



LOMA LINDA UNIVERSITY
School of Allied Health Professions

The Link

Loma Linda University School of Allied Health Professions

Fall/Winter 2011
8th Edition

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Students work
together in water
relay at the first
SAHP Student
Association
sponsored
“Games Event.”
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Photo by Art Kroetz

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the Link

Fall/Winter 2011 • 8th Edition
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The Link is published bi-annually by the Loma Linda University School of Allied Health Professions Alumni Department. Send all notices of change of address to: EMAIL: sahp.alumni@llu.edu / PHONE: (909) 558-7840

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Meet Your New Alumni Affairs Officer

ALUMNI

By Kisha Norris, SAHP Director of Development

PROFILE



Photo by Art Kroetz

Danelle Herra, MBA
Alumni Affairs Officer
School of Allied Health Professions

Name: Danelle Herra, MBA

Hometown: Anoka, MN

Family Status: Married with one dog and one cat.

Education: BS in Business Administration, minor in Communication from Union College; MBA in Healthcare Administration from Loma Linda University.

Activities: Mountain biking, riding my motorcycle, hiking, snowboarding, reading,

rock climbing and walking or jogging with my husband and dog.

Interests: Traveling, MotoGP (motorcycle racing), politics, yoga, the outdoors and photography.

Favorite Quotes: "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." –Maya Angelou
"What would life be if we had no courage to attempt anything?" –Vincent Van Gogh

INTERVIEW

When did you start your new position?

July 25, 2011

What made you want to be the Alumni Affairs Officer for SAHP?

I've always known that I wanted to use my skills to make a difference in people's lives, I just didn't know what path would allow me to accomplish this goal, all the while leading me to a career that I felt was refreshing and fulfilling. I believe God has been preparing me through other jobs and positions I've held—from working with scholarship donors and special events in the Advancement Office, to managing students in the Portfolio Office, and even through assisting patients and their families in the Patient Relations Office at the Loma Linda Medical Center.

What do you want to accomplish at SAHP?

One of my primary goals is to provide opportunities and design more avenues for SAHP alumni to easily connect with one another. I also want to establish a couple of timeless traditions at SAHP such as an annual community service day where SAHP alumni, students, faculty and staff can donate their time and make a positive impact in the community and the world. The first SAHP community service day will be held during Homecoming Weekend on Sunday, April 22, 2012, which is the beginning of the National Volunteer Week. The event will take place close to Loma Linda University but we'd like to encourage alumni that cannot attend our Homecoming Weekend to volunteer in their local areas during that week as well!

How will you expand current programs?

In addition to the already established SAHP reunions in Texas, Florida, Colorado and Southern California, I'd like to add another stop in Northern California and possibly other locations across the U.S. I'd also like to hold more events specifically for recent graduates and more alumni events in the Southern California area for those who live close to LLU. We also are considering a student-mentoring program, where alumni can help guide current SAHP student(s). Please know that at any time you can contact Kisha Norris, SAHP Director of Development, or myself to find out what kind of projects and programs are underway in which you can take part.

Are there any new services planned for alumni?

One new service planned is an event registration system where alumni can register for reunions and other events, and view a list of everyone attending simply by completing a short online form. We are also in the process of providing career assistance through an online Job Resource Center where alums can search job postings in their field, as well as post jobs if they are looking to hire LLU graduates. We'd also like to offer a complimentary CE course for all SAHP alumni during the annual National Allied Health Professions Week in November.

Is there anything you'd like the alumni to know?

I'd love to hear your ideas, suggestions for events, stories, updates, comments...basically anything! Please feel free to contact me through any of the following methods:

Email: daherra@llu.edu

Phone: 909.558.7840

Mail: Nichol Hall, Cottage 70, Loma Linda, CA 92350

RESPIRATORY THERAPY STUDENTS TAKE PART IN REGIONAL ACADEMIC COMPETITION

By HEATHER REIFSNYDER
LLU TODAY Newspaper

If you've ever wondered the boiling point of nitrogen, or how much oxygen a gram of hemoglobin can carry, the Sputum Bowl is the right place to go. Loma Linda University students participated in this respiratory care academic competition April 7 at Arrowhead Regional Medical Center against their peers from five other Inland Empire area schools.

Two LLU teams participated, consisting of juniors and seniors in the bachelor's degree program for respiratory therapy, department of cardiopulmonary sciences, SAHP. Between both teams, LLU won three out of the six rounds played. One team reached the semi-finals. Those team members were senior students Faisal Biyari, Abdullah Alismail, Joshua Napod and Joseph Diaz.

Alan Alipoon, instructor in the cardiopulmonary sciences program and manager of education in the department of respiratory care services at LLU Medical Center commented on how proud he was of the team.

The members of the other team were junior students Benjamin Peraino,

Dan Ngo, Terrell Black, and James Luong.

For more than 10 years, Mr. Alipoon has coordinated the Sputum Bowl for all of Southern California along with Michael Terry, who moderates the competition. Mr. Terry is a manager for research and information systems at LLU Medical Center.

Mr. Alipoon encourages LLU students to compete and has high hopes for next year's senior team who are currently juniors.

"As a hiring manager for the medical center, it is good to see students who are motivated and challenging themselves," he says. "When they graduate, I know these students will be good candidates for hire because they have gone a step farther in their knowledge base."

Crafton Hills College won the



A nail-biting moment for scorekeeper and LLU Instructor Alan Alipoon (far left) as (L-R) junior Benjamin Peraino, senior Faisal Biyari, and senior Abdullah Alismail had 10 seconds to ponder their answer in the April 7 Sputum Bowl.

Inland Empire competition. In May, those students will compete in San Diego in the finals for all of California. Both Mr. Terry and Mr. Alipoon will be on hand to run the competition. In November, the San Diego winners will travel to Tampa, Florida, to compete for the national title.

