WellStar College of Health & Human Services

Kennesaw State University
1000 Chastain Road, MD 4101
Kennesaw, Georgia 30144

The Dean Speaks

Dr. Richard L. Sowell, PhD, RN, FAAN

The summer of 2010 will be remembered by the faculty and staff of the WellStar College of Health and Human Services as the summer of ribbon cuttings. The WellStar College has celebrated the opening of a new Health Sciences Building on August 5, 2010 and the opening of a new Community Clinic on August 20, 2010. Both of these events symbolized the realization of our dreams through many years of hard work to bring them to reality. We are fortunate to have seen our dreams and vision for the College come to fruition. We believe these

Mission

- Produce quality graduates for employment in the broad-based fields of health and human service, including exercise and health science, health and physical education (P12 Certification), nursing, social work & human services, and sport management.
- Serve as a resource center for health promotion and wellness activities for the campus community through the Wellness Center and the University Clinic.
- Provide outreach to the surrounding community in matters of health and human service.
- Promote interdisciplinary collaboration among the units of the College as related to curriculum, scholarship, and special initiatives, in keeping with the health and human services focus.

Departments & Centers

- School of Nursing
- Health, Physical Education & Sport Science
- Social Work & Human Services
- International Academy for Women’s Leadership
- Wellness Center
- Continuing Education Division

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The give Back Page provides you, the reader, with an opportunity to sustain the types of programs that have been highlighted in this edition of Excellence. It’s your choice! Your donation can be directed to a specific program, as mentioned in this publication, or you may choose to support the overall mission of the College.

Why give? Imagine a world without a nurse to greet you at a hospital, a social worker to shepherd the safety of a young child, a health educator providing diabetes literacy services to a community. Why give? Imagine a world without a nurse to greet you at a hospital, a social worker to shepherd the safety of a young child, a health educator providing diabetes literacy services to a community.

ribbon cuttings symbolizes the beginning of a new and exciting era for the WellStar College.

As the 2010 fall semester begins at Kennesaw State University, there is a noticeable new change to the University’s landscape. From almost everywhere on campus, the new Health Sciences Building, Prillaman Hall, can be seen. This approximately 200,000 square-foot building provides a new home for the WellStar College’s Administration, School of Nursing, the Department of Social Work and Human Services, and a significant component of the Department of Health, Physical Education, and Sport Science. The new building provides expanded classroom space, a new biomechanics laboratory, an exercise physiology laboratory, numerous nursing skills and assessment laboratories, computer laboratories, science laboratories, patient simulation rooms, seminar rooms, faculty and staff office space, a student advising center, a 230-seat auditorium and many other spaces that have been needed to support students, faculty and staff. The building provides the departments of the WellStar College with new educational space that rivals any in the Southeast.

Additionally, I repeatedly hear visitors marvel over the fact that the building does not look like a government building and has significant features that support sustainability. We are hoping to receive Gold level LEEDS certification.

The Prillaman Hall... a new home for the WellStar College’s Administration, School of Nursing, the Department of Social Work and Human Services, and a significant component of the Department of Health, Physical Education, and Sport Science.

The Health Sciences Building is the result of efforts of many people who have worked as the College’s advocates and supporters. In 2003, Dr Robert Lipson, CEO of the Health Sciences Foundation, Health Sciences

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The KSU Foundation, Health Sciences

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The Dean Speaks

The WellStar Health System, under the leadership of Dr. Robert Siegel, took an active role in seeing that a partnership between KSU and WellStar was developed. The College of Health and Human Services twenty-five of Dr. Lipson's photographs which are on permanent display in the Health Sciences Building.

The Dean Speaks (continued from pg. 1)

On August 5, the Dedication Ceremony on August 5, Bob Prillaman has served on the WellStar Board of Trustees. Bob Prillaman, a long-time KSU Foundation Trustee, here with his wife Lil at the building’s construction site. Mrs. Lipson gave the WellStar College and MUST Ministries. The new KSU Community Clinic is reorganized into an academic model and provides a venue for research and scholarship focusing on under-served populations. The Community Clinic had more than 2,500 client contacts this past year, working from the previous site in the trailer. The number of clients who will be served will grow exponentially as a result of this new facility. We are proud to be serving our community while providing educational opportunities for our students. Truly, Assistant Professor Donna Chambers and all the other faculty members who provide the care and services in the community serve as a safety net for members of the community, who have fallen through the previously-existing safety net services.

The new clinic, like the Health Sciences Building, provides new opportunities to students and faculty representing a College and University that is on the move to expand programs and offer students what is being called “a unique KSU education.”

