



...in the right direction!

Virginia Beach's Let's Move Program enlists aid of Center for Global Health to evaluate and expand its mission to teach children and their parents the importance of good nutrition and physical activity.

See story on Pages 4-5



Dean's message: From the Major Gift Officer

Celebrate our successes through the spirit of giving

"In winter, I plot and plan. In spring, I move."
-- Henry Rollins



Manisha Harrell, Major Gift Officer

This quote captures the spirit of the Old Dominion University College of Health Sciences. This spring, we are on the move! On Sunday, March 8, the School of Dental Hygiene held an alumni reception for attendees of the Advanced Dental Education Association (ADEA) annual meeting in Boston. Thanks to financial support from the ODU Alumni Association, the reception was a great opportunity for our dental hygiene faculty to reconnect with alumni and update our Boston-area alumni on all the great things happening on campus.



ODU Faculty and Alumni at the reception at the Capital Grille in Boston.

This spring, there will be several opportunities for our alumni, donors and friends to reconnect with ODU. On Saturday, April 25, the School of Community & Environmental Health will celebrate the 40th anniversary of its Environmental Health Program. On Friday, May 15, our School of Medical Diagnostic & Translational Sciences will celebrate the 25th anniversary of its Cytotechnology Program. We invite you to join us for these special occasions and toast the accomplishments over the past years.



Ann Bruhn and Hadeel Ayoub

In the spring, we admire the beautiful flowers and trees. But without the proper care and support, these plants would never bloom. Donations from our alumni and friends often provide the support needed to keep the great work of our students and faculty in full bloom.

Thanks to the support of our alumni and friends, we accomplished our goal and raised more than \$52,000 for the Michele Leonardi Darby Global Oral Health Award and more than \$25,000 to the Echternach Scholarship Fund. I invite you to join us at our upcoming events and reconnect with ODU and the College of Health Sciences. I implore you to reinforce our success by giving back and rejoice in the accomplishments of the members of this great college!

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From the Editor

Monarch PT, cheers to one year and counting

Happy Birthday ODU Monarch Physical Therapy!

When the clinic opened its doors last spring, it simultaneously opened the door to an outstanding rehabilitation option for Hampton Roads residents. But it didn't stop there.

This unique foray in entrepreneurship has also created an environment that educates physical therapy students at Old Dominion University.

The clinic is staffed by Dr. Lisa Koperna, a doctor of physical therapy who is also a lecturer in the ODU College of Health Sciences and a board certified sports clinical specialist and athletic trainer; and Dr. Martha Walker, an associate professor and associate chair of the School of Physical Therapy and Athletic Training.

Drs. Koperna and Walker must be pretty proud, given their successes in the past year. Running a business is no easy task, but helping others is second nature to them and I count myself among the many patients that they have seen. I'd heard about Monarch Physical Therapy months before I felt the need to set up an appointment. I had bumped into a few people that had been treated by the clinic, and they didn't hesitate to deliver testimonials on how fantastic their experiences had been.

A few months ago, I was struggling with sharp pains in my shoulders. I wasn't sure if I had been sleeping wrong or what, but these nagging aches would keep me up at night. After a few weeks, with no relief in sight, I decided to book an appointment with Monarch Physical Therapy.

Dr. Koperna was patient, kind, attentive and thorough – all common traits for others who work at the clinic. I quickly learned from Dr. Koperna that many people – myself included – spend more time working on muscles they can see in the mirror than ones they can't.

Her mission was to help me strengthen those weaker muscles. She prescribed a battery of exercises as well as some other treatments. After several weeks of additional visits and following a set exercises that I could do at home, those sharp pains dissipated. I still perform those exercises today.

While being treated at the clinic, I learned very quickly that my issues paled in comparison to the conditions of other patients. Imagine having to learn to walk again. The thought really hit home as I witnessed the clinic's staff helping one patient learn to do just that. The patient couldn't have been in better hands. And those same hands provided me with care that was consistently excellent.

When I tracked down the actual birthday of the clinic (March 25), I just knew I had to do something special. Dean Shelley Mishoe and I decided on a cake to celebrate the moment, and I agreed to hand-deliver it.

It was certainly a birthday worth memorializing. Monarch Physical Therapy, here's to many more!



Irvin Harrell, Coordinator of
Strategy & Marketing

Center for Global Health joins Beach's Let's Move effort

By Irvin B. Harrell

School has let out for the day, and in a semi-orderly fashion, a group of students from Point Of View Elementary in Virginia Beach head for the gymnasium. They laugh, they share stories and there's even an occasional high-pitched squeal, but nothing out of the ordinary – such are the sights and sounds of elementary school.