Students Support Cystic Fibrosis Walk



Junior and senior respiratory care students volunteered with the Cystic Fibrosis Foundation's Great Strides fundraising walk in Redlands on May 14. Helping out at the event in Sylvan Park were (L-R) Lisa Todd, Jarred Tomita, Julie West, Jeffrey Wass, Joseph Diaz, Cecille Quidilla, Joshua Napod and Edwin Ledezma.

What's **UP**

- The "President's Award" was presented to **Michael Terry** and **Alan Alipoon** in San Diego May 20, 2011, during the California Society for Respiratory Care convention. The presentation reads, "For His Generous Donation Of Time, Spirit And Dedication To The CSRC And Respiratory Care."
- On August 24, 2011, all 14 senior Respiratory Therapy students volunteered for the 8th Annual KOLA Cares for Kids Radiothon benefiting the LLU Children's Hospital, which raised a total of \$128,597.
- Five students from the Respiratory Therapy Program in Saudi have come to LLU to complete their senior year.
- Congratulations to the Respiratory Therapy students in Saudi Arabia who graduated from the LLU program in October, 2011!
- At the end of the Fall 2011 quarter, four students will complete the new Cardiac Electrophysiology Therapy (CEPT) Certificate program.



WHAT WE DID ON SUMMER VACATION

PUBLISHED TWICE AND NOT YET OUT OF SCHOOL

By HEATHER REIFSNYDER
 LLU TODAY Newspaper

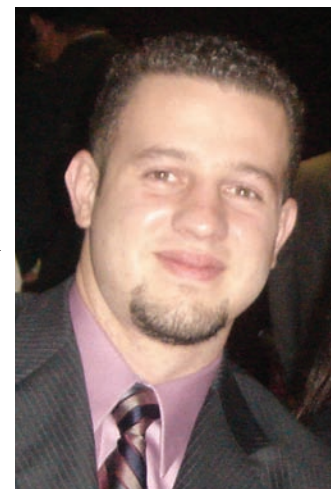
School of Allied Health Professions student Armen Tudjarian's background in chemistry both prepared him for his current pursuit of a clinical laboratory sciences career and has gotten him published twice while still a student.

In 2008, while attending Cal State Northridge, where he received both his bachelor's and master's degrees in chemistry, he was published in the Organic Letters journal along with one co-author and his supervisor.

On March 15, 2011, the most recent publication which he co-wrote with his supervisor was released in The Journal of Organic Chemistry. The paper discusses the uncovering of an efficient and environmentally friendly process whereby a particular subset of electron-rich molecules, benzyl alkynyl ethers, can undergo [3,3]-sigmatropic rearrangement under relatively low temperature conditions and stereoselectively furnish disubstituted 2-indanones. The vital applications of this process are demonstrated by subsequently synthesizing indenenes, building blocks of biologically active pharmaceutical agents, and indatraline, a substance currently undergoing clinical trials as a promising treatment remedy for cocaine addiction.

During his academic career, Mr. Tudjarian has contributed to scientific research, as well as national and international research conferences. Among poster presentations and seminars, he won second place in 2010 at the Graduate Research Symposium held by Sigma-Xi.

Today, he envisions clinical laboratory science as the hallmark opportunity to use new applications of chemistry and, as a result, provide superior standards in the diagnosis, treatment, and prevention of diseases. Mr. Tudjarian's ultimate career aspiration is to make his knowledge and experience relevant to the needs of science and humanity. He says his chemistry background has given him the major tools to succeed in the future and in realizing the true meaning of education—knowledge, discipline, determination and character.



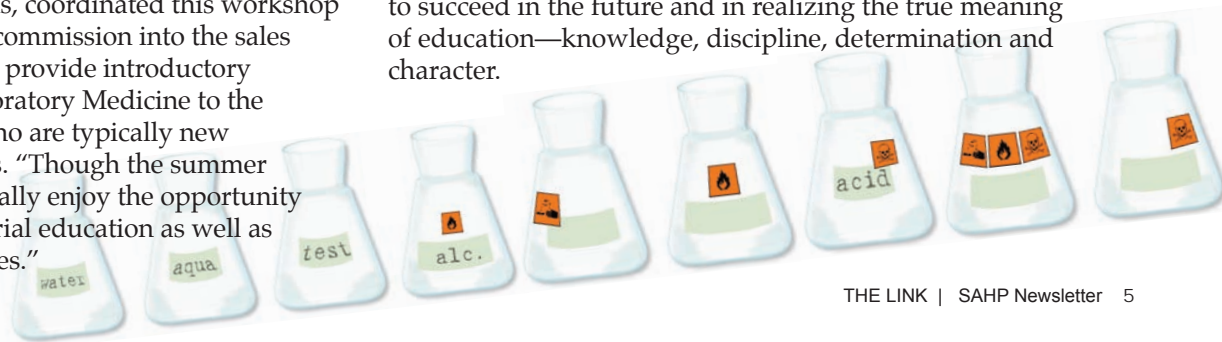
Photos by Art Kroetz

Many schools or programs will take a break from classes and clinicals over the summer, but not our Clinical Laboratory Sciences (CLS) program. Each Summer, the department hosts a one-day, hands-on workshop for microbiologists with bench-level clinical microbiology experience. This year's topic was, "Agents of Bioterrorism: Sentinel Training for Clinical Laboratories," which was sponsored by the County of San Bernardino Public Health Laboratory and coordinated by microbiologist and SAHP faculty, Jim Brandt.

Participants were given an overview of the sentinel clinical laboratory's role in identification of the primary agents of bioterrorism, including demonstrations of how to safely handle suspect organisms and toxins in clinical isolates and cultures.

CLS Chair, Rodney M. Roath, explains that this workshop is offered annually in their facility "because of our exceptional, newly remodeled student lab which conveniently provides adjacent workspace for both lecture and 'wet' [hands-on] laboratory work." Roath also added that they host the program because they value the relationships they can build and the visibility they gain.

