

# NOVEMBER 2014 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

Hello Colleagues,

Fall is a wonderful time of year! This message is a little "unorthodox" but I heard of an incident recently that has "stuck with me" and I'd like to share. An SHSE faculty member (who shall remain anonymous) had a student send an email explaining that she would be missing class the last Thursday of the month because she had to take her new kitten to the vet and the vet doesn't work on Fridays (which would have been a better day since the student didn't have class on Friday). As you can imagine, more than one SHSE colleague got a chuckle out of this student email and a rather hilarious conversation ensued regarding the nature of this excuse and the problems in dealing with "today's generation". Now while certainly, this particular student does not represent every student at Truman, or of her particular generation, she does point out some characteristics of the millennial generation that are at odds for some of us.

The millennial generation (born between 1982-1994; a.k.a. "Generation Y"; "Echo Boomers", or jokingly "Generation Why?") started entering college in 2000. Thus, it becomes relevant, given their particular characteristics, to address the challenges that the millennial generation poses to higher education and to anticipate what might come next with "Generation Z" (experts differ on when the earliest members of Generation Z were born sometime between 1990 and 2001, though a majority opinion claims about 1996). Several other names have been used to refer to this population group, including "Generation V" (for virtual), "Generation C" (for community or content), "The New Silent Generation", the "Internet Generation", the "Homeland Generation", or even the "Google Generation". Regardless of name, Gen Z is part of a generation that is global, social, visual and technological. Characteristically, they have been described as the most connected, educated and sophisticated generation ever. They are the up-agers, with influence beyond their years. They are the tweens, the teens, the youth and young adults of our global society. They are the early adopters, the brand influencers, the social media drivers, the pop-culture leaders. They comprise nearly 2 billion people globally, and it has been said that they don't just represent our future, but that they are creating it. So.....we've got that to look forward to. However, right now we are dealing with the Millennial Generation and while we do so, it is important to keep in mind that it is not only their characteristics that make it a challenge, but the dynamics the characteristics and experiences of our previous generations create when interacting with them. The gap between the millennials and previous generations is bigger than the gap between the baby-boomers and Genexers. One of the main causes is the neck-breaking pace of technological development and change that creates a divide embodied in the millennial generation.

One profile of the millennial college student includes (Rue, 2002):

- Exposure/experimentation with “grown up” activity
- Exposure to vast information but less in depth
- Different patterns of social connection and intimacy
- Increasingly high levels of stress and anxiety (ADD/ADHD, alcohol, lack of study skills)
- Community and service-oriented
- Less interested in humanities
- Typically under-prepared
- Technological proficiency
- Part-time employment
- Ambitious but unrealistic expectations
- Well aware of campus and community, rules, regulations and political correctness, however see it as a challenge to find a way around the rule
- Less likely to engage in class participation

The Millennial Generation learns differently. Imagine the difference of a generation that grew up playing baseball, jumping rope and playing with Barbie vs. the one playing Nintendo, Playstation, or Xbox One. We also need to be mindful of the messages this generation has grown up with...

- You are special, you are smart, you can do it!
- Be tolerant and inclusive
- It's available 24/7!
- Perform!, Perform!, Perform!
- Be mindful of others, serve your community
- Keep in touch!

What does all this mean for faculty? It's helpful to understand that the environment affects learning and that the messages that Millennials have been bombarded with shape their self-esteem and the boundaries of social interaction. Faculty may experience confusing classroom environments, with students that seem less interested in participating, and who require a more individualized approach to the traditional topics.

Given the millennials' characteristics, faculty might want to work on:

- a diversity of learning experiences in the classroom
- continuous research of what works for students to learn
- elimination of delays
- a customer service focus
- experiential, interactive and authentic learning
- staying connected
- expanding their opportunities on and off campus
- providing international internships emphasizing social services projects
- revising the curriculum taking into account the millennial learning styles and their differences

Faculty can encourage students by developing interactive activities, using portable devices like PDA, iPod, mobile phones, and creating learning communities. Students will work better with mind maps, cases, games, simulations and role-play. Mind you, these are just suggestions and providing this information is meant to be helpful, thought-provoking, conversation-starting, and “fun”. To be clear....I am not advocating for excusing students from class because new kittens need to be taken to the vet!

