



LOMA LINDA
UNIVERSITY

School of Allied
Health Professions

WINTER/SPRING 2016 | 12TH EDITION

THE LINK

Celebrating

50
Years

APRIL 20-24, 2016

Alumni Homecoming Weekend
& Continuing Education
Convention

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THE LINK

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The Link is published by Loma Linda University
School of Allied Health Professions Alumni Department.

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Winter/Spring 2016 | 12th Edition



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Letter From The Dean

» Dr. Craig Jackson



Fifty years is considered a golden celebration; and this is the golden year of the School of Allied Health Professions. Since 1966, our School has graduated thousands of alumni who have brought healing and comfort to their communities and the world. It is because of you we continue to be a place known for compassionate healers and humble leaders.

Over the next months leading to our 20th Homecoming Weekend in April, 2016, we will be planning exciting

events, celebrating the achievements of our School and recognizing the accomplishments of our alumni. Write to us and tell us what you are doing in your life so we can celebrate your accomplishments, and plan to join us and be a part of our celebration in 2016.

Dr. Craig Jackson

50
Years

APRIL 20-24, 2016

Alumni Homecoming Weekend & Continuing Education Convention

THURSDAY, APRIL 21

PT CE Courses 8:00 am – 5:00 pm

SAHP Homecoming Hoedown
*NEW EVENT 5:30 – 7:30 pm

FRIDAY, APRIL 22

SAHP CE Convention
Pop-up shop (purchase goods with LLU Logo)
7:30 am – 1:00 pm

Gold (Graduates of the Last Decade)
Alumni Event 6:30 – 8:00 pm



LOMA LINDA UNIVERSITY

School of Allied Health Professions

Celebrating 50 Years
1966 – 2016

SATURDAY, APRIL 23

Sabbath School & Church 9:00 am – 1:00 pm

Reunion Lunch with the President &
SAHP Dean 1:00 – 3:00 pm

Vespers 5:00 – 6:30 pm

50th Anniversary
HOMECOMING GALA

7:30 – 9:30 pm featuring
the Stratton Half Brothers

Each alumni receives ONE FREE TICKET

JAN. 25 – FEB. 29 | \$35 per ticket

MARCH 1 – 31 | \$45 per tickets

APRIL 1 – 23 | \$50 per ticket

SUNDAY, APRIL 24

PT CE Courses 8:00 am – 5:00 pm

Alliedhealth.llu.edu

Homecoming Reunites Alumni

» By Heather Reifsnnyder



To the left: Suzette Paredes Sanchez (front row, middle), a 2003 and 2006 graduate of the School of Allied Health Professions, was named a Distinguished Alumna during homecoming by the radiation technology department. To her left is Brigit Mendoza, MAM, assistant professor in the department of radiation technology and also a 2003 and 2005 alumna of the school. On Sanchez's right are her mother and father, Pilar and David Paredes. Behind Sanchez is her husband, Luke, who is standing to the right of John Mendoza, husband of Brigit Mendoza.

We hosted our 19th Annual Homecoming Weekend and Continuing Education Convention April 22–26. The events began with continuing education courses on that Wednesday, Thursday and Friday, and continuing Sunday.

Our executive chef instructor, Cory Gheen, hosted a cooking class Friday in the U.D. Register Research Kitchen, after which participants walked away with a cookbook and an apron with an embroidered School of Allied Health Professions logo.

A GOLD alumni event and vespers was also held Friday, GOLD standing for graduates of the last decade.

Saturday was the biggest day of the weekend, with several events starting with Sabbath services at Loma Linda University Church. Following that, alums enjoyed a reunion lunch with Craig Jackson, JD, MSW, dean of the

School of Allied Health Professions, and Ronald Carter, PhD, provost of LLU.

The evening began with a vespers program called Operation Service, featuring interdisciplinary mission trip videos and comments from Drs. Jackson, Carter and Richard Hart, MD, DrPH, president of Loma Linda University Health.

The night was capped by our annual alumni and student recognition banquet at a new location, The Fox Theater in Redlands. More than 170 guests attended the banquet, which included a silent auction and student scholarship dash — raising over \$15,000 for scholarships. Dr. Jackson also showed a teaser video for the school's 50th anniversary year, which will be celebrated in 2016.

Twenty-one individuals received awards as Rising Stars, Distinguished Alumni, Distinguished Service Awardees and Alumni of the Year.



John Waite, Alumnus of the Year



AWARDEE LIST

Rising Stars 2015

Patricia Frances Turturro | *Clinical Laboratory Science*

Emily Milliner | *Communication Sciences & Disorders*

Janelle Guerrero | *Cardiopulmonary Sciences - Cardiac Electrophysiology*

Loretta Chacon Hellerman | *Health Informatics & Information Management*

Oscar Diaz | *Health Informatics & Information Management*

Risë Rafferty | *Nutrition & Dietetics*

Corey Young | *Occupational Therapy*

Wesley Harrington | *Physician Assistant*

Peter Lingas | *Physical Therapy*

Sagen Sauvageau | *Radiation Technology*

Distinguished Alumni 2015

Barbara J. Ganchingco | *Clinical Laboratory Science*

Cynthia Huffman | *Communication Sciences & Disorders*

Traci Marin | *Cardiopulmonary Sciences*

Kimberly Caraig Alcaraz | *Health Informatics & Information Management*

Adrine Kaloshian | *Nutrition & Dietetics*

Sydel Lacre Khoe | *Occupational Therapy*

Justin Love | *Physician Assistant*

Daniel Gene Wilson | *Physical Therapy*

Suzette Paredes Sanchez | *Radiation Technology*

Alumnus of the Year 2015

John Waite | *Physical Therapy*

Distinguished Service 2015

Larry Chinnock | *Physical Therapy*

50 Years

APRIL 20-24, 2016

**Alumni Homecoming Weekend
& Continuing Education Convention**

LOMA LINDA UNIVERSITY
School of Allied Health Professions
Celebrating 50 Years
1966 – 2016



Aerial view of the Chest Compression Flash Mob in action

» By Janelle Guerrero

Did you know heart disease is the number one killer of both men and women?

Since 1984 more women have died from cardiovascular disease than men. Healthy lifestyle changes can reduce our risk of heart disease by as much as 80%, which means we have more control over heart disease than we think! The Cardiopulmonary Science department (CPS) dedicated the entire month of February 2015 to heart health within the School of Allied Health Professions (SAHP). The month included weekly activities, seminars and demonstrations. The goal? An interactive heart health awareness campaign for students, staff and faculty. The outcome? Success! Heart Health month kicked off with a “Selfie” wall in the CPS hallway. Students, staff and faculty were encouraged to snap shots while wearing red. The craziest red outfits posted to Instagram were awarded prizes such as water bottles, wristbands and personal training sessions at the Drayson Center. SAHP staff and faculty also posed for a “Go Red” portrait in front of Nichol Hall. National Red Day was celebrated in the halls of CPS with decorations, balloons, heart-healthy snacks and information handouts. Staff and faculty were treated to a heart-healthy lunch made by Chef Cory Gheen during Faculty Forum.

Several lectures were organized during Heart Health month. Dr. Hildemar Dos Santos spoke on Tuesday for Lunch Power and concentrated on healthy eating and the importance of grains. Dr. Ernie Medina, Jr. gave a powerful and thought-provoking lecture on “The Sitting Disease” which tied into Janelle Guerrero’s Know



**REDUCE HEART DISEASE BY 80% WITH
A HEALTHY LIFESTYLE.**



LLU SAHP faculty and staff wear red to show their support for National Wear Red



49 BLOOD
DONATIONS



SAVES 150
PEOPLE

Your Risk seminar. The seminar focused on cardiac risk factors and was presented twice – once in Nichol Hall and a second time alongside Dr. Anthony Hilliard, LLUMC cardiologist, at Martha Green's Restaurant in Redlands. Events throughout Heart Health month were unique and inspirational. The Heart Healthy Cooking Demo allowed students to prepare delectable, healthy recipes first-hand with a thorough demonstration led by Chef Cory. At the Drayson Center, Charles Rollins lead two intense fitness contests: Burpee Your Heart OUT! and Planking Perfectionist. The winner of the burpee contest received a free month of Cross Training with Charles Rollins Fitness, and the winner of the planking contest won a FitBit Flex. In addition, The Camp Transformation Center located in Redlands, organized a Fitness After Dark – ALL Heart event, which raised \$1,000 for American Heart Association's Go Red campaign.

Heart Health month ended on a high note with the Red Cross Blood Drive, which successfully acquired 49 blood donations. To put that number in perspective, one person is capable of donating enough blood to save the lives of three individuals. That means, with 49 blood donations, nearly 150 people have the potential to receive life-saving blood. The power of giving is truly amazing! Perhaps the most exciting event during Heart Health month was the Flash Mob Heart Compression Demo. CPS faculty collaborated with Life Support Education, American Medical Response, American Heart Association, Loma Linda Fire, Colton Fire and countless SAHP student and faculty volunteers, to encourage students who were already BLS certified, to learn "quality" heart compressions. Students exited chapel to find a large group of animated volunteers performing quality compressions on mannequins to the song Staying Alive. Many students joined in the demo and voiced a clearer understanding of how to correctly perform heart compressions in the case of cardiac arrest. With the success of this past year under our belt, plans are underway for Heart Health month 2016. Stay tuned as we anticipate more diverse and interactive events next year.

\$1K

RAISED FOR AMERICAN
HEART ASSOCIATION'S
GO RED CAMPAIGN



Chest Compression Flash Mob group photo

NEW ON THE TEAM?



My name is Matthew Caffey and I'm a physician assistant, critical care paramedic, educator and researcher who has been active in healthcare for over twelve years. I started as an emergency medical technician and firefighter before moving up the rank as a paramedic, critical care paramedic (CCEMTP) and then physician assistant (PA-C). I have a Bachelor of Sciences

in Emergency Health Services from the University of Maryland, Baltimore County and a Masters of Medical Science from Saint Francis University. From 2011 to 2015, I lived and worked in Australia as an academic, researcher and paramedic working for Charles Sturt University, Central Queensland University and New South Wales Ambulance teaching pharmacology, clinical science and critical care. My area of expertise is pharmacology and I'm most known for producing the first emergency and paramedic focused pharmacology reference text and then reference App in Australia (Emergency & Paramedic Pharmacology Guidelines or EPGuidelines) and presenting conference topics in pharmacology throughout Australia. I've spent the last five years in academia, but this is my first year with LLU.



