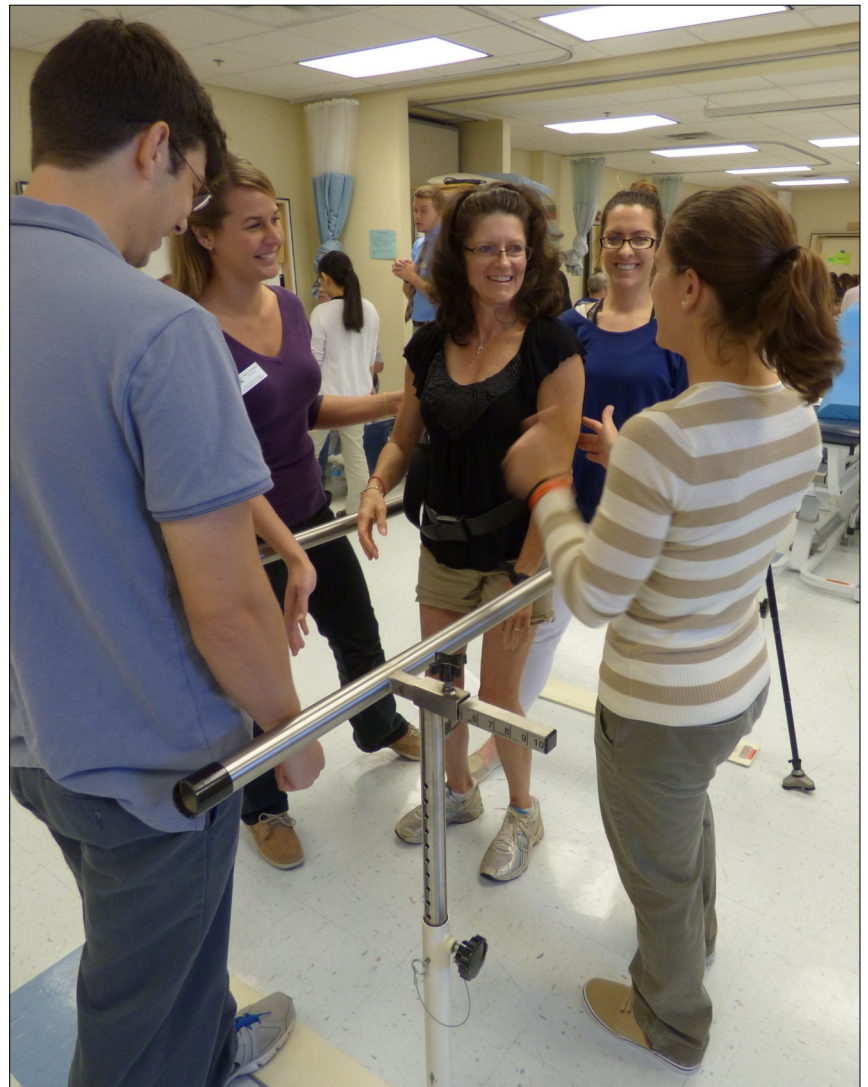


Volunteers give PT students valuable lesson



Left: Justyn Yager, Maggie Gamer and Meredith Tice work with stroke patient James Craft. **Right:** Will Adams, Kelsey Littlefield, Jenn Waidelich and Kaitlyn Helsley assist Terry Cook, who has multiple sclerosis.

By Irvin B. Harrell

Crippling mobility issues can spring up at a moment's notice. Just ask program volunteer James Craft.

The Chesapeake resident says he had a hidden birth defect that didn't surface until he was 47 years old. That's when he was diagnosed with arterio-venous malformation, or AVM. This congenital disorder

See Page 4



Megan McCabe and Lizzie Le work with David Mangus, who had a stroke.

Dean’s Message: From the Assistant Dean

Giving has several unsung heroes

In the College of Health Sciences there are many individuals and groups who make a difference in the lives of others every day. We are lucky to work with them – they are fun, they are there for others, they have an amazing attitude, and they just simply make our day! This time of year is called the season of giving, but these folks give generously every day of the year.

Dean Shelley Mishoe is one of these individuals. It is a pleasure to watch her in action, laughing, enjoying the moment, making things happen for our College and making a difference for students, faculty, staff, Old Dominion University and our communities.