### *SHSE Dean's Mini-Grants*

Three AY 14-15 SHSE Dean's Mini-Grants were awarded to five faculty and five students to support faculty and student collaboration in research. Recipients and the titles of their studies include: Dr. Roberta Donahue and Dr. Alicia Wodika with Linnea Heimsoth and Katherine Reysack, *Stress and Negative Coping Among Students From a Highly Selective Liberal Arts University*; Dr. Carol Cox and Dr. Darson Rhodes with Emma Staecker and Brandon Stewart, *Environmental Safety Issues in the Swing-Bed Unit of a Rural Northeast Missouri Medical Center*; and Dr. James Padfield with Jenna Heil, *Difference Between Undergraduate Exercise Science Freshmen and Seniors in Critical Thinking and Data Interpretation Skills*. Expected outcomes of the mini-grant program are to increase faculty-student research collaboration, particularly among faculty who have less experience mentoring student research; to increase faculty mentorship of other faculty in support of growth in the area of mentoring student research; to increase interdisciplinary research and collaboration among faculty and students across departments in the SHSE; to increase opportunities for students to present at the Truman Research Conference and other academic conferences; and to increase opportunities for undergraduate students to develop and apply research skills and learn components of ethical conduct of research. The research will be presented at a SHSE Mini-Research Conference, Tuesday, March 31, 2015, beginning at 3:30 p.m., in Violette Hall 1000.

### *Middle School Visit Day*

Middle School Visit Day was held October 3. Seventy-three seventh grade students from Green City and Milan spent the morning touring campus facilities and attending presentations from various departments and local Truman students. Middle schoolers had the opportunity to explore careers in the health professions and education. The event was facilitated by the SHSE Dean's Team members Ms. Michelle Krahenbuhl, Ms. Kirsten Maakestad, Ms. Rachel Meinert, and Ms. Jayme Reynolds, who would like to thank all of the department faculty, staff, and student volunteers for their guidance and assistance.

## COMMUNICATION DISORDERS



**Communication Disorders  
Graduate Student Open House  
Truman State University  
Saturday, November 8, 2014 – 10:00 A.M. to 1:30 P.M.  
Health Sciences Building – Classroom 2203**

**Who:** Prospective students interested in pursuing a master's degree in Communication Disorders from Truman State University and the Certificate of Clinical Competence from the American Speech-Language-Hearing Association in Speech-Language Pathology

**What:** A day of information about the graduate program in Communication Disorders at Truman

**Where:** Speech and Hearing Clinic, Health Sciences Building, Truman State University

**When:** 10:00 A.M – 1:30 P.M, Saturday, November 8, 2014

**A light lunch will be served. Please RSVP by Monday, November, 3, 2014**

### Agenda

10:00 Tours of clinical facilities in new Health Sciences Building

10:30 Welcome from Department Chair and CMDS Faculty

11:00 Focus groups meet simultaneously to address particular topics:

- Graduate Curriculum and Funding
- Internship and Employment Opportunities
- Graduate Student Pow-wow (meet current Truman grads and alumni)

12:15 Casual lunch

**Should you attend?** The purpose of this event is to help answer the questions of students who may be curious about graduate study in Communication Disorders and particularly the program at Truman. Students with undergraduate majors in any field are welcome, as well as parents, friends, and current Truman Communication Disorders students.

Communication Disorders is an interdisciplinary field attracting people with diverse academic backgrounds. Students entering Truman's program without undergraduate background in Communication Disorders have most frequently come from majors in English, linguistics, psychology, biology, and education.

Truman's graduate program in Communication Disorders is widely considered to be outstanding according to internship supervisors, prospective employers, and alumni. These people know the program by the excellent clinicians it produces. The proof is in the pudding. Please come and meet us on November 8, 2014.

Dr. Julia Edgar, along with three members of Communication Disorders Association (CoDA) – CMDS Student Organization, Greta Roentgen, freshman; Heather Brostrom, freshman; and Corinne McGownd, junior, hosted Family Day, September 13. The clinic was open for tours. Twenty-seven guests attended.



Graduate students Stephanie Thomas (pictured above left center) and Brianna Betzen (pictured above right center) with members of the Kirksville Quota Club. Stephanie and Brianna presented a program to all third grade students on hearing conservation and awareness, October 6, at Ray Miller Elementary School.

Ms. Melissa Passe presented on the Speech-Language Pathology Praxis exam “Ticket to Professional Practice” at the National Council for State Licensing Boards annual meeting, October 10-11, in Salt Lake City, Utah.

Ms. Melissa Passe attended the fluency practice analysis for the specialty certification in fluency at the American Speech-Language-Hearing Association National Office, October 17-18, in Rockville, Maryland.

Dr. Julia Edgar attended the Fall Voice Conference where she presented a paper entitled, “Voice Use and Voice Problems in the Clergy”, October 23-25, in San Antonio, Texas.