Dr. Richard Nelson, BSRC, MD, RRT-NPS, RCP, is currently under contract as Professor, Office of the Dean, serving as Director for Loma Linda University in Saudi Arabia. He is also Assistant Professor of Cardiopulmonary Sciences. Dr. Nelson will become the Program Director for the BS Respiratory Care entry level program effective from Winter Term, 2015-2016, when

David Stanton retires. He has been a pioneer in international allied health education and has served overseas for more than 20 years including speaker/coordinator for programs in 26 countries.

Dr. Nelson has been a faculty member of Loma Linda University for 27 years. Prior to that, he worked at St. Helena Hospital, Loma Linda University Medical Center and medical centers in the Middle East. He is married to Dr. Anna Nelson, MPH Program Director. They have four boys. Personal interests include explorations, SCUBA, boating and humanitarian projects.



CLINICAL LABORATORY SCIENCES



Saying Goodbye

We regret to inform you that R. Robert Moncrieff. Dr. Robert Moncrieff, born November 11, 1926, passed away on Tuesday, January 27th, 2015. Dr. Moncrieff was an accomplished Medical Technologist and Pathologist, and a treasured instructor of Hematology and Blood Bank for the School of Allied Health Professions' Medical Technology (Clinical Laboratory Science) program. He served as the program's Medical Director from 1978 - 1992 and was a staunch advocate for the program. In 1990, he and his wife Jacqueline established the Moncrieff Scholarship Endowment which continues to provide funds for deserving students. Should friends desire, memorial contributions may be made to the Robert Moncrieff Scholarship Fund.

For more information, please call Philanthropy at 909-558-3271.

Retiring

Clinical Laboratory Science Administrative Assistant, Margie Martinez, retired after more than 19 years of service to the department. Kelly Anderson, who graduated from Sonoma State University with a BA in Art and Theater Arts has stepped in to fill the role. Kelly will be getting married on April 30, 2016!



DEPARTMENT HIGHLIGHTS

Generous alumni donations allowed the Clinical Laboratory Science program to purchase an automated chemistry analyzer, Medica's Easy RA® to enhance the junior year laboratory experience in the Clinical Chemistry courses. The instrument has the capacity to hold 24 reagents on board the refrigerated reagent wheel and also contains an Ion Selective Electrode module to run electrolyte analyses. Sample identification and laboratory tests can be programmed by the student through a user friendly operator interface, thus giving them hands on experience with an automated chemistry platform before they advance to their senior year affiliate hospitals.



What's Your Plan?

“Although I am only thirty, planned giving allowed me to make a sizeable gift to Loma Linda University Health that I never would have thought possible. Being a member of Heritage Society provides me with guidance from legacy planning experts, and the knowledge that my gift will make a difference to future generations.”

— **Natalie Kopp**, Development Officer for School of Allied Health Professions

PASS ON YOUR VALUES to future generations by including a bequest for Loma Linda University Health in your will or trust. It is the simplest way to make a meaningful gift in the future while providing flexibility for you and your family today.

Office of Planned Giving

11175 Mountain View Avenue, Suite B
Loma Linda, CA 92354
909-558-4553 | legacy@llu.edu
llulegacy.org

MANY STRENGTHS. ONE MISSION.



LOMA LINDA UNIVERSITY
HEALTH



COMMUNICATION SCIENCES & DISORDERS

LLU School of Allied Health Professions introduces a clinical doctorate in speech-language pathology

Loma Linda University School of Allied Health Professions, announced that it will be offering a 2.25 year Clinical Doctorate in Speech-Language Pathology (SLPD). One of only six such programs in the nation, this is the first Clinical Doctorate program in Speech-Language Pathology being offered in the state of California.

The Program will be offered online, with a two week on campus intensive each year.

This degree program is being offered for Masters-level clinicians who want to increase their depth of knowledge in the field of speech-language pathology, and want to acquire clinical research experience.

Graduates of the program will be trained for positions such as master clinicians, clinical researchers, or university faculty. Advanced knowledge in the field of speech-language pathology, with specialized training in evidence based practice, critical thinking and leadership, legal and ethical issues and clinical problem solving will be provided to current practitioners. As a Doctoral student, skills such as analyzing and synthesizing existing research literature as they conduct their own research in their own area of interest will be gained.

Doctoral students will increase their skills in analysis and synthesis by examining current literature while conducting research in their own area of interest.

For more information, contact Loma Linda University School of Allied Health Professions, Darin Woolpert, PhD, CCC-SLP and Director of the SLPD Program at 909-558-4998 or dwoolpert@llu.edu.

PROGRAM HIGHLIGHTS



1:6 PROGRAMS
IN THE NATION



2.25 YEAR PROGRAM



OFFERED ONLINE

Mona Smith
Administrative Secretary for
CMSD graduated with a B.A.
in Psychology from CSUSB in
June 2015.





Frequently Asked Questions (FAQ)

How does an SLDP degree compare with a PhD degree?

The SLDP is not as rigorous as a PhD degree. Our program provides all the training and skills needed to conduct clinical research but does not have the scope of a PhD. This means that it is much more manageable with regard to time commitment (most PhD Degrees take 5+ years as a full-time student to complete.)

What is the course load like? How long does it take to complete the program?

The SLDP program is designed to be 2 courses per academic quarter, for 9 quarters (2.25 years) with a total of 53 Graduate Units. We can, however, accommodate students who wish to take courses at a more measured pace.

What is the program like? Is there a dissertation required?

The first year is primarily made up of core content courses. In the second year, the Capstone sequence begins. The Capstone Project (sometimes referred to as Applied Dissertation) is a written manuscript in publishable form, documenting a research project designed and carried out by the student. It is comparable to a dissertation, but less ambitious in scope (dissertations typically consist of multiple studies).

How many students do you accept each year?

This varies depending on the strength of the applications we receive, as well as the availability of faculty to mentor in a given area of interest. In order to ensure the quality of the program, we will be restricting the number of students we admit (at most, 8 per cohort).

When is the application due for Fall 2016 acceptance?

The deadline for applications is May 1, 2016.

Is admission rolling?

No. Screening of applications will not begin until after the deadline; the best applicants will be contacted to set up an interview, sometime in late June.

Is the program traditional (face-to-face), on-line, or hybrid/blended?

Aside from orientation and a few onsite intensives, it is 100% on-line.

How much does the program cost? Will there be funding available?

The program is projected to cost approximately \$20,000 per year (\$40,000 total). We hope to have funding available to students in their second year to assist with conducting research, but there is no definite internal funding.

Is this program accredited by ASHA?

No. ASHA does not currently accredit SLDP programs.

Why should I pursue an SLDP degree?

The SLDP is beneficial to individuals who wish to take on a role as master clinicians, clinical educators, clinical administrators, or who wish to conduct their own independent research.

For more information, see the results of ASHA's report on Clinical Doctorates in SLP: www.asha.org/uploadedfiles/2012-Repoort-SLP-Clinical-Doctorate.pdf



HEALTH INFORMATICS & INFORMATION MANAGEMENT



A Transformational Team

Squatters had taken over the property and ruined the house that had been Audrey Shaffer's first California home when she moved to Corona in 1956. She did not know what to do about the property and asked a senior development officer in the Office of Philanthropy if there was any way this property could benefit Loma Linda University Health (LLUH).

This simple conversation sparked the creation of a team that would encompass seven departments across LLUH. Their work transformed a destroyed house into an opportunity to further Shaffer's passion for Loma Linda University Health and the School of Allied Health Professions.

Philanthropy departments, Major Gifts and Planned Giving worked with Shaffer to identify her goals for turning the property into a gift. Todd Mekelburg, director of Planned giving, involved Kevin Fischer, executive director of Real Estate at the Foundation, to estimate the value of the house. Brian Kirk, Director, Real Estate Management, renovated the house for Shaffer. The renovations were managed by Graydon Todd, University Administration Management Resident, and were overseen by both Fischer and Kirk.



Front row: Audrey Shaffer, Melwida Rodrigo, Kenny Iwakoshi.
Middle row: Dr. Jackson, Kevin Fischer, Graydon Todd.
Back row: Natalie Kopp, Todd Mekelburg, Brian Kirk.

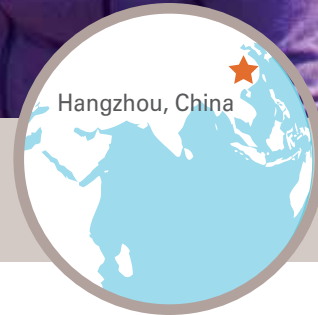
Working with Kenny Iwakoshi, director of Trust Administration, Shaffer set up a trust for the property gift to be split three ways toward:

- Renovation costs
- An outright gift to the School of Allied Health Professionals
- A trust that will pay Mrs. Shaffer income for life with income to her daughter for 20 years with the remainder to be given to the School of Allied Health Professions.

This collaboration allowed Loma Linda University Health to maximize the value of the gift. Most importantly, the team enabled Shaffer to give more than she had ever imagined while benefiting a greater number of future students than she thought possible.



From left: Jacqueline Cruz-Hernandez,
Audrey Shaffer, Veronica Lily Galvan



A Life-Changing Gift

HANGZHOU, CHINA

March 20 - April 6, 2015

Traveling to Sir Run Run Shaw Hospital in Hangzhou, China will, by far, be my most meaningful experience. Being a recipient of the Shaffer Outreach Fund allowed me to expand my mind and fulfill the ministry of teaching abroad that Loma Linda University is so well known for. My experience could not have been possible without the generous heart of Audrey Shaffer. It is wonderful people like Audrey who provide students with once-in-a-lifetime opportunities that truly make Loma Linda University a presence worldwide. I encourage anyone who has the chance to provide a student with the means to serve in the states or abroad to do so. It will be an unforgettable experience for both the student and the sponsor.

