

# APRIL 2018 NEWSLETTER



## The SHSE Administrative Team

**Ms. Jeanne Harding**, *Interim Dean of SHSE*  
**Dr. Roberta Donahue**, *Chair of HES*  
**Dr. Lisa Goran**, *Chair of Education*  
**Mr. James Judd**, *Director of the RPDC*  
**Dr. Amy Teten**, *Chair of CMDS*  
**Dr. Brenda Wheeler**, *Chair of Nursing*  
**Ms. Mona Davis**, *Assistant to the Dean/Newsletter Editor*

## Message from Ms. Jeanne Harding, Interim Dean, School of Health Sciences and Education

It's an exciting time to celebrate outstanding accomplishments in the School of Health Sciences and Education.

Congratulations to these SHSE faculty members who have been chosen as finalists for Truman's Educator of the Year award: Adam Cline (Athletic Training), Nancy Daley-Moore (Health Sciences), Rafael Tubongbanua (Nursing), and Alicia Wodika (Health Sciences). They will be honored at the upcoming Accolades of Academics banquet, April 17.

At the Sixth Annual SHSE Mini-Research conference in March, 21 undergraduate and graduate students presented their research. I would like to extend my sincere appreciation to Dr. Jay Bauman, Dr. Janice Clark, Dr. Carol Cox, Pam Melvin, Dr. Nancy Daley-Moore, and Dr. Wendy Miner for serving as faculty mentors to these outstanding students and to our students who invested considerable time in these research projects.

SHSE's participation in the Student Research Conference continues to be excellent as 32% of the projects submitted are from SHSE. This university-wide celebration of undergraduate and graduate research, scholarship, and creative achievement will be held on April 5<sup>th</sup>.

In September, I shared how I was inspired by the student speaker at Opening Convocation, Deanna Schmidt. She challenged those in attendance to ponder the legacy we will leave at Truman: "... I want to encourage all of us to be conscientious. We should know that everything we do is contributing to these beautiful legacies we're crafting. Remember to work hard, seize every opportunity presented to you, support your classmates, learn from each other, and strive to be the best version of yourself. Know that during your time here at Truman, you are building up a legacy every day, starting today."

During this very busy and often stressful point in the semester, I challenge each of us to think those words and reflect on our year. I take great pride in Truman and the important work our SHSE faculty, staff, and students do on a daily basis. Thank you for being invested and for creating a lasting legacy.



The School of Health Sciences and Education (SHSE) held its fifth annual Mini Research Conference, March 22. The event celebrated student and faculty scholarly collaboration and served as practice for the university-wide Student Research Conference (SRC) to be held Thursday, April 5. This year, six SHSE mini-grants were awarded to projects that involved 21 students and six faculty mentors. Since its inception, 36 research projects have involved 83 students and 30 different faculty members. The SHSE will be well represented at this year's SRC. Some quick numbers: 243 abstracts were submitted, with 78 (32%) from the SHSE. A total of 286 students are involved, with 87 (30%) from the SHSE. A total of 111 faculty mentors are involved, with 17 (15%) from the SHSE.

## Communication Disorders

Ms. Patricia Hanson attended the spring Speech Pathology Association meeting, March 9. The Speech Pathology Association is a group of northeast Missouri speech-language pathologists, speech-language pathology assistants, implementers, and paraprofessionals who work in public schools. Meetings are held twice a year to share ideas, challenges, and new information, and to host professional development programs. The professional development program for the March 9 meeting featured American Speech-Language-Hearing Association (ASHA) webinars on dyslexia.

Communication Disorders Association (CoDA), the CMDS Student Organization, in partnership with the Kirksville Salvation Army, completed the sixth diaper drive, February 23, at the Kirksville Salvation Army. Diapers and wipes were collected on the Truman campus and in Kirksville between August and November, and again in January and February. An approximate two-week supply of diapers and wipes were given to 35 families. In addition, parents were educated on the importance of early literacy and given books to take home, along with tips on reading with young children. CoDA will have a seventh distribution, April 27.