Ten CMDS graduates and undergraduates have registered to participate in the 2014 Collaborative Case Competition (CCC), November 3-4, at the Interprofessional Education Building on the A.T. Still campus. These students registered on-line and were assigned to groups of 4 to 5 students from varied disciplines, including students from CMDS, Health Sciences, and Nursing at Truman and medical and dental students from A.T. Still. All 20 teams from Kirksville will be preparing a plan of care for the same hypothetical case and will be judged on their ability to work as a team to provide the most ideal medical care for the case. Each team is assigned a facilitator to address any logistical issues such as use of PowerPoint, team interaction, and presentation style. This will be the third year of CCC in Kirksville and the second year with CMDS students involved. With the opening of their dental program this will be the first year that A.T. Still dental students will be involved. Last year there were 15 teams and 5 containing an undergraduate CMDS student. The teams that came in first and second place had a CMDS student as a member.

## EDUCATION

Dr. Wendy Miner and Mr. Aaron Fine developed the exhibition "Hunter / Gatherer: Food and Conservation" appearing in the University Art Gallery, October 14 – November 14. The exhibition is part of a larger gallery program, "Food and Conservation in the Heartland," provoking discussions around the issues that arise from a consideration of where our food comes from, how it is produced, the ways it connects us all to our environment, and what accounts for food insecurity. The program supported in part by the Missouri Arts Council, a state agency.

Dr. Pete Kelly was inducted into the Rock Bridge High School Alumni Hall of Fame, October 17, in Columbia. The hall of fame honors graduates who have demonstrated exceptional personal, community, or professional achievements. Inductees are selected from nominations submitted from members of the community. The induction was held at the homecoming assembly and hall of fame members were also introduced at the football game. Other 2014 inductees include: Skyler D. Graves, Class of 1995, U.S. Naval Officer, Alexandria, Virginia; Tom Hart, Class of 1992, Sports Broadcaster, Currently With ESPN/SEC Network, Atlanta, Georgia; Donald Thalhuber, Class of 1991, Policy Director for the Missouri State Senate Minority Caucus, Jefferson City, Missouri; and David A. Wax, Class of 2000, Singer/Songwriter, The David Wax Museum.

Dr. John Jones spent part of mid-term break at the National Rural Education Association annual conference in San Antonio, Texas, where he presented the findings of a rural teacher retention study conducted in northeast Missouri and made possible by last year's Truman Academic Development Support (TADS) grant.

Dr. Pete Kelly served on a national Council for Accreditation of Educator Preparation (CAEP) site visit team in the Kansas City area October 25 - 29.

### Clayton Connection

Caroline Stamp and Kayla Oliver are completing year-long internships in the Clayton School District. Caroline is interning with 3<sup>rd</sup> grade while Kayla is at the middle school in 6<sup>th</sup> grade. Following are some of their thoughts on their experiences thus far:

#### **During your time at Clayton, what has made you work the hardest?**

Caroline: Something that has inspired me to work harder each day is the open concept layout at Captain Elementary. With no doors or walls, I can see and hear the teaching and learning happening in other areas of the school, and other staff members can see and hear in my classroom. This keeps me accountable and pushes me to do my best every day.

Kayla: I think writing my own unit in Science made me work the hardest. Thinking about all of the details and nuances that went into every lesson over an extended period of time made me really consider my students' needs and my own practice.

#### **What is something that has surprised you?**

Caroline: One thing that surprised me was the amount of resources available to teachers. These resources may be another classroom teacher, a technology specialist, or a reading specialist. No matter what question you have or the situation at hand, someone is willing to help you make your idea happen.

Kayla: Something that has surprised me the most about this experience is the high caliber of the staff. I am *amazed* at the professionals that I get to work with at this school. They are constantly looking for more opportunities to challenge themselves and grow to be better teachers.

### **What are you most proud of thus far?**

Caroline: Third grade is the largest grade level at Captain this year. As a teaching team, the third grade teachers decided to create 4 groups for math instead of the regular 3 classes in order to better differentiate for students. This has allowed me to take on the challenge of teaching my own math class. I have focused on learning about new ways to differentiate and making differentiation for students a top priority during this math time.

Kayla: Something that I really enjoy and take pride in is my involvement in extracurricular activities with the students. I am leading both Student Council and Green Club and the students have already taken on world-changing challenges. Student Council is in the midst of a fundraising event to “Stand Up to Cancer;” while Green Club just planted their peace garden to promote peace, understanding, and unity in the St. Louis area in light of recent events. What wonderful students I work with!

### **What has been your favorite experience?**

Caroline: My favorite experience is being a part of the Captain community. Every single person involved truly makes a difference in the school. I have seen the amazing work of classroom teachers, specialists, parents working with the parent teacher organization, and administrators. It is a special experience to see so many different members of the community come together to make Captain the best school it can possibly be.

Kayla: My favorite experience - by far - has been 6<sup>th</sup> grade camp. Every year, Wydown Middle School sends its students to southeastern Missouri for four days to immerse them in curriculum, build community, and make memories. I loved watching my students interact and work together outside of the classroom. It was an amazing experience.