In addition to the one-day workshop for the microbiologists, the department hosted a second group from August 8-12, consisting of several new sales associates at Beckman Coulter, Inc., a major vendor of medical equipment. CLS Program Director, Kathy Davis, coordinated this workshop as a training session prior to their commission into the sales field. The workshop is designed to provide introductory knowledge and experience in Laboratory Medicine to the newly recruited sales associates who are typically new graduates from science or business. "Though the summer has been busy," Roath said, "we really enjoy the opportunity to participate in public and industrial education as well as showcasing our student lab facilities."



COMMUNICATION SCIENCES & DISORDERS

Doctoral Student Conducts Research Using *Melodic Based Communication Therapy*

By DANELLE HERRA
SAHP Alumni Affairs Officer

Melodic Based Communication Therapy (MBCT), described by Givona Sandiford, is a “music based therapy meant to improve verbal expression in children with autism.” Givona is currently a doctoral student in the Rehabilitative Sciences PhD program, in the School of Allied Health, but she also stands proud as an alumnus of both the undergraduate (2003) and graduate programs (2005) in the department of Communication Sciences and Disorders (CMSD). She developed the therapy based on her experiences working with low verbal children with autism and her review of current literature.

During the summer of 2011, Givona conducted research for her PhD at SACHS (Social Action Community Health System) Norton Clinic in San Bernardino, Calif. comparing two therapy techniques for their affectiveness in increasing expressive language in children diagnosed with autism. The 12 children were nonverbal and defined as never having spoken more than 10 words; words which were not used on a daily basis. Each child was randomly chosen for one of two types of therapy: 1) traditional/behavioral therapy for learning vocabulary, or 2) a novel procedure devised by Givona called Melodic Based Communication Therapy (MBCT). The research consisted of a 45-minute, individual session, four days per week for five consecutive weeks. It was conducted by LLU Speech Pathology Transitional Master’s students who were trained



Givona Sandiford, Speech-language Pathologist

by Givona. All children were videotaped before and after treatment to monitor changes in their communication skills.

The research was conducted under the mentorship of CMSD faculty, Dr. Karen Mainess. Though the data hasn’t been analyzed yet, Dr. Mainess shared her informal observation stating that “there did seem to be some changes in the communication of some of the children, but the data will tell the rest of the story.”

When asked about her future plans for this type of therapy, Givona replied, “Following publication of the results, should statistical analysis support the validity of MBCT, I would love to open a center for children with autism to receive this form of therapy.”

►► To Do List...

1. Save the date for the Communication Sciences & Disorders Alumni **Reunion** in San Diego, California on November 18, 2011 at the ASHA Convention.
2. RSVP to Danelle Herra at daherra@llu.edu or by calling 909-558-7840.

What's UP

ALUMNI UPDATE: ►►►►►►►► LENORA ANDERSON '07, M.S., CCC-SLP

As of January 2011, I am in private practice with an outpatient office in Scottsdale, Arizona. My primary specialties are swallowing and voice disorders with a significant portion of the practice devoted to providing diagnostic and treatment services to patients with speech-language and/or cognitive-linguistic impairments.

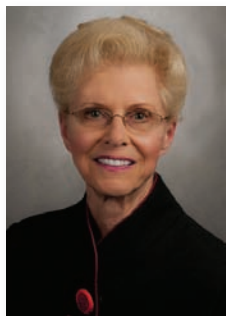
When the caseload begins to look like it may overwhelm me, I enlist the services of a trusted colleague, Elizabeth Petrisans, also from the class of 2007. She provides skilled services to patients who are referred by the many home health agencies and physicians with whom we maintains contractual relationships.

Serving the needs of the growing population of baby boomers and elderly while working diligently to keep informed of new developments in our profession is both exciting and humbling. I am consistently finding that I look back and draw upon the experiences and instruction I received during my graduate program at LLU and am grateful for the quality of education that SAHP provided.

▶▶ ASSISTANT CLINICAL PROFESSOR AWARDED FOR DISTINGUISHED SERVICE

Reprinted with permission from the LLU 2011 Commencement Book

Photo by Art Kroetz



Audrey J. Shaffer's professional expertise has contributed to the efficiency of health information management departments at San Bernardino Medical Center and White Memorial Medical Center in California, Portland Adventist Hospital in Oregon, and Tempe Community Hospital in Arizona. As a consultant in her field since 1982, her skills have been utilized in the U.S. by medical staffs and other health professionals in California, Florida, and Virginia; and globally in Argentina, Guyana, Malaysia, Taiwan, Afghanistan and China.

Since 1975, Ms. Shaffer has served on the clinical faculty of the Health Information Management Program in the School of Allied Health Professions. She is dedicated not only to promoting the growth and stature of her profession, but also to enhancing the reputation of her school and department.

On the global stage, Ms. Shaffer has played a critical role at two institutions: Sir Run Run Shaw Hospital (SRRSH) in Hangzhou, People's Republic of China, and Wazir Akbar Hospital in Kabul, Afghanistan.

SRRSH is a public teaching hospital affiliated with Loma Linda University. Since opening in 1994, it has grown into one of the premier health care institutions in Asia. In 2006 the facility became the first public hospital in China to obtain Joint Commission International accreditation. A large portion of the credit for this accomplishment was attributed to the efforts of Ms. Shaffer, who had visited the hospital thirty-one times since it was built. She insisted on a modern, organized and properly staffed medical records department, as well as ICD coding of all patient diagnostic records. She further contributes to SRRSH through the school endowment established in her name that funds annual service-learning opportunities to SRRSH for Loma Linda students who elect this outreach activity during spring break.

In 2005, Ms. Shaffer helped organize the medical records department at Wazir Akbar Hospital. Her contributions were greatly appreciated by USAID and by the Ministry of Health, which operates the facility.

Through the years, Ms. Shaffer has balanced her demanding professional life with service and other volunteer endeavors that have taken her to all seven continents and to 90 countries. She has supervised archaeological trenches in the Middle East, flown physicians to remote villages in Mexico to hold clinics for patients who have no other source of medical care or to deliver toys and clothing for children, surveyed hospitals in Africa and coordinated hospital volunteer services and blood bank activities.

