



**Dean's Message.** It is hard to believe that we are nearing the end of the winter semester with classes ending on April 27<sup>th</sup>. As we move through commencement on May 10<sup>th</sup> and 11<sup>th</sup>. Our nursing symposium is scheduled for Friday evening at 4pm in the Ryder Center and the Graduate Recognition Ceremony at 6:30 in the Malcolm Field Theatre. The main ceremony for HHS is 2:30pm in Ryder Center on Saturday May 11<sup>th</sup>. I hope to see you all there. Shifting into Spring/Summer mode is always a challenge. I love the good disruption summer brings to our academic year rhythms — an opportunity to change pace and think differently. I am also reminded that this season is when we get wonderfully engrossed in welcoming the possibilities that lie ahead. For some, you will be taking time during the spring/summer semester to rejuvenate. Some of you may choose to find an outlet for self-exploration about your next steps and some may choose to create routines that serve you and help you reduce stress and anxiety over the summer months. Some of you have chosen to teach during the spring/summer. I appreciate all that you do and hope that you too will find some time to enjoy the wonderful Michigan summer. I hope you all find the time to go outside more and spend more time with friends and loves ones or are able to take a trip to a place you have always dreamed of. I am excited about my trip to Europe with my family this summer. This adventure is one on Ray's bucket list, to explore the sands and landing beaches of Normandy and other World War II landmarks. We are looking forward to this adventure. I hope you too have exciting adventures for this summer, and I hope the summer nourishes each of you in needed and deserved ways. I look forward to the excitement from what is in front of us this fall, increasing our impact with our students and the community.

I thought I would share a few dates to remember:

- ✓ Winter Semester Senior Toast, April 8<sup>th</sup> 5:00pm to 6:00pm, Curtis Hall
- ✓ 19<sup>th</sup> Annual Michigan Public Health Association Epidemiology Conference, April 12<sup>th</sup>, 8:00am to 4:15pm, Curtis Hall (2024 Michigan Epidemiology Conference Tickets, Fri, Apr 12, 2024 at 8:00 AM | Eventbrite)
- ✓ Obesity Summit 2024, April 12<sup>th</sup>, 8:00am to 1:00pm, Ott Auditorium.  
(<https://survey.alchemer.com/s3/7708317/2024-obesity-summit>)
- ✓ Employer Partner Appreciation Luncheon, April 17<sup>th</sup>, 11:30am to 1:30pm, Seminar Rooms, Curtis Hall
- ✓ Student Occupational Therapy Association (SOTA) Annual Conference, April 19<sup>th</sup>, 9am to 4pm, Curtis Hall
- ✓ 2024 Pediatric Symposium, Covenant Healthcare, May 17<sup>th</sup> 7:30am to 3:15pm, Curtis Hall
- ✓ Nursing Excellence Award Luncheon, May 23<sup>rd</sup>, 11:00am to 1:00pm, Curtis Hall
- ✓ Michigan Public Health Association Annual Meeting and Conference, June 14<sup>th</sup>, 9:00am to 4:00pm, Curtis Hall

HHS Events:

- ✓ HHS Virtual Showcase Event, Week of April 15<sup>th</sup>, 17<sup>th</sup> and 18<sup>th</sup>, 11:30-12:30pm
- ✓ Coffee with the Dean, April 17<sup>th</sup>, 8:00am-9:00am, Dean's Conference Room
- ✓ **Higher Learning Commission (HLC) Accreditation Site Visit, April 22<sup>nd</sup> to 24<sup>th</sup> (Campus-wide)**
- ✓ HHS Advisory Board meeting, May 15<sup>th</sup>, 11:30am-1:30pm, GS202

Below are Admissions Events:

- ✓ Spring Open House Event, April 13<sup>th</sup>, 10:00am to 1:00pm, HHS.



You all continue to persevere, and I am grateful for that. I appreciate the out-of-the box thinking and innovation to help increase student enrollment and retention. The winter officials shine a better light on admissions. While we are still down from 2020, we are moving in the right direction. We need to continue this push. As always, I am beyond thankful to each and every one of you for all the hard work you do. Thank you!