In Focus: HVA in Netherlands Students Visit KSU

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If you have suggestions or comments about the newsletter, please send them to Jana Mitchell, Editor, at: jmitche2@kennesaw.edu
Science at WellStar College of Health & Human Services in 2013

By Jana Mitchell

Dr. Richard Sowell, Dean of the WellStar College, traveled this summer to St. Petersburg, Russia, to meet with Dr. Svetlana Dambinova, an internationally-known scientist working in the area of early diagnosis of brain damage and head trauma treatment. Both attended the 2010 ICRAN (International Conference on Recent Advances in Neurorautmanology).

Dr. Dambinova served as a chair of the conference plenary session and a featured speaker. She presented her research on brain injury markers. Dr. Dambinova has 37 years experience in Molecular Neurobiology, Neurochemistry and Laboratory Medicine, and her work is respected globally. She is also a Distinguished Professor in the WellStar College of Health & Human Services at KSU.

Dr. Sowell’s attendance at the ICRAN underscored Dr. Dambinova’s association with Kennesaw State University and increased the WellStar College’s international reputation. Dr. Sowell commented that it was a great opportunity to observe firsthand the high regard in which Dr. Dambinova and her research team is held by the international scientific community. Due to this visit, there were preliminary discussions on holding an international conference on brain trauma at Kennesaw State in 2013. Such a conference would highlight the University and the WellStar College among some of the leading international scientists working in this important field.

During the visit, Dr. Dambinova also found the time to insure that Dr. Sowell was exposed to the Russian culture and visited historical sites, notably Tsaritsina the Great Palace where the dinner celebrating the closing of the conference took place. Dr. Sowell had the opportunity to walk through the Palace’s garden, a memorable experience!

Oaxaca Study Abroad

Nursing Students Learn to Play in Oaxaca

By Astrid Wilson

Six nursing students and Dr. Astrid Wilson, Professor of Nursing, participated in a study abroad course in Oaxaca, Mexico in May. The course was developed by Dr. Carol Holtz, Professor of Nursing, over 15 years ago.

The course provides an immersion experience into Mexican culture, when students live with an Oaxacan family for two weeks and practice nursing in a general hospital located in the city and a children’s hospital outside the city. The students participate in Spanish lessons, cultural excursions, and interact with the local people. These experiences help students in forming a learning foundation for advocacy through service.

Dr. Astrid Wilson joined Dr. Carol Holtz in this study abroad for the last three years and has the primary responsibility of supervising students at the children’s hospital. Nursing students shared their interests with faculty and were then assigned to different nursing units such as the Emergency Room, Neonatal Intensive Care, Hematology/Oncology, or Medical/Surgical. A prevailing need in all of the units was children’s responses to hospitalization.

One approach that allows nurses and students to partially meet the needs of the anxiety and stress of hospitalization is play. Play is the work of the child, and it is very significant for successful growth and development. Play can also be described as the language of all children and can be a powerful tool in communicating, teaching, and bringing comfort to hospitalized patients. In addition, children can express their thoughts and feelings through play and be better able to understand their environment.

After faculty role-modeling, the nursing students became very proficient and enjoyed interacting with patients and their family members, using finger puppets as a means of eliciting communication. Many of the children’s frowns changed to smiles, one child who refused to talk began talking, and some used their puppets to play with other patients. One student was delighted when she returned from a break and found a mother playing with her child with the finger puppet on her hand.

The coordinator of education at the hospital was so pleased with the children’s responses to the finger puppets that she wanted the students to distribute more puppets to children on other units. The nursing students became advocates for many of these children, increasing their play experience.

The nursing students experienced other nursing opportunities at the Hospital Civil in Oaxaca. Nursing students were able to assist in the labor and delivery process, assess and report patients’ conditions, and provide food for indigent Indians outside the hospital. The Spanish classes and weekend excursions contributed to developing a new understanding of the Mexican culture and will enable the students to be better advocates for Mexican patients they encounter in the U.S.
New Community Clinic

WellStar College of Health & Human Services Announcement

Ribbon Cutting Commemorates the Opening of the New KSU Community Health Clinic at MUST Ministries

On August 20, following the National Health Center Week, Kennesaw State University and the WellStar College of Health & Human Services announced the opening of a new KSU Community Health Clinic at MUST Ministries in Marietta. The Clinic at MUST is a collaborative initiative between MUST Ministries and Kennesaw State University’s WellStar College of Health and Human Services, Center for Community Health Care.

