning part is interesting because it gives the students a unique perspective of other things that could go on beyond the standard research, such as product development. The students that have been involved with it have gained a greater understanding of how to do research from the foundation of assigning, experimenting, questioning, and working through and trying to parse out pilot work and making sure protocol and procedures are all in place to work with that, and just really be involved in the entire process.”- Dr. King. “We are acting as independent testers. For us, it’s about providing a valid scientific comparison using high-end technology independently. We do not know what the inventor is really trying to show or not show; we will provide him with what we think the device does compared to other activities, but our job is not to tell him his device is better or worse than your standard exercises.”- Dr. Bird. They have finished the data collection process, and are now in the process of processing the data and organizing it in a way that it can be used for statistical analysis. They are hoping to have the processing and statistical analysis done by the end of the semester, and then during the month of May they will work on constructing the report which they will provide to the creator of the device.

Nursing

Ellen Hargrove, Brittney Siefker, and Dr. Teak Nelson presented their research, *In Search of Transparency: understanding transformative learning through nursing fieldwork* at the Transformative Learning Conference, March 30 – April 1, in Oklahoma City, Oklahoma. They were the only undergraduate students presenting research at this conference; the vast majority were faculty scholars (including international) and graduate student scholars.

Virginia Lynch, MSN, RN, FAAFS, FAAN, spoke about Forensic Nursing, March 31, as part of the Global Issues Colloquium. She provided two sessions while on campus: one question and answer session in the afternoon for nursing majors and one formal presentation, *Forensic Nursing Strategies: Global Issues in Health and Justice*, in the evening for the University and community. The Department of Nursing was a co-sponsor of her visit. Virginia Lynch has authored two textbooks on Forensic Nursing and presented in many countries. She is a founding president of the International Association of Forensic Nursing (IAFN). Pictured, right are Dr. Stephanie Powelson and Virginia Lynch.



Olivia Warner, Mollie Killion, and Maddie Neihaus, 2015 Truman Nursing graduates, returned to campus as guest speakers for Pam Melvin's NU 480 Professional Nursing Leadership course. They spoke with the current senior students about the transition to practice and conquering the *National Council Licensing Examination for Registered Nurses (NCLEX-RN)*.

Ms. Kate Breitenbach, Ms. Kimberly McDaniel, and Ms. Sarah Weber will say goodbye to Truman following the completion of this semester. Each will be moving to a new location as their partner completes rotations for medical school. The three have each been with the nursing department for the past two years: Kate as an Assistant Professor of Nursing, Kimberly as the Nursing Admissions Coordinator, and Sarah as the Nursing Technology Coordinator. Goodbye and good luck, Kate, Kimberly, and Sarah.



16th Annual Capstones of Nursing

The 16th Annual Capstones of the Rho Omega Chapter Sigma Theta Tau International Honor Society of Nursing were held April 2. The goals of the Rho Omega Chapter are to recognize superior achievement, to recognize the development of leadership qualities, to foster professional standards, to encourage creative work, and to strengthen commitment on the part of individuals to the ideals and purposes of the profession of nursing. The welcome, overview of the day, and introductions were given by Dr. Stephanie Powelson, Nursing Chair, and Dr. Stephen Hadwiger, president of the Rho Omega Chapter. Ms. Courtney Oxandale gave the keynote address, *Nursing Practice in the Fiji Islands*. Courtney spent two years serving in the Peace Corps in Fiji following graduation. Research presentations were given in both poster and oral formats by junior and senior nursing students as well as nursing faculty.



Ms. Pam Melvin, Ms. Courtney Oxandale, Dr. Stephanie Powelson, and Dr. Steve Hadwiger



Ms. Courtney Oxandale delivers the keynote address, *Nursing Practice in the Fiji Islands*



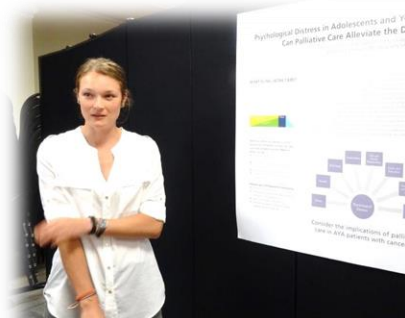
Senior Kaylee McCune discusses her poster, *The Effect of Counseling on Ineffective Coping in Hospice Nurses*



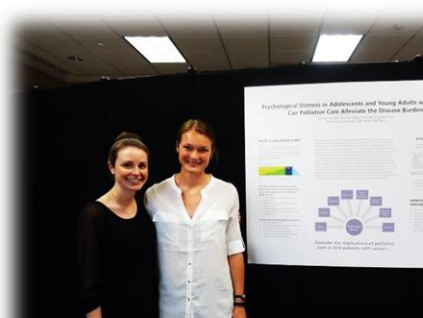
Senior Stacey Wolff presents her poster, *The Effect of Cryotherapy/Thermotherapy on Pain from Intubation in the Critical Care Unit*



Senior Savanna Hughes explains her poster, *The Effect of Transcendental Meditation and Breathing Exercises on Emotional Exhaustion in Medical ICU Nurses*