### **What are you looking forward to?**

Caroline: Something that I am currently participating and enjoying is being a part of a math collaborative learning lab (CLL). The CLL, which is led by the school math specialist and school instructional coordinator, meets before and after school, and is aimed at focusing in on crafting and implementing an effective math lesson. I am looking forward to strengthening my teaching of the Math in Focus curriculum.

Kayla: I am looking forward to my research, actually. I am looking into effect of teaching strategies during a math intervention course on student growth and learning. The math intervention class is brand new to 6<sup>th</sup> grade at this school. I am excited to partake in a venture that will hopefully provide a wealth of information to the school and me.

*~ As Submitted*

## *Department of Defense Dependents Schools*



I am currently teaching at Vilseck High School in Vilseck, Germany while completing the internship component of Truman's MAE. Although the MAE internship is typically fulfilled within Missouri, Truman offers the DODDS internship in which students are given the opportunity to student-teach at one of the Department of Defense Dependents Schools around the world. I am student-teaching language arts and history at the high school and also helping out with a tutoring program after school. I live on base within walking distance of the high school.

The DODDS internship combines the cultural diversity of a study-abroad semester with the student-teaching component of Truman's MAE. DODDS interns can expect to become familiar with US military culture and with the base's host country's culture. I am able to collaborate with my Truman peers student-teaching in Missouri by all of us sharing our reflective teaching journals on our Blackboard course. I've also been completely supported by my Truman professors. They offer their feedback on my reflective journals, verify that I am fulfilling all of Truman's requirements, fly all the way over here to observe me twice during the semester, and just make sure that my *internship* is making me into the best possible teacher.

I did not know what to expect coming here. I knew nothing about the military, nothing about the civilians who taught at schools within US military bases, and very little about Germany. But from the moment I arrived, I have been taken in like a family member by some of the most generous and most welcoming people in the world. The community here at Vilseck welcomed me into their homes, to their dinner-tables, and into their way of life. I could not feel more at home here even though less than two months ago home was 5000 miles away from here.

My mentor teachers have been superb. They have served as models for when I observe them teach and as coaches for when they watch me teach. I have had the opportunity of attending IEP, CSI, Freshmen Academy, departmental, and staff meetings. I have had the privilege of working with many of the students, both in my classes and in the after-school tutoring program at the school. Just as the families within the community made me feel welcome, the Vilseck High School also welcomed me into the school community.

Knowing that I am in Germany is exciting. Experiencing the culture, exploring castles, going to Oktoberfest, visiting the Document Centre in Nuremberg, eating excellent food, all of this offers a once in a lifetime opportunity. The one aspect of this student-teaching experience that is even more rewarding than the travel, even more rewarding than the mentoring, is the privilege of teaching those who serve our country. This could not be a better beginning to anyone's teaching career and I am humbled that I have been given this opportunity.

*As written by Christian Lowery*

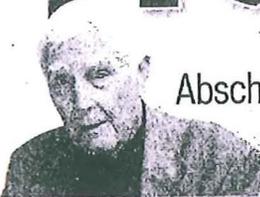


*Colleagues, Bamberg closed the day before I arrived in Germany and my friends saved this newspaper piece for me about it (see following page). Many of us had been on that base and now the land is being "contested" for use. Some people want the housing to stay and be available for purchase by locals. Others would like to demolish everything and build new places. Others would like for it to be primarily green space. It will be interesting to see what happens. Other bases closed that same day. Wendy*



Bamberg American High School (pictured above) opened in 1980. Other recent Department of Defense Dependents High School (DoDDS) Europe closings include: Schweinfurt High School, in operation from 2011 – 2014; Heidelberg American High School, 1946 – 2013; and Mannheim American High School, 1956 – 2011. The school closings are a result of troop reductions and base closures.

# fränkischer Tag



Abschied von einer TV-Legende:  
Joachim Fuchsberger ist tot

BOULEVARD, SEITE 32

Ampel am Berliner Ring  
fällt aus

BAMBERG, SEITE 13

FREITAG, 12. SEPTEMBER 2014

BAMBERG



## Goodbye America!

**ZEITGESCHICHTE** In Bamberg und Schweinfurt werden in den Kasernen die US-Fahnen eingeholt. Die Amerikaner verlassen Ober- und Unterfranken. Seite 2

