



WellStar College of Health & Human Services
 Kennesaw State University
 1000 Chastain Road, MD 1600
 Kennesaw, Georgia 30144



WellStar College of Health & Human Services

excellence

- service
- leadership
- teaching innovations
- scholarship
- wellness



The Dean Speaks

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

It is a pleasure to welcome you to the Spring 2009 issue of Excellence. After a cold winter, Spring brings a sense of renewal and anticipation. In north Georgia, we are blessed in the Spring with natural beauty highlighted by azaleas and dogwood in our many state parks and forests. Much like the renewal of Spring results from nature's work during the winter, our College's accomplishments have resulted from on-going efforts of our faculty members and staff during the winter season.

In this issue of Excellence, I want to share with you three significant projects of the WellStar College of Health and Human Services, projects that will enhance the College's future as well as the future of education and health care in Georgia. The hard work of our College community since our last issue of Excellence has moved these endeavors forward as they prepare to flourish.

Let me begin with the WellStar School of Nursing. On January 24, 2009, the School of Nursing celebrated the 40th anniversary of its founding. We were fortunate to have Professor Charlotte Sachs, founding Director of the School of Nursing, and Dr. Judy Perkins, founding Dean of the College of Health and Human Services, celebrate this significant anniversary with faculty, staff, alumni, and friends of the School of Nursing. The 40th anniversary of the School of Nursing was a time to remember the past, but more importantly to look forward to a very bright future.

On February 10, 2009, the University System of Georgia Board of Regents approved a new Doctorate of Nursing Science (DNS) degree to be offered in the WellStar School of Nursing. The DNS appropriately will have a strong research and scholarship foundation. We believe that it is our responsibility to educate doctoral level students from existing knowledge bases, as well as prepare them for the skills needed to generate new knowledge that facilitates innovative change in health care. The DNS will have the overarching goals of preparing future faculty members who are knowledgeable in educational pedagogy and health disparities. The new DNS degree builds on our College's long-term work in delivering health care services to the homeless and at risk populations in our community and will be enhanced by this work which has a strong health disparities focus. We aim to prepare our graduates to assume faculty roles with a strong foundation in scholarship. This is an exciting opportunity for our College and School of Nursing to further serve the health care needs of our community, state, and nation.

Another undertaking I want to mention is the nurse managed clinic. For more than 10 years, the WellStar College has operated a nurse managed clinic on the site of the MUST ministries homeless shelter in Marietta. Beginning to primarily serve the needs of the homeless persons using the shelter, the clinic quickly became a

life line for many of our citizens who had no other access to care. The clinic is operated by a nurse practitioner and volunteers in a trailer behind the MUST facility, using one examination room to treat patients. Due to limited resources, the clinic was only open a few hours a night, twice a week. However, integrating students from the School of Nursing and working with volunteers, the clinic offered health fairs in churches and apartment complexes where there were persons at high risk for having poor health care access. It is impressive that last year, the clinic staff recorded over 2,500 patient contacts. Over the last few years, the clinic organization was re-structured as a project of the WellStar College's Center for Community Health Care (CCHC) and placed under the umbrella of a new Kennesaw State Research and Service Foundation. Assistant Professor Donna Chambers and Dr. Kathie Aduddell, Associate Professor, have provided leadership for the clinic, with many other nursing faculty volunteering their time to support the effort. The MUST ministries and the WellStar College CCHC leadership have always wanted to expand the number of people we could serve and enhance the services we could provide. The number of persons needing our assistance has rapidly grown as a result of a growing national recession. Through hard work and collaboration, this dream of a new, larger clinic facility is beginning to take shape.

We aim to prepare our graduates to assume faculty roles with a strong foundation in scholarship.

This winter, MUST ministries obtained a new site to which to locate their operations. As a part of the new site,

Kennesaw State University, a unit of the University System of Georgia, is an equal educational employment opportunity institution.

give

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.

Contributions are tax deductible to the full extent of the law.

NAME _____
 HOME ADDRESS _____
 HOME TELEPHONE _____
 E-MAIL _____
 WORK PHONE _____

I'm proud to support KSU WellStar College of Health & Human Services with my gift of:

- \$5,000 \$2,500 \$1,000 \$500 \$250 \$100 Other _____
- My gift is unrestricted to be used where the need is greatest.
- My gift is reserved for _____

Please send check to:

The Kennesaw Fund
 1000 Chastain Rd., MD 9102
 Kennesaw, GA 30144
 -OR-

Make a gift by telephone, 770-423-6027, or online at
www.kennesawedu/giving

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
- Global Center for Social Change
- Wellness Center

Thank you for your generous support!

Inside this Issue

The Dean Speaks1	GRPA Hosts a Cookout for Sport Management Majors.....10	Perspectives from the Elderly15
WellStar School of Nursing Celebrates 40th Anniversary3	Global Health Seminar.....10	Farewell to Sarah Brooks15
Xalapa Study Abroad4	KSU & GPAN, Partners in Promoting Healthy Georgia.....11	Suicide Prevention.....16
Visiting HPS Professor Reports from Brazil6	HPS Department Announcement11	Elected Offices, Awards, Grants16,17
WellStar College Honored for Work with Persons with Disabilities7	WellStar School of Nursing & MUST Ministries12	Publications18
Pinning Ceremony for BSN Graduates.....7	WellStar College Participates in MUST Food Drive13	Presentations18
Speedy Career Change into Nursing through Accelerated Track8	BSN Students Selected for Northside Scholars Program13	Continuing Education for Professional Development19
Dr. Janice Flynn appointed to GA Board of Nursing.....9	Master of Social Work Accreditation14	Give-Back Page.....20
KSU Nursing Students Honored9	Social Work & Human Services Announcement ..14	
Doctorate of Nursing Science Approved by GA Board of Regents.....9	Returning Home14	

If you have suggestions or comments about the newsletter, please send them to Jana Mitchell, Editor, at: jmitche2@kennesaw.edu

The Dean Speaks (continued from pg. 1)

MUST ministries has designated approximately 3,000 square feet of space for a new KSU Clinic at MUST. This will allow for expansion of examination rooms, provide interview rooms and space for patient education. With increased space, the WellStar School of Nursing and the Department of Social Work and Human Services can expand their presence in the clinic, offering professional services to patients and providing an outstanding educational and practice site in the area of responding to health disparities and at risk populations.

In addition to the new site, a joint fundraising initiative has been undertaken by MUST ministries and Kennesaw State leadership to make this dream a reality. This fund raising effort provides an opportunity for individuals in the community who have resources to dramatically impact the health of our community by providing fellow citizens access to much needed health care services within the framework of a cost effective model of nurse managed care. We are proud of what our clinic is accomplishing and look forward to having a new and expanded home from which to serve our community.

Finally, if you have been following previous issues of Excellence, you have had the opportunity to see the rendering of our new health science building. This 200,000 square foot building will be the new home of the WellStar College of Health and Human Services. I am pleased to report that the construction on the new building has begun. We are looking forward to the formal ground breaking for the building during this Spring semester. This building truly represents a collaboration of many groups, but the driving force for the new building has been the college faculty under the leadership of Dr. David Bennett, Associate Dean for Special Projects.

Members of the faculty have worked in sub-committees to design the areas of the building that will house their respective

departments and educational laboratories. The completion of this new building will offer a new, state-of-the-art educational venue. The building not only expands the educational space for our programs, but also provides specialty spaces with opportunities for new approaches to educational modalities that we currently do not have. For example, it will provide nine times the space in nursing skills labs as compared to current capacity. It will increase our computer laboratory and the exercise physiology laboratory space by six times. Additionally, the building will provide space for human patient simulation suites, a student advisement center, anatomy and physiology labs for nursing and exercise science students, and Human Services interview observation room. These represent spaces that support student learning, spaces that currently do not exist. However, this is only a snap shot of what the new building will offer in new educational resources for the WellStar College. With a projected completion date of Summer semester 2010, we are well on our way to a new era.

Forty years after the founding of an Associate Degree in Nursing as part of the College of the Sciences, the WellStar College is a vital part of Kennesaw State University, offering quality programs at the undergraduate and graduate levels in the Department of Health, Physical Education and Sport Science, the Department of Social Work and Human Services, and the School of Nursing. As we are now preparing to accept our first class into a new doctoral program, I am sure this will only be the first of doctoral programs within the College as our graduate programs in the other departments grow in stature. We are poised to move well beyond our current contributions, and construct a model of community service that enhances our educational mission through faculty practice and hands-on student learning. For the WellStar College of Health and Human Services, our future will continue to be one of increasing excellence.

WellStar School of Nursing Celebrates 40th Anniversary

The year 2008 marked the 40th anniversary of the beginning of the School of Nursing at Kennesaw State University.



From L. to R.: Dr. Richard Sowell, Dean of WellStar College; Mrs. Charlotte Sachs, first Director of the School of Nursing; and Dr. Judy Perkins, first Dean of WellStar College at the 40th Anniversary Celebration.

On January 24, 2009, at the KSU Center, WellStar College's faculty, staff, and members of various KSU departments joined Dr. Richard Sowell, Dean of the WellStar College of Health & Human Services, and celebrated the accomplishments and positive changes the School of Nursing has achieved throughout the years. More than 190 guests attended.