## Former Child Star Speaks to Classes on Mental Wellness



Shavar Ross, a former child actor who gained fame on the television show "Diff'rent Strokes," is visiting SVSU and community organizations for a mini-residency.

During his visit, from Feb. 1-3, Ross is visiting SVSU classes in the theatre and social work departments as well as conducting a lunch and learn with faculty and staff in the College of Health & Human Services. Additionally, Ross is visiting a number of community groups and shelters. His visit culminates in a community-wide fireside chat on Saturday, from 4-6 p.m., at the Saginaw County Community Action Center.

**Melvin McDowell**, SVSU assistant professor of social work, secured funding through the Dow Visiting Scholars and Artists endowment at SVSU to bring Ross to SVSU and Saginaw.

## SAVE THE DATE: 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 SVSU and the college. We hope this retirement brings you joy and peace. Friends and colleagues never leave but live in the heart and mind forever. We hope this retirement brings you joy and peace!



## Be-the-Match Event

Former Saginaw Valley State University nursing professor David Peruski is currently battling a leukemia diagnosis. In his honor, SVSU is holding an event that has the potential to help save lives. The university's nursing department is hosting a "Be the Match" bone marrow donor registration event. The event took place from 11:30 a.m.-3:30 p.m. on Wednesday, March 13th outside the main entrance to the Melvin J. Zahnnow Library. The event had over 80 people participate. Big thanks to Dr. Tina Thornton and Emily Sopocy (N4 student and SNA president).



# SVSU RESEARCH AWARDS

## SVSU Research Awards



Adrienne Galbraith, Assistant Professor, Nursing

Adrienne received an SVSU research award for her project entitled:

*Transforming Healthcare Education: An Evidence-Based Death Notification Simulation Project*

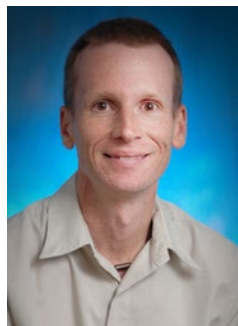
Congratulations!

Melvin McDowell, Assistant Professor, Social Work

Melvin received an SVSU research award for his project entitled:

*Beyond the Barbershop: Understanding Mental Health Challenges Faced by Black Men*

Congratulations!



Mark Giesler, Professor, Social Work

Mark received an SVSU research award for his project entitled:

*An Oral History of a Gay/Bisexual Men's Spirituality Retreat Center: Prospectus Project.*

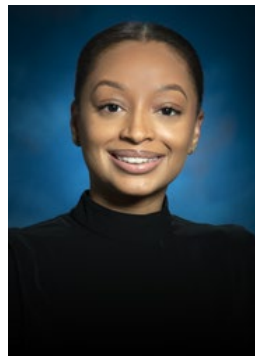
Congratulations!

# Welcome New Member of HHS Family

## ***Congratulations Ashley!***

On February 17, 2024, the family of Dr. Ashley Sanders grew by one as she gave birth to a healthy baby boy!

We look forward to all the baby pictures when you return to campus.



## Winter 2024 Graduation Events

### 2024 Winter Semester Commencement

Saturday, May 11, 2024

Ryder Center, 7400 Bay Rd, University Center, MI 48710

#### *BSN Symposium:*

May 10 from 4-6 p.m. in the Ryder Center. This ceremony is for students graduating with a nursing degree.

#### *Graduate Recognition Ceremony:*

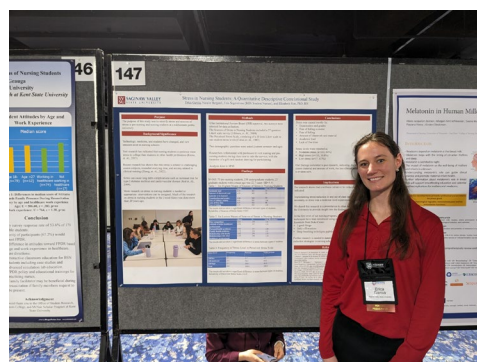
May 10 from 6:30-8:30 pm in the Malcolm Field Theatre. This ceremony is for HHS, COB, and SE&T graduate students graduating.

#### *Main Ceremony:*

May 11, 2:30pm in the Ryder Center. Both the HHS and College of Education.