After a few physical exercises, the students gather on the gym floor in front of instructors Barbara Geraghty, a Master in Public Health student; and Marilyn Bartholmae, a Ph.D. student in Health Sciences at ODU. As the crowd quiets, partly spent from the prior release of energy, Bartholmae launches into action. Today's lesson, like others before it, is about healthy eating habits. The students are all ears and answers as the instructors quiz them on what foods contain important vitamins, what are healthy eating choices, and what are less healthy ones. The students hunger for the opportunity to answer the questions. Their little arms strain and stretch to the sky, as they eagerly wait to be called upon.

Welcome to the world of Let's Move, a four-week program focused on boosting the knowledge, attitudes and perception about healthy eating and physical activity. Thanks to a partnership between Old Dominion University's Center for Global Health, the Virginia Beach Department of Public Health and Virginia Beach Parks and Recreation Department, this program is a step in creating awareness to the unhealthy eating choices that are partly responsible for the high obesity rates nationally. The pilot program was completed for four Virginia Beach elementary schools: Point of View, Pembroke, Brookwood and Bayside. Let's Move not only reached out to the children, but also to their parents. Michael Acevedo and Pherin Alexander, ODU undergraduate students also helped during the first phase of the pilot program, which will be conducted on a total of eight schools.



The Let's Move! Campaign was started in 2010 by First Lady Michelle Obama as way to encourage healthier eating at schools, increased physical activity for children, and better food labeling. Elementary students in Virginia Beach have taken a page out of the healthy-eating book and they are seeing noticeable results.

The program was actually piloted in 2012 by the Virginia Beach Department of Public Health and Parks & Recreation Department. Barbara Lito, the recreation supervisor for Out-of-School Time Programs for the Virginia Beach Parks & Recreation; Dr. Heidi Kulberg, the Virginia Beach Department of Public Health director; and Jolynn Turner, an analyst for the health department, were the forces behind launching Let's Move.

The Center for Global Health got involved in 2014 to evaluate the effectiveness of the program, both quantitatively and qualitatively. Dr. Muge Akpinar-Elci, director of ODU's Center for Global Health and Dr. Maureen Boshier, associate professor of ODU's School of Community & Environmental Health, collaborated with the Virginia Beach Department of Public Health and Parks & Recreation Department to implement the evaluation plan for the project. Drs. Akpinar-Elci and Boshier also recruited ODU students for the project.

“By interacting with the children during the lessons, the Parks and Recreation staff in the Out

-of-School Time program and the parents as they picked their children up every day, I had the chance to ask questions about what the children understood and what behaviors may have changed,” Geraghty said.

She said she noticed that after a lesson on reduce sugared beverage consumption where the children were given a collapsible water bottle, the following week several of the children returned with decorated bottles, indicating that they were drinking more water.

“Parents also reported that children asked that their meals contain the five food groups we taught in the second lesson,” Geraghty said.

The elementary students and their parents were evaluated to determine program effectiveness. As part of the study, they were pre-surveyed and then surveyed at the end of the afterschool program.

The results of the study indicated that the children’s knowledge and attitudes about food proportions, selecting healthier food choices, the significance of vitamins, and proper exercise practices improved after the completion of the Let’s Move program. As for the parents, their attitudes, knowledge and perceptions did not change significantly.

While the results could have been better, Geraghty was encouraged by the positive impact on the elementary students.

“The children are so engaged and eager to learn, they soak up everything we teach them,” she said. “They also make connections that show that they are listening and thinking about the lesson material.

“A good example of this was a (student) who observed the lesson on portion sizes and pointed out that not only is a 16 ounce bottle of diet soda more than one portion size, but it creates more plastic for landfills and consumes more resources to be manufactured. He made the connection between not only eating more healthy, but protecting the environment’s health as well.”

Geraghty will be making a poster presentation on April 16 at ODU’s Webb Center on her Let’s Move research.

Meanwhile, the project is currently being implemented in four more schools in Virginia Beach. The partnered organizations hope to adopt best practices from the Let’s Move Virginia Beach pilot program. Once that is completed, the next steps of the Let’s Move project are to create a sustainable project for the region, expand participation and engage more parents.



School of Nursing sports new uniforms



Students in the School of Nursing got new uniforms this semester. They proudly model their fresh attire.

ODU accommodates breastfeeding on its campus

When you breastfeed, “you make an investment in your baby’s future,” according to the U.S. Department of Health and Human Services. “Breastfeeding allows you to make the food that is perfect for your baby. Your milk gives your baby the healthy start that will last a lifetime.”