The Clinic was opened more than 13 years ago and was housed in a trailer before it moved into a beautiful, updated facility this year. The new clinic opened its doors to serve more patients and provide additional services to those unable to obtain health care for themselves and their families. The health services are offered by volunteers from the local health care community and the College’s WellStar School of Nursing and Social Work and Human Services Department. The clinic also provides an excellent practice site for students, and a site for volunteer clinical practice by faculty members.

Ms. Donna Chambers, Associate Professor of Nursing and a managing nursing faculty at the Clinic, comments, “The clinic is seeing a different type of client. Not only are we managing the uninsured, homeless and residents in the Must Shelter, but now we’re seeing a population that used to have insurance. These clients have chronic medical problems but are not familiar with any resources or other avenues to seek health care. Many of these clients haven’t had any follow-up for their condition since their insurance expired. We’re seeing more elevated blood pressures, blood sugars, no follow-up after heart attacks, strokes or procedures. Several of the clients are cutting their medications in half or decreasing the amount of insulin to stretch the medication. Many of these clients can apply for the patient assistance program from a pharmacutical company that will help them with their medications by giving the client a discount price or no charge. It’s been so helpful to have the social worker faculty and students in the clinic. This is the first time we had social worker services. Also, it’s great to see the nursing and social worker students collaborating on many of these client concerns.”

Health Intervention • 4th Annual World Day

Professor within the Department of Health, Physical Education and Sport Studies Shines a Light on Unique Student Talents as They Develop Health Intervention Frameworks for Gulf Oil Spill Victims

By Sean Stickney

Approximately 25 students in Dr. Sean Stickney’s summer HPS 3850 health promotion planning class participated in a capstone course experience by designing potential frameworks for developing, implementing, and evaluating health promotional programs for victims of the gulf oil spill.

Students spent the eight-week summer academic term planning, programmatic development, designing possible intervention strategies for, and evaluating possible solutions to specific programs that could prove useful for clinicians and practitioners in myriad public and psychological healthcare settings.

Specifically, students were tasked with developing a health promotion program which consisted of theoretical rationale for the social, financial, and psychological problems facing individuals in that part of the country, and assessing the specific needs of individuals and communities affected by the spill, including oil fisherman, gulf-coastal resort owners, and BP employees. Students were planning, developing and evaluating potential interventional strategies which could provide significant utility toward alleviating the unique post-spill challenges that the local population is facing.

Finally, students presented their programs to various KSU students, faculty, and staff as a culminating student learning experience of the course. According to Dr. Stickney, students admitted that they were “deeply motivated” to apply health program principles and techniques to “real-world issues and challenges” that segments in the population face such as the spill.

Dr. Stickney is an extremely passionate advocate for helping students gain the skills sets, experiences, informed perspectives, and passions for relevant issues that they will encounter as part of their community involvement after their time here at KSU is complete.

Presently, he and his current batch of HPS 3850 students are focusing their attention and talents on the mining tragedy in Chile. Specifically, the students have been assigned with developing mental and physical health promotion program intervention frameworks which could help the miners, their families, and their respective communities cope with the challenges they will face, as the saga continues and eventually concludes.

Further, Dr. Stickney intends for his students to present their programs to anyone interested within the KSU community upon the completion of the fall academic term.

Children’s Advocacy Centers of Georgia and Kennesaw State University Host 4th Annual World Day for the Prevention of Child Abuse

By Lisa B. Johnson

On November 19, 2010, Children’s Advocacy Centers of Georgia (CACGA) and Kennesaw State University will join over 180 organizations representing over 130 countries in recognition of World Day for the Prevention of Child Abuse. This will be the 4th year that CACGA and the KSU’s Department of Social Work and Human Services have hosted this event. Last year, the keynote speaker was Judge Glenda Hutchest.

This free event will take place at the Kennesaw State University Continuing Education Center. The event is recommended for university faculty and students, mental health professionals, medical professionals, social workers, faith-based professionals, prosecutors, DFCs workers, law enforcement, and the community at-large. For more information, please contact Children’s Advocacy Centers of Georgia at caga@cacga.org, 770.319.4888, or Dr. Lisa Johnson, Assistant Professor of Social Work, at ljohnson120@kennesaw.edu; telephone: 617-797-2165.
In Focus: HVA • HPS Majors Club

In Focus: Hogeschool van Amsterdam (HVA) Students Visit KSU

by Jennifer Beck

Six students and two faculty members from the Hogeschool van Amsterdam (HVA) traveled to Kennesaw State University in July to take part in a joint International Sport Organization course. The unique course combined the expertise of the instructors and allowed students from different cultures to interact with each other. Since establishing our relationship in 2003, Kennesaw State University has continued the partnership with the Hogeschool van Amsterdam through a variety of student and faculty exchanges. KSU has hosted two students to study for one semester in the sport management program, while HVA hosted its first KSU student last fall. The Health, Physical Education, and Sport Science Department looks forward to continuing this relationship with the Hogeschool van Amsterdam in the Netherlands.