VON UNSEREM REDAKTIONSMITGLIED KLAUS ANGERSTEIN

Als sie kamen, hatten sie Kaugummi und Coca-Cola im Gepäck. Die Kinder waren begeistert, die Älteren eher skeptisch. Die Amerikaner brachten nicht nur Süßigkeiten, sie brachten vor allen Dingen den Frieden, das Ende der Nazi-Diktatur, die Freiheit. Aber nicht nur das. Mit einem Mal gab's auch Halloween und ausgeschnittene Kürbisse. Und an Weihnachten machte auf dem Festtagstisch immer wieder mal ein Truthahn aus dem Kasernen-Supermarkt der gewohnten Gans heftig Konkurrenz. Absolutes kulinarisches Neuland für die Franken. Die Amerikaner belebten das Stadtbild von Aschaffenburg, über Hof bis Ansbach. Ihre Anwesenheit gab ein Gefühl der Sicherheit im Kalten Krieg. Innerhalb von 31 Jahren, zwischen den Jahren 1914 bis 1945, hatten Millionen Deutscher in zwei grausamen Kriegen ihr Leben verloren. Millionen wurden vertrieben. Mit den Amerikanern hielt eine bis heute währende 69-jährige Friedensperiode Einzug in Franken. Ein Zustand, an den wir uns schnell gewöhnten, den wir heute für selbstverständlich halten. Aber: Friede war und ist keine Selbstverständlichkeit. Es war in erster Linie dem Engagement der Amerikaner zu danken, dass der Frieden bei uns so lange hielt und hält. Auch als die Welt beim Bau der Berliner Mauer kurz den Atem anhielt. Jetzt gehen die Amerikaner, nur ganz wenige bleiben. Zeit, Danke zu sagen. Goodbye America!

BY KLAUS ANGERSTEIN

When they arrived, they brought Coca-Cola and chewing gum along. What made children excited and older ones scared. The Americans not only gave us sweets – they more importantly gave us peace, the end of Nazis' dictatorship, freedom. But this wasn't enough. Suddenly there were Halloween and carved pumpkins. And once in a while a turkey from the American supermarket took its place on Christmas tables – pushing aside our traditional goose. What an invitation for all Franconians to explore an undiscovered food country! Americans spread throughout the cities from Aschaffenburg to Hof and Ansbach and they also spread a sense of security when Cold War was in its full flow. Within 31 years – from 1914 to 1945 – millions of Germans lost their lives in two horrible wars forcing millions to leave their home towns and countries. America's arrival in Franconia 69 years ago marked the beginning of peace that lasted ever since – a period we embraced wholeheartedly and got used to it very soon. But we should never take peace for granted. Due to Americans who always were ready to defend it, we were and still are living in peaceful times – even if world held its breath when the Berlin Wall was build. Now Americans are leaving, only a few will stay. Time then to say: Thank you. Goodbye America!

Übersetzung: Petra Breunig





While some Truman students were rooting for their favorite team at the homecoming game, other Truman students spent the afternoon of October 11 at the Adair County Public Library turning secondary students into zombies. Rebecca Dierking's English 608 Management of Instruction in Secondary English students, Katelyn Lauck and Audrey Lane, hosted the event with support from 13 Truman student volunteers, including Erica Raines, Stephen Furlong, Abby Goldsby, Jordan Moorhouse, Kari Kolda, Rachel Knox, Haley Hunter, Kristen Greif, Lindsey Applegate, Mackenzie Perron, Jenni Steele, Jabari Allen, and Suzie Nabach. Each semester English 608 students host an event at the library intended to encourage adolescents to visit the library and check out all it offers. Previous events have centered on a recently released book-to-movie (*Catching Fire* and *Divergent*). This semester's event was themed on popular zombie literature. Adolescents participated in face painting, cupcake decorating, exploring mystery containers of faux body parts, creating zombie lore in art, and brain tossing. They also played two rousing competitions of Zombie Tag (tag in which everyone eventually becomes "it") and several rounds of Human-Human-Zombie (altered Duck-Duck-Goose). The event ended with book talks by the English 608 students and a "brain buffet" of zombie literature available in the library, including: *Alice in Zombieland*, *Ashes*, *The Boy Who Couldn't Die*, *Dead Reckoning*, *The Eternity Cure*, *My So-Called Death*, *Through the Zombie Glass*, and the popular *Price and Prejudice and Zombies*.



In 2008, pre-MAE student Miranda Walker from Moberly began working with Sports Crusaders doing week long trips to other countries to teach sports camps and Christian education. In 2011, her focus shifted to the United States, where she began teaching camps for kids in grades K-12. Miranda and her group have been invited by a church they worked with in Merida (a city in the Yucatan) Mexico to organize activities including sports camps, tournaments, bible schools, etc., in order to give the kids in the community something to do and get them connected to people who will be willing to help them out and encourage them as they grow up in the small town. The opportunity has evolved into an internship, and Miranda is

gearing up to go. "I think it will be a lot of fun, and hard work, but I also think it will be very beneficial for my future plans as well. I'll make a much better Spanish teacher with two months of immersion working with kids in Mexico under my belt." Miranda said.

The documentary "TEACH" will be shown November 5, beginning at 7:00 p.m., in Baldwin Hall Little Theater. The film by Davis Guggenheim explores the struggles and triumphs of America's education system through the eyes, minds and hearts of teachers. Admission is free and open to all.