CoDA, in partnership with the Adair County Library, hosted a literacy event, in February, for children in the Kirksville area. At the event, members read books to the children and worked on a bookmark craft with them afterwards. Mr. Jamie Graham made a guest appearance at this event. He read *Jamie's Bright and Happy Walk* and provided the children with handmade coloring pages.

CoDA volunteered at the Career Exploration Day for the Discovering Alternative Routes to Success (D.A.R.T.S.) Career Exploration event, March 21, in the Student Union Building. CoDA members provided information to seventh graders about careers in speech-language pathology and audiology, including educational requirements, career trends, and salary range. The presentation also included a demonstration of appropriate music listening levels.

CoDA members gathered for their annual Karaoke Night, March 21, in the Student Union Building. This event allowed members to spend time together outside of class and show off their singing talent.

Presentations on the January 2018 Mexico Study Abroad experience were given March 6, in the Student Union Building as follow:

*Mexican Cuisine* by Ashley Cheney, Megan Lenhard, and Michala Mattingly

Mexican cuisine in Puerto Vallarta can be defined by its small portion sizes, fresh ingredients, and unique choices. We may not have found queso, chips and (non-spicy) salsa, or chimichangas; however, we were introduced to tender fish on a stick, handmade thick corn tortillas, fresh guacamole, and sweet and savory crepes. Despite the small portion sizes and fresh food we experienced, obesity and type 2 diabetes have increased exponentially in Mexico, surpassing even the United States. This presentation explored the cuisine experienced, the differences between Mexican and United States' cuisine, and subsequent food-related health problems that have greatly impacted the people of Mexico.

*Socializing in Mexico* by Abi Ohlms, Leah Wollmering, and Ama Idun

The way in which socialization occurs within the Mexican culture is unique and interesting when compared to that of Midwest American socializing; although both similarities and differences are present between the two cultures. Throughout this Mexico experience, students were immersed in an abundance of opportunities to observe and engage in socialization. Differences in body language and social expectations were noted, causing students to reflect on their own social communication. The presenters highlighted the key aspects regarding socialization in the Mexican culture that they encountered through research and personal experience.

*Family Structure in Mexico* by Leah Bell and Kirsten Kovack

Mexican families are tight-knit, involved, and take priority in the business of day to day life. This presentation explored the structure of Mexican families as well as the role that each family member plays. The presenters compared and contrasted American and Mexican family structure while explaining the similarities and differences between what was researched and experienced before and during the trip to Mexico.

*Disability in Mexico* by Jessica Rose and Greta Roettgen

Disability in Mexico is viewed differently than disability in the United States. This presentation explained the different models of disability, and how those models fit into Mexican culture. Statistics regarding disability in Mexico and laws impacting those with disabilities were shared to show the audience objectively how disability is treated in Mexico. Finally, the presenters discussed how the practices of "curanderismo" are presently used in Mexican culture, as evidenced by time spent at Pasitos. The presenters highlighted personal experiences regarding disability from their time in Mexico.

*Autism Population and Services in Mexico* by Cassidy Stoner and Erynn Skoglund

The population of children with autism is highly prevalent in Mexico as in the USA. Throughout the Mexico experience, researchers observed services provided to the children and interviewed a principle at a special school site called Centrosde Atencion Multiple (CAM), where data was collected regarding this diagnosis. This presentation explained the different approaches and services available to the children with autism in Puerto Vallarta, specifically at the CAM.

## Education

The students from Dr. Wendy Miner's ED 672 Middle School Philosophy, Organization, and Curriculum course spent the day, February 9, shadowing students at Wydown Middle School. The experience highlighted key elements of middle school organization that facilitate student success such as student teams, common areas for each team, and cooperative teacher-planning. Students shared the following reflections on the activity:

“It was amazing to see these students own their education in ways that I had not seen before. They were truly engaged in the learning process and focused on their own positive outcomes.” ~ Rob Payne.