Field Day at Clarkdale Elementary School

By Susan Whitlock

On May 17, 2010, the KSU HPS Majors Club partnered with the Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD) and the Georgia Coalition for Physical Activity and Nutrition (GPAN) to sponsor and carry out a full day of activities for the Clarkdale students who had completed the 2009-10 school year with the school flooded beyond repair in the September 2009 floods, and the Clarkdale students and KSU athletes led the activities. The day was a huge success, with appearances from the Atlanta Beat professional soccer team, the Braves mascot “Homer,” our very own Scrappy the Owl, and full day live coverage by 11 Alive news. Guided by KSU faculty advisor Andy Smith, the HPE Majors Club planned and executed the field day, which is a spring tradition in elementary schools, but would not have been possible for Clarkdale without assistance from outside the school. GAHPERD provided “Survivor” T-shirts, and the HPE students and KSU athletes led the activities.

KSU HPS faculty and staff took advantage of new exercise possibilities offered by added fitness classes and equipment! Other wellness tips. She encouraged people to stay active and keep everybody moving. The emails were effective. She received positive comments and feedback. People said that she kept them going, and exercise went back on their agenda of the day.

Diane comments: “Thanks to the improvements and equipment additions to the Fitness Center, it is easier to keep everyone motivated. And the enrollment has increased from 500 to 550 members, since the Center has undergone renovations earlier this year.”

Summer at the KSU Employee Fitness Center; Let’s Get Ready for Fall

By Jana Mitchell

Diane Clinton, Wellness Coordinator of the KSU Employee Fitness Center, has been keeping KSU faculty and staff on the go throughout the summer.

She sent popular email blasts as reminders of boot camp sessions, tips on staying hydrated, how to take care of your health during extreme conditions of the time of the year, and many other wellness tips. She encouraged people to stay active and keep everybody moving. The emails were effective. She received positive comments and feedback. People said that she kept them going, and exercise went back on their agenda of the day.

Diane comments: “Thanks to the improvements and equipment additions to the Fitness Center, it is easier to keep everyone motivated. And the enrollment has increased from 500 to 550 members, since the Center has undergone renovations earlier this year.”

It all began with the Fitness Center’s advisory board’s decision to expand the Center’s space into areas that weren’t being used and add brand new exercise equipment.

The new exercise options now include cardio equipment, versa climber machine, AMT – all motion trainer, and an elliptical trainer, as well as core exercise equipment such as bosu and balance balls. There is also more room for the free weight area. Even the welcome area where members check in can be described as well, “more welcoming!” But fun was added, too, with Zumba, a salsa dance aerobics class. Twenty three people signed up for the first class. Kickboxing, a new and growing class, is also on the exercise menu.

Boot camp continues this fall with morning and evening classes. Sculpting class is offered evenings with space for 10 to 25 persons. Another popular class, cycling with ten-bike capacity, is offered mornings and evenings. In addition, the Fitness Center offers lunch time and afternoon Pilates classes.

Diane invites all: “Come and exercise; come to yoga; do your stress relieving exercise, otherwise you make your condition worse. Stress releases cortisol which makes you hang on to fat in the mid section. Stress relief from exercise is enormous because brain releases endorphins during exercise.” Diane likes to describe Pilates at the end of the day as relaxation exercise. Bit by bit, people imagine her instructions and description as their bodies perform the relaxation exercise, and they are able to relax and forget what’s on their mind. It’s what exercise is all about.

Employees and family members can join the Fitness Center at any time, by calling 770-423-4770. Additional information can be found at www.kennesaw.edu/wellness, or by contacting Diane Clinton at 770-499-3244, dclinton1@kennesaw.edu.

From Egypt with Love

Dr. Ibrahim El Sawy, Regional Director of Arab World Projects and Assistant Professor in the WellStar College of Health and Human Services, sent to Dr. Richard Sowell, Dean of the WellStar College, a woven replica of the KSU emblem and the name of the WellStar College. It was a gift for the WellStar College to honor the opening of the new health sciences building Prillaman Hall. Dr. El Sawy had the replica made by a Nodam in Egypt, who practiced the ancient art of hand-weaving to create the emblem, using the KSU emblem and the name of the WellStar College. It was a gift for the WellStar College to honor the opening of the new health sciences building Prillaman Hall.