–Jacqueline Cruz-Hernandez

I would never have had the opportunity to visit Hangzhou, China had it not been for Audrey Shaffer and the Health Informatics and Information Department (HIIM) at Loma Linda University's School of Allied Health Professions. The Shaffer Outreach Fund enabled me to not only visit historical sites within Hangzhou, but also allowed me to understand the inner workings of the HIIM Department in the Sir Run Run Shaw Hospital. The people I met, the places I walked, and the knowledge gained, all contributed to a better understanding of myself, and my role to affect this world in a positive manner. In the end, I learned to rely on my instincts, find creative ways to problem solve, trust in the unknown, and be inspired by Audrey Shaffer, herself, to live life to the fullest. It is scholarships like these that can change people and expand their horizons. I will forever be grateful for the memories I accumulated during my stay in Hangzhou, China, and I hope to one day be able to bless a student with a life-changing opportunity like the one I was given.

–Veronica Lily Galvan



NUTRITION & DIETETICS



Dietetics students from Niigata University and Loma Linda University show off the Japanese cuisine they prepared together during a "joint practical experience in Japanese food preparation."

Dietetics students from Japan and LLU prepare Japanese cuisine

» By Larry Kidder

Nearly two dozen dietetics students from Niigata University of Health and Welfare, located in Niigata, Japan, visited Loma Linda University Health for a tour of the campus on Monday, March 30. This was their second visit to Loma Linda.

After walking the campus with public relations tour guide Mary Clement, the group headed for lunch at Nichol Hall, as well as a "joint practical experience in Japanese food preparation" with dietetics students from Loma Linda University School of Allied Health Professions.

The LLU students were class members of "Food Systems Organization and Management," taught by nutrition and dietetics instructor and master chef Cory Gheen, MS.

Donning stylish cooking hats, the Japanese students began pulling out food items in unusual shapes and colors.

Teams were formed to prepare various courses of the meal, comprising both Japanese and LLU dietetics students.

The meal began with a traditional Japanese soup and, four courses later, ended with noodles topped by colorful vegetable garnishes more typical of a celebration. Smart phone cameras captured the Japanese dishes, as well as informal group photos of the collaborators.

Teams worked side by side. The finished meal was laid on the table. Each Japanese team leader explained the ingredients and cooking procedure to the group.

And then they shared a meal together. "Food is universal," commented Bert Connell, PhD, Executive Director of Nutrition Services, at LLU Children's Hospital, who helped organize the experience.

"You don't need to speak the same language to share food and friendship."



SAYING GOODBYE

It is with sadness that we report to you the passing of Dr. Kenneth Burke. As a professor in the Nutrition and Dietetics Department at Loma Linda University, he was admired and loved by us all. On November 30, 2013, Dr. Burke passed away, only four weeks after being diagnosed with cancer. He died in his home surrounded by love ones.

Dr. Burke was a man of integrity, wisdom, full of knowledge, yet humble, empathetic, and generous. His contributions to the science of food are extensive. Dr. Burke developed the recipes and menus for the first nut studies at Loma Linda University. Now San Joaquin Valley farmland has been converted to thousands of acres of nut tree orchards, which produce millions of tons of tree nuts. This may never have happened if Dr. Burke had not spent hours calculating calories, carbohydrate, fat, and protein for those isocaloric menus.

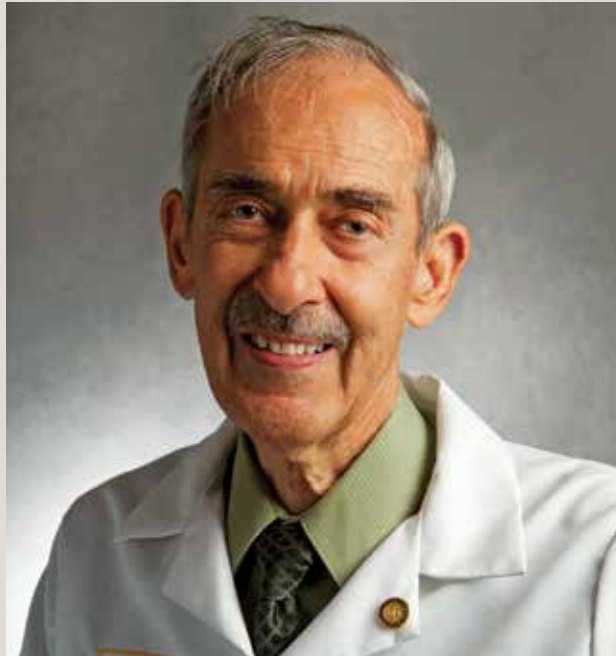
Many are grateful for Dr. Burke's evidence-based responses to all manner of nutrition-related inquiries sent to the Department of Nutrition and Dietetics. Always kind, he responded with respect and accurate information to the latest wild claim made on behalf of nutrition. He was called a "walking encyclopedia" with the invitation to write a book entitled, Everything – Nutrition.

The wide-spread acceptance of vegetarian diets may in part be attributed to Dr. Burke. He was one of the two authors of the first position paper on vegetarian diets published in the Journal of the American Dietetic Association, which stated well-planned vegetarian diets would support growth and health.

Drs. Burke and Connell continued to advance the acceptance of vegetarian diets through the International Congress on Vegetarian Nutrition. The team of two garnered funds from multiple fruit and vegetable commissions, identified leading scientists to shed light on various aspects of vegetarian nutrition. They along with the Department of Nutrition and Dietetics produced the first three Congresses.

Students will remember his typical response to, "Good Morning, Dr. Burke. How are you?" He would come back with, "I'm fine, but I'll get over it."

Dr. Burke leaves a legacy of understanding the interplay of chemistry and biology, with foodstuffs, and with single



nutrients. He broadened thinking in remote and untouched areas of food as science. With respect, humility, integrity he shared his wit and wisdom. The "Walking Encyclopedia", Dr. Burke is sincerely missed.

A memorial service was held on Sunday, January 12 at 3:00 pm at the Campus Hill Church.

If you wish to make a donation the following areas were dear to Dr. Burke's heart: (Please include a note indicating it is in memory of Dr. Burke.)

Students in Mission Service (SIMS)

Mail: Checks may be made to

LOMA LINDA UNIVERSITY – "SIMS" in the memo
24888 Prospect Street
Loma Linda, CA 92354

LLUglobal.com

(click on "SIMS/Students", donate to SIMS)

Nutrition and Dietetics Scholarship Endowment Fund

Mail: OFFICE OF PHILANTHROPY, c/o Natalie Kopp

24951 North Circle Drive, Nichol Hall
Loma Linda, CA 92350

lluhealth.org/make-a-gift



Jackie (left) and John Hurst get together to review his weight loss and fitness progress with Erika Carbajal.

Student dietitian helps retired law enforcement officer find new lifestyle

» By James Ponder

John Hurst, a 67-year-old retired officer with the San Bernardino Police Department, credits two women with helping him adopt a healthy lifestyle. The first is his wife, Jackie, and the second is Erika Carbajal, a second year student in the M.S. degree program in nutrition and dietetics.

One morning, Jackie stopped by a booth Erika had set up in the lobby of Drayson Center to draw attention to weight loss and nutritional counseling services offered to the community. One thing really caught Jackie's eye. "It's called 10 pounds of ugly fat," she explains. "It's a molded plastic replica of a yellowish blob of fat; about the size of a large loaf of bread. The visual aid really got my attention." I wondered if my husband could make the connection with the aids Erika displayed."

Erika showed Jackie the My Plate graphic – a plate divided in half with fruits and vegetables on one side and grains

and proteins on the other – and depictions of the hidden salt and sugar in processed foods.

As Erika explained that interactive visuals help make learning fun, Jackie became convinced John needed to meet Erika.

"I thought hearing about it from someone other than me might motivate him to lose weight," Jackie said.

John, however, was not so sure. Nevertheless, one fateful day in August 2014, he accompanied Jackie to meet Erika.

He was very defensive when he realized it was a one-on-one meeting and not a class. But Erika put him completely at ease.

"She gave me a 'healthy' recipe for tamale pie and showed me the 10 pounds of ugly fat, and that was all it took," said John.

Since losing weight can be difficult, Erika works to establish a relationship of trust with her clients. A question asked by one of her professors, frames Erika's philosophy of helping clients deal with their emotional



The benefits have been tangible and sustainable.

attachment to food. The question: What recommendations would you give if your client's diet was ten cheeseburgers a day, "That's an extreme example, but you have to meet clients where they are. Asking them to cut out all cheeseburgers and switch to salad wouldn't be realistic, so I would start by asking them to cut back to five burgers a day," says Erika.

John started applying Erika's recommendations right away. Almost immediately, he began losing weight and feeling better. But after a few weeks, the weight loss slowed. That's when he started following her advice about exercise.

"I had been pretty sedentary," he admits, "but now I ride a stationary bike 35 to 45 minutes three times a week and hit the treadmill for another 20 to 25 minutes. I also do light weights, but the cardio workout is what's most important."

Early in the program, Jackie told Erika she was concerned John might possibly be pre-diabetic. "He gets grumpy when his blood sugar drops," she explains. Erika took the information seriously but said that John just needed to increase his protein intake.

"He used to come home from the gym all tired out," Jackie remembers. "But then he started taking a protein snack to eat during the workout, and a water bottle. So now, he's getting better nutrition during the workout."

The benefits have been tangible and sustainable.

"Right now, I'm right at 20 pounds lighter than before I started," John reports. "But between the holidays and vacations, I gained some of it back."

Erika isn't worried. "John is on the right path," she insists. "He'll lose the weight again and keep it off because he isn't on a diet; he's found a new, healthy lifestyle."

THE REST OF YOUR LIFE

By JeJe Noval

I love to share the joy of the Seventh-day Adventist belief in a God-given day of rest with my students. And I am thrilled when my path crosses something to use for morning worship that perfectly displays God's divine plan of six days of work and a seventh day of rest. As you might conclude from our department title, our students are naturally interested in health and nutrition. With that in mind I shared an article with my students on rest written by personal trainer, Dominique Wakefield, published in the American Council on Exercise in February 2015. In the article, *Everything You Need to Know about Rest*, the author emphasizes four types of rest: sleep, vacation, daily rest, and weekly rest.



