



It is really hard to believe we are moving into the Summer Semester. Just seems like we finished Winter Semester. Goes to show how time flies. As we get closer to the 4th of July, our celebration of our independence. I was recently reminded of the importance of our independence when I visit Normandy on the 80th anniversary of D-Day. My father who served in World War II would have been 100 years old on the 7th of June, so being over there at that time was even more special to me. As I stood at the top of Point de Hoc and on the sandy beach of Omaha beach, and walked through the ruined bunkers of the battle, I was humbled. We also walked through the Normandy American Cemetery, making it all that much more real to me. Growing up I always just thought this time of the year meant another holiday with fireworks, but this year it all has a different meaning for me. I thank our forefathers and thank my own father and all the fathers who helped us become the country we are today. I wish you all a safe and healthy holiday this year.

In the last newsletter, I spoke about a Wellness Challenge. We are working with Victorious Believers Ministries on a wellness challenge. It is moving forward and doing well. Experiencing quality health is very important, for each of us, for our families, and for our work-life balance. The purpose of the Challenge to provide opportunities for folks to improve overall health, while inviting others to engage in the process. As many of you know, Wellness is very important to me, and my goal is to encourage you to grow holistically including all elements of wellness. I hope you will not hesitate and jump right in. I strongly believe with each of us cheering one another on, we can change the trajectory of our lives, and have fun while doing it. In late August I will be sending out a survey which will allow you to register for the challenge. Once you are registered, you can go in any time and complete the elements provided each month. You can register as an individual, a family, a team, or an entire department. If you want your results to remain anonymous that is okay, but we hope you would allow us to include the data aggregately to show improvements on a college-wide basis.

For our AY24-25 challenge, you will be provided an opportunity to participate in a variety of activities from each of the 8 dimensions of wellness. Please note, our hope is to introduce one element of wellness each month, starting with physical. You can choose to participate in new activities each month, but our hope is that you will continue to participate in the activities from the previous months' challenges as well. What that means, is if you are in June for example, but you continue doing activities outlined in January, you can add those to January when you record February, and so on. This will allow your monthly totals to continue to increase and by maintaining the monthly challenge it will become more of a habit and one you hopefully will maintain after the challenge ends. And as in true HHS tradition, if you wish to be recognized for your efforts, we will have a final event in April to celebrate! Look for more information in August – we will also provide a reminder at the All-College meeting as well.

The monthly challenges are:

1. September-Physical
2. October-Financial
3. November-Social
4. December-Spiritual
5. January-Occupational/Volunteerism
6. February-Emotional
7. March-Environmental
8. April-Intellectual



EVENTS

Events for July, August, and September.

- ✓ Summer Classes begin July 1, 2024
- ✓ Independence Day Observed, July 4, 2024
- ✓ Summer Classes End, August 17, 2024
- ✓ Fall Classes begin, August 26, 2024
- ✓ Labor Day Recess, September 2-3, 2024

HHS Events:

- ✓ All College Meeting August 22, 2024
- ✓ 2024 Fresh Start Convocation, July 23, 2024
- ✓ NP White Coat Ceremony, August 26, 2024

Other Events that might be of interest

- ✓ MIPERC (Midwest Interprofessional Practice, Education, and Research Center) fall *virtual* meeting, September 13-14, 2024

REMINDER: RETIREMENT DR. AVA LEWIS

Please save the date to celebrate the retirement of Dr. Ava Lewis. The event will be on July 22, 2024, from 4pm to 6pm in the Curtis Banquet Halls.

Ava, it is never easy to say goodbye. But we will hold on to the memories of working with you and all that you have given to the college, SVSU, and the community. We hope this retirement brings you joy and peace. Friends and colleagues never leave but live in our heart and mind forever. We hope this retirement brings you joy and peace!