In recognition of the self-sacrifice that has characterized

HEALTH INFORMATION MANAGEMENT

her life and professional service as well as reflected the mission and vision of this institution, Loma Linda University was pleased to present the LLU Adventist Health Sciences Center Distinguished Service Award to Audrey J. Shaffer at the Conferring of Degrees for the School of Allied Health Professions on June 12, 2011.

▶▶ 63RD DISTRICT RECOGNIZES OUTSTANDING WOMEN

By KISHA NORRIS
Director of Development

Photo by Jaclyn Priebs



Every year California's 63rd district hosts a luncheon for women who have gone above and beyond in their field of work. The celebration aims to honor women of distinction for their hard work, dedication and strength. This year the luncheon was hosted by Assemblyman Mike Morrell.

This year one of those women of distinction was none other than our very own Marilyn Davidian, Ph.D, chair of the Health Information Management Department at Loma Linda University School of Allied Health Professions (SAHP).

Since 1985, Dr. Marilyn R. Davidian has been working in SAHP. During this time, Dr. Davidian has been devoted to faculty and student mentoring. "My passion is for my students. That is what I come to work for!" exclaims Davidian. Of the mentoring perspective she says, "Undergraduate students sometimes need more than face-to-face in the traditional classroom. Many of our students move long distances from around the world. They need to see us at social events, talk to us outside of the classroom and be able to quickly make appointment with us; they even need us if there is a family crisis."

Dr. Davidian received her doctorate in January 2010 majoring in Education with an emphasis on higher education. "I had four lovely ladies who were strong mentors to me right here at work," she said. "I would not have made it through my doctoral program without them." When Dr. Davidian received her award, she felt "it was the biggest honor! Really amazing, marvelous women were at the ceremony."

In the event's program, a note from Assemblyman Morrell reads: "Women of Distinction" has remained an annual celebrated event for seven years and I am extremely humbled and honored to continue its legacy. The women we are recognizing today and those who have been featured in the past were chosen because of the unparalleled dedication to service they have shown in our community.

Congratulations to Dr. Marilyn Davidian for her lifetime of accomplishments and the adventures to come!

NUTRITION AND DIETETICS FACULTY VISIT THE UNIVERSITY OF MEDICINE AND PHARMACY IN TARGU MURES, ROMANIA

In July of 2011, three Nutrition and Dietetics faculty, Dr. Bert Connell, JeJe Noval and Dr. Louise Schneider, traveled to Romania to assist Targu Mures University of Medicine and Pharmacy develop a graduate level nutrition and dietetics program. They presented a three-day workshop covering various nutrition topics, including management, community and medical nutrition therapy.

The following are accounts of the trip and its history from our SAHP faculty members:

BERT CONNELL, PHD, RD, FADA PROFESSOR AND CHAIR

I never thought I'd be in Transylvania, but I got there because of one man's dream for a strong Nutrition and Dietetics program. Dr. Nick Dan is a graduate of LLU's School of Public Health. Upon graduation in 1994 with an MPH in Nutrition, and his previously earned MD, he returned to his native country of Romania and established a better living center called "Herigilia" near Targu Mures in the hills of Transylvania, Romania. This center has drawn many individuals seeking better health, weight loss and opportunities to live a life with optimum health.

During the 2010-2011 academic year, Dr. Dan was asked to teach a nutrition class in the dietetics program at the School of Medicine and Pharmacy in Targu Mures. In this class he emphasized the benefits of healthy nutrition including whole grains, vegetables and fruits.

Dr. Dan received an astounding response from the students who enjoyed his topics and presentation. Because of the success of this course, many students encouraged the school to expand the program to include Medical Nutrition Therapy, Community Nutrition

and Food Systems Management. However, there was a lack of knowledgeable teachers for these topics.

To meet this need, the school would need to find three Nutrition and Dietetics professionals to teach these topics, advise on their curriculum, and consult with the faculty. Fortunately, Dr. Dan and I had been in contact from a previous project and he called on our faculty's expertise for this special assignment.

In early 2011, I accepted the invitation to Targu Mures University on behalf of myself and my two colleagues, JeJe Noval and Dr. Louise Schneider.

Our involvement with their university follows a previous model established 12 years ago with the development of a School of Allied Health in Chengdu, China.

JEJE NOVAL, MS, RD MS ONLINE PROGRAM DIRECTOR, ASSISTANT PROFESSOR

There are no registered dietitians (RD) in Romania. The lack of this professional focus greatly contributes to a poor nutritional education at every level of society. Because of this, when students of Targu Mures University asked for more emphasis in Nutrition and Dietetics studies, registered

dietitians from Loma Linda University, myself included, were asked to address these areas in a three-day workshop.

I love being a part of Loma Linda University's global mission. The opportunities to help students from various backgrounds understand nutrition are endless. This is where my passion lies.

Apart from teaching the students at the university, Dr. Connell, Dr. Schneider and I also participated in several Sabbath

programs at a local Seventh-day Adventist church. During the morning services, Dr. Connell gave the sermon and I was honored to sing a couple of songs for special music. In the afternoon, the three of us presented on various nutrition



*Nutrition faculty and students from Targu Mures University
at Dr. Nick Dan's home*

topics related to the Bible.

The best part of our trip was getting to know the students and faculty of Targu Mures University. Interacting with them and exchanging information was extremely valuable. The people of Romania are very hospitable and friendly.

In addition to seeing the beautiful sights of Targu Mures, we were able to tour Sighesoara, Transylvania. Sighesoara is one of the oldest towns in Romania yet still beautiful and historically maintained. It is known for being the birthplace of Vlad Dracula or better known as "Dracula."

Romania is a lovely country with wonderful food. I definitely want to return and continue educating the Targu Mures students and assist in developing their nutrition and dietetics program.