The chairs of our schools work so hard. The word “giving” is not included in their job descriptions, however, each chair is completely selfless. Dr. Bonnie Van Lunen, Dr. Deanne Shuman, Dr. Susan Daniel, Dr. Karen Karlowicz and Dr. Roy Ogle serve unlimited constituencies, exceed expectations, and inspire innovation. As a result, the College of Health Sciences continues to expand and achieve ambitious goals.

This is the season of giving. The College of Health Sciences is thankful for the gift of exceptional leadership. Enjoy the end of a wonderful semester. Take time to play, be there for others, and laugh!



Debbie Bauman,
Assistant Dean



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From the Editor

Student takes initiative, gets writing gig

Opportunity came knocking earlier this semester when I was contacted by a student in the Public Health Program who wanted to know how she could “get involved” in the College of Health Sciences’ monthly newsletter.

The student, Angelica Walker, told me she was looking for an opportunity to get experience that would position her for a possible internship in the summer. It sounded like the perfect teaching moment for me, so I had her send me some writing samples.

My plan was to enlist her as a writing intern of sorts, providing a student perspective piece to our newsletters. Not only would she be able to write monthly stories, but I would serve as her mentor/editor. After reading her samples, I was convinced that she had the “write stuff,” and this month’s newsletter will feature the first of several stories she will write in the coming months. You can find her first installment on **Page 8** of this issue.



Irvin B. Harrell,
Coordinator of Strategy
& Marketing

School of Community and Environmental Health

Student gets special presentation opportunity

Rebecca Hopkins, a Master of Science student in the Community and Environmental Health Program, presented a poster on her practicum project this fall for her degree at the regional American Society for Safety Engineers (ASSE) meeting in Myrtle Beach, S.C.

Rebecca presented her poster on Sept. 30. The regional conference, titled “2015 Region VI 29th Annual American Society of Safety Engineers Professional Development Conference,” was attended by about 200 professionals. She was one of 15 students selected to attend and present their work, and was the first student from Old Dominion University to be selected to attend this conference.

“I was able to learn new things in regards to the field, listen to great speakers, and network with many professionals from different locations,” Rebecca said.

The ASSE was founded in 1911 and is the world’s oldest professional safety society. The global association of occupational safety professionals represents more than 36,000 members worldwide. The society is also a visible advocate for Occupational Safety and Health Administration (OSHA) professionals through proactive government affairs at the federal and state levels, and in member-led relationships with key federal safety and health agencies.



Rebecca Hopkins presents at the ASSE meeting in September.

College leads pack in annual giving campaign participation

The College of Health Sciences led the pack this year in participation in the Old Dominion University Faculty & Staff Campaign 2015.

The college’s participation rate of 40 percent was the highest among the colleges, beating out the Strome College of Business by one percent.

The college had 44 donors and raised \$34,724, the second-highest total of any university department and second-highest among the other colleges.

Participation rates

- School of Dental Hygiene: 62%
- Community and Environmental Health: 43%
- Medical Diagnostic and Translational Sciences: 41%
- Physical Therapy and Athletic Training: 36%
- School of Nursing: 33%

Community volunteers give students valuable lesson

From Page 1

der of blood vessels in the brain is characterized by a tangled web of abnormal arteries and veins.

The condition, which occurs in less than 1 percent of the general population, can be devastating and even fatal. AVMs can cause intracranial bleeding; seizures; extreme head pain; stroke; and difficulty with speech, movement and vision. In Craft's case, he suffered a stroke in 2005 and had a severe brain hemorrhage.

As a result of AVM, Craft had brain surgery, and says he was told "I'd probably never walk again." Not one to take that prognosis sitting, Craft has been coming to Old Dominion University since 2009 – and working on his walking.

Every fall, since 2005, ODU's Doctor of Physical Therapy students have been working with volunteer patients like Craft as part of a special program that combines community outreach and real-patient experience.

The program – started by senior lecturers Dr. Mira Mariano and Dr. Beth Jamali – pairs groups of students with local residents who have neurological conditions, such as brain injuries, multiple sclerosis, Parkinson's disease, stroke and other conditions that affect mobility, balance and function. The volunteers come to the Program in Physical Therapy's lab, where they are evaluated by students under the close supervision of the PT faculty. The students practice their evaluation techniques with the clients and then work with them to devise interventions for their mobility problems.

"All ... students participate in four sessions as a part of their coursework," Mariano said. "We use between 12 and 15 volunteers for the first three sessions and then about 25 to 30 clients for the last session, which is the students' final neurological practical exams."

The volunteers, many of whom return annually to the program, are no stranger to working with students and are quick to critique any situations where they believe care could have been better. They also have formed some lasting bonds amongst themselves while participating in the program.