## **HEALTH AND EXERCISE SCIENCES**

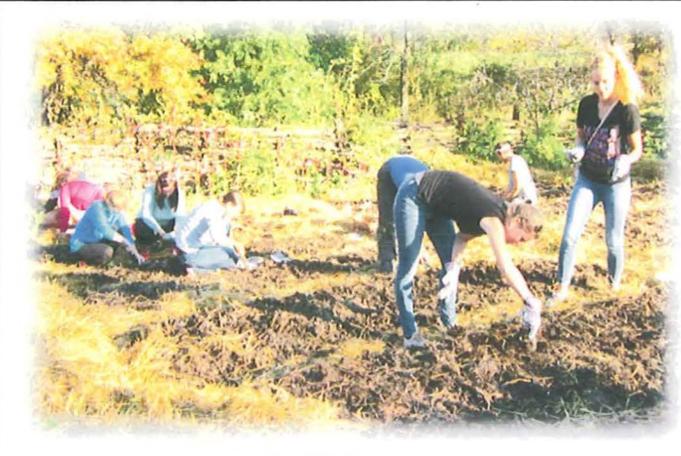


Students in HLTH 150 nutrition classes have partnered with the SERVE Center to raise money for the Food Bank for Central and Northeast Missouri. Working groups planned service-learning fundraisers after learning that the food bank is able to purchase 15 pounds of food for only one dollar. One group set up a table display outside the Student Union Building. By sharing facts about hungry families and how just a small donation can make a big difference, the team exceeded their goal by raising \$1,000.00. Another group sold raffle tickets, with the winner pieing President Paino during a football game. More events are planned throughout the semester in cooperation with local restaurants. All proceeds benefit the Food Bank for Central and Northeast Missouri. Above left: Karina Critten at the table display. Above right: Lauren Gieseeking pies President Paino.

Dr. Alicia Wodika and Dr. Janice Clark attended the Missouri Public Health Conference, September 27, in Columbia, along with six Health Science students: Meghan Meyers, Jihee Lee, Laura Kim, Amanda Robinson, Pallavi Thota, and Bonnie Kempker. At the conference, they heard Joyce Gaufin, President of the American Public Health Association (APHA) present "Public Health in Transition: Embracing and Preparing for the Future." Additionally, they attended conference sessions on innovative local public health agency projects and electronic cigarettes.



On September 27, 27 students from Dr. Janice Clark's HLTH 362 Environmental Health class and the Student Public Health Association cleaned Bear Creek from Normal Street to LaHarpe Street (the section of the creek that flows through campus.). The morning began with a short lesson by Michele Woolbright about the rain garden located at the corner of Franklin and Patterson Streets. Then, the students got their mesh stream clean-up bags and began methodically cleaning segments of the creek. They found numerous plastic bags, plastic bottles, cups, glass bottles, a 6-foot metal pipe, and lots of paper in the creek. Their efforts resulted in 15 bags of trash and 3 bags of recyclable bottles and cans. As the morning concluded, Dr. Clark discussed the importance of the riparian border on the effect of stream flooding and the amount of trash going into and out of the stream. Although some students got wet beyond the height of their boots, they all had a good day and the campus looks better for their efforts.



Students from Dr. Janice Clark's HLTH 362 Environmental Health course took a field trip to the Stillwater Farm and Possibility Alliance, October 21, near LaPlata. Dr. Alicia Wodika and Dr. Jennifer Hurst also accompanied the group and drove two of the vans to the farm. The purpose of the trip was for the students to learn about the electricity-free and petroleum-free lifestyle of Ethan and Sarah Hughes, as well as to perform service work while at the farm. The Hughes and their two daughters grow their own food and live well below the poverty line at less than \$3,000.00 per year. They host over 1,500 visitors and volunteers per year at their farm. The Hughes were inspired by their time at l'Arche community in France, a Gandian project based on the gift economy and radical simplicity. There are five guiding principles of the Possibility Alliance: radical simplicity to reduce their ecological footprint; serving people's needs without an agenda; social and political activism; inner work; and gratitude and celebration. While at the farm, Ethan Hughes gave the students and faculty a tour and explained his philosophy and practices. On the tour, the students got to see solar ovens, an outdoor kitchen, rocket stoves, organic gardens, solar food dryers, rain catchment systems, and straw-bale homes with an insulation value of R-40. The students assisted with several projects as part of their service and in thanks for the tour. They cut and sawed wood for heat for the winter, gathered sticks and small branches to fuel the rocket stoves to cook food, planted garlic, and sorted apples.