Dr. Barry Martin, Executive Director of Institute for Global Initiatives and Director of Cabinet Strategic Projects at KSU (on left), and Dr. Richard Sowell, Dean of the WellStar College, hold up the hand woven gift sent from Egypt by Dr. Ibrahim El Sawy.
This summer was the first-ever KSU Study Abroad (SA) in Uganda, the Pearl of Africa. The study abroad came about after Dr. JD Johnson, Assistant Professor of Health, Physical Education and Sport Science, and Dr. Peters, Associate Professor of Human Services, visited Uganda in summer 2009. Dr. Peters accompanied WCHHS undergraduate and graduate students for the three-week cultural immersion experience.

Earlier this year, Dr. Ukeje, Professor of Education and KSU Faculty Exchange Coordinator for Africa, and Dr. Peters traveled to Uganda to complete the processing of a Memorandum of Understanding (MOU) between Kennesaw State University and Makerere University, the largest and most prestigious tertiary institution of higher learning in East Africa. This MOU was subsequently signed and approved by Dr. Dan Papp, KSU President, for KSU. The MOU benefited the program since students were able to participate in Student Seminars with Makerere University students and faculty. Additionally, Makerere faculty members provided lectures, discussions and guided field trips about the Nile, gender roles and comparative religions.

The group was hosted by The Kids League (TKL), an internationally-recognized NGO (non-governmental organization) that uses sports to bring together children and youth. Students had the opportunity to play with the TKL World Cup Ambassador team, using an official World Cup ball.

But the most powerful experience was playing with the A-League which provides opportunity for sports participation to children with significant disabilities. These kids may have intellectual disabilities or hearing impairments, use a wheelchair or have a missing limb. KSU’s SA participants were moved by the spirit of the players (some of whom outplayed them) as well as by Willis, who lead the group.

And of course, there was time for fun. Students and faculty went to the source of the Nile, visited the Equator, stayed in a bush camp where the hippos roamed, and went on a Safari. The group went to dances and tried to dance, some successfully. The agenda also included concerts and live, wide screen showing of the opening of the World Cup.

Perhaps the best review of the program was expressed by a student: “I did not teach my Western ways. I was taught by my brothers and sisters of East Africa, and that is what changed my perspective.”

A photo exhibition on Uganda, curated by Dr. JD Johnson and HPS major Nicole Howe will hang in the Institute for Global Initiatives Art Gallery in late September. Keep an eye out for the announcement.
Uganda Nursing Study Abroad: Maymester 2011

In May 2010, Drs. Barbara Blake and Gloria Taylor traveled to Kampala, Uganda, to assess the feasibility of conducting a study abroad program during Maymester 2011 for nursing students eligible to enroll in NURS 4412, Community Health Nursing. Students would complete their precepted clinical hours in Uganda and upon return, would complete the theory and other clinical activities required during the summer semester.

While in Kampala, Drs. Blake and Taylor visited several non-governmental agencies (NGOs) that provide community-based health services, as well as Makerere University and the Uganda Christian University. The NGOs included the Infectious Disease Institute (IDI) at Mbagala Hospital, The AIDS Service Organization (TASO), and Kyetume Community Based Health Care Program. Drs. Blake and Taylor also met with representatives from the Ministry of Health, Uganda Nurses Association, and Uganda Nursing Council. All of the agencies’ representatives were very receptive to the idea of having Kennesaw State University nursing students come to Uganda to learn about their country’s health care system and its nursing culture.

While visiting at TASO, Drs. Blake and Taylor had the privilege of being entertained by a group of singers who receive services from the agency. The singers were supported by a key board and drums. The purpose of the group’s music is to educate people about HIV and reduce the stigma related to the disease. The group supports their outreach financially by selling artwork and jewelry that is created by people about HIV and reduce the stigma related to the disease.

A study abroad program would not be complete if students did not have an opportunity to visit some of the local sites and see the countryside. Drs. Blake and Taylor traveled to Jinja to see the mouth of the Nile and to Murchison Falls National Park. At the national park, they hiked to the top of the falls, went on a safari, and traveled down the Nile by boat to the base of the falls. The wildlife was abundant, and the countryside stunning.

Drs. Blake and Taylor believe that Uganda offers a unique experience for our nursing students as they will be able to experience the beauty of the country, the African culture, and the caring attitude of nurses who are working to improve the lives of persons living in Uganda.

Currently Drs. Blake and Taylor are awaiting final approval from the Office of International Services and Programs.

