



Dean's Message. I want to start by wishing you a very happy new year and healthy and prosperous 2024. May this coming year lead you to exciting new adventures and the fulfillment of more than a few of your “bucket-list” hopes and dreams. Wishing you a year of abundance and much success of your life’s journey. As we move into the new year, our hearts are heavy with the suffering we see around the world. Members of our communities are reeling from recent global conflicts, including the Israel Hamas war, Ukraine, and beyond. Even in our backyard we continue to hear about the violence on college campuses. For me, one hit particularly close to me as I heard about the shooting at UNLV my previous home for 23 years. It is with great shock that I try to process this unfathomable event. This reminded me that we must all forever remember and honor those that we all have lost in our own lives regardless of how they have died. This helps us to keep alive the memories of loved ones. This can give us a chance to think about, talk about, or take actions that honor someone who continues to be special and important.

I continue to be inspired by the intellectual energy and passion of our HHS community. This year promises to be a great year for HHS as we continue on our quest for institutional wellness. A culture of wellness cultivates higher levels of employee engagement. As you know, this is a priority for me. A strong institutional culture plays a pivotal role in shaping all of our employees’ and students’ experiences and overall wellbeing. It sets the tone for how employees and students interact with each other, administration, and the university as a whole. As you are aware, Dr. Anthony Palatta has been working with all departments (faculty, staff, and students). As continued work in the area of institutional wellness and my commitment to wellbeing within our college, I have invited Anthony to return to campus and together, Anthony and I will present outcomes from all the information gathered at a specially convened meeting on Monday February 26th from 12:30pm to 4:00pm. I realize there may be classes scheduled for that day and time, however I feel it is important to make arrangements to attend the meeting. The material is very compelling and having everyone there to help develop initiatives for our college to foster a more inclusive workplace environment for faculty, staff, and students is paramount. Please look for the invitation and make sure you RSVP. I look forward to seeing you there.

In addition, I plan to re-institute informational meetings with the Dean. The following is the schedule for Winter 2024.

- ✓ Coffee with the Dean - Tuesday, January 23, 2024, 8:00am BA 262
- ✓ Refreshments with the Dean – Tuesday, January 30, 2024, 4:00pm BA 262
- ✓ Coffee with the Dean - Tuesday, February 20, 2024, 8:00am BA 262
- ✓ Refreshments with the Dean – Wednesday, February 28, 2024, 4:00pm BA 262
- ✓ Coffee with the Dean - Wednesday, April 17, 2024, 8:00am BA 262
- ✓ Refreshments with the Dean – Wednesday, April 17, 2024, 4:00pm BA 262

SVSU Events:

- ✓ Martin Luther King Event, January 17, 2024, 7pm, Malcolm Field Theater (register: <https://www.svsu.edu/mlk/>)
- ✓ All College Meeting, Monday, February 26, 2024, 12:30pm to 4pm (lunch provided)
- ✓ All university awards banquet, March 15, 2024, 6pm Curtis Hall

Below are Admissions Events:

- ✓ President’s Scholar Day, Friday, January 18, 2024, 12pm to 1pm
- ✓ Explore the Future Day, Friday, January 26, 2024, 10am to 11am.
- ✓ President’s Scholar Day, Friday, February 2, 2024, 12pm to 1pm
- ✓ Explore the Future Day, Friday, February 16, 2024, 10am to 11am.
- ✓ Day in the Nest, Saturday, March 16, 2024, 10am to 11am
- ✓ Spring Open House, Saturday, April 13, 2024, 10am to 1pm

I am beyond thankful to each and every one of you for all the hard work you do. You all continue to persevere, and I am grateful for that. I appreciate the forward thinking by all of you to help increase student enrollment and help with retention. Looking at the new programs and certificates that have been proposed is very exciting. I hope we can continue the forward momentum to help increase our numbers while maintaining the high quality we are known for. I am so proud and honored to be the Dean of such a wonderful college.

Presentation on Stress in College



On November 9th, as part of the CETL Navigating Next-Gen Education: AI, Experiential Learning, and Beyond Fall workshop. Dr. Elizabeth Roe, Professor in Nursing, Adriene Galbraith, Assistant Professor in Nursing, with N4 nursing students Natalie Bargardi, Erica Garcia, Erin Segerstrom, and Special Assistant to the Dean's Office, Monika Sciba made a presentation entitled: Reducing Student Stress: A Conversation. Students presented the results from a survey conducted with pre-nursing and nursing students. The survey was supported by the Lane Family Award.