The atmosphere was festive as the celebration guests gathered at the Center, greeting one another, meeting colleagues, and talking over dinner. Some were part of the School of Nursing for many years, working together and seeing it excel, including Dr. Judy Perkins, the first Dean of the WellStar College of Health & Human Services, and Dr. Vanice Roberts, retired Associate Dean of the WellStar College. Dr. Roberts dedicated 30 years of service to the WellStar College and the School of Nursing.

Nursing at KSU began in 1968 as an Associate Degree in Nursing at what was then Kennesaw Junior College, graduating its first class in 1970. In 1985, a Baccalaureate of Science in Nursing (BSN) program was introduced. The BSN study options now include a traditional baccalaureate degree, an accelerated baccalaureate degree, and an RN-BSN completion option. In 1995, the associate degree program was discontinued with the last class graduating in 1997. Also, in 1995, the first Master's of Science in Nursing (MSN) program was added with the implementation of the Primary Care Nurse Practitioner Program. The WellStar name was added in 2003, thanks to a generous gift from WellStar Health System. A second graduate program, MSN in Advanced Care Management and Leadership, was included in 2003. All programs housed in the WellStar School of Nursing are accredited by the Commission on Collegiate Nursing Education (CCNE). On February 10, 2009, the GA Board of Regents approved a Doctorate of Nursing Science (DNS) for the WellStar School of Nursing.

At the opening of the Celebration, Dr. Teresa Joyce, Associate Provost at KSU, welcomed the guests, congratulating the WellStar School of Nursing on its milestone achievement.

Following Dr. Joyce's welcome, Nancy Ballard, Director of the Center for Nursing Excellence in the WellStar Health System, spoke about her experiences with the Nursing School. She emphasized the changes in the nursing field, and what differences these changes have made between what nursing is now and what it was like 40 years ago, technology advancement being an asset to the "well-educated nurse."

The guest of honor was Mrs. Charlotte Sachs, the first Director of the School of Nursing. She gave the nursing program a solid start, carefully choosing its content as well as the students interested in attending. Dr. Genie Dorman, Professor of Nursing at KSU since 1983, completed the program and graduated in 1973, during the time when Charlotte Sachs was the director. Dr. Dorman, who also played a principal role in the organization of the Anniversary Celebration, looked on as Dr. Richard Sowell presented Charlotte Sachs with an award for her many contributions.

Dr. Sowell's view as the present Dean is that "after 40 years, the WellStar School of Nursing continues to achieve the ongoing goal of creating and sustaining exemplary undergraduate and graduate nursing programs that promote academic excellence while preparing students to become outstanding health care providers. The WellStar School of Nursing offers outstanding opportunities for the preparation of nursing professionals. With over 2800 graduates to date, our programs have served to positively impact the health and well-being of members of our local community, the state of Georgia, and beyond, as we anticipate another 40 years of nursing education excellence."



One of the first classes graduating in Nursing: Ann Rojinsky (top row, 1st on right) was present at the celebration.

● International Experiences and Opportunities

Xalapa Study Abroad

A study abroad is not simply about experiencing another culture; it is an opportunity to immerse oneself into it and become one with its people.

On October 6, 2008, 13 graduate nursing students completing their final semester of the WellStar Primary Care Nurse Practitioner Program at KSU traveled to the University of Veracruz, in Xalapa, Mexico. Dr. Genie Dorman, Professor of Nursing, and Dr. David Bennett, Associated Dean in the WellStar College of Health & Human Services and a Professor of Nursing, led the group on a study abroad, accompanying the students throughout their exciting trip and an experience the students would not easily forget. This was not the first time Xalapa would welcome KSU's nursing group. Dr. Dorman and Dr. Bennett launched this successful study abroad program in fall of 2000.

Their journey began with a flight from Atlanta to Mexico City and continued to the city of Veracruz. Once there, students boarded a bus provided by the University of Veracruz (UV), and after one and half hour ride into the mountains, they arrived in Xalapa, a city nestled at an elevation of about 4,680 feet, beneath the towering volcanic peaks in the Sierra Madre mountain range.

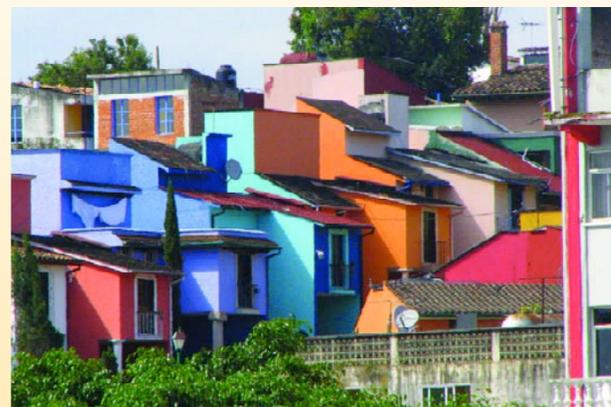
Xalapa de Enríquez, commonly known as Xalapa or Jalapa, is the capital city of the Mexican State of Veracruz. Xalapa's downtown is filled with many parks and historical buildings as well as stores common in the United States. It is a very busy city, swarming with students from the university and from all over the world who come to study foreign languages in UV's School for Foreign Students.

Established in 1944, the University of Veracruz is one of the largest and most prestigious universities in Mexico and includes several facilities located throughout the city. The School of Nursing and the School of Medicine are partnered with the University of Veracruz Obstetrical & Gynecological Hospital which is used by the medical and nursing students.

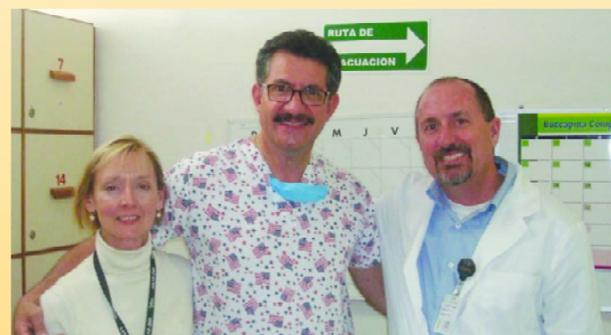
While in Xalapa, our students resided with local families, up to three per family. During their stay, students would become a part of the multigenerational families and share meals and events, immersed in culture and language. Meredith Moore, who graduated from the MSN program last December, commented in her clinical summary: "The night we arrived, our host families greeted us as we got off the bus. For Maryann, Nancy and myself, our host family was Sra. Dominguez and her daughter. Sra. Dominguez was welcoming, accommodating, kind and patient with us. She was modest; she repeatedly told us that her English was poor as she gave us (Spanish) language lessons over the kitchen table."



2008 Nurse Practitioner Student Practicum in Xalapa, Mexico, at Hacienda El Lencero, Santa Anna's home near the city.



Xalapa homes from the Central Park in downtown Xalapa.



Dr. Jaime Orellám Huerta (center), a member of the faculty of the UV School of Medicine and a supporter of the study abroad program, with Dr. Genie Dorman (left), and Dr. David Bennett.

● International Experiences and Opportunities

Xalapa Study Abroad (continued)

For the students, every day began with having breakfast with their families, and later taking a taxi ride to the University of Veracruz Obstetrical and OB-GYN Hospital. Starting at 8:00 a.m., students received assignments to work in different hospital units and rotated their duties throughout the day. They worked with physicians who were also UV faculty. The units included Women's Health and Prenatal Care, Labor and Delivery, and Family Planning and Pediatrics. Students also met with patients and their families and learned how to handle different situations at birth, how to approach them and consider the cultural differences and needs.

"The hospital surprised me in several ways," Moore said. "First, I expected that the nurses would have less education than myself. Most of the nurses I spoke with attended school for four years, including a year of residency. Their education was very similar to ours."

The work at the hospital continued until noon, when a taxi would take students to the School for Foreign Students to study Spanish. From 2:00 to 4:00 in the afternoon, back with their families, students enjoyed lunch prepared by the family members.



Nursing Staff at the Veracruz Obstetrical & Gynecological Hospital in Xalapa.

After lunch, they either returned to the School for Foreign Students to attend a lecture, traveled to visit historical sites in the surrounding towns, or strolled through an open-air market to learn about nutrition and the local cuisine.

"The food was amazing," Moore commented. "I think the best meal we had was in a restaurant called Restaurante Espana Casino. It was a three-course meal from a set menu, and it was unlike anything I have ever experienced. Overall, the food was so very unlike the Tex-Mex I was so accustomed to. Everything was so fresh, so simple. I think the food was so good because you tasted each vegetable, spice, or meat."

Weekends also offered opportunities for visits to various architectural, archeological, and historical sites, such as Hacienda El Lencero, the home of Antonio López de Santa Anna, a Mexican general who engaged in the famous battle of Alamo in 1836, during the Texas Revolution. A full-day fieldtrip to archeological



"Everything was so fresh, so simple.."

sites was led by a teaching UV archeologist. The Museum of Anthropology in Xalapa would satisfy everyone's curiosity about Mexico's pre-Colombian era, displaying artifacts from ancient pyramids and tombs.

While students enjoyed and benefited from many aspects of the trip, for Drs. Dorman and Bennett, the most enjoyable part was meeting and working with people in Xalapa and seeing students' reaction to the culture and helping them to understand it. "After all, it was an eye-opening experience to them," Dr. Bennett said.