LOUISE SCHNEIDER, DRPH, RD ASSOCIATE PROFESSOR

To be assigned to travel as part of your job is to be given an opportunity. I was one of three faculty from the School of Allied Health who visited the Targu Mures Medical University in Romania. This trip provided us with a great opportunity to not only work with the students and faculty but to build long lasting friendships.

I was assigned to speak to the students and faculty about Loma Linda's Nutrition and Dietetics program. As I worked with Monica Tarcea, MD, PhD and lead teacher in the nutrition program, and learned about their class culture, I was surprised to hear that they do not work in groups or use interactive learning techniques. Dr. Tarcea was excited to have this concept introduced into her classroom because of a personal experience she had with a team project during a workshop in another country.

By traveling to Romania we were able to see and learn things first hand; a valuable experience that could not be duplicated by simply talking on the phone or connecting through email. Although translators were assigned for most sessions, students understood English very well, which allowed our workshops to run that much smoother.

At Loma Linda, students completing rotations in a hospital setting is vital to their performance. We discovered that even though there is a hospital very close to the Targu Mures University, dietetic students do not have rotation privileges. We hope to be a part of changing that custom.

It was a long journey and the traveling was tiresome, but we were definitely appreciated and in the end, I was extremely honored and happy to have made the journey. The Nutrition and Dietetics Department at Loma Linda University School of Allied Health Professions expects to continue this relationship with the University of Medicine and Pharmacy in Targu Mures for several years to come.

What's Up

ALUMNI REUNION: ▶▶▶▶▶▶▶▶▶▶

On Sunday evening, September 25, nearly 60 Nutrition and Dietetics alums, current N&D students and faculty from the N&D department gathered for an exciting reunion and networking dinner at Bucca di Beppo Italian restaurant in downtown San Diego. This reunion was scheduled during the American Dietetic Association's Food and Nutrition Conference and Expo.

During this event, Dr. Bert Connell, department chair, spoke to those in attendance about some of the exciting new developments in the N&D program and the School of Allied Health Professions.

There was much excitement in the air as names were drawn and gifts from LLU were given away. All alumni left with a little something from their alma mater.

This reunion was the fourth annual gathering with alumni during the ADA conference and we plan to be in Philadelphia next year!

For more information on the meetings go to www.eatright.org/fnce. Thank you to all those who joined us, and to those who weren't able to make it, we hope to see you in 2012!



(L-R) N&D Instructor Georgia Hodgkin, Julie Keeler '81, Judy Fehlenberg '81 and Diane Alli Langworthy '81



(Left) Kisha Norris with Cindy Almestica '90, drawing winner of a LLU sweatshirt. (Right) Earl Macaso '08 and his fiancée (to his right), Professor Martina Karunia and Ho Sil Kang '08.

2011 GRADUATION





School of Allied Health Professions GRADUATION 2011



Photos by Jaclyn Pruehs & Cerise Bender

1. **James Syms**, Physical Therapy faculty, getting some assistance with his hood.

2. Students ready to walk out of the auditorium after graduating!

3. (L-R) **Dr. Craig R. Jackson**, Dean, and **Dr. Richard Hart**, University President, lined up prior to marching into the auditorium.

4. Communication Sciences & Disorders graduate, **Karissa Eckhart**, ready to march in.

5. Physical Therapy graduate, **Antonio Islas**, posing for a shot with all his adornment from friends and family.

6. CLS faculty before graduation ceremony.

7. Graduation speaker, **Eric Walsh**, MD, MPH, medical director of the Pasadena Public Health Department, sharing his message with the audience.

8. **Dr. Art Kroetz** receiving the Distinguished Service Award award from **Dr. Craig Jackson**.

9. Communication Sciences (CMSD) students performing *The Lord's Prayer* in sign language.

10. A grateful student shows her appreciation with flare!

11. Occupational Therapy Class of 2011.

12. **Richard Nelson**, '83 BS Respiratory Therapy graduate, receiving the Alumnus of the Year award from **Dr. Craig R. Jackson**.

13. OT Admin Assistant, **Melinda Mercado**, helps CMSD student, **Roland Juarez**, attach his hood.

14. Health Information Management grads stand patiently in line waiting to march.

15. Physician Assistant students pose for a group photo before the ceremony.



OCCUPATIONAL THERAPY GRADUATES 50th CLASS

By KISHA NORRIS
Director of Development

The Department of Occupational Therapy has enjoyed a well respected and successful position within the School of Allied Health Professions of Loma Linda University. A story worth telling is a source of pride for students, alumni, faculty staff and families who have made this experience a rich and colorful heritage

Milestones are useful, important and significant on our journey of life. We use them to catalog where we are, where we have been and they are definitely used to propel us into our preferred future. The year 2011 marked a very significant milestone for the department of occupational therapy: the celebration of their 50th graduating class.

The occupational therapy department was started in 1958 by Edwinna Marshall, who was appointed program director. The first OT class registered in September of 1959 with only a small classroom and three students, Bruce Beardsley, Eldon Enevoldson and Rachel Hew. They graduated in 1961, the first class to complete the newly formed OT department.

Through the years the department has grown by adding new programs and degrees, students, faculty and staff to create a strong department that has graduated almost 1,600 in its 52 years.

When asked about the class of 2011, department chair, Liane Hewitt, DrPH, commented, "This was a wonderful class! They are committed and passionate about service. They represent all the qualities that we could have asked for in this important year. I look forward to seeing their fulfillment of Loma Linda's mission as alumni."

A special lapel pin given to the 2011 OT Class right before walking into the Drayson Center to graduate!



what's UP

- The Annual American Occupational Therapy Association Conference from April 15-17, 2011 was held in Philadelphia, Pennsylvania. **Esther Huecker** participated in a panel discussion on Qualitative Approaches to Studying Human Action in Context.

- In June of 2011, the department welcomed 56 new MOT juniors

- **Arezou Salamat** co-presented with **Lisa Albert** and **Kiti Freir Randall**, a continuing education seminar on Collaborative Approach to Treatment of Traumatized Children and Families, at the annual SAHP Alumni Homecoming Weekend, April 15, 2011.