MSW Graduate Highlight



While President of SVSU's SVA Chapter, Jake was selected and invited to SVA's Leadership Institute where he attended an immersive leadership experience where he further developed his core values and honed his leadership skills. Upon graduation of his master's degree in May of 2023, Mr. Kokowicz applied to multiple social work positions at the Battle Creek VA Medical Center (VAMC) where he just recently accepted a position as a limited licensed master social worker for their Caregiver Support Program. Shortly after accepting a social work position at the Battle Creek VAMC, Mr. Kokowicz was invited back to SVA's Leadership Institute as an SVA Leadership Institute Mentor that takes place October 18– 22, 2023 in Washington DC.

Recruitment Event

Rachel Winter and Monika Sciba were invited to represent the College of Health & Human Services at the College/Trades/Military Fair on Wednesday, October 18th, 2023, at St. Charles High School. Students from the following high schools attended the fair: St. Charles, Hemlock, Freeland, Birch Run, and Merrill. Rachel and Monika spoke with about 50 high school students during the three-hour event and provided information about all HHS programs.



CTE Tuscola County Health Professions Exploration Program

Two SVSU nursing students have served as mentors for the CTE Tuscola County Health Professions Exploration Program. We are very proud when our students take time out to help others who are exploring their future careers. Emily Drouin and Linzi Wiley participated in the fall 2023 program. Thank you for your service.



Ditmyer, Wiley, Drouin, Rule

Emily Drouin chose SVSU for nursing school because even before entering the program, she had heard nothing but positive reviews from peers and current healthcare professionals. She is very proud to call herself a cardinal and a future SVSU nurse going through the program right now. Emily states: “I have not fully decided on where I would like to fall within the profession, but as of right now my goals are to stay local and work in either Bay City or Saginaw and work either in mental health or in the NICU. These two areas are my passions, and it will be a tough decision to pick one over the other, but I know that wherever I end up I will have SVSU to thank for my preparation and my opportunities.”

Linzi Wiley grew up in Saginaw and always thought she needed to leave in order to be successful and achieve my goals. Little did she know what she was looking for was right here. Linzi states: “Saginaw Valley State University provides many amazing opportunities for nursing students and has proven to have great success rates when it comes to the NCLEX- RN exam. Not to mention all of this comes at a very affordable cost, especially with the added discount through working at Covenant Healthcare. After graduating from SVSU my goal is to transition from working as a nursing care assistant in critical care to a registered nurse. Both Covenant and SVSU are great places to be part of and, offer endless opportunities, especially now with the partnership they share between them.”

HHS Majors Share Their Stories

Emily Beach, Major/Minor: Public Health (Administration), Youth Services

Fieldwork Site/Specialty: Macomb County Care House (Children's Advocacy Center); Site Preceptor: Agisha Varughese, Director of Family Advocacy

Emily shares her future plans and challenges. For my future goals, I hope to help children and families in our community achieve their health and safety goals, as well as getting the resources they need. The Care House has set up their new Family Resource Center, as well as having family advocates, that align very well with this! I appreciated attending Parent Advisory Council (PAC) meetings for the new Family Resource Center and learning about all of the ways families in the community can receive help. One challenge was achieving the hour standards and fitting it into my schedule, as well as the distance of where I live - but I am getting there! My advice to others coming into their internship is to pick somewhere that aligns with their goals and passions - and schedule your hours beforehand. I have very much enjoyed my field work experience so far and have learned about a lot of roles I did not know existed in our community to help families.

HHS Majors Share Their Stories (Cont.)

Marielle Lewis, Major/Minor: Public Health Administration with a Management minor

Fieldwork Site/Specialty: MyMichigan Health in the MyHR Service Center; Site Preceptor: Bo Bradshaw, MyHR Service Center Manager

Marielle shares her future plans and challenges. Because of this internship, I would like to pursue a job within HR. The role at this site allows me to see many different aspects within HR along with assist with different tasks every day. I enjoyed assisting the HR representatives with the onboarding process for new hire employees each week along with new hire orientation preparation. One challenge related to my fieldwork experience would be related to learning everyone's communication styles. In healthcare classes, we learn the expected way or best way to approach coworkers when communicating. It is interesting to see the ways coworkers should and should not communicate with each other. My advice would be to tell them it is okay if they do not get their first choice or what they had planned for an internship position. I was set on finding something marketing related for months before my internship and was not intrigued by anything else. The current internship I am was not my first choice and I originally took it because I needed an internship. I can say now that I am towards the end, I am so glad I ended up with this as my fieldwork. I truly enjoy it and what I am doing there. I am always learning something new, and every day is different. My experience at MyMichigan Health has been excellent. Everyone I work with is friendly and always willing to help. I would recommend interning here to those unsure of what to do for the fieldwork. Even if HR does not appeal to them, there is still other exposure to other parts within healthcare administration that make the experience worth it.