There were some challenges, as well. "The program is fast paced, and it can be exhausting going back and forth between languages and help students realize that they are guests and have to learn the customs in the hospital and elsewhere," Dr. Bennett, who is fluent in Spanish, added. But he also commented: "What better way for our students to understand the culture and jumpstart their Spanish language abilities!"

At the same time, Dr. Bennett encourages students interested in visiting Xalapa to learn Spanish as it would prove beneficial not only during their study in Mexico, but also add to their expertise in culturally-competent care for Spanish-speaking patients in the United States.

Dr. Bennett also hopes to bring Dr. Jaime Orellám Huerta, a member of the faculty of the UV School of Medicine, and a supporter of the study abroad program, to Kennesaw, to learn first-hand about our healthcare system and to visit women's health hospitals in the area.

Our study abroad is successful because of our relationships with the University of Veracruz, their School for Foreign Students, as well as the staff, physicians and nurses in the hospital, who become long-term friends and look forward to hosting KSU's nurse practitioner students every year.

● International Experiences and Opportunities

Bernie Goldfine, Visiting Professor in Florianopolis, Brazil, @ the Federal University of Santa Catarina in Florianopolis Reports....

My family and I thoroughly relished our recent 6-month stay in Florianopolis, Brazil. I served as a visiting professor in the Department of Physical Education at the Federal University of Santa Catarina in Florianopolis (UFSC). Simultaneously my wife Ruth, who is an Assistant Professor at KSU, served as a visiting professor at UFSC in the English Department where she assisted graduate students on their theses, in addition to teaching an undergraduate English Composition course. I constantly needled her about her job being "easier" because she simply spoke English with her students, whereas my lectures and discussions were entirely in Portuguese.

Professionally, the experience proved rewarding on many levels. There was a great feeling of accomplishment to be able to teach my classes in Portuguese. Having a strong background in Spanish provided me with a good foundation for studying Portuguese for a semester before our departure to Brazil. In addition, I was invited to be a keynote speaker at two professional conferences where I presented in the areas of risk management in both spectator public assembly venues and participant/recreation settings, in addition to the planning process in sport facility design. The first time speaking in Portuguese in front of a large audience was quite intimidating to say the least, but the second time around I found the solution....a couple of caipirinhas, a very strong traditional Brazilian libation! I also had the good fortune to serve as a consultant to SESI, which is a remarkable private organization that provides recreational facilities and programming for Brazil's industrial workers. Additionally, I was able to serve as a practice player and assistant coach for one of the top 18-21 year old Men's Volleyball teams in Santa Catarina called Cimed.

Another important professional objective of this experience was to help smooth the path for KSU students who will be studying in Brazil, and to prepare Brazilian students for their time in the U.S., as part of our 4-year, Federally Funded - FIPSE Grant (Obesity Dilemma: A Cross-Cultural, Ecologically Based Model, Collins and Goldfine). I was able to troubleshoot and help solve problems that students from each side of the equator will be facing. In essence, the biggest obstacles faced by U.S. students going to Brazil are related to the language; economic affordability is the most pressing issue for Brazilian students coming to the U.S. However, with a great deal of dialogue and brainstorming the problems are being ameliorated.

From a personal perspective, I could spend hours recounting the wonderful people we met and activities we



Bernie Goldfine, Professor of Health, Physical Education and Sport Science, served as a visiting professor in the Department of Physical Education at the Federal University of Santa Catarina in Florianopolis. Surfing with son Jacob....For me, being able to surf in the mornings was as exhilarating as it was physically taxing; no matter how hard I try to convince myself that my current workouts at Gold's Gym or bike rides around Kennesaw are as much fun, it's simply not working.

engaged in over the 6 months. However, the one thing that stands out above all else was the ability to spontaneously get together with others for churrasco (Brazilian barbeque) or other activities. Our children (all boys under age 7), thoroughly enjoyed the fact that school did not start until 1:30 PM and used the mornings for surfing, hiking, and playing soccer. For me, being able to surf in the mornings was as exhilarating as it was physically taxing; no matter how hard I try to convince myself that my current workouts at Gold's Gym or bike rides around Kennesaw are as much fun, it's simply not working!

One other factor which proved advantageous for us was the strength of the U.S. Dollar relative to the Brazilian Real. For example, our family of five could have an excellent family meal at a nice restaurant (e.g. steaks or fish for all) for under at total of \$13.00 U.S., and the foods were always exceptional with plenty of fresh native fruits and vegetables. At least during our time abroad, most everything proved to be very inexpensive. This economic situation permitted us to have a couple of wonderful people help us with cooking, housekeeping, and childcare – Stella and Rosie. We are forever grateful to these individuals, who proved to be like extended family members.

Because of the warmth and kindness of the Brazilians, we were fortunate enough to have met friends that we will treasure over our lifetime.

● Recognition

KSU Honored for Work with Sports and Persons with Disabilities

Against the backdrop of "a new era of cooperation" between the United States and Libya, the Libyan Paralympic Committee has awarded Kennesaw State a gold medal recognizing its work with persons with disabilities.

On Jan. 29, Ali Elgerbi, of the Libyan Paralympic Committee, and Fatma Bin Sofia, of Libya's Today International Center, presented WellStar College of Health and Human Services Dean Richard Sowell with the gold medal for work being done by the college's Global Center for Social Change.

"We recognize how much KSU is doing for the disabled," Elgerbi said through an interpreter. "This is the beginning of our relationship, one of respect. What we see here is not only the work you are doing with sports and the disabled; we see the American people, and we will transfer that to the Libyan people — all of the emotion and feeling." Last spring, KSU entered into partnerships with Alexandria University and Helwan University in Cairo, Egypt, in order to establish a center for educating persons with disabilities and those who teach, coach, live and work with them.

As a result of those partnerships, Ben Johnson, Associate Dean of Community Partnerships and Global Initiatives at the WellStar College and Director of the Global Center for Social Change, gave a presentation last fall at a conference in Egypt attended by representatives of universities, nongovernmental organizations and Paralympic committees, including the Libyan Paralympic Committee.

"We look forward to having collaboration, not only with disabilities, but a relationship with America," Elgerbi said.



Ali Elgerbi, of the Libyan Paralympic Committee, presents a gold medal to Dr. Richard Sowell, Dean of the WellStar College of Health and Human Services.

In September, then Secretary of State, Condoleezza Rice, made a historic trip to Libya in an attempt to bridge gaps between the two countries and establish a framework for building formal relations. Rice was the first U.S. secretary of state to visit Libya since 1953.

"We're humbled by this worldwide recognition," Sowell said. "Ultimately, our relationships with other countries are about us getting to know each other as people outside of politics. It's a whole lot easier to fight a stranger than a friend." *by Jennifer Hafer*

Pinning Ceremony

The Graduating Class of Fall, 2008 celebrated the completion a Baccalaureate in Nursing Program with a symbolic pinning ceremony held on December 11, at the KSU Student Center.



Dr. Mary de Chesnay, Director of the WellStar School of Nursing, welcomed the students, their families and friends, as well as nursing faculty and staff who supported the students during their study. Dr. Janice Flynn, Interim Director of the Undergraduate Nursing Program, congratulated the students on the completion of a rigorous program and on continuing a tradition in the nursing education known as a Pinning Ceremony.

During her captivating speech, Dr. Flynn said to the students: "Nursing has a rich history of tradition, and even though pinning is not the oldest of nursing traditions, it is one that honors the profession of nursing as well as recognizes the institution of learning. This tradition, as do all traditions, represents connections to both the past and the future. You are at an exciting intersection. The opportunity to promote excellence in nursing practice is now in your hands. As you pass the light in our ceremony today

to those who will follow you, I welcome you as my peer and colleague in nursing."

Dr. Flynn added: "You are well prepared to face the challenges of complicated health care, but this is just the beginning. You must look to the open book as a symbol for lifelong learning. How, when, and where you learn will be very different as we progress in this 21st century."

Mary (Molly) B. Smith (Class of Fall 2008), and Megan Joyner (Class of Spring 2009) began the Pinning Ceremony with the "Lighting of Nursing Flame." Ms. Janeen Amason, Assistant Clinical Professor; Ms. Donna Chambers, Assistant Clinical Professor;



Ms. Fran Herzig, Nursing Advisor, and Dr. Flynn completed the ceremony by giving each student their well-deserved pin.

Janeen Amason, Assistant Clinical Professor, gives student her pin.

● Accelerated Track Baccalaureate Degree

A Speedy Career Change to Nursing through KSU's Accelerated Track Baccalaureate Degree Nursing Program



Heritage Hall, Rome, Ga.

The picturesque Heritage Hall, an extension of Georgia Highlands College in Rome, Ga., is a home to KSU's Accelerated Track Baccalaureate Degree Nursing program. Launched in 2002, the program was designed to increase the potential for students from Georgia's north-eastern counties to obtain a BSN education.

Requiring a full-time, year-around commitment, the curriculum allows students holding a bachelor's degree from an accredited institution in a field other than nursing to complete BSN coursework in a 16-month period.