SLEEP: The article started with the author pointing out the benefits of adequate sleep, which include cellular repair, a recharged brain, and the body's proportional release of vital hormones. The author goes on to delineate the negative consequences of inadequate sleep such as depression, weight gain, and weakened immune system, to name a few.



VACATION: The author suggests that taking a vacation induces higher productivity, better wellbeing, decreased death incidences from coronary causes, decreased psychosomatic illnesses, and reduced risk of diseases.



DAILY REST: According to the author, daily rest should be a complete detachment from work and daily life. She recommends taking a few minutes each day to take a mental vacation and suggests finding a quiet space to pray, spend time in nature, or visit with someone that is enjoyable to be around.



WEEKLY REST: The fourth type of rest is what I was especially excited to share with the students. The author stated that biological conditions "circulate through a seven-day-rhythm, including heartbeat, blood pressure, hormone levels and more." The author made mention of individuals who make this a regular practice. She said that "Seventh-day-Adventists, who celebrate a weekly Sabbath from the rigors of daily life, have been studied in great detail due to the increased levels of health and well-being experienced by this population."

It was a joy to share scientific proof of what Seventh-day Adventists have known and cherished for quite some time. I consider the first three types of rest to be very important, but taking time to celebrate our Creator on a weekly basis and honoring the rest He wants us to take in communion with Him far outweighs them all.



OCCUPATIONAL THERAPY



The Redlands Unified School District provides service learning sites for students in the School of Allied Health Professions. Here, students from Loma Linda University's occupational therapy program interact with children in one of the district's preschool programs.

Strengthening service learning programs at Loma Linda University

» By Nancy Yuen

Service learning reaches back to the very beginning of Loma Linda University Health. As current students follow the path of thousands of alumni traveling outside of the Loma Linda University Health campus to volunteer, they support the organization's mission, "to continue the teaching and healing ministry of Jesus Christ."

While many students say that time spent volunteering with people and populations in need has changed how they will provide care after graduation, for some the experience has been transformational.

"This experience [volunteering in an elementary school] further reinforced the value of each individual," writes one Allied Health Professions student, "and showed me that there truly is a need for community services. I feel as if I have been raised in a bubble. And while I knew there were people out there who had it harder than I did, I didn't

fully realize how much until I witnessed it. We can't truly understand what life is like for these kids until we take the time to learn."

In order to make the deepest impact, Loma Linda University faculty members are determined to continue to strengthen the university's service learning courses and activities. With more than 5,000 students, faculty and staff from the University's eight schools participating, evaluating service learning throughout Loma Linda University is challenging.

"We can't truly understand what life is like for these kids until we take the time to learn."



As a result, the office of educational effectiveness at Loma Linda University Health has established the academic service learning committee which is leading efforts to assess the university's service learning programs. Juan Carlos Belliard, PhD, assistant vice president and Liane Hewitt, DrPH, OTR, chair, occupational therapy department, School of Allied Health Professions oversee the committee's work.

As part of the process, committee members are reviewing outlines for all of the university's service learning courses. Brenda Spoelstra, qualitative research assistant, Institute for Community Partnerships, is leading the coordination of the course review process. Spoelstra says that two faculty members have completed the course designation project, and their courses have been approved.

The first course to be approved, "Cultural immersion for physician assistants," is taught by Yasmin Chene, DHSc, MPA, a faculty member in the master of physician assistant program at Loma Linda University. "The service learning committee was very supportive and encouraging throughout the process," says Chene. "Initially I felt that I might not have time to complete the process as I was in

"I have learned that no matter what the circumstance, every human is valuable and should be given opportunities to grow and flourish."

the middle of a busy quarter. However, the process was very smooth and the information requested didn't take much time to put together."

The second course to receive the committee's approval, Program Development and Design I, is taught by Dr. Hewitt.

"Going through the service learning course designation process was very informative," says Hewitt. "The committee reviewed my course syllabi and gave me really good feedback about what's working and where modifications would be beneficial to help clarify items such as critical reflection and reciprocity."

The experience of another School of Allied Health Professions student reinforces the impact of service learning. "My perspective of human worth has definitely changed," she writes. "I have learned that no matter what the circumstance, every human is valuable and should be given opportunities to grow and flourish. At-risk youth may be pushed aside as delinquents, but they are human and have feelings just as any other person does. We should try to help those in need and build better communities to show that each and every person is valuable and has positive potential."

"Service learning has been a core thread in our OT curriculum for many years," says Hewitt. "We truly recognize and embrace that the community is our extended classroom and have thoroughly enjoyed the opportunities working with the various community agencies. It is always such a great learning experience for all of us."



PHYSICAL THERAPY

Students participate in annual human anatomy memorial service



“Those who donate their bodies as a gift provide a life-changing, first-hand learning experience that is deeply appreciated by our students.”

–Bonnie Forester, PT faculty

On Thursday, April 16th, Loma Linda University School of Medicine’s division of human anatomy hosted its Annual Memorial Service to honor the donors from the “Bodies for Science Program.” This program demonstrated the broad impact these donors have on health education at Loma Linda University.

Through music and personal reflections on the incredible benefits that had been gained through donors’ gifts, students from the School of Allied Health Professions, School of Dentistry, School of Medicine, and School of Nursing participating together in honoring their “patient/teachers.”

The service was attended by about 600, including family, friends, students and faculty.

One hundred and fifty-eight donors were honored this year, 34 of whom have had family members previously participate in the donor program. Near the end of the service, the hallowed notes of “Taps” were played by a single bugler from the Blue Eagles Honor Guard as a sign of our nation’s appreciation for the honorable service given by 43 veteran donors.

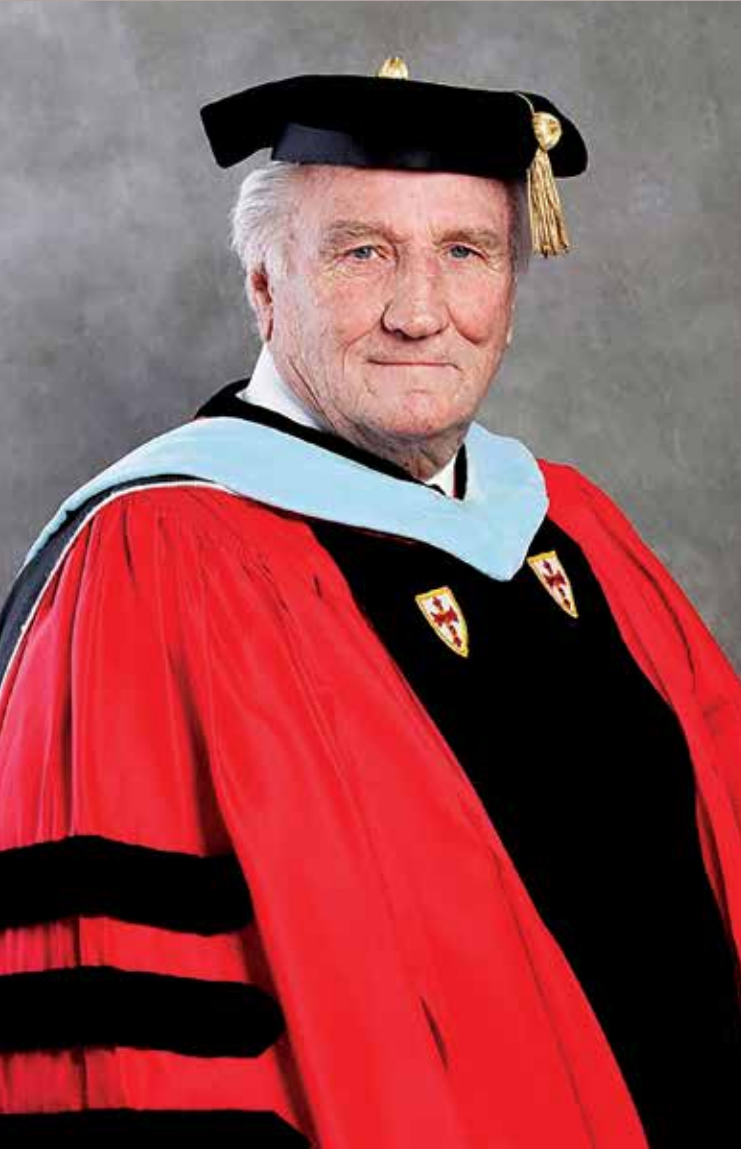
Vestibular Rehabilitation Seminar

On March 23, 2015, Dr. Eric Johnson, with the help of 19 Post-Professional Doctor of Physical Therapy and Doctor of Science in Physical Therapy Students, taught a group of 60 visiting Physical and Occupational Therapy students from Humanitec Rehabilitation College, Yokkaichi, Japan. The 3-hour lecture and lab were translated by Dr. Naoko Kashiwa, LLU Doctor of Physical Therapy alumnus, class of 2004.





SAYING GOODBYE



EDD JAN ASHLEY

It is with enormous sadness that the School of Allied Health Professions mourns the passing of Dr. Edd Ashley—professor, associate dean for student affairs, and chair of the department of physical therapy on Monday, August 24, 2015. His wife Natasha attended him to the end.

Dr. Ashley received his BS in physical therapy in 1964 from the Loma Linda University School of Physical Therapy; his MPH in community health administration/health education in 1968 from the Loma Linda School of Public Health; and his EdD in health education in 1971 from Boston University.

Dr. Edd Ashley began working for Loma Linda University in 1968, first as an instructor in the department of physical therapy in the Loma Linda University Medical Center, then assuming various leadership positions in the Medical Center and School of Allied Health Professions before assuming the position of chair of the department of physical therapy in 1979 and the position of associate dean for student affairs in 1990. He maintained both of those positions until his death.

Dr. Ashley was a mentor to many in Allied Health; a visionary and out-of-the-box thinker. His easy manner and jovial laugh amused and endeared him to his students, faculty, and staff alike.

He leaves to mourn his wife Natasha and Olga, her daughter from a previous marriage; his daughter Janelle James, his two grand-daughters, Annie Sabolick, and Cloe Anderson, his great-grandson Wyatt Anderson, and his nephew, Rod Ashley.

Violet Joyce Lim, maiden name McInnis, passed away on Saturday, December 20, 2014 at the age of 90. Joyce was a treasured Assistant Professor for the School of Physical Therapy from 1963-1968.