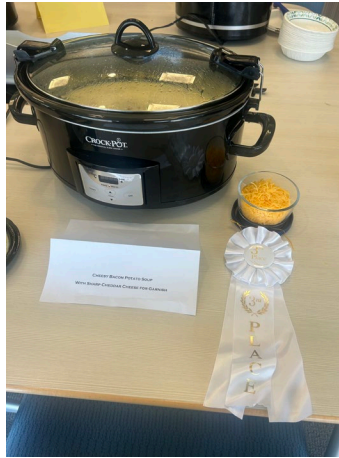


SOUP WINTER FOOD COMETITION

The winter HHS food competition was held on March 20, 2024. As in true fashion, it was a success. Below are the winners of this year's soup competition.



1st Place Michael Heron



2nd Place Adrienne Galbraith



3rd Place Kelsey Lipinski

MEDICAL LAB SCIENCES WHITE COAT CEREMONY

On Friday, June 14, 2024, the MLS class of 2024 participated in their white coat ceremony.

Very exciting. Congratulations!



FACULTY-LED RESEARCH GRANT

Like to congratulate those faculty who received research grants. Congratulations!



Meghan was awarded \$6,000 for the following project: Promoting Physical Activity Among Female College Students at SVSU.

Congratulations!



SOCIAL WORK STUDENT ACOLADE



Congratulations to Cherie Long, who was selected as NASW Michigan Social Worker Student of the Year in 2024. These folks demonstrate leadership qualities, contribute to the positive image of their social work program, are committed to political and community activities, and show academic success. We are so proud of her!

INTERPROFESSIONAL EXPERIENCE WITH CMU MEDICAL



On Feb. 27, a small group of **N5 nursing** students participated in two simulations with the Central Michigan University medical students and emergency medicine residents. One simulation was an escape room built around TeamSTEPPS, a set of teamwork tools designed to improve communication and teamwork skills among health care teams. The other simulation was an acute care client scenario, Plans are in the works to do more of these interprofessional experience.

COBY, THE HERO

COBY, the Hero By Barb, a PAWS Client



If COBY wants my attention, he simply sits down. The first couple of times, it really got my attention—it nearly planted me on my backside! It's effective, but unexpected.



The first time he prevented me from stepping out in front of a biker I couldn't hear coming. The second was a collision with another person. The next, a shopping cart.



Last October, I was out walking and arrived at a busy intersection. COBY sat and waited while I hit the walk button and surveyed traffic. When the walk signal blinked on, I looked around several times and we both moved forward.



Just as I went to enter the street, COBY spun me around, walking backwards and almost pulling me to the ground. I admit, I was starting to become angry when I looked up -

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Thanks Ellen! For helping to ensure there are animals like Coby to help those in need in the community.

It is nice to see where the pups Ellen trains end up and what a difference they make.

The pup in this story was named CHARMIN when Ellen raised him (I got him shortly after the great toilet paper shortage of 2020



Ellen Herlache-Pretzer and Charmin

In May of last year, PAWS gave me a lovely hearing aid named COBY. We learned each other's patterns and work well together for the most part. The one thing my PAWS Field Representative and I haven't been able to do is get COBY to "Touch" while walking.



and saw a speeding fire engine turn right where I was about to step! Lights flashed, traffic halted, horns were blaring, and everyone was focused on me.



"What a great dog!" "He really watches you!" "Are you okay?"

Two separate vehicles stopped and people ran toward me screaming, "That dog just saved your life!" "He loves you a lot!" "Whoever trained him did a fantastic job!"



After we caught our breath, COBY and I went to a burger joint, where he got a hamburger patty as a special reward. He thought he was in pure heaven!

As I look back over my time with COBY, it's not the trivial stuff like the doorbell, telephone, or kitchen buzzer where I use his skills. Most of the time, I'm on top of that stuff.

It's the public things that are very high profile where I find myself forever wondering why anyone would question the need for an Assistance Dog. He has given me back to the community, and I interact more than I have in years. My fear of being in public has dropped to zero, and my circle has grown exponentially!