## LANE NURSING AWARD

The Lane Award for Nursing faculty was designed to award nursing faculty who engage students in a positive, meaningful manner, shaping lives of compassionate professional nurses. One example of impact is Erica Garcia, nursing student, who traveled to the Midwest Nursing Research Society Conference in Minneapolis to present a poster on the research conducted with help from the Lane Family Award. Her mentor Dr. Roe was the first recipient of this award. Erica stated, “This was the best experience that I had in the Nursing Program!” As a result, she thinks nursing education/research may be in her future!!



# SOCIETY FOR SIMULATION IN HEALTHCARE Conference

The simulation center staff along with faculty representing Nursing and Occupational Therapy attended the IMSH conference in January in San Diego. IMSH is the largest international healthcare simulation conference, and it is a rich learning environment.

Nursing simulation staff include Jen Feeney, Emily Hribek, Janet Ofori-Darko, Heather Krueger, and Michelle Claypool.

Nursing faculty include Adrienne Galbraith, Drs. Emily Larocque, Mindy Fabro, Jennifer Scott, and Teri Hill.

Occupational Faculty who attending included Drs. Jean Prast and Ellen C. Herlache-Pretzer.

Members of the team presented the recruitment escape room that showcases all the degrees and departments within HHS both as a hands-on workshop and as Hot Topic. Two major topics seen at the conference included Gamification and strategies for Diversity, Equity, & Inclusion. The group is looking forward to bringing the knowledge gained from the conference to SVSU students.

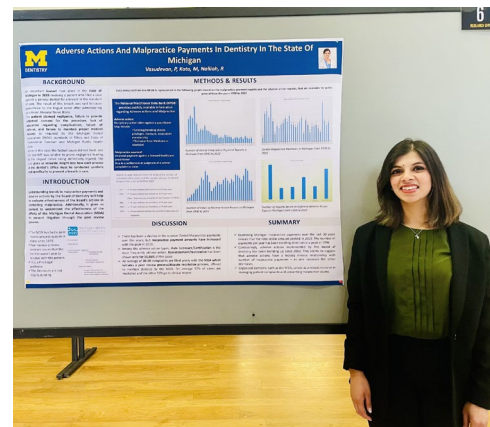


## MSHA STUDENT PRESENTS AT DENTAL RESEARCH DAY

Dr. Pooja Vasudevan, MSHA student graduating May 2024, presented her capstone project at the University of Michigan School of Dentistry research day on 15th February 2024.

She completed her project under the guidance of Professor Mark Kato and in collaboration with Dr. Romesh Nalliah who is the Associate Dean of Patient Services at the University of Michigan School of dentistry.

Dr. Pooja is excited about continuing to receive her Doctor of Dental Surgery/Medicine degree from a U.S. accredited program. Good luck! Congratulations!



## COMMUNITY DONATION

The Nursing Simulation Lab donated a very old non-functional SimMan to the Beaverton Fire Department a few years ago and they sent a photo along with a few words describing it. Sounds like they use him during their training sessions quite often. He was quite heavy, so he simulated the weight of a person pretty well. I ran into one of the firefighters and asked her about the manikin and wanted to share what she sent to me.



## SVSU-CMU COLLABORATIVE SIMULATIONS

On February 27, 2024, a small group of N5 students participated in two simulations with the Central Michigan University medical students and Emergency Medicine Residents. Nurses work very closely with physicians in clinical practice, yet nursing and medical schools continue to learn in a silo. Collaborative practice is critical to the medical team. Students participated in two simulations. The first was an escape room was built around Team STEPPS and encourages cooperation and communication between the nursing students and the medical students/residents. The other simulation was an acute care client scenario with each discipline acting within their respective scope of practice. During debrief the students mentioned the value of working with each other to further understand the training and preparation that takes place to be a doctor or a nurse. Additional collaborative simulations are being scheduled.



## BAY COUNTY SCHOLARSHIP FOR MSOT STUDENT

The Bay Commitment Scholarship from the Bay Area Community Foundation provided Donna Husband, MSOT students, additional money for tuition. Husband graduated from Bay City Central High School in 2020 and enrolled at Saginaw Valley State University. Today, she's in her first year of graduate school to earn a Master's Degree in Occupational Therapy. Husband stated, "I wouldn't be able to go to college without the scholarships I received. It is definitely why I'm on track today."