Ron Hershey passed away Monday, January 20, 2014 at the age of 94. From 1956-1968 he was the Educational Director for the School of Physical Therapy and then a beloved Anatomy Professor from 1968-2000.

Should friends desire, memorial contributions may be made to the Ron Hershey Student Endowment Fund, Loma Linda University: 11175 Mt. View Ave., Suite A, Loma Linda, CA 92354. For questions, please call Philanthropy at 909-558-3271.



Physical therapy students participate in annual memorial service

» Jerry Glavaz

The Department of Physician Assistant Sciences held its annual Jacketing Ceremony on August 6, 2015 in the Damazo Amphitheater. The ceremony, in which students are formally presented with their white lab coats, marks the transition from classroom to clinic. The 35 students that comprise the class of 2016 participated in the Jacketing Ceremony this year.

Following the invocation by Dr. Craig Jackson, Dean of the School of Allied Health Professions, the class presented a slide show with highlights of their first year in the program. Physician Assistant student Travis Brault presented "Student Reflections," which included a poem about each of his classmates!

The Guest Lecturer of the Year Award was introduced and presented by Cathy Oms, Associate Didactic Coordinator. The award, as selected by the Class of 2016, was presented to Dr. Dennis Bideshi. This is the second consecutive year that Dr. Bideshi has been chosen for this award. Congratulations Dr. Bideshi!

The Keynote Speaker was introduced by Courtney McConnell, Associate Clinical Coordinator. The speaker, Gary Felix, MPA, PA-C, is an alumnus of the LLU PA program Class of 2014. Mr. Felix is currently training at the

ARMC PA Emergency Medicine Fellowship Program. He encouraged students to persevere despite the challenges they will inevitably face as they begin the clinical year. As a recent graduate of our program, Gary shared his invaluable insights on making a smooth transition from classroom to clinic.

The Jacketing Ceremony continued as each student donned their white coats with assistance from loved ones. Every student was pinned by a faculty member, which included Frank Sirna, Didactic Director, Ghina Katrib, Clinical Director, Julie Yang, Associate Didactic Coordinator, Yasmin Chene, Department Faculty, and Anthony Sutton, Associate Clinical Coordinator. Professor Sirna led the class in the PA Pledge, which includes the promise to "Hold as my primary responsibility the health, safety, welfare and dignity of all human beings."

Following the Benediction by Dr. Christy Eskes, Associate Program Director, students, family and friends retired to the atrium outside the Centennial Complex for photographs and to continue the celebration of this important milestone in their education as Physician Assistants.



RADIATION TECHNOLOGY

New Program: Certificate, Cardiac and Vascular Interventional Technology

» Rob Cruise, Program Director

I've been a contract teacher for a long time, and just came on-board as an Instructor July 2015.

We are now offering a new certificate program in Cardiac and Vascular Interventional technology. Cardiac Interventional (CI) and Vascular Interventional (VI) technologists work in a highly specialized field operating sophisticated imaging equipment. This technology provides detailed fluoroscopic images of the human body, assisting physicians with quality patient diagnosis and treatment. The Cardiac and Vascular Imaging Program is a full-time, twelve month certificate program that requires four quarters beginning in the autumn.

During the program, students take formal course work along with clinical instruction. This program can be completed in conjunction with the Bachelor of Science in Radiation Technology.



« Hannah Elyse Chan

Born: April 16, 2015

Parents: Maria (4th year as department secretary) and Sarin Chan

« Olivia Laraine Mendoza

Born: June 28, 2014

Parents: Brigit ('03 & '05 alumna, current faculty) and John Mendoza.

DEPARTMENT HIGHLIGHTS

JRCERT Accreditation for the AS in Medical Radiography Program. Thanks to the tireless efforts of Brenda Boyd, Will Edmunds, and Jerone Murphy, the program has received the maximum number of years awarded for this degree program: eight years—through 2023.



Occupational Therapist Yvette Paquin helps Sammy take the cap off his green marker so he can color.

Speech and occupational therapists work with Sammy

» By Larry Kidder, MA

Sammy has endured more medical procedures and treatments than most people experience in a lifetime. Yet, he faces life with an infectious enthusiasm.

Now 4 years old, Sammy was born with Down syndrome, though he is described as high functioning. At less than a month old, he was already receiving developmental therapy from an infant teacher at the Inland Regional Center and has continued to work with specialists from the center ever since.

His respiratory and heart ailments, typical of many Down syndrome children, suddenly seemed rather insignificant this past September when he was diagnosed with acute lymphoid leukemia. Following a bone marrow transplant and chemotherapy, he is now thankfully in remission.

However, a recent daylong fever brought him back to the hematology/oncology unit in Loma Linda University Children's Hospital for a few days.

On this particular day, Sammy was enjoying his lunch with his mother, Christy Ellis, who spends the majority of her time in his hospital room. Her husband, Micah Ellis, is taking care of Sammy's little brother, Mark, at their home in Lucerne Valley, on the backside of Big Bear, California.

Lunch was over and Sammy was on to the next activity. Just at that moment, Christiana Smith, a communication sciences and disorders student nearly finished with her master's, arrived for Sammy's speech therapy session. She was accompanied by Gary Lucas, MS, a speech pathologist, who is her clinical supervisor.

Sammy seemed overjoyed. He launched into an excited conversation, sharing all that had happened since he last saw Christiana. He described lunch and what he had — including a banana. He shared his toys, including a basket of plastic fruit. As he handed out the fruit, he was prompted to name each type.



From left to right, Christiana Smith holds the fruit basket while Gary Lucas, MS, asks Sammy to name the fruit in his hand, which Sammy identifies as a "banana."

Then Christiana sat on the edge of his bed and read a book with Sammy. He pointed to the pictures and identified the subjects while she read the words. At this rate, he will soon be able to read on his own.

Then Sammy's occupational therapist arrived. He seemed overjoyed again at the prospect of time with another friend. Yvette Paquin, OTD, placed a colorful mat on the floor. Sammy sat on the mat and, together, they practiced skills like unscrewing the cap of a green marker and coloring a picture.

Sammy may not realize it's therapy, but he is benefiting from the expertise of these trained professionals who know how to turn fun into learning.

During the months of April and May, the therapists who work with children like Sammy, as well as patients of all ages, are being recognized.

April is Occupational Therapy Month. Occupational Therapists (OTs) like Yvette Paquin work with patients of all ages who have experienced an illness or injury that makes the activities of daily living difficult for them. For children like Sammy, OTs design personal plans to help them with activities like playing or eating.

"We have gotten to know Sam very well," she explains. "It's fun to see how much he has grown and accomplished over the past few months."

May is Better Hearing and Speech Month. Speech pathologists like Christiana Smith and Gary Lucas also work with patients of all ages to help them better verbalize their thoughts, needs, feelings, and desires.

This year's theme, "Early Intervention Counts," seems tailor-made for Sammy. His verbal skills will continue to increase even while he is at LLU Children's Hospital, thanks to their efforts. "He is such a joy to work with," shares Christiana.

Sammy seems unfazed by it all. The fun with his therapists ends and he goes back to "just hanging out with Mom." The next poke, prod, or procedure – he'll still be smiling when it's over.

Mission Trip to Haiti



Now unto Him that is
able to do exceeding
abundantly above all that
we ask or think, according
to the power that worketh
in us.

—Ephesians 3:20 (KJV)

"It only takes a moment to make a big impact. A Haitian girl taught me that this week as we were working on building steps for her orphanage home," said Lisa McMillian, 3rd year Doctorate of Physical Therapy (DPT) student. "Her small hand slipped into mine as she looked up at me with a bright smile. We made our way back up the dusty path to refill our buckets with more sand. Back and forth we went until it was time to begin creating the steps. As I bent down to lay a block into wet cement I felt a hand gently wipe my skin. I looked down and there was, Isamarie, cleaning a small cut I had received. We had hardly been there for 2 hours, yet she didn't hesitate showing her thoughtfulness and care. It was a simple moment, but she showed me that first day what an impact one can make if we only take the time to love in the moment."

Lisa and a team of seven other DPT and three Orthotics & Prosthetics (O&P) students spent a week in Haiti July 25th through August 1st, 2015. They went in part to complete a structure started the year before by DPT student, Samantha Willis Moore. She raised money to redo the front of the Adventist school in Haiti, Universite Adventiste d'Haiti. The school has 199 students with 17 living in the attached orphanage.

The students spent a busy week building three walls to complete the school, a set of steps and a sidewalk to replace a long, steep dirt path to the entrance, one day teaching for the Rehab Technician Training program, which will soon graduate its fourth cohort, one day divided between the Hopital Adventiste d'Haiti and the Club Foot Clinic attached to the hospital, and evenings playing with the kids in the orphanage.

"My prayer before arriving in Haiti was that God would allow me to be useful, especially in the clinic setting," recalls O&P student Andre Chambers. "When we arrived at the hospital we were given a tour and then split into our respective fields. The O&P students were placed in the Club Foot Clinic. The clinic was comprised of babies whose feet were internally rotated so badly that the toes were facing each other and pointed toward the ground. I was allowed to cast three babies that day.

About Haiti

Population: 9,996,731

Religions: Roman Catholic 80%,
Protestant 16%, none 1%, other 3%

Languages: French and Creole



I realized as the casting was taking place that I was playing a small part in healing the bodies of these small children. The experiences were both humbling and exciting! I walked out of the clinic with a glow, realizing I had put into practice all that I had learned in my classes at LLU. It was God's divine hand that supplied my desire to be useful and I am thankful that I was able to make a small difference in the life of someone who will never remember that I was there." While on the trip Andre says he was constantly reminded of Ephesians 3:20 – *Now unto Him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us. (KJV)*

The trip was sponsored through the SAHP Outreach Fund and faculty. The students raised \$3,060 for building materials by hosting a bike ride from Loma Linda to the beach and selling t-shirts. They also filled ten suitcases with clothing and shoe donations. At the end of the week the students carried on the tradition of giving the on-site workers their work shoes.

At the start of the week, morning devotionals were lead by Everett Lohman, Director of Post-Professional Physical Therapy and Heather Appling, Assistant Professor in the O&P Program, then the students lead out the rest of the week. In the first devotional of the trip, Everett told the students to focus first on building relationships, and then on building buildings. That message must have really hit home because when it came time to leave not a dry eye was seen from the orphanage kids who clung to their student companions. It was a very emotional and unforgettable experience.