WCHHS Delegation Builds on 2009 Signing of MOU with Hassan II University in Morocco

On May 15-21, 2010, Wellstar College of Health & Human Services (WCHHS) delegation that included Dr. Anne Hicks-Coolick, Interim Chair and Associate Professor of Social Work, Ms. Walaa Compton, Director of International Academy for Women’s Leadership, and Ms. Jennifer Moore, Campus Executive Director/Manager of Academic Affairs; visited Hassan II University in Morocco to further collaboration between their Faculty of Letters, the WCHHS Dept. of Social Work & Human Services, and the International Academy for Women’s Leadership. The visit was a follow up on last year’s visit when a memorandum of understanding was signed between KSU and Hassan II University.

The delegation discussed collaborative projects. On the top of the list were projects related to the development of Master of Social Work program at Hassan II University, a Study Abroad program to Morocco, and Women’s Leadership Project with NGOs working to end violence against women.

In addition, the Department of Social Work organized at Hassan II University a two-day seminar for Moroccan students. During the seminar, WCHHS faculty delivered presentations on social work profession in the United States, as well as on a project conducted under the Academy for Women’s Leadership in the MENA region. The social work students were very interested in the presentations and eagerly listened to what the WCHHS faculty had to say. During the visit, Drs. Hicks-Cookick and Kirk exchanged MSW curriculum with the understanding that it will be tailored to fit the Moroccan societal needs.

Also during the visit, Ms. Compton and the delegation visited a leading advocacy NGO (non-profit organization) working to end violence against women. Both discussed future projects, starting with arranging a visit for key advocates in Morocco with similar organizations in the USA, and to enable the Moroccan women leaders of NGOs to select best practices that will fit the Moroccan culture.

The WCHHS Department of Social Work and Human Services and the International Academy for Women’s Leadership are also undergoing planning for a Study Abroad program in Morocco. Anticipated start is in 2011. The program will be a great cultural and educational opportunity for KSU students to gain global experience and exchange social work best practices.

Buresh’s Blurb

In the spring ‘10 EXCELLENCE, my Rocker Shoes Blurb promised a result of a walking study on “rocker shoes.” Well, the verdict is in, and it appears that wearing the Chung Shi angle-soled shoes (depicted here) will modestly increase the energy expenditure associated with walking when compared to the use of a good-quality, flat-soled walking shoe.

We measured the oxygen uptake and energy expenditure associated with walking under four different conditions: 1) flat-soled shoes without the use of walking poles, 2) angle-soled shoes without the use of walking poles, 3) flat-soled shoes with the use of walking poles, and 4) angle-soled shoes with the use of walking poles. We found that, without the use of poles, the Chung Shi shoes increased the oxygen uptake by about 3.5%, which would result in an additional 13 Calories expended over a 60-min. walk at a 20-min/mile pace for a 165 lb. person. While that is quite modest, we also found that the addition of the use of walking poles to the wearing of angle-soled shoes (a combination that is called Balance Walking, and about which much more can be learned at Foot Solutions) results in a 16% increase in oxygen uptake, and would result in an additional energy expenditure of almost 60 Calories in a 60-min. walk at a 20-min/mile pace for that same 165 lb. person! This has obvious implications for energy balance and weight control, but it may also be important in a number of other ways, including simple upper-body muscle tone and even whole-body glucose disposal, an important consideration for those who are insulin resistant or type-2 diabetic. For those whose primary form of exercise is walking, and who get little if any upper-body exercise, Balance Walking may be worthy of at least looking into.
Helping Children • Teacher Workshop • Awards

Professor in the Social Work and Human Services Department
Committed to Help Children with Grief

Dr. Irene McClatchey, Assistant Professor of Social Work, served as a Steering Committee member at the first annual Camp Bereavement Conference held on June 26, at the Doubletree hotel in Cleveland, Ohio. During the conference, people around the country who currently run bereavement camps/programs for children, and those who would like to start such programs, got together to share ideas, learn about the latest research on children and grief, and how to recruit volunteers and raise monies for such programs, among other things. By bringing together people who are interested in helping children, it is the hope of the Steering Committee that many more bereaved children will benefit from the bereavement camps.

Three-Day Workshop for Health & Physical Education Teachers Held in Campbell Middle School

By Susan Whitlock

The Health, Physical Education and Sport Science Department was represented by a strong presence at the 2010 GAHPERD (Georgia Association for Health, Physical Education, Recreation and Dance) Summer Institute, a three day workshop for health and physical education teachers, held at Campbell Middle School in June. Susan Whitlock, Assistant Professor of Health, Physical Education and Sport Science, and Mark Anderson of Cobb County Schools, organized and administered the workshop which was attended by 95 local health and physical education professionals from the metropolitan Atlanta area.