The benefits for the mother:

- Decreases chance for breast, uterine and ovarian cancer
- Promotes postpartum weight loss
- Cost effective
- Creates an unbreakable bond between mother and child

The benefits for the infant:

- Strengthens immune system
- Lessens chances of illnesses such as ear infection, respiratory tract infections and common colds
- Decreases chances of diabetes later on in life
- Reduces chance of becoming obese
- Breast milk is easily digested

Old Dominion University strongly supports breastfeeding mothers by providing numerous lactation rooms to express milk around campus.

These stations can be found in Room 2115 in the College of Health Sciences Building, Webb Center-Career Management Center Room 2202, Perry Library Room 2016, Student Rec Center Room 1100, Spong Hall Room 1509 and all ODU Higher Ed Centers.

For more information, contact ODU’s Women’s Center at (757) 683-4109 or womenctr@odu.edu.

Monarch PT Clinic celebrates first year



On March 24, 2014, ODU Monarch Physical Therapy celebrated its first anniversary. The patients and staff enjoyed the delicious cake from the College of Health Sciences. ODU Monarch Physical Therapy's staff would like to take this opportunity to thank the University leadership, the College of Health Sciences, and the Clinic Development Committee for their assistance in making this entrepreneurial venture successful and sustainable.

The physical therapy clinic, owned and operated by Old Dominion University, provides physical therapy services for our campus and our community, aids in the education of students, and advances clinical research. The clinic is located in the Health Sciences Annex, at the corner of 47th Street and Killam Avenue. For more information, please call 683-7041.

Cytotechnology to celebrate 25th anniversary

The College of Health Sciences' School of Medical Diagnostic & Translational Sciences is planning a 25th anniversary celebration of its Cytotechnology Program.

The event will be held Friday, May 15, in the Atrium of the Health Sciences Building from 6 to 8 p.m. There will be hors d'oeuvres and desserts.

The Cytotechnology Program was founded in 1989 under the leadership of Dr. C. Thomas Somma with Kay Wells serving as the first program director. As one of the disciplines within the School of Medical Diagnostic & Translational Sciences, it is the only cytotechnology program in the state of Virginia and is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP).

Its mission is to provide the state of Virginia and the surrounding areas with entry-level, well-qualified cytotechnologists. A cytotechnologist is a laboratory professional who is trained to examine cells from all body sites for abnormalities, especially cancer.

Cytology is the study of cells. Cytotechnology originated in the 1940s when a method was developed to detect malignant and pre-malignant lesions in the female genital tract (the Pap smear). The profession has since expanded to include evaluation of specimens from other body organs, including but not limited to the respiratory, gastrointestinal, and urinary tracts, body cavities, and breast.

The program is currently run by Sophie K. Thompson MHS, CT (ASCP) (IAC), program director, and Pamela S. Hilke MS, CT (ASCP), education coordinator.

Those interested in attending the celebration should RSVP to lcsmith@odu.edu.

College of Community & Environmental Health

Environmental Health to celebrate 41th anniversary



Deanne Shuman, Chair, School of
Community & Environmental Health

The School of Community & Environmental Health will be celebrating 41 years of graduates from the undergraduate Environmental Health Program on Saturday, April 25, at Old Dominion University's Diehn Center for the Performing Arts.

The gathering will recognize the accomplishments of the alumni, provide time to visit with classmates, and allow opportunities for students and alumni to network. Along with the bachelor of science-degree alumni, environmental health graduates from the school's other two programs – M.S. in Community Health/Environmental Health concentration and MPH Environmental Health track – have been invited to join in the celebration.

Among the distinguished guests will be University President John Broderick, Provost Carol Simpson and College of Health Sciences Dean Shelley Mishoe. Current students, past and present faculty, and professional association leadership also will be in attendance.

The Bachelor of Science in Environmental Health Program focuses on the study and management of natural and man-made factors that affect the environment and, consequently, the health and well-being of the general population and special population groups. Because of the diversity of challenges presented by these environmental factors – physical, biological, social and behavioral – skills are required in a variety of disciplines. The program

emphasizes study in specific environmental health subjects of industrial hygiene, occupational safety and hazardous waste management.

The Bachelor of Science in Environmental Health program was initiated at Old Dominion University in 1972 with federal funding obtained from the Bureau of Health Professions, Health Resources Administration, and the U.S. Public Health Service.

The program was housed in the then-named School of Sciences and Health Professions, Department of Biological Sciences. Dr. John Richardson, M.P.H., Ph.D. was the first director. The program remained in that school until the College of Health Sciences was established in 1986. In August 1988, Professor A. James English Jr., MSc, REHS, was appointed director of the program, and he continues in that role today.