Honors Thesis Students



Liz Newcomb-Yi

Liz Newcomb-Yi is a senior exercise science major with plans of attending graduate school for physical therapy once she graduates from SVSU in May 2024. With advising from Dr. Rachel Darr, RD, CCSD, she surveyed SVSU's varsity athlete population regarding their nutrition knowledge and dietary intake. Survey scores revealed that athletes generally have a poor level of nutrition knowledge as the mean score was 48.74% (8.29/17). Athletes were knowledgeable in the areas of carbohydrate loading, pre-exercise meals, and creatine supplementation but lacked sufficient knowledge of daily macronutrient intake, ergogenic aids, and vitamin toxicity. Further research efforts in the form of nutrition education sessions are warranted given the insufficient knowledge displayed. The data collected in this study will serve as pre-education data and the athletes will be provided with the same survey after attending education sessions with Dr. Darr, SVSU's dietitian, with the expectation that the average score will improve."

Honors Thesis Students, (Cont.)

Katelyn Taylor, a Rehabilitation Medicine Major, completed her Senior Honor's Thesis entitled, "A Biopsychosocial Analysis of Functional Fitness Athletes." Her study aimed to describe the movement proficiency, sense of community, and exercise self-efficacy of functional fitness athletes in the Great Lakes Bay Region. Functional fitness is exercise performed in group settings, commonly termed CrossFit®. We reached out to facilities within 25 miles of SVSU and recruited 35 athletes. Data revealed a positive correlation between frequency of workouts attended per week and an individual's sense of community, high exercise self-efficacy scores, and good-to-excellent movement proficiency scores on the standardized assessments. Katelyn was advised by Dr. Merrick Lincoln and will begin the Doctor of Chiropractic (DC) program at Palmer College in Florida in March 2024.



Katelyn Taylor

Megan Rule Helps Train SVSU PD

Megan Rule, RN-to-BSN coordinator, with two of her CTE students from the Thumb Region (Amelia Allen an EMT student and Nevaeh Moshier a CRJ student), took time to conduct training for our SVSU Police Department Personnel.

The training course was to ensure proper use of epi-pens when emergencies exist on our campus. All participants received folders with Stop the Bleed, Medical Emergency Responder for diabetes, anaphylaxis, seizures, asthma, and Blood Borne Pathogen/PPE guidance.

This was great opportunity to provide the necessary training our PD needs, while engaging high-school students as a recruitment tool to SVSU.



Amelia Allen, EMT student

Approved Sabbaticals

Department of Social Work



Dr. Mark Giesler, Fall 2024 Semester

Mark's research agenda focused on the challenges and strengths of men who were marginalized in some way, including the experiences of male social workers, gay fathers, and veterans, to name a few vulnerable populations. In 2019, he turned my attention to the intersection between public libraries and the social work profession with an interest in understanding homeless persons who access public libraries as another marginalized group. His proposed sabbatical project takes his research to yet another vulnerable population: gay and bisexual Christian men.



Dr. Lucy Mercier, Winter 2025 Semester

Lucy's research agenda is focused on the need for social work services in rural areas. Rural communities have been particularly affected by social worker shortages. Social workers who practice in rural areas face challenges different from their counterparts in urban-based cities. Some of these include less pay, limited access to specialty services and dealing with crisis situations more often, because prevention and early intervention services are not readily available. Her work in this area is timely and necessary for the Great Lakes Bay Region and beyond.

Department of Nursing



Kathleen Schachman, Winter 2025 Semester

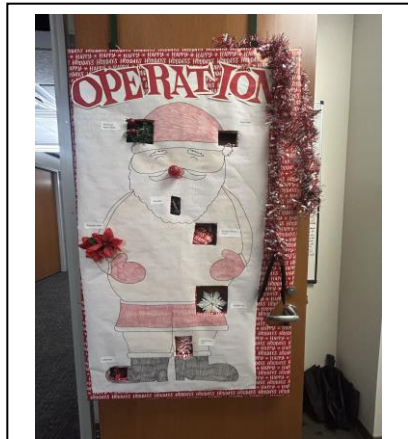
Kathleen will focus on developing manuscripts for the following programs she has overseen.