Recognizing the adverse effects the nursing shortage was having on health care as well as the state's economy, Georgia Governor at that time, Roy Barnes, through the Board of Regents of the University System of Georgia, specifically targeted nursing education by making funds available to educate nurses in the state. An Intellectual Capital Partnership Program (ICAPP) to support advancement in science and technology in Georgia was already established. The funds were redirected to offer incentives for the development of partnerships between nursing education and health care agencies.

However, overall framework for this initiative included the allocation of state funds to schools of nursing on a competitive basis. Dr. Marie Bremner, Professor of Nursing at KSU, provided leadership in securing these funds for the formation of the satellite program in Rome. And since a key component to obtaining the state ICAPP was to have the support of community partnerships, Dr. Bremner brought the Cartersville Medical Center and the Floyd Medical Center on board. Both were consistent partners in making the funding and the program possible.

Twenty-five students enrolled in the Rome program like having a smaller group. Their previous education varies from computer technology to business degrees. Cynthia Brown, Lecturer of Nursing at KSU, said that "students develop a bond as they move through the program together, calling themselves the Romans." The coursework begins with classes such as Holistic Nursing, coordinated by Dr. Bremner, and Health Assessment, coordinated by Ms. Brown. Starting each fall, students complete two initial semesters at the Rome campus. During the spring and summer semesters, students conclude the remaining requirements on KSU campus, in Kennesaw.

Georgia Highlands has graciously dedicated a classroom, an office, and a computer lab space to KSU faculty who travel to Rome to teach and offer the same quality education as they do in the School of Nursing on KSU's main campus. The nursing skills lab is shared with the Georgia Highlands Associate Degree Nursing program. The lab is set up as a hospital unit and includes beds and two exam rooms. To learn and practice their nursing skills, the students utilize simulation mannequins that breathe and talk, as well as a high-tech labor and delivery mannequin.

Last year, the ICAPP funding has ended; however, the KSU Administration made a commitment to continue funding the program. Depending on monies available, the faculty would love to see an expansion of the nursing skills lab and equipment at the Heritage Hall in Rome. An upgrade of the computer lab software is needed, as well. There is also hope that qualified graduate degree nursing faculty from Rome and surrounding areas would become available to teach exclusively on this satellite campus in the future.

The Accelerated Track is demanding, yet popular! In addition to the Rome satellite, the Accelerated Track is offered starting each spring semester at the Appalachian Tech in Jasper, Ga., with two final semesters completed on main KSU campus. A program taught exclusively on KSU campus begins each summer semester.



The Romans - Fall 2008 L to R., Standing: 4th Row: Elizabeth Van Horn, Tanesha Griffin, Ashlee Chandler, Carlos Ortiz, Nicholas Smith, and Adam Salsberry; 3rd Row: Mariyam Durojaiye, Vanessa Roberts, Justyna Arora, Zia Rana, and Matthew Wiley; 2nd Row: Brittany Shrader, Dipti Lad, Olga L. Aguilera, Cynthia Brown (Clinical Lab Instructor), Sara Green, and Juliana Cobbina; Kneeling: Brad Jadlocki, Wednesday Harmon, Sara Dudley, Punita Panchal, Ashley Burgess, and Shawn Snow; Sitting: Megan Fenceroy, Kelly Montgomery and Gina Soto.

● Doctorate in Nursing • Leadership

Dr. Janice Flynn Appointed to the Georgia Board of Nursing

On November 26, 2008, Dr. Janice Flynn, Interim Associate Director and Professor of Nursing in the WellStar School of Nursing at KSU, has been appointed by the Governor of Georgia, Sonny Perdue, to the Georgia Board of Nursing. Georgia Board of Nursing is an entity overseeing all Nursing regulations in the state of Georgia. Governor's executive appointment selection is a lengthy process, and this appointment signifies an enormous accomplishment for Dr. Flynn who

has been a nurse educator for over twenty five years, including 15 years at Kennesaw State University. Dr. Flynn is also a member of the American Nurses Association, the Georgia Nurses Association, and Sigma Theta Tau. In addition, she is a member of the Kennesaw State University Assurance of Learning Council and Consulting Team, and a recipient of the WellStar College of Health & Human Services Distinguished Teaching Award. Congratulations Dr. Flynn!

KSU Nursing Students Honored at the Georgia Association of Nursing Students 56th Annual Convention

During the Georgia Association of Nursing Students (GANS) 56th Annual convention, three members of the Student Nurses Association of Kennesaw State University were elected to hold GANS state board positions: Martina Minneci, President; Michelle Mabry, 2nd Vice-President; and Sumier Overcash, NEC North.

Five student delegates also representing the WellStar School of Nursing in voting matters were selected: LeeAnn Jett, Megan Joyner, Betsy Kahle, Camille Mullins, and Sumier Overcash. In addition to serving as a delegate, Megan Joyner authored a resolution that was passed in the House of Delegates in support of segregated and proper disposal methods of non-hazardous medical waste.

This year's convention was held at the Iron Works Convention and Trade Center in Columbus, Ga., from October 16-18. Each year, GANS hosts a state convention that brings together approximately 600 nursing students to conduct a state House of Delegates and to attend a number of personally- and professionally-enriching activities. The House of Delegates gives the nursing students of Georgia an opportunity to have their voices heard, when students from chapters around the state submit and discuss resolutions.

The 56th conference was "Dr. Suess" themed, "Oh, the Places You'll Go - New Directions in Nursing!" Students took part in focus group sessions on topics such as Pharmacology Made Insanely Easy, Nursing Anesthesia, Nursing Malpractice, Pediatric Nursing, ER/Trauma Nursing, and many more. Dr. Marie Bremner, Professor of Nursing at KSU, taught a focus session on Test Taking Strategies!

Conference attendees participated in a mini NCLEX review and the Red Cross Disaster Relief Healthcare Responder Training, as well as fun activities, including a Penny Wars, Silent Auction, and the First Annual GANS Idol Competition. Additionally students were able to network with many employers in the exhibitor hall to find out when they needed to apply for jobs, internships and externships. The conference's final events included a Decades Party and Awards Banquet.

Congratulations to our outstanding students for a wonderful representation at the state convention. We are proud of these students for becoming active in their state organization and honored to have representatives from Kennesaw State University.

GA Board of Regents Approved a Doctorate of Nursing Science for the WellStar School of Nursing

During its February meeting, the GA Board of Regents approved a Doctorate of Nursing Science (DNS) for the WellStar School of Nursing at KSU. On February 10, Drs. Richard Sowell, Dean of the WellStar College; Mary de Chesnay, Director of the WellStar School of Nursing; and Tommie Nelms, Professor of Nursing, attended the review of the Academic Affairs Sub-Committee, prepared to answer any questions from the Board of Regents. The final approval came

later in the day, with a yes vote from the entire Board. Dr. Sowell congratulated the WellStar School of Nursing and said: "This approval has positive implications for the entire College as we demonstrate we can deliver high-quality doctoral education. I am confident this will not be the last doctoral program in the College as we move forward with excellent graduate programs." He added: "I am personally grateful to all that have made this possible."

GRPA Hosts a Cookout for Kennesaw State Sport Management Majors

During a crisp fall day in October, 2008, Georgia Recreation and Parks Association (GRPA) treated KSU Sport Management majors and the Health, Physical Education and Sport Science department faculty to a special cookout.

Dr. Benjamin Johnson, Associate Dean of Community Partnerships & Global Initiatives, hosted the event on the Global Center's grounds. Dr. Richard Sowell, Dean, and Dr. Laurie Tis, Associate Dean, of the WellStar College of Health & Human Services, came to welcome the GRPA group. While everyone enjoyed their food, students had the opportunity to meet and speak with knowledgeable representatives of parks and recreation organizations from across the state.



Dr. Benjamin Johnson, Associate Dean of Community Partnerships & Global Initiatives, welcomes students and GRPA on the Global Center's grounds.

Jimmy Gisi, GRPA Executive Director, and other GRPA representatives came to Kennesaw State University to talk to the Sport Management majors about the latest developments in the parks and recreation field and to announce recent activities within their organization, as well as point out the benefits of becoming a member.



HPS students enjoy GRPA visit and a cookout at the Global Center's backyard.

Throughout the years, GRPA and KSU Sport Management Majors Club (SMMC) have developed a

valuable alliance. SMMC members receive a free membership within the GRPA and can, in turn, network with recreation industry professionals who promote the members' personal and professional growth. GRPA focuses on developing members into tomorrow's leaders and can provide excellent career and leadership building experiences for everyone who is interested in the parks and recreation field. Members are also able to take advantage of professional opportunities within the industry, as they become available.

In addition, GRPA is offering students a chance to become selected for its annual scholarship. In conjunction with the Leisure Careers Foundation Board of Governors, GRPA will be awarding one lucky student a \$1,200 scholarship for the year.

GRPA is planning another visit to KSU this spring, hoping that students will take advantage of the opportunities the Association continues to offer, and cultivate a lasting relationship with the organization for future years to come.



From L. to R.: Jimmy Gisi, GRPA Executive Director; Dr. John David Johnson, Assistant Professor of Health, Physical Education and Sport Science; and Dr. Richard Sowell, WCHHS Dean, chat during GRPA visit to KSU.

Global Health Seminar

Walia Compton, Director of the International Academy for Women's Leadership and Health in the Global Center for Social Change at KSU, offered students, faculty and organizations interested in global health issues a unique opportunity to take a glimpse into a rather unknown world of Neglected Tropical Diseases (NTDs).