Mission Trip to Honduras



About Honduras

Population: 8,098,000 million

Religions: Catholic 51.4%,
Evangelical Protestant 36.2%,
Other 1.3%, None 11.1%

Language: Spanish



Shani Denny Torrez, Administrative Assistant and Travel Logistics Coordinator, and Elsy, one of the children the group enjoyed spending time with.

“I want to make a change, even if it is a slight change.” That was the attitude of the 19 students who participated in the 2015 SAHP Interdisciplinary Mission Trip that partnered with Pan American Health Service, a non-denominational Christian, non-government organization. PAHS focuses primarily on childhood malnutrition and basic education for people with few resources in the Peña Blanca region of Honduras. The work of PAHS starts with providing nutrition and medical assistance to starving children. Some do not return to their family home after recovery and are afforded the opportunity to live and grow up on the Peña Blanca Campus in the PAHS Homes.

Heather Roese, Occupational Therapy faculty, took on a specific request made by PAHS administration for a dual occupational and speech therapy project, while Dr. Brenda Boyd, trip leader and Program Director for the Medical Radiography program, conducted a spiritual renewal and leadership training program for the on-site staff and administration.

The students also stayed busy with a favorite and very important aspect of the trip: daily care for and activities with the children at the facility. Some of the activities were softball, jump rope, coloring, lighting of the lanterns at night, bedtime stories and prayer. The students also fed, bathed, and dressed the ten babies who live in the home.

The whole group worked to frame in the doors and windows of the children’s home, Heather and the OT students worked with the babies in truly transformative ways, and the Medical Radiography students had the opportunity to visit the only x-ray clinic in town, which allowed the students to deliver a donation of lead shields provided by one of the clinical sites for the Medical Radiography program.

At the close of the week, Anita Youngberg, one of the administrators for PAHS, said “I feel that this trip was very successful. We asked the group to do some very specific tasks based on the needs we have here, and we are so happy with the outcome and that they came to help us.”

Students go on mission trips for many reasons. Here are some comments from some of this trips participants:

“I was so excited to go on this trip because of what I hoped to learn as a result,” said a student who traveled outside the U.S. for the first time. “I would like be able to spread compassion to those who have so much less,” said another student.








“My biggest take away spiritually was that without God I can do nothing. There is a constant reliance that you take for granted stateside, but really grasp when you are on a mission trip.”



At the end of the week of spiritual renewal, the School of Allied Health students and faculty provided cake and ice cream for the staff at PAHS, to honor the continued effort to help children with nutritional needs.

Mission Trip Student Breakdown

This is our fourth SAHP interdisciplinary mission trip. Other trips have taken us to Haiti, Belize, and a different part of Honduras. Our Mission is to intentionally create a transformational experience that includes international clinical service, as well as experiences for physical, mental, social, and spiritual renewal. Our Vision is that students who go on these trips will grow their relationship with God, integrate the values of compassion, humility, teamwork, and wholeness into their lives, and experience a personal metamorphosis just by showing up to selflessly serve.

-  6 Medical Radiography
-  1 Radiation Technology
-  1 Cardiopulmonary Sciences
-  1 Nutrition & Dietetics
-  2 Communication Sciences & Disorders
-  1 Health Informatics and Information Management
-  7 Occupational Therapy

“I wanted to go on this trip to reconnect with God, and to gain a stronger will to be who He wants me to be.”

“This trip was a gift. I was so blessed by being able to work with the women and children at PAHS and use the skills that I am learning and developing at LLU as an Occupational Therapist. I have such a deeper understanding of my calling and how our professions impact everyone we come into contact with. I learned so much more than just a classroom could have ever taught me. This trip truly was a holistic learning opportunity.”

“I wanted to go to Honduras to experience another culture and better understand the needs and lives of people outside of my immediate sphere.”

New Vending Machine Options Will Support Wholeness

» By Larry Kidder

It's been more than a year in the planning: Loma Linda University Health will be changing its vending machines to reflect the emphasis on wholeness, embodied in the "Live It" campaign.

"In our commitment to whole health and well-being," says Daniel Fontoura, MBA, vice president for wholeness, "we have selected a vendor specializing in healthy snacks and beverages."

Over the past year, a cross-section of Loma Linda University Health nutrition experts and leaders have taken part in creating dietary criteria, listening to presentations by vendors, sampling their products, and ultimately recommending a single vendor for the entire organization.

"From late January to March, we will be transitioning," explains Fontoura. "The vendor already serves several Loma Linda University Health sites, and going to a single vendor will provide better consistency and lower pricing of healthy vended products for the campus."

Fontoura continues, "We know these are small changes, but hopefully they are ones that will make it easier for you to 'Live It' when it comes to your journey of health."

Fontoura wants to reassure those who enjoy the current choices of sodas, candy bars and other assorted snacks that the new options will be equally fulfilling.



"We want to assure you," he emphasizes, "that the replacement items are designed to not only be healthier, but at the same time provide sweet, savory and satisfying choices to keep you going until your next meal."

Additional information regarding these and other changes will be shared as they occur in the future.

Potential Students Plan Their Dreams at LLU Open House

» By Heather Reifsnnyder

Looking back, professionals often remember the moment their dreams for a future career were solidified. For hundreds of individuals at the beginning of professional life, their moment may have come on Jan. 25 when they attended Loma Linda University's 10th annual open house.

The approximate 1,800 guests — potential students and their families — arrived at the Centennial Complex, toured the Medical Simulation Center and campus, and had the option to attend financial aid seminars.

Awaiting them next was a helicopter landing on the campus mall. The chopper was a Mercy Air medical transporter, and riding in on it was Roger Hadley, MD, dean of the School of Medicine.

After guests checked out the helicopter and learned about emergency air service, they went into Loma Linda University Church to hear inspirational presentations from Dean Hadley as well as Distinguished Professor Leonard Bailey, MD, from the School of Medicine. Bailey pioneered infant heart transplantation.

He spoke of his professional journey and about finding one's destiny, while Hadley talked about changes in health care education and the importance of all health care disciplines working together.

Lunch and a K-9 security demonstration followed, after which the guests dispersed to learn about their career interests. Loma Linda University offers more than 200 programs, which were all represented through dozens of sessions. Prospective students could select two sessions to learn about health care disciplines of interest to them.

About 100 current LLU students volunteered for the day. According to Stephanie Larsen, planner of the open house, "Every year, some volunteers say, 'I was a prospective student last year, and now I'm volunteering because it's such a great day.'"

She adds, "It's a day where students can get a true sense of Loma Linda University and what they can expect as a student. It makes many feel that 'This is where I want to be.'"



Potential students interested in allied health careers follow an LLU volunteer to a session to learn more. Guests at the open house had dozens of information sessions to choose from representing all the different health care disciplines.

Winner of the 3rd Annual Senior Hoodie Ceremony Photo Contest



Monica Fung, Diagnostic Medical Sonography, SAHP. Over 300 acres of brightly colored tulips in Skagit Valley Tulip Festival, Mt. Vernon, Washington. Grand Prize Winner of the 3rd Annual Senior "Hoodie" Ceremony Photo Contest with 954 likes on Facebook

In case you haven't heard, the Senior "Hoodie" Ceremony, in which seniors receive an SAHP logoed, hooded sweatshirt is our much anticipated new tradition. It started as a partnership among the Dean's and Alumni offices and the SAHP Student Association in the Fall of 2012 as a way to recognize all of our graduates and encourage camaraderie among students across SAHP departments. The title, "Hoodie" Ceremony is a play on the term hooding ceremony and is intended to be a fun addition to, and in no way replace, hooding, jacketing or pinning ceremonies. It is a casual event for all SAHP graduating students, recognizing their hard work by bestowing upon them a graduating class hooded sweatshirt!

Each year there is a photo contest, in which seniors submit photos of themselves in their hoodies in a unique way or location. The contest starts in December and ends in May, when monthly winning photos are posted on the LLU SAHP Facebook page www.facebook.com/llualliedhealth. The photo that receives the most likes wins an iPad Mini.

Trivia Questions:

Test your knowledge of LLU and SAHP history, health topics, and current research.

1. Based on a 150-pound person, how long would it take a person walking 3 mph to burn 100 calories?

A. 20 minutes
B. 15 minutes
C. 30 minutes

Answer: A - It takes 20 minutes of walking at a 3 mph pace to burn 100 calories. It takes 8 minutes on an elliptical to burn 100 calories.

2. An ambitious new research program at Loma Linda University Health will attempt to do something new in the history of medicine. Which is it?

A. Make healthy ice cream from turnips
B. Define health at the cellular level
C. Train rattlesnakes not to bite

Answer: B - Linda University Health researchers will define what health looks like at the cellular and molecular levels. Most biomedical research has focused on what causes disease, but the idea of what health looks like is an entirely new way of phrasing the question.

3. In the findings of the Adventist Health Study-1, which of the following did not decrease the risk of colon cancer?

A. Eating red meat
B. Eating legumes
C. Eating fruit (fiber)

Answer: A. While eating legumes and fruit decreased the risk of colon cancer by up to 40%, eating red meat actually increased the risk of colon cancer by as much as 60%. All three diet factors suggested that a vegetarian diet decreased colon cancer risk.

4. Ellen White emphasized that Loma Linda was to be "not only a sanitarium, but also an educational center." Plans for the College of Evangelists were put into place. However, on the first day of school, September 20, 1906, there were no students. What did the faculty do?

A. They met for morning devotions and declared school in session.
B. It was decided to try again next semester, and the faculty were reassigned jobs in the sanitarium until then.
C. They returned to their previous jobs and homes.

Answer: A - They did! And by October 4 the remainder of the faculty and approximately 35 students had arrived and instruction began.

5. Chitosan (pronounced "Kite-o-san") a substance harvested from the ocean floor, may help treat what kind of cancer?

A. Colon
B. Bladder
C. Poodle

Answer: B - Chitosan is currently under investigation at Loma Linda University Health as a bladder cancer treatment. When combined with the immune molecule interleukin-12, it has been found to be highly effective against bladder cancer.