“It was so beneficial to be able to observe the middle school organization that we have discussed in class put into practice at Wydown Middle School. The educators at Wydown truly exemplify what it takes to be a quality middle school teacher.” ~ Ollie Ganim

“It was a great experience that allowed us to see our discussions in class translated into a middle school classroom. There was a clear purpose behind everything that the teacher did.” ~ Dustin Dyer

“It was amazing to witness such a high level of engagement and excitement from both the students and the teachers alike. When I have my own classroom I want my students to have the kind of attitudes like the ones of the students at Wydown and fellow teachers to be just as influential and as hands on as the ones I met that day.” ~ Maggie Stormes

“Through this experience, I was able to slip back into seventh grade shoes and see a typical day in the life of a middle-schooler at Wydown Middle School. It gave me insight into the world of an adolescent which will prove extremely helpful when I am one day teaching them.” ~ Rachael Reckamp

“While observing how the teachers worked, how they interacted with their students, and how the students engaged in their education, it felt like the students really owned the experiences they were having. They were bold and ready to jump into new activities, evening intimidating tasks like debates, and the teachers created an environment that celebrated student participation and even the students' willingness to make mistakes as part of the learning process. The school was a place that felt completely safe to try, fail, and try again -- in essence, to learn.” ~ Caitlin Selle

“It was amazing to see the community of students and teachers at Wydown Middle School. I was able to witness a town hall meeting where a team of sixth graders and the team's teachers came together to make announcements about how to be respectful to others, what upcoming events the students needed to be aware of such as field trips, and how to keep an organized locker. The emphasis on community was so strong and the meeting only lasted 15 minutes while still keeping students engaged. It was awesome to see how the teams worked cohesively to create a common goal. The caliber of the classes I was able to observe was next level. The students were bursting with energy because they were able to feed off of the enthusiasm from the teachers.” ~ Grace Bodman

“It was inspiring to see a school where students were trusted and teachers were respected. Students were given the independence to move throughout their school day with clear expectations. The student I shadowed was extremely smart and had so many goals for herself. Her friends welcomed me into the school with laughter and dreams of their own that they shared. The English class I observed followed a structure that blew my mind and provided class-wide student differentiation. The teachers were organized and approachable with a smile. Clayton was a unique experience that surpassed all my expectations.” ~ Stephanie Fox

We greatly appreciate the time we have spent in the schools at Schuyler and Kirksville school districts through ED 608. We have been given the opportunities to teach our students almost every day during our observations and get a sense of how we will run our classrooms as future educators. Being in the schools every Tuesday and Thursday helps with consistency and allows us to form those crucial student-teacher relationships. Our mentors at Schuyler and Kirksville have provided us great opportunities to collaborate and learn new teaching strategies that we hope to carry over into our experiences teaching summer school.

*~ Elizabeth King, Miranda Schilling, Megan Oostendorp, Rebecca Neihouse, Emily O'Connor, Hannah Kaufmann, Julia Ritsema, Erin Martin*

Dr. Lisa Goran and Ms. Sheila Berkowitz attended the Missouri Association of Colleges for Teacher Education (MACTE) spring conference, March 26 – 27, in Columbia.

The MAE Alumni Teacher Store is a room in the Education Department where students can get free classroom resources to use in field experiences or in their future classrooms. The supplies are donated from retired teachers and alumni who are clearing out their classrooms and include children's books, informational and instructional books, posters, organizational materials, lesson plans and guides, textbooks, and so much more. The store is located in VH 2325 and is open Mondays through Thursdays from 8:00 a.m. – 5:00 p.m. and Fridays from 10:00 a.m. – 4:00 p.m. For additional hours or questions, contact Rebecca Neihouse at [ren1176@truman.edu](mailto:ren1176@truman.edu) or Dr. Julie Lochbaum at [lochbaum@truman.edu](mailto:lochbaum@truman.edu)



# TruLifesaver

American Heart Association Basic Life Support Course



**American  
Heart  
Association®**

*Learn and Live*

The Basic Life Support (BLS) class is designed to help people recognize and respond to several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner.