On December 5, at the KSU Center, Walia Compton introduced Dr. Alan Fenwick, Director of the Schistosomiasis Control Initiative (an initiative funded by the Gates Foundation and a member of Global Health Partners). Dr. Alan Fenwick who is also a Professor of Tropical Parasitology in the Department of Infectious Disease Epidemiology at Imperial College in London, UK, is the winner of numerous prestigious global medals of honor and awards.

During a lecture at the Center, Dr. Fenwick, spoke about his significant experience working in the area of infectious diseases in

Africa and discussed the changing international perception of the global importance of these diseases. In addition, he briefly outlined their distribution and life cycles and how the diseases contribute to poverty. Dr. Fenwick emphasized, however, that there are solutions to tackle these diseases, as well as simple tools to eliminate their threat. Collaboration between global health organizations could control several NTDs, using a rapid health package of donated or inexpensive drugs delivered safely and effectively to the areas and communities in need. Dr. Fenwick was described as an incredible, passionate speaker. The lecture was the beginning of a series of "Global Health Seminars" to be introduced by the International Academy for Women's Leadership & Health.

Partners in Promoting a Healthy Georgia



The Georgia Coalition for Physical Activity and Nutrition (GPAN) is a non-profit organization and an alliance of public and private organizations and businesses whose mission is to improve the health of Georgians by promoting healthy nutrition and physical activity.

Members of the Coalition include doctors, nurses, public health officials, sport managers, nutritionists, teachers as well as students from various disciplines. GPAN believes that to effectively combat the rise of overweight and obesity is to educate the public on the negative impact both have on all aspects of life, and in turn change the focus from unhealthy to healthy lifestyle choices.

For GPAN, Kennesaw State was a natural choice to stage their Annual Membership Meeting that took place on October 23, 2008. KSU, the WellStar College of Health & Human Services and its departments have long been advocating a healthy lifestyle through fitness programs and promoting the wellbeing of communities in Georgia and across the globe, as well as KSU's students, faculty, staff, and their families.

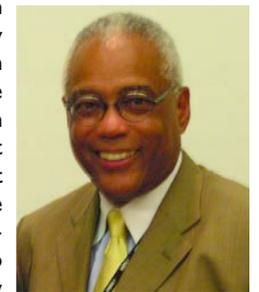
The theme of the conference was "Tightening the Belt on Georgia: Cutting Obesity in Times of Leaner Budgets."

More than one hundred members from all around Georgia came to attend. Dr. Laurie Tis, Associate Dean of the WellStar College of Health & Human Services, and Dr. Mitchell Collins, Health, Physical Education & Sports Science Department Chair, along with GPAN President, Susan Burns, welcomed the conference guests. Dr. Jimmy Calloway, Professor of Health, Physical Education and Sport Science as well as the Executive Director of GPAN, followed with an update on the organization's future activities.

Since assuming his post as the Executive Director in October of 2006, Dr. Calloway has worked tirelessly to bring about collaboration between key stakeholders and leaders to promote healthy lifestyle in Georgia. In addition, he has met with numerous Legislative Caucuses and political leaders to promote the message of improving public health.

When speaking on the subject of GPAN's mission with the Atlanta Falcons Foundation, Dr. Calloway emphasized that "the state of Georgia spends \$2.1 billion

a year to deal with issues of obesity and health-related problems with obesity," and that "one policy change may and could impact about ten thousand people...that's what GPAN's focus is." He wanted to get back to basics, "bringing back the recess" and "change physical education requirements in the schools to having 150 minutes for elementary school and 225 minutes for middle school children." Dr. Calloway wants "to reach every young person in the state of Georgia so that they can be active, they can be engaged, they can have access to healthy foods, and also to impact policy at the state levels that will promote environments that will allow people to grow up as nurturing, caring and loving adults."



Dr. Jimmy Calloway, Executive Director of GPAN and Professor in the Health, Physical Education, and Sport Science Department at KSU

A partnership between Kennesaw State University and GPAN also enables KSU students to participate in a wide variety of community activities, adding to the "real-life" education the College strives for. GPAN looks forward to working with WellStar College's School of Nursing to connecting students to HealthSTAT (Health Students Taking Action Together), as well as connecting all three departments of the College with GPAN members, chapters, and partners.

Without question, the Wellstar College of Health and Human Services and GPAN share a belief in the importance of individuals remaining active throughout their lifetime, regardless of their circumstances. KSU, the College and the Organization are moving closer to fulfill their mission of Georgian's applying healthy choices to their every-day life!

HPS Department Announcement

Dr. Jimmy Calloway, Professor of Health, Physical Education and Sport Science, has been selected to give the Crawford Lecture at the 2009 National Recreation and Park Association Annual Congress and Exposition. This is one of

the highest honors in the NRPA and an acknowledgment of Dr. Calloway's lifelong commitment to recreation, recognizing him as one of the top leaders in the field.

Collaborative Health Care for the Homeless and Underserved Populations

The KSU Community Clinic at MUST Ministries Facilities is a non-profit, community-based clinic in northwest Cobb County and offers accessible, affordable, and quality health care to individuals and families. The clinic is the result of a collaborative partnership between Kennesaw State University, KSU Research



Donna Chambers, Assistant Clinical Professor at the WellStar School of Nursing at KSU (left), volunteers in the MUST Ministries Clinic, examining a patient.

and Service Foundation, and MUST Ministries, a faith-based organization that assists people in need. Originally conceived by a group of community nurses concerned about homelessness, the clinic has over a 13-year history of providing health services to the homeless and underserved populations in Cobb and surrounding counties. The Clinic is located in a trailer behind the MUST Ministries

homeless shelter on Highway 41 in Marietta, Georgia, with hours of operation being Tuesday, 10-1PM and Thursday, 4-7 PM.

The KSU Community Clinic provides a comprehensive range of non-emergency health and wellness services for adults and children of all ages without means to afford care, including acute and primary care, health education, promotion and prevention, and specialty referrals to local providers. The clinic averages 2,500 annual patient contacts per year. Examples of conditions treated at the clinic include asthma, high blood pressure, depression, ear infections, diabetes, respiratory infections, and other minor illnesses. The health services are provided through volunteer efforts from the health care community and Kennesaw State University, WellStar School of Nursing. In addition, the clinic provides an excellent practice site for student experiences and a site for volunteer clinical practice by faculty members from the WellStar School of Nursing.

This collaborative partnership between KSU and MUST ministries has long served the community by providing much needed health services to the homeless and medically underserved population in the community. The successful response to the health needs of underserved populations demonstrated by this is even more impressive considering the limited financial support received by the clinic. The primary source of clinic funding is a \$65,000 grant. Providing care to the number of clients served by the clinic on a \$65,000 budget adds new meaning to cost effectiveness.

However, the lack of funding vastly limits the ability to meet the increasing needs for health care services among underserved groups in Cobb and surrounding counties. For example, at one point a satellite clinic operated one evening a week at St. Stephens Church in Marietta but had to be closed due to lack of funding.

Additional ways to increase funding and other resources for the clinic are being sought through donations and writing grants. Recently, the clinic received funding to provide diabetes education to the clientele. Still, presently there is no consistent funding stream for the clinic. This situation acts to prevent maximizing the potential benefits offered by this clinic to the community.

The clinic is addressing health disparities and providing accessible health care, including health promotion and disease prevention where clients live. The clients come because they trust the providers, feel they are receiving good care, and it is within their community.

Recently, under the direction of KSU faculty, a more formal academic framework that incorporates education, scholarship, and service for students and faculty alongside synergistic community partnerships was implemented. This framework allows for: quality place to learn and prepare the next generation of healthcare providers, safety-net health care system for the low-income and uninsured clients, infrastructure for faculty to engage in evidence-based practice & research related to quality, safety, and best practices.

This new academic model provides an on-going source of professional nursing and student care delivery that insures a solid core of staff for the clinic that can be used to leverage volunteer support. This model provides for efficiency in use of resources and proven effectiveness in serving this population. Having the commitment of the School of Nursing professionals offers a unique benefit not found in a volunteer model of care delivery. The professional can serve as the core for recruiting volunteers to a clinic affiliated with a major university and the stability that affiliation provides.

If more resources were available, the KSU Community Clinic would be able to increase services to the clients and offer more educational/clinical experiences to students. There is an identified need for financial support to provide long-term viability and sustainability. A special focus is required for vulnerable adults with chronic illness who have nowhere to go for treatment and health education about their condition if they do not have insurance. In addition, more services need to be provided such as mental health counseling, comprehensive women's health services, social services to assist in determining eligibility for state sponsored programs, and more health screening services for both children and adults could be added. Additional funding would also allow for facility expansion that would result in more efficient use of resources and accommodation of the extension of services.

MUST Ministries is in the process of obtaining and building a new facility. Due to the significance of this clinic to the community and the population MUST Ministries serves, they are designating approximately 3,000 sq ft in their new facility for the clinic. This space will need to be built out with the KSU nurse practitioners providing input into space allocations and design of the clinic space.