"The students give me a chance to remember the correct ways to repair my stride and gait," says Craft, a former parts manager for a tractor dealership.

Craft says he learned about the program when Mariano and Jamali came to a stroke support group at the Chesapeake Regional Medical Center, where both faculty are employed.



Kayla Trantham examines Debbie Lovell, who had a stroke.

From Page 4

The use of neurological community volunteers is a break from the Program in Physical Therapy's traditional use of standardized patients, who are actors used in educational settings for many health care students.

"We used to use standardized patients ... for the practical examinations but it is really difficult for them to portray consistent neurological signs and symptoms reliably," Mariano said. "We are both still active in clinical practice so we thought we would ask our former patients if they wanted to come in and volunteer their time working with our students."

And it worked.

The two faculty started with a handful of volunteers and they now have a database of "about 45 to 50 clients who come in for up to four lab sessions each fall." They also have added to their volunteer numbers by making brochures seeking referrals for local clinics where they have existing relationships.

The use of community volunteers has been a multiple-win situation, Mariano says. It has provided a practical experience for the students, free assistance for those in the community, and an opportunity for both the faculty and the volunteers to teach.

"In a way, the volunteers 'teach' our students about some things that cannot be learned through didactic teaching," Mariano said. "Things like being patient when a person has difficulty speaking after a stroke; being empathetic when someone talks about how they were not able to return to work after their head injury; being a coach to push a patient when they think that they cannot do something, etc..." she said. "These qualities are discussed but are difficult for students to exhibit on their own classmates in role-play lab practice and are often not developed yet in physical therapy students while still in training."

Mariano added that many of the sites in the school's clinical rotation comment on how her students "hit the ground running."

"I really feel like these experiences help to facilitate that," she said.

For Craft, who turned 58 this year, the program has been a godsend. It has provided him with an annual cost-free source of rehabilitation.

"It has been a beautiful opportunity," he said.



Student Kim Lyons examines Nelson Molony.

Dental Hygiene



Members of the Dental Hygiene Class of 1980 pose with Big Blue. From left: Cindy Dill Fries, Anna Liatos Haupt, Debbie Blythe Bauman, Cathy Stump Lemberg, Julie Stang Brown, and Tricia Drewry Faubert.

School holds special homecoming celebration

ODU Homecoming was a great day for all, but especially for dental hygiene students. This was the second year the Student Chapter of the American Dental Hygienists' Association (SADHA) sold corsages as a fundraiser coordinated by two alumni, Rhonda Lucas and Lisa Doyle. It was the first year that a group of the school's students marched in the parade carrying a banner for the student association and distributing toothpaste and toothbrushes along the parade route.

The Class of 1980 gathered for an alumni event coordinated by Assistant Dean Debbie Bauman, also a graduate of the 1980 class. The event began with a tour of the Dental Care Facility and an update of the programs and initiatives of the school provided by Dr. Susan Daniel, chair of the school. Following the tour, members of the class attended a pregame tailgate.



Two faculty presented research posters at the Canadian Dental Hygienists' Association annual conference in Victoria, British Columbia. "Avatar-Mediated Practice Scenarios to Evaluate Cross-Cultural Knowledge and Understanding" was presented by Tara Newcomb and "Brush Up! Promoting Oral Hygiene Behaviors with A Game" by Joyce Flores.

Center for Global Health

ODU grad uses innovation to help farmers in developing countries

Through the collaboration of Old Dominion University's Center for Global Health and the Strome Entrepreneurial Center, a special seminar was presented last month titled "Digital Innovations at the Last Mile of Agriculture – Empowerment of Small-holder Farmer."

Dr. Venkat Maroju, who received his Ph.D. in Mechanical Engineering at ODU in 1995, was the special guest speaker at the seminar on Oct. 16 at the entrepreneurial center on the university's Norfolk campus.

Maroju is the chief executive officer of SourceTrace Systems in Cambridge, Mass. His company provides customized remote transactions solutions and real-time operating platforms for agribusiness, financial inclusion and retail solutions. SourceTraces' expertise is a valuable resource, particularly in areas such as Bangladesh, India and Costa Rica, where small farmers lack adequate resources to market their crops.

The company's business solutions allow the farmers in remote areas to track the flow of goods from the source to the central processing facilities. They also provide the capability to collect data on mobile devices which can result in informative market analytics. The impact not only allows for entrepreneurship but also positively impacts global health.

