

College of Health Sciences Newsletter

Learning Together. Healing the World.

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College gets award for breastfeeding efforts



Amy Paulson, center, director of the Consortium for Infant and Child Health, presents the Businesses Investing in Babies award to, from left, Michelle Bienkowski, Julie Cholish, Caroline Slocum and Katelyn Moorman.

By Irvin B. Harrell

Old Dominion University's College of Health Sciences received a 2016 Businesses Investing in Babies (BIB) award this month for providing a dedicated on-campus space for breastfeeding mothers.

The BIB program honors businesses that took part in the Breastfeeding Welcome Here project, which was conducted by the Consortium for Infant and Child Health (CINCH) at Eastern Virginia Medical School (EVMS) in 2015.

The College of Health Sciences not only pledged its support for the program, but put up signage and made a special space designation



The College of Health Sciences used best practice guidelines from the American Institute of Architects to design its lactation room.

See AWARD on Page 4

Dean's Message: From the Major Gift Officer

Giving continues to open doors for our students

"Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects." ~ Dalai Lama

On Tuesday, Nov. 8, Old Dominion University held its annual Hugh L. Vaughan Scholarship Luncheon. The purpose of the luncheon was to celebrate not only our scholarship recipients, but also the donors, who make it all possible.

During the luncheon, scholarship recipients were given the opportunity to meet with scholarship donors. **The College of Health Sciences has 35 named scholarships and 91 students will receive scholarship support totaling more than \$250,000 this academic year.**

Student success is a fundamental component of the university's strategic plan, and our donors play a critical role. Our retention and graduation rates have risen to an all-time high, and the financial support of our students is a key reason. Scholarship support empowers our students to focus more on their education and less on their financial commitments.

In this newsletter, you will be able to meet some of our scholarship recipients and hear about how truly grateful they are for the support they receive. If it was not for this support, many of our students would be unable to achieve their dreams of becoming health care professionals.

As you and your loved ones gather together this holiday, please consider giving back to ODU and making a difference in the lives of our health sciences students. Giving is selfless, and it can create powerful results. To make your gift today and support our bright students in the College of Health Sciences, please visit: www.odu.edu/efgive or contact me directly at m1sharma@odu.edu or (757) 683-4313. On Page 5 of this edition see what scholarship recipients are saying about their gifts.



Manisha Harrell,
Major Gift Officer

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From the Editor

Giving can shape the future of giving

This month I had the honor to attend Old Dominion University's scholarship luncheon. This invitation-only event is formally known as the Hugh L. Vaughan Scholarship Luncheon, which is well worth taking note.

Hugh Livius Vaughan was a certified public accountant who was very active in Norfolk civic, religious and charitable organizations. Vaughan truly understood the importance of providing scholarships to students seeking to better themselves and the lives of others. He had to work after school to pay for his education at the College of William and Mary, where he graduated Phi Beta Kappa in 1931. Hugh and his wife Emma created a scholarship at ODU in 1979.

During the luncheon, I sat at a table with three scholarship recipients: dental hygiene student Taylor Cain, who received the Rev. Dr. Russel J. – Dr. George E. Emig – Carole Ann Schrott Memorial Endowed Scholarship; and nursing students Gem Morido and Sarah Ragaza, who received the Lettie Pate Whitehead Nursing Scholarship.

They shared with me how much those scholarships meant to them. We talked about the high costs of certifications in their respective fields. And we talked about how special it was to be in the same room with many of those who provided the scholarships. My only hope is that someday they will turn their appreciation into action and help future students by giving back.



Irvin B. Harrell,
Coordinator of Strategy
& Marketing

CENTER FOR GLOBAL HEALTH

Migration crisis provides study abroad opportunity

Munich chosen as site for service learning program

By Angelica Walker

For many students, the summer break is just that: a break from the demands of the classroom and the opportunity to travel and catch up with friends and family. On the other hand, a portion of summer break can be used to study abroad. The Office of Study Abroad has collaborated with the Old Dominion University Center for Global Health and the International Studies degree program to provide a service learning opportunity for both undergraduate and graduate students from late July to early August 2017. *Europe's Migration Crisis (Service Learning Abroad)* will take place in Munich, Germany. Students will be informed about the migration crisis and will learn about what affected and transformed Europe politically, economically, culturally and socially.

During the course, students will have the opportunity to engage with migrants in Germany. While many migrants came from various countries in Asia, Africa and the Western Balkans, the United Nations High Commissioner for Refugees stated that the top three nationalities of the more than one million Mediterranean Sea arrivals between January 2015 and March 2016 were Syrian (46.7%), Afghan (20.9%) and Iraqi (9.4%).