- ✓ Gaining Recovery in Addiction for Community Elders (GRACE) Project to establish an addiction recovery support team specializing in patients 60 and older at the Bay Community Health Clinic in downtown Bay City.
- ✓ Screening Brief Intervention and Referral to Treatment (SBIRT) is an interprofessional collaboration to help providers and students to become more confident and competent to be ready to help people living with substance use disorder.
- ✓ Project ECHO is a lifelong learning and guided practice model that revolutionizes medical education and exponentially increases workforce capacity to provide best-practice specialty care and reduce health disparities.
- ✓ Rural health equity

HHS Holiday Party

Door Decorating Contest

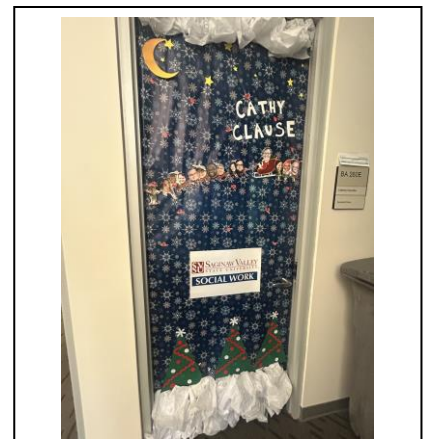
- 1st Place: BA100 - Operation Door
- 2nd Place: BA219 - Elf Movie Magic
- 3rd Place: BA260E - Social Work Reindeer Theme



1st Place

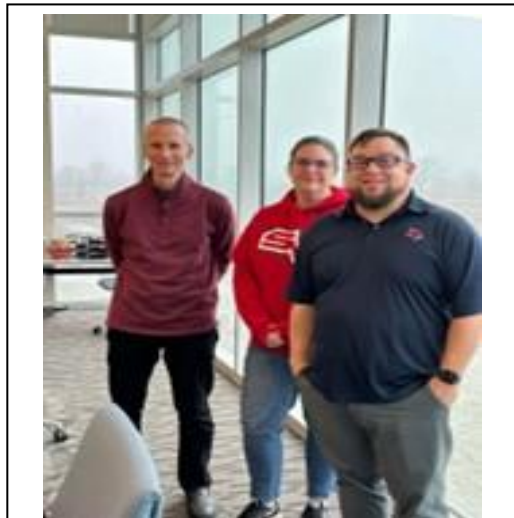


2nd Place



3rd Place

A round of applause for their incredible creativity and festive spirit! 🎄 🌟 Let's also give a shoutout to the other participants, BA227, BA228, and BA109, for their fantastic efforts. Your creativity truly lit up the space!



Jason Jaime, 1st place (Right);
Rebecca Salvner, 2nd place (Middle);
Mark Giesler 3rd place (Left)

Congratulations on a very successful 2nd annual holiday cookie bake-off. This year, the winners were Jason, Rebecca and Mark. We appreciate all the entries and I know everyone enjoyed them. Holiday is a very special time and it was great to share time with our colleagues. Looking forward to the Winter semester bake-off (soups and stews). More information forthcoming.



Faculty, Staff, and Student Highlights

Jennifer Feeney, Nursing Simulation Center



SVSU, in conjunction with CMU Medical Education Partners and Central Michigan University College of Medicine brought learners from each university to collaborate as a team in a simulated environment that replicates the health care setting, Monday, Dec. 11 from 1-4 p.m. at the CMU College of Medicine Simulation Lab. Four SVSU nursing students, two CMU College of Medicine medical students, and one emergency medicine resident will work together in a clinical simulation specifically designed as an interprofessional education activity. Great example of community collaboration.

Occupational Therapy Program

Congratulations! Capstone students from the MSOT Class of December 2023 published research under mentors Dr. Ellen Herlache-Pretzer and Stacey Webster.

Dillon, J. L., Gorman, A. G., Williams, K. N., Herlache-Pretzer, E., & Webster, S. (2023). Impacts of Tai Chi on Empathy Levels in Healthcare Professionals: A Quasi-Experimental Study. *Journal of Complementary and Alternative Medical Research*, 24(4), 1–8. <https://doi.org/10.9734/jocamr/2023/v24i4504>

Lefler G, Vanest C, Wagner S, Herlache-Pretzer E, and Webster S, Promoting resilience in the face of burnout, *AOTA Journal*, October 2023, 28(10); 24–26.



Ellen Herlache-Pretzer



Stacey Webster

Faculty, Staff, and Student Highlights, (Cont.)