Collaborative Health Care for the Homeless and Underserved Populations (continued)

In summary, the KSU Community Clinic provides a safety net in the community that helps to reduce health care cost by keeping uninsured clients with acute episodes of illness out of the area of Emergency Rooms. The clinic staff works with local providers and health care agencies of the WellStar Health System to obtain appropriate levels of care for clients with the most acute conditions. The clinic often takes referrals from local Emergency Rooms when it is determined that the client can be managed in a clinic setting.

With additional resources, the clinic could provide an acceptable option of primary health care services instead of individuals having to resort to Emergency Rooms after going untreated and developing a medical emergency. Research shows that Emergency Room care is the most expensive option for delivering sub-acute care. It would be advantageous for local health systems to support the KSU Community Clinic at MUST Facilities in Marietta, Georgia and develop more formal lines of communication and referral.

WellStar College Participates in MUST Food Drive

The KSU Staff Senate, in conjunction with MUST (Ministries United for Service & Training), organizes an annual food drive, handing out 10 BARRELS OF FOOD EVERY WEEKDAY to persons and families in need, in the Cobb and Cherokee counties. That's literally five tons of food each week!

At the onset of the food drive last fall, KSU Staff Senate partnered with Publix Super Markets and obtained 10 grocery carts, placing them throughout campus to solicit items for the MUST food pantry. Sherry Grable, Director of KSU Wellness Center, was instrumental in getting the carts on campus and allocating a space outside her office until the kick-off of the food drive on October 21.

The WellStar School of Nursing displayed their cart on the second floor in the Nursing building. Julia Becker, Administrative Associate for the School of Nursing and a Staff Senator, decorated the cart and announced the drive. WellStar College's faculty and staff donated non-perishable food items, such as

canned fruit, vegetables, meat, soup, pasta/sauce, dry beans, rice, dry milk and peanut butter and jelly.

Many of the carts were overflowing with donations and additional boxes were brought in to the annual Chili and Cheer event that took place in the Student Center, marking the end of the food drive.

In addition to the annual food drive, an ongoing food pantry, located in the KSU Health Clinic, is sustained by "Feed the Future," a program supported solely by the KSU staff and faculty. The program serves students who are struggling with having enough to eat. Kathryn Siggelko, Administrative Associate for the Health Clinic and a Staff Senator, works closely with other campus departments to solicit food donations for the Feed the Future program. A clinic's social worker is also available to students to discuss social programs and prescription assistance that may be available to them. Since the Feed the Future inception in 2006, the Health Clinic has helped more than 200 students in need.

BSN Students Selected for the Northside Scholars Leadership Development Program

Each April and November, the Northside Hospital in Atlanta, Ga. begins with the selection of BSN nursing students for the participation in the Northside Scholars Leadership Development Program. Students have the opportunity to apply each April and November.

Seven BSN students from KSU's School of Nursing were selected for the December '08 Program. "KSU was well represented in the selection," Sharon Sawyer from Northside Hospital said. The students were:

Ashley Burgess	Pamela Russman-Chambers
Elisa Ford	Lindsay Ryan
Tara Hardeman	Julie Schuch
Jennifer Hendrix	

The Northside Scholars Leadership Development Program provides nursing students with a wonderful opportunity!

Northside Hospital feels that it is essential to teach and lead today's students who will become tomorrow's nurses.

The Northside Hospital Program was created to provide scholarship opportunity for high-performing nursing students who are in their junior or senior year. The program accepts well-rounded individuals who will help further the hospital's commitment to being a center of excellence in providing quality health care.

Up to twelve students are chosen each year to participate and are matched with a manager-mentor. Each student is assigned a manager-mentor who provides guidance during their remaining years in school, as well as when they join Northside as a staff RN. Each Student Scholar participates in a customized job shadowing program and rotates through different clinical services. Upon graduation and successful completion of the nursing boards, the Student Scholar is placed into a formal internship program and has a two-year work commitment to the hospital. The next deadline to apply for the Program is April 1, 2009.

Congratulation to our BSN Nursing students!

Department of Social Work and Human Services Receives Initial Accreditation

The Department of Social Work and Human Services received their initial accreditation for the Masters of Social Work Program. The department faculty have worked very hard to achieve this recognition by the Council on Social Work Education. The accreditation is for the maximum five-year period (until 2013).

This is a significant achievement for the Department and the WellStar College of Health and Human Services. Congratulations to all that made this a reality!

Department of Social Work & Human Services Announcement



Dr. Anne Hicks-Coolick, Interim Chair of the Department of Social Work & Human Services

Dr. Anne Hicks-Coolick is the new Interim Chair of the Department of Social Work & Human Services. Dr. Hicks-Coolick, an Associate Professor of Social Work, has been at KSU since 1996. She received a M.Ed. from Georgia State University and M.S.W. and Ph.D. from the University of Georgia, School of Social Work. Before coming to KSU, for over ten years, she was a Clinical and Educational Coordinator at Mill Springs Academy, a private school for youth with learning disabilities, in Alpharetta, GA. She has also worked in public housing and in public mental health. Dr. Hicks-Coolick looks forward to supporting the Department in its future endeavors.

Returning Home

Dr. Lois Robley, Professor of Nursing at KSU, writes....

Last summer I had the opportunity to ease back into the WellStar School of Nursing within KSU's College of Health and Human Services. After 19 years at KSU, I am again Professor of Nursing, teaching in both the undergraduate and graduate programs focusing on ethics and professionalism. I cannot begin to express the gratitude I have for the hearty welcome my colleagues, the administrators, staff and students have provided.

There are elements of the culture of the School of Nursing (SON) that make it a great place to practice my dual professions of nursing and teaching and a great place to return. First of all, there is the general attitude of professional responsibility and support of each other that abides within these walls. We treat each other as true professional colleagues and honor personal knowledge, skill and expertise and often calling upon each other as we work on projects and develop our scholarship. We practice this camaraderie as we discuss challenging clinical experiences and dilemmas.

The second element of the SON culture is a true commitment to ongoing education. We are open and available with our students and care deeply about the clients that we all serve. Education is tripartite for us: we educate ourselves, our students and our patients.

After all, how do people learn to prevent illness and collaborate with their treatment regimen? That means that our knowledge must be up-to-date, following clinical, financial, policy and technological changes that happen within our profession. It also commands that we learn from our students and our clinical contemporaries.

A third element of the SON culture is trust. The faculty I know here are reliable, organized, faithful to the mission of the organization, and to the highest standards of nursing education. Without this trust, what we teach in the senior level courses could not build upon the concepts, principles, skills and judgment that are taught at the sophomore and junior level courses. Without trust within our service and scholarship, we would be competing with each other, discord would arise and rancor would soon take over. Without trust in administration to back us up, speak out for our faculty, the school and the profession across the state, the nation and the globe, we would flounder.

A culture of true service and collaboration, of reaching for a common goals and doing it together is the hallmark of KSU's School of Nursing. What a privilege and honor it is to be reunited with such a team!

Perspectives from the Elderly – What are Students Learning...

Dr. David Mitchell, Distinguished Scholar in Gerontology in the WellStar College of Health & Human Services, shares what younger people in general, and younger students in particular, can learn from older people....

One of the better known positive stereotypes about aging is that it brings wisdom. In Hebrew, the word for elderly is *zaken*, which is also an acronym for 'zeh shekaneh chachma' -- a person who has acquired wisdom (Leff, 2005).

Psychological studies have found that in contrast to age-related declines in some cognitive ability, measures of knowledge and wisdom reveal either no decline or even age-related increases. For example, older adults usually outperform younger adults on vocabulary measures, for instance crossword puzzles. This is generally understood as a result of older adults' greater experience.

However, experience alone is not enough to endow a person with wisdom. In addition, "neither intelligence nor personality, independently each other" is sufficient for wisdom.

Something needs to happen in our brains. In contrast to the "conventional wisdom" of past research, more recent research has shown that our brains have the capacity to develop new neurons, new connections, and perhaps most importantly, "brain reserve." According to Dr. Gene Cohen, brain reserve blossoms in middle age. Functional Magnetic Resonance Imaging has revealed a startling finding about the way we use our brains as we grow older, nicknamed HAROLD: Hemispheric Asymmetry Reduction in Older Adults. The two hemispheres of our brains are normally asymmetrical, meaning that we have highly localized and specialized brain functions (e.g., language in the left hemisphere, music in the right hemisphere). But as we grow older, we begin to use both hemispheres of the brain simultaneously.

Although there is some debate as to whether this change is merely compensatory, Dr. Cohen sees it as an asset, and describes it as the brain on "all wheel drive." However, the physiological changes are not enough; an open mind is also needed, what he calls the liberation phase—"liberation from social constraints allows for novel behavior." Dr. Cohen believes that the ability to think "out of the box" improves with age.

Older adults can teach us wise ways to open our minds and express our individuality. In our family, my great uncle Elmer—a farmer in South Carolina—bought a new John Deere tractor when he was 90, because retirement was not a word in his vocabulary. As more and more people survive into old age, we should have more and more positive role models to emulate.