While working, global health students will be able to learn more about the importance of prevention, health promotion, and the social and behavioral aspects of public health, while applying that knowledge in a temporary crisis setting. Students will be an integral component in the ongoing integration efforts and will be working side by side with non-profit groups and agencies. In addition to interacting with migrants, students will attend lectures, seminars and workshops to learn about the historic, economic, political and philosophic factors and complexities that have contributed to the crisis. Students also will be able to explore Germany. They will take public transportation, eat local foods, explore notable places and interact with locals. Students will learn the ways Germany has been a political and cultural driving force for decades.

The deadline application for applying for this program is Feb. 1, 2017. The estimated cost is \$3,400 and includes round-trip airfare from Norfolk, airport transfers, hotel accommodations, breakfast, two group dinners, travel and health insurance, the study abroad fee, all in-country transportation and entrance fees. The estimated cost does not include tuition for credits. Financial aid and scholarships are available and are contingent on eligibility.

For more information, please contact the Office of Study Abroad or go to http://odu.studioabroad.com/index.cfm?FuseAction=Programs.ViewProgram&Program_ID=11596.



ODU Office of Study Abroad

Students will be exposed to Europe's ongoing migration crisis.

College receives award for its breastfeeding efforts

AWARD, from Page 1

for a lactation room on campus. These steps added to increase awareness as well as promote public acceptance of nursing as normal.

“Although the college is very tight on space, we dedicated a private office for this compelling initiative to assist breastfeeding mothers in providing healthy beginnings for their babies,” said Dean Shelley C. Mishoe of the College of Health Sciences. “Thanks to the administration, our nursing students and all involved for their efforts to participate in the Breastfeeding Welcome Here project” in support of women, children and families. It reinforces our mission to provide leadership in health care and a quality learning environment.”

The college received its award at a special ceremony at ODU on Nov. 7.

“You have been selected to receive this award because of your commitment to encourage new and future moms to feel more comfortable nursing in public places,” said Amy Paulson, director of the consortium.

For nursing mothers, breast pumping at work or school can many times pose a problem because of a lack of facilities to do so. Health experts say breast milk contains cells, hormones and antibodies that protect babies from illness. Breastfeeding also is linked to lower risks of Type 2 diabetes, breast cancer, ovarian cancer and postpartum depression in women.

The college was approached to take part in the initiative in the spring of 2014, said Debbie Bauman, assistant dean for the college. “We created a temporary space for breastfeeding in Fall 2014 and created a permanent space in Spring 2015.”

The college used “best practice” guidelines from the American Institute of Architects to design the room. It is equipped with two comfortable chairs, a mirror, hangers for clothing, a microwave, a baby rocker and a refrigerator. There is even a place from mothers to put up pictures of their children.

Leanne White, the director of advising for the College of Health Sciences, uses the lactation room and says it has been a blessing.

“Breastfeeding is a commitment. It’s tough to balance work or school and meeting the needs of your child,” she said. “The lactation room is very comfortable and a great resource for ladies who need a private place to pump.”



The college used best practices in designing its lactation room for nursing mothers.



Thank you Donors!

Your generosity provides students at the College of Health Sciences with countless opportunities. Ninety-one students from the College of Health Sciences will receive scholarship support totaling more than \$250,000 this academic year.

Our student recipients are thankful for the support they receive from scholarships. Here is what some of them had to say:



“Your generosity will help me earn my masters degree in dental hygiene. This is my second year in the graduate program at ODU, and I plan to graduate this upcoming December. I plan to expand my dental hygiene responsibilities in education and research following graduation.”

Katie Search, recipient of Friends of Dental Hygiene Scholarship and DPS, Inc. Dental Hygiene Scholarship



“Being accepted into ODU’s dental hygiene program has allowed me to pursue my dream in becoming a well-educated dental hygienist. I hope in the near future I will be able to go on mission trips to help provide dental hygiene services.”

Ashley deTreville, recipient of Friends of Dental Hygiene Scholarship



“I pursued Medical Technology because of the problem solving aspect directly related to patient care. Through my studies I have developed an interest for microbiology and blood bank, which I feel demonstrate the most in problem solving. In the future, I plan to pursue a career in Pathology.”

Ashley Turner, recipient of LifeNet Health Scholarship

“This scholarship means I am one step closer to my goal of obtaining my nursing degree, and you have made this possible with your generosity. I am originally from Mexico and I have always admired Old Dominion University students and their commitment to better themselves academically.”