Junior Sydney Cornett answers a question about her research on *Psychological Distress in Adolescents and Young Adults with Cancer*



Kate Breitenbach, RN, MSN, APN NP-C (left), was Sydney Cornett's (right) faculty mentor



Senior Alex Scherr highlights a point of his research on *A Comparison of Shoes to Exercise for Work Related Back pain in ICE Nurses*



Senior Katie Bayer delivers her oral presentation on *Lack of Support in Post-Thyroidectomy Thyroid Cancer Survivors*



The Department of Nursing selected two registered nurses as the 2015-2016 Preceptors of the Year. These nurses serve as mentors and role models for students as part of their clinical experiences and are highly regarded by the nursing students and faculty. The Preceptors of the Year were recognized at the Capstones of Nursing luncheon, April 28. Community Health Preceptor of the Year 2015-2016: Teresa Doss, RN, BSN (holding plaque) for her work with students in the school setting. Doss is pictured with senior students (front row, left to right): Olivia Lahman, Katie Baer, Savanna Hughes, and Trisha Rowe; (back row, left to right): Erin Cowling, Kaylee McCune, Katie Bayer, Laura Dungan, and Austin Menichino. Acute Care Preceptor of the Year 2015-2016: Kimberly Willoughby, RN for her work with students at Northeast Regional Medical Center in Kirksville, MO. Willoughby was unable to attend the recognition ceremony.

Calendar of Selected Upcoming Events

May 2, Monday: Finals Start

May 4, Wednesday: Reading Day

May 5, Thursday: Old Faculty Senate, 3:30 – 5:30 p.m.

May 5, Thursday: New Faculty Senate, 5:30 – 6:00 p.m.

May 6, Friday: Academic Honor Awards, 5:00 p.m.

May 7, Saturday: Commencement

May 7, Saturday: May Interim Begins

May 11, Wednesday: Graduating Senior and Graduate Student grades due in TruView before noon

May 13, Friday: All Other Grades due in TruView before noon (see above for senior grade deadline)

May 16, Monday: Spring Grades Available to Students via TruView

May 28, Saturday: May Interim Ends

May 30, Monday: Memorial Day (University Closed)

May 31, Tuesday: First Five Week & Ten Week Classes Begin

June 3, Friday: May Interim grades due in TruView before noon

June 6, Monday: Eight Week Classes Begin

June 6, Monday: May Interim Grades Available to Students via TruView

June 11, Saturday: Board of Governors

June 27 – July 1, Monday – Friday: Calculus, Statistics, and World History Advanced Placement Institutes

July 1, Friday: First Five Week Classes End

July 4, Monday: Independence Day (University Closed)

July 5, Tuesday: Second Five Week Classes Begin

July 8, Friday: First Five Week Grades Due in TruView before noon

July 11, Monday: First Five Week Grades Available to Students via TruView

July 18 – 22, Monday – Friday: English Language, English Literature, and United States History AP Institutes

July 25, Saturday: August Interim Begins

July 29, Friday: Eight Week Classes End

August 5, Friday: Second Five Week & Ten Week Classes End

August 5, Friday: Eight Week Grades Due in TruView Before Noon

August 8, Saturday: August Interim Ends

August 8 Saturday: Eight Week Grades Available to Students via TruView

August 12, Friday: Second Five Week/Ten Week/Off-Schedule Grades Due in TruView Before Noon

August 15, Monday: First Day for New Faculty

August 15, Monday: Second Five Week/Ten Week Grades Available to Students via TruView

August 17, Wednesday: August Interim Grades Available to Students via TruView

August 17, Wednesday: Freshman Move-In Day

August 17, Wednesday: First Day for Returning Faculty

August 17, Wednesday: SHSE All-School Meeting, 1:30 p.m. – 2:30 p.m., Violette Hall 1010

(pending final Transformative Week schedule)

August 22, Monday: Classes Begin

August 27, Saturday: Food Bank for Central and Northeast Missouri third annual

Kirksville Buddy Walk, Kirksville High School Spainhower Field

September 5, Monday: Labor Day (University Closed)

October 11, Tuesday: First Block Classes End

October 12, Wednesday: Second Block Classes Begin

October 13 – 14, Thursday – Friday: Midterm Break

November 21 – 25, Monday – Friday: Thanksgiving Break (No Classes, University Closed Wednesday – Friday)

December 9, Friday: Last Day of Classes

December 12, Monday: Finals Start

December 14, Wednesday: Reading Day

December 16, Friday: Finals End

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

December 19, Thursday: Fall Grades Available to Students via TruView

Mission Statement

The School of Health Sciences and Education is committed to preparing students to effectively serve as professionals and leaders in their communities and fields by providing an exceptional education grounded in the liberal arts and sciences, fostering interdisciplinary collaboration, promoting diverse learning experiences, and inspiring the pursuit of continued scholarship and research.

Five Pillars

Professional programs grounded
in the liberal arts and sciences



Leadership development



Interdisciplinary collaboration



Diverse learning and service opportunities



Pursuit of continued scholarship and research



TRUMAN STATE UNIVERSITY

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