6. What is the hardest working muscle in the human body?

A. Gluteus maximus
B. Heart
C. Lungs

Answer: B - The hardest working muscle is the heart. Most adults have a resting heart rate of 60-100 beats per minute. The fitter you are, the lower your resting heart rate is likely to be.

7. What form of lighting was used in the first operating room of the Loma Linda Sanitarium?

A. Electric lights
B. Gas lights
C. Sunlight

Answer: C - The operating room was located on the third floor. Surgeons scheduled their operations during the brightest time of the day and illuminated their surgeries by sunlight from nearby windows. Even though the Sanitarium had electricity, electric lights had not yet been perfected. Gas lights were the brightest, but fear of explosion from the type of anesthetics used at that time precluded their use.

8. In Adventist Health Study-1, eating nuts was linked to a risk reduction in what disease?

A. Heart disease
B. Prostate cancer
C. Colon cancer

Answer: A - Those who ate nuts more than 4 times a week compared to those who ate nuts less than 1 time a week had about a 50% decreased risk of heart disease. This was a groundbreaking discovery first found in AHS-1.

9. Seventy-eight percent of Americans have had at least 1 cavity by what age?

A. 17
B. 9
C. 6

Answer: A - By the age of 17, the majority of Americans have had at least 1 cavity.

10. Which of the following grains is considered a source of complete protein?

A. Oats
B. Black rice
C. Quinoa

Answer: C - Unlike traditional cereal grains (e.g., oats, barley, rice), quinoa contains all of the necessary amino acids to be considered a source of complete protein.

11. When was the medical school's name changed from College of Medical Evangelists to Loma Linda University?

A. 1909
B. 1917
C. 1961

Answer: C - The name was changed in 1909 from College of Evangelists to College of Medical Evangelists. In 1917 there was discussion of changing the name to Loma Linda Medical College because graduates were having trouble "securing registration in certain foreign fields." But the name was finally changed 44 years later, effective July 1, 1961.

12. A well-rounded diet is necessary for overall health because nutrients rely upon the functions of other nutrients in order to be absorbed and utilized by the body. An example of this is with calcium. It is estimated that only 10 to 15% of dietary calcium will be consumed in the absence of which of the following nutrients?

A. Vitamin C
B. Vitamin D
C. Iron

Answer: B - Without vitamin D, just 10-15% of dietary calcium is absorbed.

13. For overall cardiovascular health, it is recommended that you get at least ___ minutes of moderate-intensity aerobic activity at least 5 days per week.

A. 30 minutes
B. 45 minutes
C. 15 minutes

Answer: A - At least 30 minutes of moderate-intensity aerobic activity.

14. To receive the health benefits of physical activity, the activity must:

A. Be intense
B. Be performed regularly
C. Include lifting heavy weights

Answer: B - A moderate level of physical activity confers health benefits. However, physical activity must be performed regularly to maintain these effects.

15. Eating a diet rich in fruits, grains, nuts, and vegetables may help you:

A. Live longer
B. Have more musical children
C. Play a better game of ping pong

Answer: A - Researchers at Loma Linda University School of Public Health found that vegetarians experienced 12 percent fewer deaths during the six-year course of their investigation than their peers who ate meat.

16. The name for the dietetics course has changed many times over the years. In 1908 the Loma Linda College of Evangelists offered a one-year Hygienic Cooking Course (meeting in the former bowling alley). What was the first name change?

A. Dietitians Training School
B. School of Dietetics
C. School of Nutrition

Answer: A - CME's Dietitians Training School began in 1922 with two men and three women in the first two-year course. Early graduates provided dietary services and health education in SDA sanitariums and schools and lectured in evangelistic efforts.

17. Which of the following spices induces a sense of fullness when eating?

A. Curcumin
B. Cinnamon
C. Salt

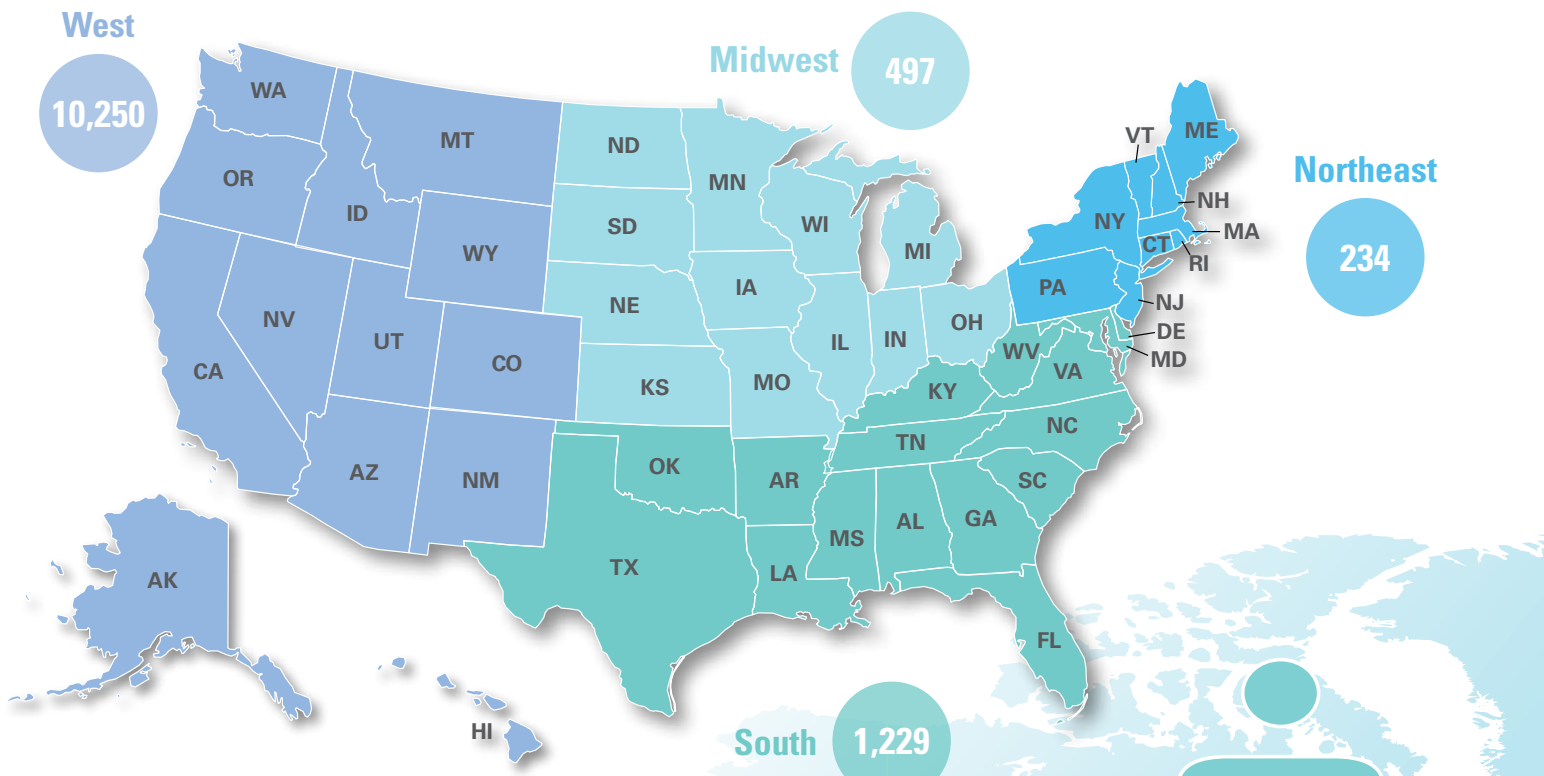
Answer: B - The polyphenols (beneficial plant-derived nutrients) in cinnamon enhance insulin sensitivity, lower blood glucose levels, and induce a sense of fullness when eating.

18. Which of the following factors should be considered when choosing fruits and vegetables to include in the diet?

A. Choosing a variety of colors and textures
B. Choosing fruits and vegetables that can be eaten raw
C. Planning meals to keep the fruits separate from the vegetables

Answer: A - Current dietary guidelines recommend consuming a variety of fruits, vegetables, and other whole foods for optimal health and possible reduction in the risk of cancer, heart disease, and other chronic diseases.

Loma Linda University Alumni



Alumni in the US (by Region)

» Data gathered by Office of Philanthropy, Data Services*

<p>WEST</p> <ul style="list-style-type: none"> Alaska = 41 Arizona = 202 California = 8,404 Colorado = 178 Hawaii = 113 Idaho = 134 Montana = 42 New Mexico = 35 Nevada = 128 Oregon = 396 Utah = 64 Washington = 513 <p>MIDWEST</p> <ul style="list-style-type: none"> Iowa = 11 Illinois = 74 Indiana = 24 Kansas = 25 Michigan = 121 Minnesota = 31 Missouri = 59 North Dakota = 10 Nebraska = 21 Ohio = 90 South Dakota = 7 Wisconsin = 24 	<p>NORTHEAST</p> <ul style="list-style-type: none"> Connecticut = 17 Massachusetts = 27 Maine = 20 New Hampshire = 6 New Jersey = 25 New York = 68 Pennsylvania = 61 Rhode Island = 3 Vermont = 7 <p>SOUTH</p> <ul style="list-style-type: none"> Alabama = 27 Arkansas = 25 District of Columbia = 7 Delaware = 2 Florida = 235 Georgia = 105 Kentucky = 33 Louisiana = 17 Maryland = 80 Mississippi = 15 North Carolina = 114 Oklahoma = 33 South Carolina = 34 Tennessee = 158 Texas = 245 Virginia = 89 West Virginia = 10
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NORTH AMERICA

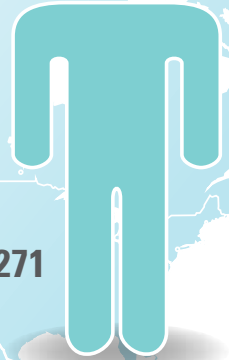
Bermuda = 1	Jamaica WI = 2
Canada = 45	Mexico = 2
Guam = 1	Trinidad and Tobago = 1
Haiti = 14	USA = 13,204
Honduras = 1	