Maroju, who was born in India, says public education in his country is terrible and that government red tape as well as cases of fraud make things difficult for small farmers there.

Before coming to SourceTrace, Maroju spent time working in the auto industry. As the divisional information officer for Bose Corp., he led the information systems strategy and implementation for the global Automotive Division with presence in the U.S. Europe, Japan and China. He also founded a holding company in India that set up and promoted agribusiness ventures.

Maroju says his work with smallholder farmers has been extremely rewarding.

"I've always had a passion for social issues," he said.



Dr. Muge Akpinar-Elci, director of the ODU Center for Global Health, introduces Dr. Maroju.

30th anniversary around the corner

The College of Health Sciences' 30th Anniversary is approaching, and plans are under way to celebrate. While the actual anniversary will be July 2016, we will be planning several stories and events as a curtain-raiser to this historic occasion.

Our newly designed badge, right, will serve as a symbol of our celebration, so expect to see it on many of our communication materials in the coming year.



Opportunities abound for hands-on experience

By Angelica Walker

When it comes to careers in health science, there is no shortage of variety. According to the U.S. Department of Labor, the healthcare industry is expected to grow more than any other sector, yielding 15.6 million jobs by 2022. If you're looking for your dream job, keep in mind that employers will look for those not only with the proper education, but those who have hands-on experience. While Old Dominion University can provide the education, getting the experience can be a different story.

One option to get real-life experience is working with the Norfolk Medical Reserve Corps (MRC). The MRC is a branch of the Norfolk Health Department that works with other agencies to safeguard and enhance the health of the local community. It offers free training such as cardiopulmonary resuscitation (CPR), Basic Life Support (BLS) and shelter trainings to prepare for emergencies. There are numerous volunteer opportunities monthly to assist with first aid, shelter organization, preparedness and more.

The MRC also provides opportunities to network with other healthcare professionals. Additionally, it is a repository of information, tips and wisdom in reference to building a career path. Through working with the MRC, you can get the opportunity to practice important tasks that will be necessary in your future career such as maintaining confidentiality, working well with the public, and using leadership skills to work with others and make critical decisions. To get more information or to get involved, contact MRC coordinator Linda Botts at linda.botts@vdh.virginia.gov.

Tenisha Charles, a 24-year-old ODU College of Health Sciences graduate, participated in a American Red Cross internship at the national headquarters in Washington, D.C., over the summer.

"It was one of the most fulfilling learning experiences of my life," she said.

As part of her internship, Tenisha attended meetings and workshops with executives to learn more about their mission and health initiatives. While networking with Red Cross leaders, she was able to gain professional experience and get a realistic view of what to look forward to in her career.

Other opportunities

■ The American Red Cross offers paid and unpaid internships during the fall, spring and summer. The open posting for spring 2016 internships began in early October and the next open posting for summer 2016 internships will begin Dec. 7. To be considered, simply email your resume to internships@redcross.org. All other specific internship roles can be found on <https://www.looksharp.com/company/american-red-cross>.

■ Erika Dillard, the volunteer resources specialist in Norfolk, handles recruitment in the area. She seeks candidates for jobs such as a transportation specialist – which delivers blood donations to hospitals or back to the blood bank – or a disaster action team member, which assists with disasters like residential fires during late hours and on holidays. Dillard welcomes all inquiries and can be reached at erika.dillard@redcross.org.

■ If you are looking to beef up your knowledge, Training Finder Real-time Affiliate Integrated Network National (TRAIN) is a free service through the Public Health Foundation. TRAIN is a resource for public health professionals that assists in finding training courses and also provides some trainings and continuing education credits at no cost. Get involved by visiting <https://www.train.org/DesktopShell.aspx>. CDC Train, an affiliate of TRAIN, is an external learning management system for public health professionals as well. Course lists and other information on continuing education can be found on <https://cdc.train.org/DesktopShell.aspx>.



Angelica Walker

Upcoming Events

November

Nov.25 University Closes at noon for Thanksgiving Holiday
Nov. 26-27 Thanksgiving Holiday – University Closed

December

Dec. 1 COHS Holiday Luncheon Celebration, 11:30 a.m.-1:30 p.m.
 Location: Ted Convocation Center, Multipurpose Room
Dec. TBD Upsilon Phi Delta Induction Ceremony (health care management
 students)
Dec. 4 Classes End
Dec. 5-11 Final Exams
Dec. 12 Fall Commencement , Location: Ted Convocation Center
Dec. 24-Jan. 1 University Closed for Holiday