Presentations were made by Dr. Kandice Porter, Associate Professor of Health, Physical Education and Sport Science; Dr. Peter St. Pierre, Assistant Professor of Exercise and Health Science; Amy Howran, Assistant Professor of Health, Physical Education and Sport Science; Ginny Rendini, Lecturer of Health, Physical Education and Sport Science; Lori Scheck, Lecturer of Health, Physical Education and Sport Science; and Andy Smith, Lecturer in the Health, Physical Education and Sport Science Department. Public and private school health and physical education teachers benefited from more than 50 practical presentations that also included sessions done by NASPE (National Association for Sport and Physical Education) Teachers of the Year.

WellStar College of Health & Human Services Announces
Distinguished Awards

On April 23, during Dr. Papp’s 2010 Annual WellStar College’s faculty meeting, Dr. Mary Ann Camann, Associate Professor of Nursing, was honored with the Distinguished Teaching Award. Dr. Jin Wang, Professor of Health, Physical Education and Sport Science, was awarded the Distinguished Research Award. Congratulations Dr. Mary Ann Camann and Dr. Jin Wang!

Nursing Faculty Recipients of the 2010 KSU Clendenin Fellowship Award

Janeen Amason, Senior Lecturer of Nursing, and Mary Beth Maguire, Lecturer and Coordinator of Nursing Learning Resource Center, were recipients of the 2010 KSU Clendenin Fellowship Award. The Clendenin Graduate Fellows is the first graduate fellowship program of its kind at KSU. The program seeks to attract outstanding individuals interested in earning a master's or doctoral degree with financial awards. Congratulations!

Janeen Amason teaches maternal/child nursing in the BSN program. She has been a WellStar School of Nursing faculty member since 2004. Throughout her career at KSU, Janeen has been active in professional nursing societies and served as an advisor to the Student Nurses Association.

Mary Beth Maguire has been a clinical instructor for the WellStar School of Nursing since 2007. In 2008, she began working in the Nursing Learning Resource Center as Coordinator and Lecturer, where she was instrumental in launching the clinical simulation program for the School of Nursing.

Simulation, an Integral Part of BSN Curriculum & WellStar School of Nursing Announcement

Dr. Jane Brennan, Assistant Director for the Undergraduate Nursing Program and Associate Professor of Nursing, and Mary Beth Maguire, Lecturer and Coordinator of Nursing Learning Resource Center, served on the planning committee with St. Joseph’s Hospital and Mercer University to sponsor a regional Simulation Users Network (SUN) meeting co-sponsored by Laerdal Medical. The two-day conference was held at St. Joseph’s Hospital April 22 & 23 and was attended by various health care educators throughout the southeastern United States. During the conference, Mary Beth Maguire spoke on the topic of integrating simulation throughout an Undergraduate Nursing Curriculum.

Congratulations to Health, Physical Education and Sport Science Department Faculty

Dr. Tiffany Esmat was trained as a Site Visitor for the Commission on Accreditation of Allied Health Education Programs.

Dr. Cherylin Hultquist was elected as Member-at-Large for Southeastern Chapter of the American College of Sports Medicine. She was also re-appointed as a member of the American College of Sports Medicine Fit Society Page Newsletter Editorial Board Committee.

Dr. Kendice Porter elected as Health Vice President Elect of Health for the Southern District of the American Alliance for Health, Physical Education, Recreation, and Dance.

Dr. Jim Wang was the recipient of the 2010 R. Tait McKenzie Award from the American Alliance for Health, Physical Education, Recreation, and Dance.

WellStar College of Health & Human Services

Congratulations! Janeen Amason, Senior Lecturer of Nursing (right) and Mary Beth Maguire, Lecturer and Coordinator of Nursing Learning Resource Center, are recipients of the 2010 KSU Clendenin Fellowship Award. The Clendenin Graduate Fellows is the first graduate fellowship program of its kind at KSU. The program seeks to attract outstanding individuals interested in earning a master's or doctoral degree with financial awards. Congratulations!

Janeen Amason teaches maternal/child nursing in the BSN program. She has been a WellStar School of Nursing faculty member since 2004. Throughout her career at KSU, Janeen has been active in professional nursing societies and served as advisor to the Student Nurses Association.

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Susan Horn, Laboratory Coordinator and Lecturer of Nursing, and Mary Beth Maguire gave a podium presentation at the Ottawa Conference on the Assessment of Competence in Medicine and the Healthcare Professions in Miami, Florida May, 2010. This conference is attended by international medical and allied health educators. Their presentation was titled “Improving Efficiency of Undergraduate Student Nursing Psychomotor Skills Competency Testing.”