- **Heather Thomas** participated in a panel discussion on Understanding Health Care Reform: How it will Affect Occupational Therapy Practice in Different Settings.

- Congratulations to **Heather Thomas** who, in June of '11, successfully defended her dissertation entitled The Influence of Pragmatic Reasoning Aspects of the Personal and Physical Contexts on Occupational Therapists' Intervention Choices for Addressing Contractures, in June 2011, and graduated with her PhD from Touro University in July 2011.

- **En-Chi Chiu** '10, participated in a poster presentation entitled Development of Therapeutic Listening for Children with Sensory Processing Disorders Living in Taiwan.

- Congratulations to **Clarissa Saunders-Newton** '83, who successfully defended her PhD dissertation on Spirituality and Well Being in the Daily Lives of African American Women, in August 2011.

- On September 29, 2011, **Liane Hewitt** and recent '11 graduates - **Shane Gemoto**, **Michelle Lawantoro**, **Emily Pinkerton**, **Jason Roth**, **Elizabeth Stacy** - presented a workshop at the 25th Annual Conference of Children's Network, in Ontario, CA. The topic was Emancipated Youth: Challenges of Transitioning into the Community.

Going To Prom ▶▶

OCCUPATIONAL THERAPY

By SHANNON MENDENHALL
Occupational Therapy Student

Pin November of 2009 while a fellow OT student, Shayla Alamdari, and I were shadowing Dave Erickson, OTR/L, at a muscular dystrophy clinic. Shayla and I walked into a treatment room where two young brothers, both in powered wheelchairs, were accompanied by their mother, their nurse and a physician. Peter Li and Jason intrigued me from the start. Even though both of these young men were affected by such a disabling diagnosis, they were hilarious! They relentlessly teased each other, and everyone else, in good humor, and to my surprise, they also displayed no embarrassment when discussing personal issues such as bowel and bladder management.

Now, fast forward to May of 2010. I was sitting in Design and Technology class waiting for our guest lecturers to arrive and in came Dave Erickson and Peter Li! Peter and I recognized each other immediately. At the end of class, Dave gave out Peter's contact information and I emailed him that evening. Since that day, we have been in weekly contact and approximately once a month, Shayla and I drive to the Angel View Intermediate

Care Facility in Desert Hot Springs, where Peter lives, and take

him dinner from his favorite Vietnamese restaurant in Loma Linda. Shayla and I have also joined Peter and his family at their home in Norco for a traditional home cooked meal.



Peter Li and Shannon Mendenhall at the Angel View Prom

On June 4th, 2011, I had the honor of accompanying Peter to the 7th Annual Angel View Prom at The Rotary Club of Palm Springs which hosts more than 100 residents along with caregivers, administration, volunteers and supporters. Angel View is a nonprofit organization that has been helping young people with physical and mental challenges in the Coachella Valley since the early 1950s. Joining Peter at this event was an experience that I will never forget.

I am so blessed that Peter is part of my life. I've learned so much from him in regards to his disability and the meaning of life and true friendship. I believe that God had a purpose for bringing us together

on that day in 2009. Peter's friendship has made me a better person and will ultimately make me a better occupational therapist.

For more information on the Angel View Crippled Children's Foundation, Inc. visit www.angelview.org.

TRANSFORMING LIVES THROUGH OCCUPATION, ADVOCACY AND SERVICE ▶▶▶▶▶▶▶▶

By HEATHER JAVAHERIAN-DYSINGER
Occupational Therapy Faculty

The Department of Occupational Therapy developed a partnership with Option House, an organization that serves families who experience domestic violence. In July 2010, Option House became a community partner for program development opportunities as well as Level I and Level II fieldwork. In the last few months the Department was awarded a contract to provide weekly occupational therapy services which was an exciting step forward in helping the profession and community understand the role of occupational therapy in domestic violence settings.

Recognizing the importance of engaging in service for the organization, OT students and members of the department volunteered for a service day on July 31st where they painted two resident rooms. The director of the shelter explained that the bright turquoise and tangerine colored rooms hadn't been painted since she started working there.

Knowing the stress and anxiety of the women and children seeking shelter, she wanted to create a more soothing and welcoming environment that would feel like a home. Embracing the mission of the university and the department, students and faculty arrived at the shelter armed

with paint and supplies, rolled up their sleeves to move furniture and paint two rooms on the second floor for three and a half hours.

"There was so much laughter and relationship building as we worked together throughout the day," said Heather Dysinger. "At 12:30 we walked out with smiles on our faces, paint in our hair and a warm feeling in our hearts. We were so proud of the two rooms we had transformed for the residents, in hopes that it would be a stepping stone to transform lives."

PHYSICIAN ASSISTANT SCIENCES

PHYSICIAN ASSISTANT STUDENTS USHERED INTO CLINICAL WORK WITH JACKETING CEREMONY

By HEATHER REIFSNYDER
LLU TODAY Magazine



Photos by Heather Reifsnnyder



With the assistance of father Dave Walters, Jessica Walters puts on her new white coat, which she will wear during the next year of her clinical rotations as a student physician assistance.

Twenty-eight students from the Class of 2012 received their white coats during a jacketing ceremony on August 17 at Cutler Amphitheater. This celebration was attended by a packed house of family and friends, as well as the physician assistant (PA) faculty of the School of Allied Health Professions. The PA program takes two years to complete; the first is devoted to classroom study, while the second introduces the students to clinical work with patients under the guidance of preceptors. Also during the ceremony, the department presented the Preceptor of the Year Award to William Murdoch, MD.

What's

ALUMNI REUNION:

On Wednesday evening, June 1, nearly 30 Physician Assistant alums and faculty from the PA department gathered for an exciting reunion dinner at Bucca di Beppo Italian restaurant in downtown Las Vegas. This reunion was conveniently scheduled during the 39th Annual American Academy of Physician Assistants (AAPA) Conference.