US TERRITORIES

- Armed Forces Europe, the Middle East, and Canada = 5
- Armed Forces Pacific = 3
- American Samoa = 1
- Guam = 10
- Northern Mariana Islands = 1
- Puerto Rico = 83
- Virgin Islands = 3

OTHER

Puerto Rico = 4



*These numbers were generated by the Office of Philanthropy, Data Services Department. They compiled these numbers based on the data we receive when you share your information with us. If you feel you haven't been properly represented, please visit the Alumni section of our website at: alliedhealth.llu.edu/alumni/stay-connected

Alumni in the World

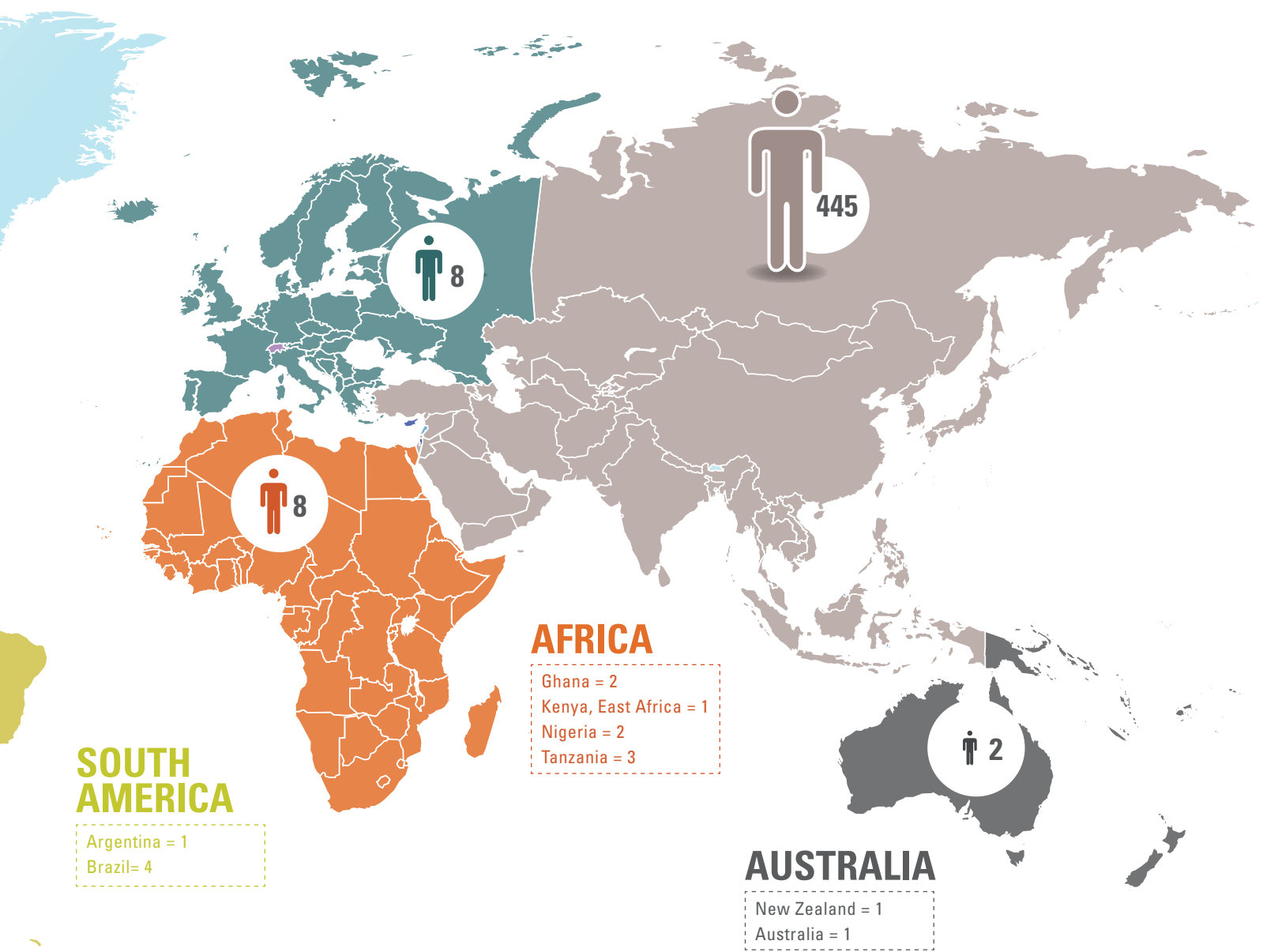
» Data gathered by Office of Philanthropy, Data Services*

EUROPE

- Denmark = 1
- Italy = 1
- Norway = 3
- Spain = 1
- Sweden = 1
- UK = 1

ASIA

- | | | |
|----------------|-------------------|-----------------------|
| Bangladesh = 1 | Jordan = 1 | Philippines = 3 |
| China = 3 | Korea = 7 | Saudi Arabia = 189 |
| Hong Kong = 7 | Kuwait = 1 | Singapore = 8 |
| India = 183 | Malaysia = 5 | Taiwan = 6 |
| Indonesia = 1 | Myanmar (formerly | Turkey = 1 |
| Israel = 2 | Burma) = 2 | Virgin Islands US = 1 |
| Japan = 23 | Pakistan = 1 | |



SOUTH AMERICA

- Argentina = 1
- Brazil = 4

AFRICA

- Ghana = 2
- Kenya, East Africa = 1
- Nigeria = 2
- Tanzania = 3

AUSTRALIA

- New Zealand = 1
- Australia = 1

Publications

2014 Edmunds, W., Alipoon, L. (2014, October/November). Radiography Goes Digital in Belize. ASRT Scanner, 47 (1), 20.

Alipoon, L. (2014, May). Teaching Essentials, Keys to a Successful Course: Assessment. AEIRS Spectrum, 25 (2), 18-21.

Alipoon, L. (2014, January). Teaching Essentials, Keys to a Successful Course: Teaching Methods and Learning Experiences. AEIRS Spectrum, 25 (1), 14-15.

2013 Alipoon, L. (2013, October). Teaching Essentials, Keys to a Successful Course: Learning Objectives. AEIRS Spectrum, 24 (2), 14-15.

Presentations

2015 Alipoon, L. (2015, Feb 19) Curricular Linking – Objectives, Methods, Assignments and Assessment. Workshop Presentation at Inaya Medical College, Riyadh Saudi Arabia.

2015 Alipoon, L. (2015, Feb 19) Best Practices in Teaching and Learning. Conference Workshop at Inaya Medical College, Riyadh Saudi Arabia.

2014 Alipoon, L. (2014, Feb 7). Perception is everything: communication in healthcare. Paper presented at the 39th ACERT conference, Las Vegas, Nevada.

Articles

Rana M, Yani MS, Asavasopon S, Fisher BE, Kutch JJ. Brain Connectivity Associated with Muscle Synergies in Humans. The Journal of Neuroscience – accepted for publication, November 2015

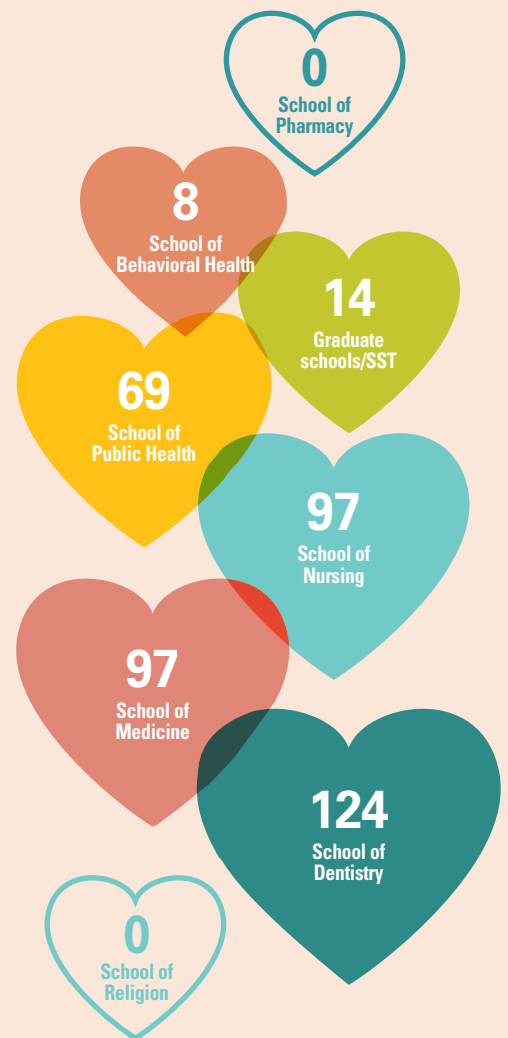
Kutch, J. J., Yani, M. S., Asavasopon, S., Kirages, D. J., Rana, M., Cosand, L., & Mayer, E. A. (2015). Altered resting state neuromotor connectivity in men with chronic prostatitis/chronic pelvic pain syndrome: A MAPP: Research Network Neuroimaging Study. NeuroImage: Clinical, 8, 493-502.

Asavasopon, S., Rana, M., Kirages, D. J., Yani, M. S., Fisher, B. E., Hwang, D. H., & Kutch, J. J. (2014). Cortical activation associated with muscle synergies of the human male pelvic floor. The Journal of Neuroscience, 34(41), 13811-13818.



MARRIAGE BY THE NUMBERS*

These numbers reflect SAHP alumni married to alumni from the other Loma Linda University schools.



*These numbers were generated by the Office of Philanthropy, Data Services Department. They compiled these numbers based on the data we receive when you share your information with us. If you feel you haven't been properly represented, please visit the Alumni section of our website at: alliedhealth.llu.edu/alumni/stay-connected

Vision 2020

Clinical Care \$225 million

- New Adult Hospital
- Expanded Children's Hospital
- Enhanced Proton Treatment Center
- Enhanced International Heart Institute
- New East Campus Operating Suite



Education \$70 million

- Scholarships
- Faculty Development
- Research Discoveries
- New Educational Approaches



VISION 2020

The Campaign for a
WHOLE Tomorrow

Research \$50 million

- New Research Laboratories
- Research Program Endowments



Wholeness \$15 million

- New Wholeness Institute
- Enhanced Community Programs
- Inter-professional Education
- Seminars and Publishing



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