**\*Certification is good for 2 years\***

Our course includes the following for an adult, child, and infant:

- Critical concepts of high-quality CPR
- The American Heart Association Chain of Survival
- Differences between rescue techniques
- 1-Rescuer CPR and AED
- 2-Rescuer CPR and AED
- Bag-mask techniques
- Rescue breathing
- Relief of choking

## Instructors:

Liz Jorn and Jana Arabas  
Truman State University  
Department of Health  
and Exercise Science

## Date & Time:

Sunday, March 25, 1-6 pm  
Wednesday, April 11, 5-10 pm  
Thursday, April 12, 5-10 pm  
Monday, April 16, 5-10 pm  
Tuesday, May 1, 5-10 pm

## Location:

Health Science 1206 - CPR Lab  
Truman State University

## Cost: \$70.00

Cost includes all instruction, materials  
and two year certification with the  
American Heart Association

## To Register:

Visit [institute.truman.edu/trulifesaver](http://institute.truman.edu/trulifesaver) and complete the online registration form. You may email us at [institute@truman.edu](mailto:institute@truman.edu) or call with questions. Students will pay online and must have paid in full before the class meeting. Businesses interested in using purchase orders should call our office in advance. No-shows will not receive refunds. Classes with enrollments below 12 may be subject to cancellation.

Institute for  
Academic Outreach

P: 660-785-5384  
F: 660-785-7202  
[institute@truman.edu](mailto:institute@truman.edu)



Exercise Science senior Jessica Carlson traveled to Belize over winter break for the American Medical Student Association (AMSA) eight-day medical mission trip. The purpose of the trip was to provide medical care to Belizean communities in need. This trip was an international servicing learning trip provided by International Service Learning (ISL). In Belize the students were able to serve the community and also have fun. They provided medical care in the communities of Saint Margaret and Frank's Eddy. They spent two days volunteering in each community. The first day they made home visits, going door to door asking families if anyone was sick so that they could make appointments for them at the free clinic. The second day they assisted in the volunteer clinic, which had a physician, pharmacist, students, and a massage therapist. At the clinic they were able to take patients' medical histories, vital signs, assist in the pharmacy, and present their patient and possible diagnosis to the physician. As an added challenge, many of the conversations with members of the communities were in Spanish. Most students had some Spanish background so they were able to gather information with a little patience from the community members and some help from translators. In addition to serving the community, they were also able to attend a class on suturing and learn and present about common tropical diseases in Belize. To add to the adventure, they visited the Xunantunich Mayan ruins, hiked a medicinal trail, explored the city of San Ignacio, and traveled to the island Caye Caulker to snorkel and relax on the beach.



The Student Public Health Association (SPHA) partnered with Missouri Department of Transportation, March 22, to host the *Drive Means Drive!* program. The program featured an informative lesson on safe driving, speakers from the Kirksville Police Department and Missouri State Highway Patrol, as well as an interactive activity. Leading up to the event, SPHA tabled across campus to spread awareness about the program and to encourage students to *Buckle Up, Phone Down*. Pictured from left to right are SPHA President, Bhavana Yerragunta, and SPHA Vice President, Leah Wright.



Athletic Training students Aaron Patterson, Alison Crew, and Brendan Boyle all passed the Board of Certification examination on their first attempt! Pictured are Aaron, Alison, and Brendan with their cake.

Six students and two faculty members from Truman Athletic Training attended the Annual Mid-America Athletic Trainers' Association (MAATA) conference, over spring break, in Omaha, Nebraska. Students attended educational seminars, workshops, and certification exam prep courses. The Truman Athletic Training Quiz Bowl team competed at the MAATA District V. Team members are Aaron Patterson, Alison Crew, and Kara Wehmeyer. Aaron Patterson was awarded the MAATA Post-Professional Scholarship Award at the MAATA District V annual meeting in Omaha. This award is presented to a top senior or graduate athletic training student within the MAATA District V. Aaron has accepted a graduate assistantship position at Missouri Western beginning in August.



## Nursing

Through a collaborative effort between the Nursing Department, the American Heart Association, and William Matthew Middle School (WMMS) PE/Health teacher and coach Lee Riley, Dr. Teak Nelson and 28 child/family nursing students returned to WMMS in February and March to teach CPR and AED use (American Heart Association Friends and Family) to the seventh grade boys. Having provided the same CPR education to the seventh grade girls last fall, approximately 190 WMMS students participated in the training this academic year. This CPR education serves as an initial introduction for most of these students in preparation for the additional training they will receive at Kirksville High School as a part of the legislative mandate that all Missouri high school students receive CPR training prior to graduation.