Ana Balcazar, recipient of the Lettie Pate Whitehead Nursing Scholarship and the Amerigroup Leadership Endowed Scholarship

SCHOOL OF PHYSICAL THERAPY & ATHLETIC TRAINING

Physical therapy clinic provides falls assessments

Are you at risk for falls?

If you're unsure, your doctor can refer you to ODU Monarch Physical Therapy for a two-part balance assessment. Each appointment takes about an hour, and you and your doctor will receive a report that will include your calculated risk of falling, a comparison of your performance to others in your age range, and suggestions to reduce your risk of falling.

"Many people don't realize how preventable many falls and injuries from falls are," says Monarch Physical Therapy's Martha Walker, who also serves as director of the Doctor of Physical Therapy program at ODU. "They think it's just a normal part of aging: It's not!"

Here's the ways the assessment works.

At the first appointment, a licensed physical therapist will review your health history and evaluate your current level of function, to ensure you can safely participate in the second part of the assessment.

At the second appointment, a team of researchers and physical therapists will use hi-tech equipment to conduct a series of standardized tests to evaluate your vision, sensation levels and position sense, leg muscle strength, balance under four separate conditions, stability limits and postural control, reaction time, and omputerized walking analysis.

ODU Monarch Physical Therapy, at 1015 West 476th Street in Norfolk, accepts most major health insurances. If you have any questions or would like to schedule an assessment appointment, call (757) 683-7041.



DPT students William Adams (left), Eric Graves (foreground) and Neal Duffy prepare for patients at ODU Monarch Physical Therapy.



For health's sake



Students from School of Dental Hygiene and the School of Nursing joined forces for a Health Fair this month. The fair, held at Webb Center, provided oral cancer screenings, caries risk assessments, oral hygiene instruction, hypertension screenings and nutrition counseling.

SCHOOL OF COMMUNITY AND ENVIRONMENTAL HEALTH

Jamming for a Cause



Members of the ODU Student National Environmental Health Association held a benefit concert this month at O'Connor Brewing Co., with proceeds going to the Elizabeth River Project. **RIGHT PHOTO:** From left are: Ryan Gillooly (Treasurer), Caleb Tomes, Savannah Hotaling (Vice President), Kristine Asmussen (President), and Bethany Moore.

SCHOOL OF NURSING

Distinguished visitor gives lecture on ancient ways to lead

Imagine using 16th Century methods to teach modern-day leadership strategies. Well imagine no further.

Brian Dawson, an Old Dominion University nursing graduate, presented "Leadership Success Using a 16th Century Samurai Code," on Oct. 14, as part of The Dean's Distinguished Lecture Series. Dawson is the chief executive officer and president of BD Perioperative & Healthcare Consulting in Denver, Colo. BD, which has been in operation for 30 years, partners with organizations to provide cost-cutting, sustainable solutions for perioperative business.

The 1998 graduate and College of Health Sciences Distinguished Alumni has years of expertise in efficiency, quality and excellent patient care; financial management, business management, administrative processes, system processes in the pre-op, peri-anesthesia, perioperative, post-anesthesia, sterile processing, endoscopy and health care arena.

Some of the key points of Dawson's lecture included always having your team's back, not tolerating negative behavior, never asking your staff to do something that you're not willing to do and leading by example.



Former nursing student Brian Dawson says he's grateful that the School of Nursing allowed him to enroll in the program on probation and believed in his success.

Upcoming Events

November 2016

November 23	Noon Closing Thanksgiving Holiday – University Closed
November 24-25	Thanksgiving Holiday – University Closed

December 2016

December 7	COHS Holiday Gala, 4-7 p.m. Location: The Granby Theater, Downtown Norfolk
December 9	Classes End
December 10-16	Final Exams
December 15	Student Honors and Awards, 6:00 p.m. Webb Center, Hampton/Newport News Room
December 17	Fall Commencement, COHS 2:00 p.m. Location: Ted Constant Convocation Center
December 20	University Faculty and Staff Holiday Reception, 3:30 -5:30 p.m. Location: Webb Center, North Mall
December 23 -Jan 2	University Closed for Holiday

Old Dominion University College of Health Sciences turned 30 this year!



Please join us in celebrating this important milestone of 30 years of academic excellence by showing your support for the College of Health Sciences' future and making your gift today. Every gift makes a difference and helps us achieve our vision of advancing healthcare education and research through interdisciplinary and global collaborations.

To make your gift online, please visit www.odu.edu/efgive

Share your anniversary pledge on Instagram (@oducohs) or Twitter! @COHS16 #COHS30