# ALL UNIVERSITY AWARDS

The All-University Awards Banquet is a tradition, held in March each year for employees. Awards are given to celebrate outstanding achievements in teaching, mentoring, involvement, diversity, and employee performance. HHS was well represented this year and we congratulate all of our award winners.



*Diversity, Equity, and Inclusion Research Award.* The DE&I Research Award is given to an SVSU faculty or staff member who has made a significant and/or longstanding contribution to the advancement of research or practice in the field of diversity, equity, and inclusion. Eligible faculty members may be nominated by any faculty member or Academic Dean at SVSU.

This year's recipient was Dr. Kathleen Schachman

Congratulations!

*Empowering Learning in Community Engagement.* The Award for Empowering Learning in Community Engagement is awarded annually to one full-time faculty member, staff member, or team of SVSU employees. Honorees are recognized for their innovation and leadership through community engagement.

This year's recipient was Dr. Melvin McDowell

Congratulations!



*Outstanding Performance Award.* The SVSU Outstanding Performance Award recognizes the accomplishments of an Administrative Professional and a Support Staff employee who have demonstrated outstanding individual and/or team performance at SVSU.

This year's recipient was Trisha Charbonneau-Ivey

Congratulations!

*In addition to the main awards, several HHS also received their service awards. Congratulations!*

**Diane Knights** – Faculty Secretary – 15 years

**Maureen Muchimba** – Associate Professor of Health Sciences – 10 years

**Jill Ewend** - Simulated Learning Laboratory Associate – 15 years

**Donald Earley** - Professor of Occupational Therapy – 25 years

**Denise Dedman** - Associate Professor of Social Work – 10 years

**Cynthia Hupert** - Associate Professor of Nursing – 10 years

**Kathleen Schachman** - H.R. Wickes Endowed Professor – 10 years

**Averetta Lewis**- Professor of Nursing – 30 years

**Adam Coughlin** - Professor of Kinesiology – 10 years

## PERCEPTOR HIGHLIGHT

Sherrie Bills has been a very generous and resourceful preceptor for SVSU's Family Nurse Practitioner program for over 10 years. She is a two-time alum of SVSU, receiving her BSN in 2004 and her MSN and Family Nurse Practitioner Certification in 2007.

Sherrie began her NP career at Baker ENT Associates in 2008-2013 and later transitioned to Riverview Medical Associates from 2013- present. In her role as a Family Nurse Practitioner, she assesses, diagnoses, and treats patients in a Primary Care setting. She also prescribes medications, teaches, counsels, and coaches families and patients.

Sherrie shares, mentors and teaches these skills with our FNP students as a preceptor. She is thoughtful, considerate, and an encouragement to all students she encounters and mentors.

Sherrie is passionate about teaching and family medicine. She is an outstanding preceptor and role model for students and new NP providers.

Our FNP faculty are grateful to Sherrie for all she's done for the FNP Program. We salute and celebrate her as a colleague and remarkable Family Nurse Practitioner Preceptor.



## 46<sup>th</sup> ANNUAL IntNSA EDUCATIONAL CONFERENCE

Kathleen Schachman, Trisha Charbonneau-Ivey, and Kimberly Martini presented “Breaking Down the Walls of Stigma: Partnering with the Recovery Community to Bring Authenticity and Lived Experience to Addictions-Focused Simulations in Nurse Practitioner Education” on February 27, 2024 at the 46<sup>th</sup> Annual IntNSA Educational Conference in Charleston, South Carolina.





## 46<sup>th</sup> ANNUAL IntNSA EDUCATIONAL CONFERENCE (Cont.)



Kathleen Schachman, Mindy Fabbro, and Jennifer Scott presented “Project ECHO Resonates in Building Confidence and Competence in Addictions Nursing” on February 28, 2024 at the 46<sup>th</sup> Annual IntNSA Educational Conference in Charleston, South Carolina.