Adam Coughlin, Kinesiology Department



Congratulations to **Adam Coughlin**, SVSU professor of kinesiology, who has earned the rank of “fellow” of the American College of Sports Medicine. “Fellow” status is the most prestigious distinction within the governing professional body for kinesiology. Earning the status of fellow demonstrates Coughlin's expertise and high standards of professional development, and it benefits students who work with him. His research will be accepted for presentation at major conferences. Student work that Coughlin submits also will be accepted, and he can sponsor student research for acceptance to conferences, even without serving as a co-author.

David Berry, Kinesiology Department



Congratulations to David Berry, SVSU professor of kinesiology and Department Chair, who has been accepted as a Distinguished Fellow of the National Academies of Practice (NAP) in Athletic Training. We will be recognized as a member of the Class of 2024 in an induction ceremony at the Annual Meeting & Forum in March 2024 meeting in Jacksonville, FL.

Tammy Hill, Nurse Department



NEW FNP COORDINATOR:

Tammy Hill, will be taking over the role of FNP coordinator from Ava Lewis who will be retiring at the end of summer 2024 semester.

Tammy, we appreciate your willingness to serve in this role. Congratulations!

Kinesiology Class Project

Dr. Gena Guerin and her Exercise is Medicine class entered the EIM On Campus Mascot Challenge this past semester. What an excellent job they did in producing their video.

While the video did not win, it was extremely competitive. Understanding the scope of the challenge only makes them more determined to win next year. We are excited to see what they will produce, that includes our HHS folks and Coup. Go Cardinals.



HOSA Forum



The 2023-24 Michigan HOSA Region 7 event was held at SVSU on December 8, 2023. Over 900 participants and volunteers were present competing in health professions and emergency preparedness skills.

Marcia Ditmyer addressed the group just prior to notification of results. She spoke about the importance of career exploration and congratulated the group on their accomplishments.

The top 7 from each category are advancing to the state finals.

Fall 2023 Graduation Events

BSN Symposium...BSN Symposium was held on Friday, December 15, 2023, from 4-6PM. Activities held at the O'Neill Arena, Ryder Center. The pinning ceremony is a symbolic welcoming of newly graduated nurses into the nursing profession. The history of the ceremony dates back to the Crusades in the 12th century, and later, when Queen Victoria awarded Florence Nightingale the Royal Red Cross for her service as a military nurse during the Crimean War. This ceremony is a symbol of the nursing students' hard work and dedication towards their coursework and clinicals. We are proud of our nursing class of May 2023. Congratulations!



HHS Graduate Recognition Ceremony... This ceremony was held on Friday, December 15, 2023, from 7-8pm. Activities held at Malcolm Field Theatre. The Hooding Ceremony is a special recognition ceremony for master's or doctoral degree candidates. This semester we had 57 total graduates from MSOT and nursing who participated in the event. During the ceremony, a faculty member places the hood over the head of the graduate, signifying their success in completing the graduate program.

HHS Main Commencement...The main graduation ceremony took place on Saturday 16, 2023, at 2:30pm in the Ryder Center. HHS graduates were recognized for their accomplishments. The commencement speaker was Karen S. Carter, president of Dow's Packaging & Specialty Plastics (P&SP) business operating segment. Nearly 500 SVSU students who are completing degrees have expressed their intent to participate in the commencement ceremonies.



Congratulations! Merrick and Kirsten



On Friday morning Kirsten and Merrick welcomed Rex (son, right) and Remi (daughter, left) at CS Mott / UofM.

Rex was 6lb 15 oz, born at 7:01am

Remi was 6lb 7 oz, born at 7:35am

Congratulations!!

Wellness Wishes for the New Year

Resolutions do not work for me...at least not the ones where I say I am going to lose weight, exercise more, eat healthier, etc. What has been working better are things that make me feel good and ensure I am doing something good for others. For 2023 I committed to not using as many plastic bags. If I forget a reusable bag when I shop, I buy a \$1 one at the checkout (I forgot A LOT and had somewhere around 52 of them at the end of the year. I used a lot of them as gift bags for Christmas).

For 2024, I am going to work on wellness - in all of its forms. To start, I am reading the New York Times (we get it for free with our SVSU email address) [Well Page](#). This year they started with six days of wellness. I like the three-minute movement challenge and the "flow state" articles so far. I will keep looking for wellness ideas and share them with you. If you find anything that works for you, please send it my way!

Best wishes as you begin 2024. I look forward to sharing the year with you. Cathy Macomber

NEWSWORTHY INFORMATION

Submit any newsworthy items for the next edition of the 2nd Quarter 2024 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 2nd Quarter edition is March 15, 2024