So, after providing all this information, where does this leave our (young) students? As an academician, I certainly believe in the power of the written word (i.e., assigning books and articles) and the classroom (i.e., lecture and dialogue), but I also believe there's no substitute for real life. Thus, in the gerontology courses offered at KSU, students are required to interact with actual older individuals on a one-to-one basis. For example, in Gerontological Nursing (taught with Dr. Carol Holtz), our students are asked to complete a "Community Project" in which they spend time with a (non-relative) adult who is at least 70 years old. They meet at least once a week for at least 10 weeks. In our SPARHKS (Seniors Participating in Activities Related to Health at Kennesaw State) program (taught by Dr. Tiffany Collinsworth, HPS department), students are required to get to know older adults both in their own homes, as well as on Fridays in the gym, where they conduct fitness assessments and exercise programming. In the diaries that students keep, it is very clear that our students receive much more than they give.

Farewell to Sarah Brooks



KSU in Exercise and Health Science, she worked her way up to become the Wellness Coordinator in 2002.

Sarah was instrumental in the management of the Employee Fitness Center and the Wellness Center. Sarah showed a genuine enthusiasm for her work and the wellbeing of KSU Wellness and Fitness Centers' members as she helped educate and improve the quality of life of students and employees. Working closely with the Wellness Center staff, she implemented programs each semester, covering various

health topics for the campus community. She emailed wellness tips of the month and coordinated lectures such as the lunch-n-learn series. In addition, she organized AIDS Awareness Week, Body Image Awareness Week, and National Employee Health & Fitness Day.

To give the Employee Fitness Center a much-needed makeover, she submitted a proposal to Dr. Ashok Roy, Assistant Vice President for Financial Services at KSU. Subsequently, new equipment and flooring were installed at the Center.

Sarah's motto was "commit to being fit" and it was easy to see that she practiced what she preached (besides the occasional cookie and chocolate which she loved).

Sarah has taken on bigger responsibilities by deciding to be a full time mom to her son, Annon Jacob, who was born last year in August. Congratulations Sarah...you will be missed!

Suicide Prevention – A Public Health Approach

Looking after the wellbeing of students is a big job, and Resident Assistants (RAs) are on the front line. They are likely to be a person that notices what is happening with students in the resident life centers. For these reasons, the RAs were selected as “gatekeepers” as they have direct and everyday contact with students.

The American Foundation for Suicide Prevention reports that Suicide is the third leading cause of death among college age students. At KSU an interdisciplinary group of faculty and staff who work with students have formed a Suicide Prevention Task Force (SPTF) to apply public health approaches to creating a healthy student environment, recognizing signs and symptoms of depression, as well as risk factors related to suicide. The goal of the Task Force is also to make sure that students, gatekeepers and faculty know the resources available to students on and off campus so that suicide may be prevented.

To this end, members of the Suicide Prevention Task Force (SPTF), in conjunction with the CAPS Center, conducted a program for new and returning Resident Assistants on recognizing signs and symptoms of depression and risk factors related to suicide. This effort was put forth as a result of the recognition of the need to train “gatekeepers” on how to respond to those students who may be struggling with depression or thoughts of suicide.

The 2007 report of the American College of Health Association- National College Assessment

at Kennesaw State University indicated that 22.7 % of KSU students reported experiencing depression. The RAs were targeted as an important group because of their close proximity to students as well as the trust that often builds between them and their residents. The American Foundation for Suicide Prevention has put together a training video highlighting college students and their experience with depression and suicide. The training session included discussion of the myths about suicide and how to help students and RAs feel more comfortable talking about depression and seeking help for depression or suicidal thoughts.

The goal of the Suicide Prevention Task Force is to use a public health approach to recognize depression and risk factors that will prevent suicide among our student population. The public health model focuses on prevention activities, reduction of stigma associated with depression, and access to mental health services at KSU and the Kennesaw Community. The ongoing goals of the task force include training of gatekeepers, awareness activities, providing information, and reducing stigma.

For more information on the Suicide Prevention Task Force, contact Dr. MaryAnn Caman, Associate Professor of Nursing, at 770-423-6352, or Teresa Johnston, Coordinator, Collegiate Recovery Center at 678-797-2538.

Elected Offices

Dr. Robert Buresh was elected Chair-Elect of the Exercise Science Section of Georgia Association for Health, Physical Education, Recreation, and Dance.

Dr. John David Johnson was elected Chair-Elect of Recreation Section of Georgia Association for Health, Physical Education, Recreation, and Dance.

Dr. Jin Wang was elected Coordinator of the Research and Social Science Division of the American Alliance for Health, Physical Education, Recreation and Dance.

Mrs. Susan Whitlock was elected District Representative, Metro District of the Georgia Association for Health, Physical Education, Recreation, and Dance Executive Board.

Awards

Mr. David Martinez was selected as the Adapted Physical Education Teacher of the Year by the Southern District of the American Alliance for Health, Physical Education, Recreation and Dance

Drs. A. Bairan, G. Taylor & B. Blake (Fall, 2008) Awarded the Wellstar College of Health & Human Services 2008 Kennesaw State University Foundation Prize for Scholarship for the publication "A Model of HIV Disclosure: Disclosure and Types of Social Relationships," which was published in the Journal of the American Association of Nurse Practitioners in 2007. Dr. Sowell, Dean of the Wellstar College of Health & Human Services, was also a co-author, as was Dr. Timothy Akers and Rick Mendiola, Jr.

Buresh, R.J. (2009). Exercise Frequency & Glucose Control in Type 2 Diabetes Mellitus. KSU Incentive Fund Award. Center for Excellence in Teaching and Learning, Kennesaw State University.

Kirkpatrick, D.A. and **J.R. McLester** (2009). Teaching Lower Laryngeal Position with EMG Feedback. KSU Incentive Fund Award. Center for Excellence in Teaching and Learning, Kennesaw State University.

The Association of Perioperative Registered Nurses (AORN) awarded **Dr. Doreen Wagner**, Assistant Professor of Nursing at the WellStar School of Nursing, the 2009 Outstanding Achievement in State Council Leadership. This award recognizes outstanding contributions of a perioperative nurse educator in an academic milieu who furthers perioperative nursing practice for nursing students. Recipients must be AORN members who serve in faculty positions for nursing programs at colleges or universities.

Grants

Dr. David Bennett was the Principal Investigator for the 2009 Kaiser Permanente Southeast \$199,504 grant for Faculty Development and Scholarship Program for the WellStar School of Nursing.

Buresh, R.J. (2009). Exercise Frequency & Glucose Control in Type 2 Diabetes Mellitus. Center for Excellence in Teaching and Learning, Kennesaw State University, \$6,278.

Sherry Grable, Director of Center for Health Promotion and Wellness, was the Principal Investigator for the Georgia Governor's Office of Highway Safety (GOHS) \$18,000 grant awarded to Kennesaw State University's WellStar College of Health and Human Services for an awareness campaign aimed at reducing the number of traffic fatalities among 18- to 24-year-old drivers, a high-risk group. The grant, WCCHS' second award from GOHS, funds the Georgia Young Adult Program, a high profile peer-education campaign that seeks to convince young motorists that crashes are preventable

Stern, H and **Johnson, B.F.** The KSU Academy for Inclusive Adult Education – Governor's Council of Developmental Disabilities - \$75,000 (2008-2011).

Johnson, B.F. and Johnson, CA. Pilot Project - Developing Educational Opportunities for Students with Disabilities through the Formation of an Intercollegiate Disability Sport Program. Georgia Legislature and University System of Georgia Board of Regents - \$1,932,700 over 5 years (2008-2013).

Johnson, B.F. and Johnson, CA. Collaborative Project for the Development of Sport and Recreation Programs for Girls, Boys and Young Adults with Disabilities in South Africa through a Sports Festival and Camp, Train-the-Trainer Workshop, University Student

Training and Citizen Exchange Programs – United States Department of State - Bureau of Educational and Cultural Affairs - Office of Citizen Exchanges - International Sports Programming Initiative Open Grant Program ECA/PE/C/WHA-EAP-08-16 - \$192,000 (2008-2009).

Johnson, B.F. and Johnson, CA. Inclusive Recreation, Physical Activity and Sport Programming Targeting Youth with Physical Disability in Select Georgia Communities: A Cooperative Project to Impact on Leadership Skills, Educational Opportunities and Employability - U.S. Department of Education - Office of Special Education and Rehabilitative Services - The Rehabilitation Services Administration Service Programs - Recreational Program – CFDA #84.128J - \$391,788 (2007-2010).

Kirkpatrick, D.A. and **J.R. McLester** (2009). Teaching Lower Laryngeal Position with EMG Feedback. KSU Incentive Fund Award. Center for Excellence in Teaching and Learning, Kennesaw State University, \$7,044.

Mitchell, D.B. Scholarship Prize Professional Development Award KSU Foundation, \$5,000 (2007-2009).

Mitchell, D.B. “Forgiveness and Memory across Adulthood” Foley Family Foundation, \$25,000 (2006-2009). Wickwire, J. & R.J. Buresh (2008). Validation of an In-Helmet Temperature Monitor System. Hothead Technologies, Inc, Tyrone, GA, \$19,344.

PUBLICATIONS

Meeks-Sjostrom, D. Lopuszynski, S., **Bairan, A.** (2010) The Wisdom of Retaining Experienced Nurses at the Bedside: A Pilot Study Examining a Minimal Lift Program and its Impact on Reducing Patient Movement Related Injuries to Bedside Nurses. MEDSURG Nursing: The Journal of Adult Health.