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Writing Awards

Mark Giesler, Professor Social Work

Dr. Giesler is winner of the 2024 Innovative Writing in Teaching (IWIT) award. There were many strong candidates this year, but the selection committee appreciated his attention to process and creative approaches to inspire students. His work will be featured in the campus publication, *Writing@SVSU*.

Janae M. Jancarik, Student Award

Congratulations! Janae's paper, "The Integration of Occupational Therapy and Community," was selected as the winner of the Braun Award for Writing Excellence in the Graduate category. The judges were quite impressed by the level of thought and the quality of writing exhibited in Janae's essay. The work will be featured in the SVSU publication, *Writing@SVSU*.



Lutor Abwa, Student Award (Pictured Right)

Congratulations! Lutor's paper, "Occupational Interview," has been selected as the winner the Braun Award for Writing Excellence in the College of Health and Human Services, Category 1. The judges were quite impressed by the level of thought and the quality of writing exhibited in Lutor's essay. The work will be featured in the SVSU publication, *Writing@SVSU*.

FACULTY AWARDS



Beth Roe, Professor of Nursing was awarded a **Foundation Community Engagement Grants - Winter 2024** for **SVSU Department of Nursing and Eastside Soup Kitchen Saginaw**.



Melvin McDowell, Assistant Professor of Social Work was awarded **Foundation Community Engagement Grants - Winter 2024** for **Social Work Community Learning Labs**.

SENIOR FITNESS TESTING

In April, Dr. Jill Brown and Ms. Kadie Schultz worked with the KINE department and Ollie Department on campus to host free Senior Fitness Testing that assessed physical fitness and quality of life with 57 Kinesiology students, 58 MSOT students, and serving 30 participating Seniors.



SUBSTANCE USE DISORDERS EDUCATION IN SCREENING

Recent publication – Congratulations! Brown, J. M., Schachman, K., & Baruth, M. (2024). Entry-Level Occupational Therapy Education to Address Substance Use Disorders: Education in Screening, Brief Intervention, and Referral to Treatment (SBIRT). *Journal of Occupational Therapy Education*, 8 (1). Retrieved from <https://encompass.eku.edu/jote/vol8/iss1/3>

Also, presentation at the National American Occupational Therapy Association (AOTA) Conference: Brown, J. M., Schachman, K., & Baruth, M.(2024). *Becoming Agents of Change: Occupational Therapy Students in Screening, Brief Intervention, and Treatment for Recovery from Substance Use Disorders*. National American Occupational Therapy Conference, Orlando, FL. March 21, 2024.



Dr. Jill Brown and MSOT students at AOTA conference.

CETL AWARDS

Dr. Jennifer Scott, Associate Professor in Nursing



Congratulations for receiving the Dow Professor Award for your project entitled: “Nursing 241 Pharmacology and the Center for Academic Achievement: Building Collaborations to Support Student Success and Retention.”

Dr. Emily Larocque, Assistant Professor in Nursing

Congratulations for receiving the Dow Professor Award for your project entitled: “Competency-Based Assessment, Experiential Learning, and Virtual Reality: Technological Innovation in Nursing.”



Dr. Melvin McDowell, Assistant Professor in Social Work



Congratulations for receiving the Dow Professor Award for your project entitled: “Enhancing Social Work Education through Virtual Reality: A Proposal for Integrating Amelia VR in Foundational Social Work Practice Courses.” \