At the 46<sup>th</sup> Annual IntNSA Education Conference, Kathleen Schachman was presented with the Education Award from the International Nurses Society on Addictions (IntNSA). This award is presented to one IntNSA member who is known as an exemplary teacher who brings attention to addictions issues and stimulates knowledge development or research in addictions nursing through teaching. Kathleen was nominated by several IntNSA members to honor her hardwork and dedication in expanding Nursing education to include substance use and mental health education. Great work, Dr. Schachman! SVSU is so lucky to have you!



# USA DOWN SYNDROME SWIMMING MICHIGAN MEET

Drs Lincoln, Darr, and Guerin, along with Katie Nixon (2023 KINE ExSci graduate, current UofM DPT student), and two professional collaborators published a narrative review on Resistance Training for Swimming Athletes with Down Syndrome last month. As a result, we were invited to present at the USA Down Syndrome Swimming Michigan Meet and Clinic over the weekend 3-16-24. We presented to athletes from the USA National Team, Canadian athletes, their coaches, and parents in Wixom, MI. These athletes compete internationally in the Down Syndrome International Swimming Organization (DSISO) and in the Special Olympics. Attached is the best photo we got with the athletes. We have permission to use it.

Article citation:

Lincoln MA, Guerin G, Nixon KL, Leahy S, Darr RL, Guevarra C. Resistance Training Program Design for Swimming Athletes with Down Syndrome. *Strength and Conditioning Journal*. Published online ahead of print. February 27, 2024. doi:10.1519/SSC.0000000000000836



## 2024 ACHNE ANNUAL CONFERENCE

Dr. Rose Lange, Robert Kelch, Margot Alvery, Gary Lange, and Adam Coughlin's abstract entitled **Physiological and Biochemical Stress Measurements of Nursing Students Participating in a Poverty Simulation Experience** was accepted as a Podium presentation at the Association of Community Health Nurse Educators (ACHNE) national conference. The conference is scheduled for June in Chicago. We look forward to some pictures for our next newsletter.



# POVERTY SIMULATION

Congratulations Dr. Rose Lange for another successful poverty simulation. Approximately 50 individuals from the Bay-Arenac ISD along with 3 members of the SVSU's School and University Partnership attended the simulation the morning on March 14, 2024. They will continue to explore how SVSU can provide this simulation to more school leaders.

Thursday afternoon, 70 nursing and education majors participated in the simulation. Patricia Calahan, Associate Professor of Teacher Education helped arrange the education majors to join in.

On May 17th, SVSU will conduct a full day of poverty simulations for the Saginaw ISD.



## WELLNESS THAT WORKS FOR YOU!



Cathy Macomber wanted to share this with you.

“I read this in the article linked below on January 8. I have spent a while thinking about the concept of self-care and if you'd like to have a conversation about my perception of it, I will buy you a non-alcoholic drink of your choice as we chat (welcome to my dry-January)! When I hear people talk about the endorphins they get with exercise, I want to put my head down and take a nap (all I get when I exercise is tired). I am glad that people find wellness benefits beyond the physical with exercise, it just doesn't work for me like that. I like this article because it says you have to find what works for you, not just what works. Wellness is a journey that takes a lifetime. What worked when you were younger may not work now. Taking time to think about what makes you feel good can be as beneficial as doing the thing. So, in this time of Seasonal Affective Disorder for many (January was pretty cloudy!) take some time to dream about the beach, or a snowy mountain, or the best vacation you've ever had. While it doesn't compare to the real thing, you may find yourself smiling and thinking good thoughts and sometimes, that's enough to get through a few more hours.

<https://mybrainsnotbroken.com/2024/01/04/mental-health-tips-and-reminders-to-start-2024/>

# WELLNESS PROJECT

In keeping with Cathy's message of "Wellness that Works for You," I wanted to share a project that Dr. Gena Guerin and I am working on with Reverend Pryor and Victorious Believers Ministries. He is challenging members of his congregation to get well. Each month beginning in May, they will be introduced to a new component of wellness with the hope that they can build on their overall wellness. What I have learned from a great philosopher, Aristotle, is that the nature of happiness is, in a sense, uniquely your own. Therefore, this is a personal challenge. I would like to extend that same challenge with all of you. You can do this for yourself, include your family and friends, or form an alliance with a colleague. There is no magic to the challenge, it is all up to you!