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HPS Department Announcement
Professor Honored

In spring, Dr. Jim Wang, Professor of Health, Physical Education and Sport Science, received the R. Tait McKenzie Award, one of the most significant national awards from the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD).

Dr. Jim Wang is a professor and coordinator of coaching education in the Department of Health, Physical Education and Sport Science. As a registered sport psychology consultant for the U.S. Olympic Committee and a certified sport psychology consultant by the Association of Applied Sport Psychology, Dr. Wang has assumed numerous leadership roles in international organizations, including as a director of the Sport Psychology Commission of the International Council for Health, Physical Education, Recreation, Sport and Dance (ICPERSD) and as a chair of the Sport Psychology Division of the Asia-Pacific Association of Exercise and Sport Science. As director and chair of these organizations, Jin has successfully organized sport psychology symposiums in Korea, Egypt, Taiwan, Hong Kong, Japan, Malaysia, and China. With his expertise, Dr. Wang has been also a keynote or invited speaker for the U.S. Olympic Committee, the Association of Applied Sport Psychology, the Chinese Olympic Committee, and the International Conference of Soccer and Science, among others. He has worked with numerous Olympic athletes and coaches from various countries and has helped athletes obtain gold and silver medals in the 2006 and 2010 Winter Olympic Games and made contributions to the 2008 Summer Olympic Games. Both the Washington Post and Los Angeles Times have interviewed Dr. Wang for his comments in the areas of sport psychology and Olympic Games.

WellStar College of Health & Human Services congratulates Dr. Wang for receiving such a prestigious national award, the R. Tait McKenzie Award, which honors those who have made significant contributions outside of the framework of the Alliance and who reflect prestige, honor, and dignity on the Alliance. During the time of our interview, Dr. Wang has expressed his sincere gratitude and appreciation to his colleagues and administrators in the Health, Physical Education and Sport Science Department and the WellStar College of Health and Human Services for their long-term encouragement, support and assistance both provided to his professional pursuit. Dr. Wang feels that the award he received largely reflects a group effort making this award possible. Dr. Wang looks forward to continuously making his contributions to KSU and his profession.

Congratulations Dr. Wang!

School of Nursing Announcement

Jamie C. Lee, Kathryn Kruzstka and Janeen Amason, faculty members at the WellStar School of Nursing, were promoted to the title of Senior Lecturer.

Shining Star Award

Kathy Rodgers, Administrative Associate at the WellStar College of Health & Human Services, won the KSU Shining Star Award. The award is given by the Center of University Learning to those employees who give "that little bit extra" in their work performance. This includes outstanding customer service, communication, building relationships and/or other above-and-beyond star performances related to the departments' services and vision. Selected outstanding entries are acknowledged and presented with their award at their unit's staff meeting, and posted on the Center of University Learning webpage as well as listed in the Center's newsletter. Congratulations to Kathy!

FUNDING

Dr. David Bennett, Associate Dean in the WellStar College of Health & Human Services, awarded an $80,000 Kaiser Permanente Health Profession Grant for the Kennesaw State University's WellStar School of Nursing, to support nursing students and faculty recruitment and retention.

BOOK CHAPTERS


PUBLICATIONS


December 2009 Jamie Lee edited book “The Friendly Enemy” written by Lorraine Fast. The book discusses the issues of childhood sexual abuse and pedophilia and has been submitted for publication.


PRESENTATIONS


Collins, M.A. (March 2010). “Exercise is medicine: A global message for the promotion of physical activity and sport.” 16th International Scientific Conference for Physical Education and Sport, Cairo, Egypt.


Susan Horn. Laboratory Coordinator and Lecturer of Nursing, and Mary Beth Maguire, Lecturer in Nursing and Coordinator of Learning Resource Center both gave a podium presentation at the Ottawa Conference on the Assessment of Competence in Medicine and the Healthcare Practitioners in Florida May 2010. Their presentation was titled “Improving Efficiency of Undergraduate Student Nursing Psychomotor Skills Competency Test.”


Howton, A. (June 2010). “More Bang for your Buck: Building Folk Dance Skills within a Dance Unit.” Georgia Association for Health, Physical Education, Recreation and Dance Summer Institute.


PRESENTATIONS (continued)


Mitchell, D.B., & Lewis, S. (May 2010) “Shor tening the MEQ:The Magical Number 7, +, 6.” Presented at the Association for Psychological Science, Boston, MA.


Stickney, S. (April, 2010) “The State of Mental Health in Georgia.” Expert panelist for an exploratory session sponsored by the Kennesaw State University Center for Conflict Management, Kennesaw, GA.