# 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 Sciences

### Dates and Times:

**Monday, November 3: 5-10pm**

**Tuesday, November 4: 5-10pm**

### Location:

Health Science 1206 - CPR lab  
Truman State University

### Cost: \$60

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 e-mail 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 be not receive refunds. Classes with enrollments below 12 may be subject to cancellation.

### The Truman Institute

P: 660-785-5384

F: 660-785-7202

[institute@truman.edu](mailto:institute@truman.edu)

Second-year Exercise Science major Emily Ponte from St. Charles, Illinois, is leading children's church at the First Christian Church, Kirksville.

Alumna Jessica Prinster Dederer (ES – '91) has been named Marketing Director of Family Resource Center in St. Louis, one of Missouri's largest agencies dedicated to preventing and treating child abuse and neglect and strengthening families. "My vision is to put Family Resource Center on the map as the place to go for kids and families who are in abusive relationships," Jessica said. "We plan to get people talking about the issue of abuse — around the dinner table, in social circles and religious groups — to understand that there is a problem and become advocates to break the cycle of abuse."



Alumnus Jorge Fallas (HS – '03) has accepted a position as Health and Nutrition Coordinator / CPR and First Aid Instructor with the Northeast Missouri Community Action Agency in Kirksville.

Alumnus Wyatt Pickering (ES – '03) has returned to his hometown, Chillicothe, to work as medical director in the emergency room of Hedrick Medical Center. "My grandpa was a doctor, and I wanted to follow in his footsteps," Pickering said. "Chillicothe has just built a new hospital and my wife and I are getting ready to have a baby, so we wanted to be close to family."

## **NURSING**



Senior nursing students and instructor Ms. Pam Melvin have assisted with several area flu shot clinics in Adair, Knox, Sullivan, Clark, Linn, and Putnam counties. Pictured above at the Knox County Drive-Through Flu Clinic are senior nursing students (left to right) Brooke Weseman, Mary Manley, Emily Kolis, Megan Ward, Katie Davis, Rachel Phillips, Ashleigh Hampton, Amanda Schaffner, and Laura Anderson.



During Middle School Visit Day, October 3, students from Green City and Milan visited the Nursing Simulation Center (NSC) to participate in numerous scenarios. The students learned how to take vital signs, assess heart, lung, and bowel sounds, assess edema, and apply oxygen to a patient via nasal cannula. They did all of these activities while caring for Ima Payne and Kiho, two simulated patients that had pneumonia. This experience was a great opportunity for the students to participate in hands-on simulated patient care!

Pictured above left: Ellie Cavuoti '15 assists as a participant listens to heart and lung sounds.

Pictured above right: Michelle Howard '15 teaches a middle school student how to take a blood pressure.

Pictured below: Assisting with this event in the NSC were Ms. Pam Melvin (right), Dr. Stephanie Powelson (not pictured), and senior nursing students Ellie Cavuoti and Michelle Howard (behind Ima Payne).





Ms. Susan Lambert and 11 junior and senior nursing students provided participants with blood pressure readings, blood glucose readings, and height and weight measurements at the second annual Project Homeless Connect, October 3. Project Homeless Connect is a one-day event that allows homeless individuals and families in the Kirksville area to receive free services such as medical screenings, housing assistance, employment assistance, haircuts, lunch, and much more. The service learning project allows nursing students to provide hands-on services and the opportunity to serve others in the community. The students reflect on the experience through guided journaling.

Pictured above left: Alyssa O'Brien '16, Rebecca Vadalabene '16, Asst. Professor Susan Lambert, and Megan Doerhoff '16 provided medical screenings for participants at Project Homeless Connect.

Pictured above right: Alyssa O'Brien '16 poses for a photo before obtaining a blood glucose reading on a participant.



The Rho Omega Chapter of Sigma Theta Tau International (STTI) Nursing Honor Society inducted 18 senior nursing students, October 3.

Pictured above seated left to right: Lauren Null, Andalee Arndt, Rebecca Callstrom, Samantha Weber, and Anna Becker. Standing left to right: Lindsey O'Brien, Kaylee Knauth, Megan Ward, Mollie Killion, Danielle Johnston, Jessica Arras, Olivia Warner, Michelle Howard, Gabriella Cavuoti, and Christa Friend. Not pictured: Katherine Davis, Rachel Phillips, and Ashlyn Stumph.



The Nursing Department faculty and staff were excited to welcome several nursing alumni and their families to the Nursing Alumni Homecoming Reception following the parade, October 11. Those in attendance toured the nursing simulation center, had refreshments, and reminisced about their years at Truman. This year marked the 30<sup>th</sup> anniversary for the Class of 1984. The seven class members in attendance were excited to visit with their professors Sharon McGahan and Sarah Delaware. Pictured above with Nursing Simulation Center patient Ima Payne are (left to right) Cheryl (Antle) Rowland, Sharon Little-Stoetzel, Tammy (Davis) Gordon, Marta (Burrow) Lawson, Carol Meyers, and Pam Melvin. Not pictured: Brenda Higgins.