**Wellness as a challenge.** In my work in wellness and health promotion, I found that the dimensions of wellness are interdependent and that addressing all dimensions builds a holistic sense of wellness and fulfillment. Below outline the 8 dimensions. This newsletter will cover May and June's challenges. In the 3<sup>rd</sup> quarter, we will cover July - Social, August - Spiritual, and September - Occupational/Volunteerism.



## WELLNESS PROJECT (Cont.)

**MAY CHALLENGE.** May challenges the Physical Dimension. The physical dimension recognizes the need for regular physical activity, healthy food choices, care for illness/injury, and the reduction of unhealthy behaviors such as smoking, recreational drug use and excessive alcohol consumption. We encourage participation in activities that enhance our physical self! Below outlines the various challenges and the point values assigned to them. Keeping in mind that this is a personal challenge. Keeping track is often a way to motivate you to stay the course. My challenge is to better my score each week in the month of May. (Feel free to start this now!)



Challenge	Date Completed the Challenge	Points	Results
Health Assessment	Initial Assessment Date: _____ Follow-up Assessment Date: _____	10 pts. 10 pts.	
Weight loss	Starting Weight _____ (April) Ending Weight: _____ (December)	1 pt/lb.	
Physical Activity (minimum 20 minutes, 3 times per week)	Type of Activity: _____ Type of Activity: _____ Type of Activity: _____ Type of Activity: _____	2 pts/week	
Fitness Class (minimum of 2 times per week)	Type of Activity: _____ Type of Activity: _____ Type of Activity: _____ Type of Activity: _____	2 pts/week	
Commitment to healthy food choices	Create meal plan and track food daily	10 pts	
Eat fruits/vegetables	Eat 5 portions daily. Eat 3-5 portions daily. Eat minimum of 2 portions daily	3 pts/week 2pts/week 1 pt/week	
Sleep	Get 7-9 hours of sleep daily	2 pts/week	
Water	Drink 8 8oz. glasses of water daily	1 pt/day	

# WELLNESS PROJECT (Cont.)

**JUNE CHALLENGE.** June challenges the Financial Dimension. Financial wellness encompasses all aspects of wellbeing pertaining to finances including knowledge and skills of financial planning and managing expenses. Below are activities that will help improve your financial wellness.



Challenge	Point Values	Results
Establish a budget	1 pt. per activity	
Automate your savings with reminders	1 pt. per activity	
Track spending habits and goals	1 pt. per activity	
Review credit scores and reports	1 pt. per activity	
Develop strategies to pay down debt	1 pt. per activity	
Download a budget app to track your expenses	1 pt. per activity	
Create a financial plan for the month and stick with it.	1 pt. per activity	
Choose one guilty pleasure and give it up.	1 pt. per activity	
Buy a financial wellness book and begin reading at least one page a day.	1 pt. per activity	
Make today a no spending day.	1 pt. per activity	
Write down your groceries and meals for the week and find a way to restrict your grocery spending.	1 pt. per activity	
Formulate a plan to attack your debt and pay it off.	1 pt. per activity	
Review and cancel subscriptions you do not use.	1 pt. per activity	
Automate your bills so they are never missed and always paid on time.	1 pt. per activity	
Automate your retirement savings.	1 pt. per activity	
Find ways to minimize things you purchase that are not essential.	1 pt. per activity	
Find three to five credible financial literacy websites and subscribe to their newsletter.	1 pt. per activity	
Explore ways to make some more income.	1 pt. per activity	
Learn about investing.	1 pt. per activity	
Make a commitment to check in with your spendings and statements at least once a month	1 pt. per activity	
Find a finance podcast you like and listen to it.	1 pt. per activity	
Before shopping today, look to see if there are any coupons and use one on your purchase.	1 pt. per activity	
Create a “fun” account or money jar.	1 pt. per activity	
Create an emergency fund!	1 pt. per activity	

## NEWSWORTHY INFORMATION

Submit any newsworthy items for the next edition of the 3<sup>rd</sup> 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](mailto:mditmyer@svsu.edu)

***Deadline for 2<sup>nd</sup> Quarter edition is June 15, 2024***