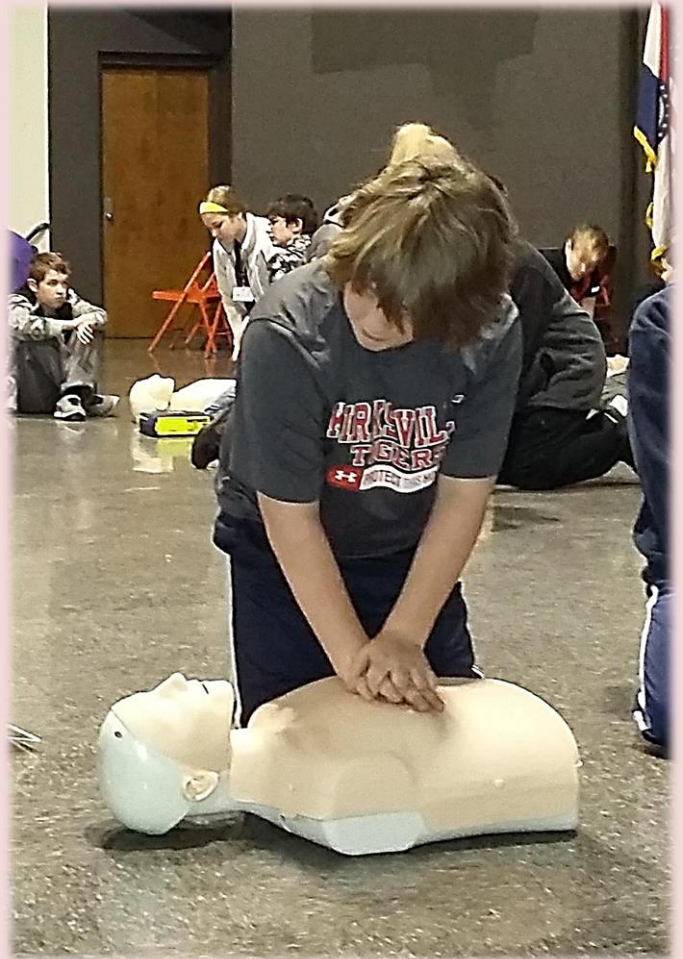
Christian and Kelsey



Seventh Grade Boys



Christian and Sam



Wesley



Six NU 351 junior nursing students and Ms. Deborah Coulson participated in *The Day of Hope*, March 24. This is a community event sponsored by the First Assembly of God. There was a kids' zone, family portraits, health screenings, haircuts, entertainment, a free lunch, socks & soap (cleaning supplies), and opportunities to connect with community resources. Three hundred twenty five guests attended the event and 60 health screenings were completed. Pictured above: Olivia Wilson, Ms. Deborah Coulson, Anna Smith, Hannah Scheerer, Ann Lipari, and Ashley Holt (not pictured: Hosein Saboorizadeh).



ATSU-KCOM students recently hosted and led a chest tube lab for Truman nursing students.

## Regional Professional Development Center

The Truman campus saw an influx of youthful energy as seven local schools brought seventh graders to campus to take part in a career exploration event called Discovering Alternative Routes to Success (D.A.R.T.S), March 21. The event was coordinated by Ms. Polly Matteson, Missouri Career Pathways Regional Career Advisor with the Regional Professional Development Center and funded by a Perkins grant through the Department of Elementary and Secondary Education. One major goal of the event was to increase student awareness of post-secondary career opportunities and the skill sets and academic preparation needed to be success. The students' time on campus was divided into three parts; a campus tour, a planetarium video, and presentation by Truman MAE alumnus, Mr. Jared Young, and visiting with exhibitors with interactive opportunities to explore diverse career pathways. By the numbers: 38 exhibit tables, 378 students, 22 chaperones, and 60+ Truman student volunteers throughout the day.



## *Calendar of Selected Upcoming Events*

*Wellness Awareness: April is National Autism Awareness Month and Alcohol Awareness Month*

*April 2, Monday: Wellness Awareness: Autism Awareness Day*

April 2, Monday: Term Break (ends at 5:00 p.m.)