Each year, the PA alumni reunions have grown and this may have been the best reunion yet! Excitement filled the restaurant as alumni enjoyed great food and catching up with old classmates. The PA Class of 2003 was the most represented with nearly half the class in attendance. There were also members present of the first graduating PA Class of 2002.

Next year, we plan to be back in Palm Springs, CA to host a reunion during the 36th Annual California Academy of Physician Assistants (CAPA) Conference. For more information on the meetings, go to www.capanet.org. Thank you to all those who joined us, and to those who weren't able to make it, we hope to see you in 2012!

We enjoy keeping in touch with you all! Visit us on Facebook and become a fan of the LLU School of Allied Health Professions page, or add LLU PA Sciences as a friend on Facebook to keep informed.



The group of PA alumni in attendance



Members of the first graduating class of 2002



The class of 2003 represented by nearly half the class

PROGRAM DIRECTOR RETIRES AFTER 18 YEARS

By DANELLE HERRA
SAHP Alumni Affairs Officer



Photo by Art Kroetz

"I'll miss the moments where I had a chance to make an impact in a struggling student's life, and I'll also miss my colleagues," says Steve Leber as he reflects on his past 18 years with LLU's Radiation

Technology (RT) department. The Fall of 2011 will mark Mr. Leber's last quarter teaching in SAHP, as he is planning to retire as Program Director for Special Imaging and Clinical Coordinator of the Medical Radiography program.

Mr. Leber's story didn't begin with him planning to be an instructor at a University. Instead, in 1967 he enlisted in

the U.S. Army. During his time serving in the military, he spent over a year stationed on an Italian air force base deciphering coded messages during his work time, and exploring the cities of Italy during his free time.

"When I returned home and became a Christian, I asked God what He wanted me to do with my life," Mr. Leber explains. "God told me to go back to school."

Mr. Leber earned his A.S. in Medical Radiography in 1977 from LLU and then completed a certificate in Special Imaging. He accepted a position in Neuro-Radiology at the LLU Medical Center, where he worked for 10 years and earned the title of Chief Technician of the department. While working at LLUMC, he returned to SAHP as a student to complete his B.S. in Radiology Administration.

In August of 1994, after being a salesman at Fuji Medical Systems for

RADIATION TECHNOLOGY

five years, Mr. Leber took a part-time instructor position in RT, which soon led to working full-time in the department.

"When we were hiring for the open position in Rad Tech, it was Steve's combination of experience and talent that focused our attention on him," says former department chair, Art Kroetz. "We knew Steve had a winning personality along with a wonderful sense of humor. He has not only performed the role of Clinical Coordinator, but because of his expanded technical background, has also directed our CT, MRI and Angiography programs."

"I got to know Steve when I was a student and he would visit my clinical site...but now I know him as a colleague," says Radiologist Assistant Program Director, Brigit Mendoza. "Steve is always the first to come up with something witty to say in our department meetings. He is hilarious, sweet and will be missed."

Photo by Brenda Pfeiffer

STUDENT ACTIVITY DAY: Building Teams and Friends

By DANELLE HERRA
SAHP Alumni Affairs Officer

While working toward an A.S. in Medical Radiography (ASMR), students in the program gain over 1,950 clinical hours of radiography experience, as this is an excellent way for students to become quality professionals in their field. However, this intense clinical study can make for a difficult time getting to know fellow classmates and others in the program. Therefore, as a social remedy during this 2011-2012 year, the Radiation Technology department decided to kick-start class bonding by hosting the First ASMR Student Activity Day on Thursday, September 29th at the LLU Drayson Center.

Kristofer Malit, a second-year student in the ASMR program and 2012 Class President, says that his class recognizes the value of this type of event "because we feel it's beneficial for incoming students to have some time devoted to creating friendship bonds sooner rather than later."

"As a current second-year student, I can attest to the importance of building relationships [with classmates] during my first-year. The activity day was a



Three students competing with other friends and classmates in a game of volleyball.

great opportunity to let the first-year students know that they are not alone and that there is a light at the end of the tunnel," said Sherita Tate, class of 2012. "I decided to go [to the activity day] because I wanted to be available to answer questions that the first years have about the program in a friendly and non-stressed environment."

Nearly 80 Medical Radiography students, faculty and staff participated in various activities including beach volleyball, horseshoes, volleyball, basketball and a rubber-band gun shooting gallery. Attendees described the most popular events of the day as the basketball game between the first and second-year students, as well as the

beach volleyball game, since both games were able to involve many players and provided entertainment to those watching.

One of the faculty coordinators of the event, Mike Iorio, MSRS Program Director and Assistant Professor, explained the goal of the event as "teambuilding" in an effort to "facilitate student-to-student, student-to-staff, and student-to-faculty interactions." The First ASMR Student Activity Day accomplished just that as "many students commented on the fun they had during the day's events," reported Kristofer Malit. "They enjoyed the relaxed atmosphere where they were able to socialize and get to know each other better."



In September 2011, the new entry-level Master of Science in Orthotics & Prosthetics (EL-MSOP) program began its inaugural year at Loma Linda University. The program was created to meet the growing demand for master's level training after The National Commission on Orthotics and Prosthetics Education (NCOPE) proposed that they would no longer accredit new bachelor's or certificate programs beginning in 2012. Through collaboration with the LLUMC's – East Campus Department of Orthotics & Prosthetics, SAHP offers students a one-of-a-kind, hands-on learning experience throughout the 10 quarters they are on campus.