BSW CLASS OF 2024

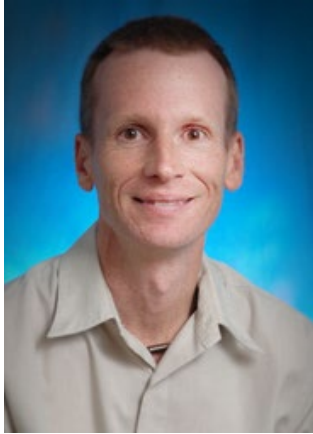


FIRST ANNUAL INDOOR 5k

You may have noticed an increase in walking in the SVSU campus buildings the past several weeks. This 4-week walking promotion was a pilot physical activity program under the American College of Sports Medicine Exercise is Medicine initiative. Dr. Gena Guerin, from the Kinesiology Department, was awarded a grant to fund placards displaying indoor routes for walking. From March 25 to April 18th, 66 participants tracked their walking and reported their mileage logged. Many participants were recruited by Dr. Guerin's KINE350 Exercise is Medicine students. Students communicated weekly with their walking participants and helped them stay accountable with weekly check-ins. A total of 2967 miles was logged by the walking participants. There was involvement around campus to complete the project. Mike Pazdro in Campus Facilities worked on providing maps of all the buildings. Dr. Blake Johnson from the Art Department offered a small student scholarship to create the placard design. Nicholas Baumgarten's design was selected for the placards. Kisha Osterhoff, Kinesiology lab coordinator, helped with creating the routes and 5-K course. There were 43 student volunteers for the 5-K event.



STATE OF MICHIGAN ADVISORY GROUP



Mark Giesler has been recognized for his writing. The State of Michigan Advisory Group for the Network of the National Library of Medicine has asked Mark to join their team as a curriculum writer.

His training, "Identifying Mental Health Crisis Situations in the Library," addresses the case for a trauma-informed approach to library services and defines what constitutes a mental health crisis. Participants learn basic conflict resolution for challenging behaviors, as well as de-escalation techniques for specific mental disorders. The project was funded with federal funds from the Department of Health and Human Services, National Institutes of Health, and the National Library of Medicine.

Congratulations Mark! We are proud of you!

FUN NIGHT - LATE NIGHT BREAKFAST BEFORE FINALS

I was excited to spend a late-night evening serving breakfast to students the Sunday night before Winter finals. Ray Rawson, Jayati Ghosh (Dean for COB), Noel Hornbacher (VP Business Affairs), and myself were assigned the parfait bar. It was very popular, and we were very busy for the 2 hours we volunteered.



GREAT LAKES REGIONAL CONFERENCE

On April 13th, SVSU hosted the National Strength & Conditioning Association Great Lakes Regional Conference. The event sold out and drew 200+ personal trainers, strength coaches, academics, and students to campus for a mix of lecture and hands-on learning. SVSU's Department of Kinesiology was among the sponsors of the event, and more than 40 SVSU students, faculty, and staff were in attendance.



NATIONAL AWARD

The American Psychiatric Nurses Association is thrilled to announce Kathleen Schachman, PhD, FNP-BC, PMHNP-BC, PPCNP-BC, FIAAN, FAANP as the 2024 recipient of the APNA Psychiatric Nurse of the Year Award. This award recognizes outstanding achievement in the field of psychiatric-mental health nursing, and we are thrilled to celebrate her accomplishments. Each recipient will be honored at the APNA 38th Annual Conference in Louisville, Kentucky on October 9-12. We hope that you will join us in celebrating Kathleen!



[Click here for full press release.](#)



In addition, the PMHNP program has received news coverage in the upper peninsula. [Click here for full story.](#)

IPE CAMP AT SVSU

For the second year, SVSU HHS has collaborated with the Saginaw Public School System on an Interprofessional Education Camp. While it was a bit smaller than last year, the program was a great success.



KAPPA ALPHA PSI MEN'S HEALTH FAIR

Ava Lewis volunteered at the Annual Kappa Alpha Psi Men's Health Fair with a former NP student, Roz Williams, FNP. They partnered with the CMU College of Medicine Internal Medicine Residents & medical students to offer health assessments to attendees.



NEWSWORTHY INFORMATION

Submit any newsworthy items for the next edition of the HHS newsletter.

We are always looking for faculty and staff achievements, external funding, recent publications, and accepted presentations since the last newsletter, including those you have completed with students, research projects going on, creative activities, community service activities, and anyone special in the college (faculty, staff, or student) you would like to highlight.

To submit information, please send to mditmyer@svsu.edu

Deadline for 4th Quarter edition is September 15, 2024