April 5, Thursday: Student Research Conference

*April 7, Saturday: Wellness Awareness: World Health Day*

April 7, Saturday: Admission Office Saturday Prospective Student Visit Day

April 12, Thursday, Undergraduate Council Meeting, 3:00 – 5:00 p.m., SUB Alumni Room 2105

April 14, Saturday: Board of Governors Meeting

*April 17, Tuesday: Wellness Awareness: World Hemophilia Day*

April 18, Wednesday: Graduate Council Meeting, 3:40 – 4:40 p.m.

*April 21 – 29, Saturday – Sunday: Wellness Awareness: National Parks Week Celebration*

*April 25, Wednesday: Wellness Awareness: National DNA Day*

*April 25, Wednesday: Wellness Awareness: World Malaria Day*

April 26, Thursday: Faculty Senate Meeting, 3:00 – 5:00 p.m., SUB Alumni Room 2105

April 27, Friday: Tenth Annual Language and Literacy Conference, 9:00 – 3:00, SUB Georgian Rooms

*April 28, Saturday: Wellness Awareness: World Day for Safety and Health at Work*

April 28, Saturday: Admission Office Saturday Prospective Student Showcase Day

*Wellness Awareness: May is Better Hearing and Speech Month, Clean Air Month, High Blood Pressure Awareness Month, Mental Health Awareness Month, National Bike Month, National Physical Fitness and Sports Month, Skin Cancer Awareness Month*

*May 1, Tuesday: Wellness Awareness: World Asthma Day*

May 3, Thursday, Undergraduate Council Meeting, 3:00 – 5:00 p.m., SUB Alumni Room 2105

May 4, Friday: Last Day of Spring 2018 Semester Classes

*May 5, Saturday: Wellness Awareness: World Hand Hygiene Day*

*May 6, Sunday: Wellness Awareness: International No Diet Day*

*May 6 – 12, Sunday – Saturday: Wellness Awareness: Root Canal Awareness Week*

May 7, Monday: First Day of Finals

May 9, Wednesday: Reading Day

May 10, Thursday: (Old) Faculty Senate Meeting, 3:30 – 5:30 p.m., SUB Alumni Room 2105

May 10, Thursday: (New) Faculty Senate Meeting, 5:30 – 6:00 p.m., SUB Alumni Room 2105

May 11, Friday: Last Day of Finals

May 11, Friday: Academic Honor Awards Assembly, 5:00 reception, 5:30 ceremony, Georgian Rooms

May 11, Friday: Master of Arts in Education (MAE) Hooding Ceremony, 7:00 p.m., Ophelia Parrish Performance Hall

May 11, Friday: Nursing Department Recognition/Pinning Ceremony, 7:00 p.m., Baldwin Hall Auditorium

*May 12, Saturday: Wellness Awareness: Chronic Fatigue Syndrome Day*

May 12, Saturday: Communication Disorders Department Ceremony, 10:00 a.m., SUB Alumni Room

May 12, Saturday: Commencement

May 12, Saturday: May Interim 2018 Begins

*May 13 – 18, Sunday – Friday: Wellness Awareness: Women's Health Week*

*May 13 – 19, Sunday – Saturday: Wellness Awareness: Food Allergy Awareness Week*

*May 14 – 20, Monday – Sunday: Wellness Awareness: Mental Health Awareness Week*

*May 17 – 23, Thursday – Wednesday: Wellness Awareness: National Hepatitis Awareness Week*

*May 21 – 25, Monday – Friday: Wellness Awareness: Bike to Work Week*

May 26, Saturday: May Interim 2018 Ends

May 28, Monday: Memorial Day Observed, University Closed

May 29, Tuesday: First Five-Week and Ten-Week Classes Begin

*May 31, Thursday: Wellness Awareness: World No Tobacco Day*

# *Mission Statement*

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

## *Five Pillars*

- ❖ Professional programs grounded in the liberal arts and sciences
- ❖ Leadership development
- ❖ Interdisciplinary collaboration
- ❖ Diverse learning and service opportunities
- ❖ Pursuit of continued scholarship and research



TRUMAN STATE UNIVERSITY

*School of  
Health Sciences & Education*