Bradbury, J.C. (2008) "Statistical Performance Analysis in Sport." The Business of Sports, Volume 3: Bridging Research and Practice in Howard and Humphreys (eds.). Praeger.

Bradbury, J.C. & Drinen, D. (2008). Pigou at the plate: Hitting externalities in baseball. Journal of Sports Economics, 9(2): 211-224.

Bradbury, J.C. (February 2008). Braves stadium deal taxes fiscal realities. Atlanta Journal- Constitution.

Buresh, R., Berg, K., & French, J. (2009). The effect of resistive exercise rest interval on hormonal response, strength, and hypertrophy with training. Journal of Strength and Conditioning Research, 12(1):62-71.

Trehearn, T.L. & **Buresh, R.J.** (2009). Sit-and-reach flexibility and running economy of men and women collegiate distance runners. Journal of Strength and Conditioning Research, 23(1):158-162.

Hales, ME, B.F. Johnson, & J.T. Johnson (2009). Kinematic analysis of the powerlifting style squat and the conventional deadlift during competition: Is there a cross-over effect between lifts? Journal of Strength and Conditioning Research.

Hultquist, C. (2008). Different types of group exercise class formats. American College of Sports Medicine Fit Society Page, Winter 2008/2009.

Jackson, E.M. & **Howton, A.** (2008). Increasing walking in college students using a pedometer intervention: Differences according to body mass index. Journal of American College Health, 57(2): 159-164.

PRESENTATIONS

Bairan, A., Taylor, G., Blake, B., Akers, T., **Sowell, R.** & Mendiola, Jr., R. (Sept., 2008) "A Model of HIV Disclosure: Disclosure and Types of Social Relationships," Evidence-Based Practice/Nursing Research Conference, Atlanta, GA.

Bradbury, J.C. (April, 2008) "Economics in baseball." Invited presentation, Rhodes College. **Bradbury, J.C.** (November, 2008). "What are minor league baseball players worth?" Annual Meeting of the Southern Economic Association, Washington, DC.

Bradbury, J.C. (January, 2009). "Is CC Sabathia Worth \$160 Million?" Invited presentation, Penn State University.

Collins, M.A., B. Goldfine, M. Nahas, M. Barros, M. Toohey-Costa, and R. Rosendo da Silva (October, 2008). "Obesity dilemma: A cross-cultural ecologically-based model." CAPES/FIPSE Project Directors Meeting, Rio Janeiro, Brazil.

Johnson, K.M., Petrillo, J., Johnson, P.H. (2008). Finding common ground: Developing effective sexuality education in Georgia. The GAHPERD Journal, 41(2): 12-18.

Mitchell, D.B. Global health of the older adult. In C. Holtz (Ed.), Global Health Care: Issues and Policies (pp. 495-525). Boston: Jones and Bartlett Publishers, 2008.

Mitchell, D.B. Unreviewed List of Textbooks in Adult Development and Aging, 2008. American Psychological Association, Division 20, Educator Resources @ <http://apadiv20.php.ufl.edu/>.

Robley, L. (2008). Teaching (ethics as a moral art. Journal of Ethics and Leadership, 3(2), p. 118-123.

Robley, L. (2008). From ethics to palliative care: A community hospital experience. Nursing Clinics of North America, 43, p. 469-476.

Robley, L. (2009). POLST sweeps the nation. Nursing 2009 Critical Care, 4(1), 19-20.

Wang, J. & Goldfine, B. (2008). Coaches' winning psychological strategies for champions. Asian Journal of Exercise & Sports Science, 4(1): 57-62.

Wang, J. (2009). Aplicación de principios científicos al entrenamiento del remate en el fútbol. Futbol-Táctico: Revista profesional de futbol y futbol sala.

Chen, S. H., **Wang, J.** & Kwok, M. J. (2008). Motivation of sport participation in elite athletes with physical disabilities in mainland of China. Asian Journal of Exercise and Sports Science, Vol. 4, No. 1.

Whitlock, S. & Johnson, J.D. (2008). Geocoaching: Treasure hunting for fitness. The GAHPERD Journal, 41(2): 10-11.

Collins, M.A. (November, 2008). "Exercise physiology: 5 things every physical educator should know." Georgia Association for Health, Physical Education, Recreation, and Dance, Savannah, GA.

Hales, M.E. (November, 2008). "Strength training principles for disability sport." Georgia Association for Health, Physical Education, Recreation, and Dance, Savannah, GA.

Hales, M.E. & M. Hodge (2008). "Strength training principles for TBI and CP." Paralympic Military Sport Camp Traumatic Brain Injury / Cerebral Palsy, Tampa, FL.

Hales, M.E. & M. Hodge (2008). "Strength training: Truth and myths." Paralympic Military Sport Camp Traumatic Brain Injury / Cerebral Palsy, Tampa, FL.

PRESENTATIONS (continued)

Howton, A. (November, 2008). "Use bare to boost your dance technique" Georgia Association for Health, Physical Education, Recreation and Dance. Savannah, GA.

Johnson, H.P., Cooke-Morris, C., Massengill B.R. (November, 2008). "Childhood bipolar disorder: Could it be affecting students in your classroom?" American School Health Association, Tampa, FL.

Johnson, J.D. & Whitlock, S. (November, 2008). "Building your own adventure/cooperative game equipment." Georgia Association for Health, Physical Education, Recreation and Dance, Savannah, GA.

Lake, M. & **Whitlock, S.**, (November, 2008). "Tips for success: A survey of best practices in physical education." Georgia Association for Health, Physical Education, Recreation and Dance, Savannah, GA.

Lee, J. (October, 2008) "Stress, Depression and Suicide in Teens: What Can We Do to Help?" Contraceptive Technology Quest for Excellence Conference: Focus on Adolescent Health Care Pre-conference, Atlanta, GA.

McLester, J.R. (November, 2008). "Strength training for pre-adolescents and adolescents: Have we put too many eggs in the aerobic basket?" Georgia Association for Health, Physical Education, Recreation and Dance, Savannah, GA.

McLester, J.R., J. Wickwire, & B. Harrison (February, 2009). Sex differences of metabolic response to GXT's performed on a "Treadwall", treadmill, and cycle ergometer. Southeastern Chapter of the American College of Sports Medicine, Birmingham, AL.

Porter, K.J. & Lake, M. (November, 2008). "Why do they act that way?" Georgia Association for Health, Physical Education, Recreation and Dance, Savannah, GA.

Porter, K.J., Johnson, J.D., Stahr, N., & Ward, S. (November, 2008). "Ready for some more health games?" Georgia Association for Health, Physical Education, Recreation and Dance, Savannah, Georgia.

Porter, K.J., Petrillo, J.A., & Johnson, P.H. (November, 2008). "Seeking solutions: Developing a sexuality education program in an abstinence-only state." American School Health Association, Tampa, Florida.

Porter, K.J., Johnson, J.D., Ranieri, B., & Geers, M. (November, 2008). "Ready for some health games?" Georgia Association for Health, Physical Education, Recreation and Dance, Savannah, Georgia.

Smith, A. (November, 2008). "Disc sports in the K-12 physical education curriculum and beyond." Georgia Association for Health, Physical Education, Recreation, and Dance Conference, Savannah, GA.

Sowell, R. L., (2008) Building a Research Career. Keynote address Nursing Research Day at LSU Health Science Center, School of Nursing, New Orleans, LA., December 3, 2008.

St. Pierre, P. E. (November, 2008). "Dancing for diversity." Georgia Association for Health, Physical Education, Recreation, and Dance Conference, Savannah, GA.

St. Pierre, P. E. (November, 2008). "Learning the game: A tactical approach to net/wall games." Georgia Association for Health, Physical Education, Recreation, and Dance Conference, Savannah, GA.

Wang, J. (2008). "Psychology of 2008 Beijing Olympics." Keynote Speaker invited by the United States Olympic Committee to make a presentation at the Sport Psychology Summit for the preparations of the 2008 Beijing Olympic Games.

Wang, J. (2008). "Olympic coaching psychology for champions." Presented at the 2008 Conference of Association of Applied Sport Psychology St. Louis, Missouri.

Wang, J. (2008). "An overview of sport psychology programs in China." Invited Speaker at the 2007 Conference of Association of Applied Sport Psychology, St. Louis, Missouri.

Wang, J. (2008). "Coaches' psychological strategies of preparing athletes to achieve peak performance" Presented to the 2008 Convention of American Alliance of Health, Physical Education, Recreation and Dance, Fort Worth, Texas.

Continuing Education Courses for Professional Development

Kennesaw State University is committed to facilitating continuing education for life-long learners. Courses are available in leadership, service, and professional development for the health care community, blending the success of academia and clinical practice. Academic support for these programs draws on the expertise of the university faculty, as well as expert practitioners from the local health care systems.

Nurse Refresher Course	Online, March and September
Nurse Refresher Course	On-campus, May and December
Critical Care Nursing	March and September
Getting into Diabetes	September
Nursing in Faith Communities	January

Contact Us:

Program Director:

Dr. Anne White
(770) 423-6067 awhite@kennesaw.edu

Administrative Assistant:

Ms. Debra Reda
(678) 797-2087 dreda@kennesaw.edu

To Register by Phone: Call (770) 423-6765 • toll free: 1-800-869-1151