There will be an Accelerated Bachelor of Science in Nursing (ABSN) information session held on Wednesday November 5, from 4:00 p.m. – 4:30 p.m. in Health Sciences Building room 3205. After completing a bachelor's degree and the pre-requisite courses, admitted students may finish a BSN degree in 15 months of study. For additional information, contact [kmcdaniel@truman.edu](mailto:kmcdaniel@truman.edu) or [nursing@truman.edu](mailto:nursing@truman.edu). The nursing website <http://www.truman.edu/majors-programs/majors-minors/nursing-major/> also contains information regarding the program and curriculum.

## **CALENDAR OF SELECTED UPCOMING EVENTS**

November 3, Monday: TruLifesaver, 5:00 p.m. – 10:00 p.m., HS 1206 – CPR lab  
November 4, Tuesday: TruLifesaver, 5:00 p.m. – 10:00 p.m., HS 1206 – CPR lab  
November 8, Saturday: November Showcase Visit Day  
November 10, Monday: SHSE Book Discussion Group, 11:30 a.m. – 12:30 p.m., VH 2351  
November 13, Thursday: Undergraduate Council  
November 14, Friday: Women’s & Gender Studies Conference abstracts due  
November 14, Friday: Kohlenberg Lyceum Event, Rhonda Vincent, 7:30 p.m., BH Auditorium  
November 19, Wednesday: Graduate Council  
November 19, Wednesday: NEMO Alumni Chapter Fall Banquet, 6:00 p.m., SUB Georgian Room  
November 20, Thursday: Faculty Senate, 3:00 p.m., SUB Alumni Room 2105  
November 24 – 28, Monday – Friday: Thanksgiving Break (University closed Wednesday-Friday)  
December 1, Monday: SHSE Book Discussion Group, 11:30 a.m. – 12:30 p.m., VH 2351  
December 4, Thursday: Undergraduate Council  
December 5, Friday: Last Day of Classes  
December 6, Saturday: Board of Governors Meeting  
December 8, Monday: Finals Start  
December 10, Wednesday: Reading Day  
December 11, Thursday: Faculty Senate, 3:30 p.m., SUB Alumni Room 2015  
December 12, Friday: Finals End  
December 13, Saturday: Commencement, 11:00 a.m.  
December 13, Saturday: Interim Begins  
December 19, Friday – Fall Semester Grades Due in TruView, Noon  
January 10, Saturday: Interim Ends  
January 12, Monday: Classes Begin  
January 15, Thursday: Undergraduate Council  
January 19, Monday: Martin Luther King, Jr. Holiday (University Closed)  
January 21, Wednesday: Graduate Council  
January 22, Thursday: Faculty Senate, 3:00 p.m.  
February 12, Thursday: Undergraduate Council  
February 14, Saturday: Kohlenberg Lyceum Event, The Great Gatsby, 7:30 p.m., BH Auditorium  
February 18, Wednesday: Graduate Council  
February 19, Thursday: University Conference  
February 26, Thursday: Faculty Senate, 3:00 p.m.  
March 3, Tuesday: Kohlenberg Lyceum Event, 7 Brides for 7 Brothers, 7:30 p.m., BH Auditorium  
March 4, Wednesday: First Block Classes End  
March 5, Thursday: Second Block Classes Begin  
March 5, Thursday: Undergraduate Council  
March 9 – 13, Monday – Friday: Midterm Break  
March 18, Wednesday: Graduate Council  
March 20, Friday: Kohlenberg Lyceum Event, Much Ado About Nothing, 7:30 p.m., BH Auditorium  
March 26, Thursday: Faculty Senate, 3:00 p.m.  
March 31, Tuesday: SHSE Mini Research Conference, 3:30 p.m., VH 1000  
April 6, Monday: Spring Break  
April 9, Thursday: Undergraduate Council  
April 14, Tuesday: Student Research Conference  
April 15, Wednesday: Graduate Council  
April 23, Thursday: Faculty Senate, 3:00 p.m.  
April 24, Friday: Seventh Annual Language and Literacy Conference with C. Melanie Schuele, Ph.D., CCC-SLP, speaking on “*Phonological Awareness: Making a Difference in Children’s Reading and Writing*”

April 30, Thursday: Undergraduate Council  
May 1, Friday: Last Day of Classes  
May 4, Monday: Finals Start  
May 6, Wednesday: Reading Day  
May 7, Thursday: Faculty Senate, 3:30 p.m. (old) and 5:30 p.m. (new)  
May 8, Friday: Finals End  
May 9, Saturday: Commencement, 2:00 p.m.

## *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 and Education*