Presently, the program boasts five full-time faculty members, which is the highest number since the establishment of the program. Majors in the program average 50 to 75 a year, not including minors and other degree students. There are about 750 alumni, and they are employed in a variety of settings including private industry, public health departments, research centers, the military, and education.

The faculty thought it fitting to recognize the environmental health alumni, students and program this year during the same week we celebrate Earth Day!



Jim English, BS in
Environmental Health
Program Director

Spreading the word



In early March, the Rotary Club of Newport News invited College of Health Sciences Dean Shelley Mishoe (bottom photo) and Director of the Center for Global Health Dr. Muge Akpinar-Elci (top photo) to attend its meeting at the James River Country Club. During the meeting, Dr. Akpinar-Elci gave a presentation on global health and the importance of public health. The audience were very engaged during her question-and-answer session.

School of Dental Hygiene's donation builds on future

"When you learn, teach. When you get, give." – **Maya Angelou**

The College of Health Science's School of Dental Hygiene is laying the groundwork for increased off-campus clinical experiences for its students, and it's doing so by giving to others.

The school recently donated several dental chairs to two Hampton Roads clinics: Park Place Health & Dental Clinic in Norfolk and Beach Health Clinic in Virginia Beach.

Park Place is a nonprofit that provides quality dental care to the homeless, low-income and underserved residents of the city of Norfolk. Beach Health Clinic, also a nonprofit, is a volunteer-driven clinic that features a variety of services for Virginia Beach residents who are uninsured and earn less than 200 percent of the federal poverty level.

"One of our goals is to cultivate relationships and increase the opportunity for our students at such facilities going forward," said Susan Daniel, chair of the School of Dental Hygiene. "Our priority at this school is to educate leaders in the delivery of oral care within the scope of preventive and therapeutic practice."

The school was able to donate because of recent generous gift it received that went toward the purchase of some new chairs for its own dental hygiene clinic. The acquisition of the new chairs has a double benefit.

"Besides staying on the cutting edge, we now have two types of equipment, which will give our students familiarity with more than one type of chair," Daniel said.



Carlton Gatling, Roy Henderson and Corbin Harris from ODU's Facilities Management team move the donated dental hygiene chairs to Beach Health Clinic in Virginia Beach.



Susan Daniel, chair of the School of Dental Hygiene and Clinical Director Denise Claiborne speak with staff members of Beach Health Clinic, during the chair installation.

APRIL CALENDAR

- 25 MICHELE DARBY LIFE AND LEGACY CELEBRATION, 1:00-3:00 P.M.**
RSVP TO RSVP@ODU.EDU (CODE: MDC15)
ODU UNIVERSITY THEATRE (HAMPTON BLVD)
- 28 SPRING CLASSES END**
- 29 COLLEGE AWARDS LUNCHEON, 11:30 AM**
TED CONVOCATION CENTER, BIG BLUE ROOM
- 30 EXAMS BEGIN**

Welcome new academic advisor

Jacob Tousignaut, M.Ed., has joined the College of Health Sciences as a new advisor in the advising center. Tousignaut graduated in 2013 from Regent University with a M.Ed. in TESOL. He has almost six years' experience working in higher education, three of which have been in academic advising. "I enjoy advising because I like to see people succeed in their educational, and ultimately, professional goals," he said.



Alumni Association golf tourney approaches

As spring and warmer weather approaches, it's time to take your golf clubs out of hibernation and get ready for the Old Dominion University Alumni Association Golf Tournament on May 21 at Cedar Point Country Club in Suffolk, Va.

Since its founding in 1964, Cedar Point has evolved into one of the premier country club environments in Southeast Virginia. The course will host the 2015 Virginia State Mid-Amateur Championship. This year will mark the 14th year of this prominent ODU fund-raising event.

The tournament will be a four-person best ball with a shotgun start at 12:30 p.m. Players will enjoy 18 holes of golf and a cart, range balls, lunch, an awards dinner, a player gift and chances to win prizes. The cost will be \$125 a golfer and \$500 for a foursome.

Space is limited to 32 teams, so booking early is a smart bet. Proceeds from the tournament will go to the ODU Alumni Association's Adam Thoroughgood Scholarship. The Thoroughgood Scholars are a group of brilliant and engaged future alumni who are already making their mark.

Because of the continued success of this event and our Alumni Honors Dinner, the Alumni Association was able to award scholarship money to eight additional incoming students in the 2014-15 academic year. There are now 28 Alumni Association Adam Thoroughgood scholars at ODU today.