Britt Guerre-Aguilar, CPO / Lead Instructor

Britt is an American Board Certified Orthotist and Prosthetist with a degree in Mechanical Engineering. She is fluent in English, Spanish and French and has been involved with clinical practices since 1993 including a 10-year position at LLUMC. She filled a teaching position in orthotics and prosthetics at California State University, Dominguez Hills in 2008. Britt has also been working with the Orthopaedic Department at LLUMC on a research study involving Pediatric Orthopaedic Bracing to address Knee Angular Deformities in Children and presented the findings at the Academy of Orthotics and Prosthetics' annual meeting in 2007. In addition, Britt went on a Mission trip in May of 2011 to Port-au-Prince, Haiti with LLU Faculty and visited the Adventist Hospital and University of Haiti. Her goal is to establish an Ortho-Prosthetic Technician Certificate Program as part of a larger effort to collaborate with the University of Haiti.

Hans Schaepper, MDiv, CPO / Program Director

Hans Schaepper, a Swiss native, received his SDA ministerial formation in France at the Semaire Adventist, Collonges-sous-Saleve in 1978. He led a youth ministry in Switzerland for two years, then attended Andrews University where he earned his MDiv. Mr. Schaepper was pastoring two churches for three years in Northwest Ohio, where he also became an ordained minister. In 1985, he pursued his ortho-prosthetic formation and certificate at the Feinberg School of Medicine of Northwestern University, Chicago. For eight out of his 26 years in ortho-prosthetics, Mr. Schaepper was engaged in education-based marketing for some world-class manufacturing companies such as Ossur, USMC and Seattle-Systems. Mr. Schaepper owned and operated two clinical ortho-prosthetic practices and was chief operating officer of an orthopedic soft-goods company, AZMEC Inc. for seven years.



Heather Worden, MSOP, BSE / Instructor, Student Liaison

Ms. Worden joins the LLU faculty from Northern Calif. where she earned her bachelor's degree in Mechanical Engineering from University of the Pacific. She first joined LLU as a student after completing her orthotic and prosthetic certification from CSU Dominguez Hills. Ms. Worden completed her masters of science in orthotics and prosthetics from LLU in 2011; her thesis topic investigated the muscle activation and recruitment, force transference, and the cyclist-to-bike geometry of bilateral trans-femoral amputees during upright cycling. She has co-authored articles, publications and texts in both the engineering and clinical health fields. She has been involved in prosthetic gait analysis research at the VA National Gait Lab in Long Beach, Calif. as well as collaborative adult assistive device research with the University of the Pacific and medical device R&D with Pathway Medical in Kirkland, WA.

Michael Davidson, MPH, CPO / Post-Grad Co-Director

Michael earned his Bachelors of Science degree in Orthotics and Prosthetics at California State University Dominguez Hills and a Masters in Public Health at LLU. Currently he is working toward his Doctorate in Health Policy and Leadership at LLU School of Public Health. Mr. Davidson works at the LLU Medical Center, where he manages the Department of Orthotics and Prosthetics. He is a faculty member in the Schools of Medicine and Allied Health Professions, where he now co-directs the post-graduate Master of Science in Orthotics and Prosthetics program. Building a team of dedicated bright minds, Mr. Davidson is striving to make bionics and cybernetics open-source, low cost and globally available for all with physical disabilities. Through this work, he has realized that the mind and spirit are far more powerful than technology or the limitations of the body.



STUDENT RESEARCH REVEALS POOR-QUALITY SLEEP MAY INTERFERE WITH STROKE RECOVERY

By HEATHER REIFSNYDER
LLU TODAY Newspaper

The job of a physical therapist entails more than just understanding the mechanics of the musculoskeletal system.

As research by doctoral student Paula Cavalcanti reveals, physical therapists need to understand how other factors affect recovery, particularly in stroke patients.

Ms. Cavalcanti, who is working toward a doctor of science in physical therapy, School of Allied Health Professions, conducted a study of chronic stroke patients correlating changes in sleep-wake patterns to their quality of life. Also collaborating on the study were Lee Berk, DrPH, associate professor of physical therapy, and principal investigators Dr. John Araujo and Dr. Tania F. Campos from Brazil's Federal University of Rio Grande do Norte, where Ms. Cavalcanti earned a master's of science in physical therapy.

Sleep problems can ultimately affect patients' efforts to regain full physical and mental functioning.

"We wanted to wake up the profession and say that we need to look at sleep, too," says Ms. Cavalcanti. "We, as physical therapists, can do something about it. Without proper sleep, the brain cannot form the motor memory

necessary for recovery."

Brain injuries, such as those caused by a stroke, can impact sleep by interfering with circadian rhythm and the homeostatic regulation of sleep. The circadian system is like a 24-hour clock, telling the body things such as when it's time to eat, time to wake up, or time go to sleep. Homeostatic regulation is affected by factors such as a child crying in the middle of the night, or whether a person has slept too much or too little.

The two systems work together to control sleep. Ms. Cavalcanti's study is the first to analyze how impairment of these two due to stroke affects the patient. She compared 22 chronic stroke patients (defined as having had their stroke injuries for more than six months) with 24 healthy subjects.

"The results suggest impairment of the sleep-wake cycle in stroke patients is caused mainly by their decreased level of activity due to stroke injury," Ms. Cavalcanti says. "We suggest it also decreases quality of life."

To measure quality of life, the researchers used standardized questionnaires focused on eight indicators: physical functioning, physical limitations, pain, general overall health, vitality, social life, emotional well-being,

and mental health.

In each category, the stroke patients scored significantly lower than the healthy control subjects—as much as 81 percent lower in some cases.

Ms. Cavalcanti presented these findings at the American Heart Association's 2011 International Stroke Conference, held in February in Los Angeles.



Photo from Stock.XCHNG

According to a student-led research study, sleep problems can affect a patient's ability to regain full physical and mental functioning. The study is the first of its kind.

MEDICAL MISSION TRIP TO BRAZIL

By LARISSA MOORE
DPT Student

Spring break, 2011, I had the opportunity to participate in a medical mission trip to Brazil and use my physical therapy skills to help the locals alleviate pain and regain normal function.

At the first village, I treated a woman who's symptoms followed a piriformis syndrome referral pattern. I initiated stretching along with contract-relax techniques to relax the tightened piriformis muscle. Immediately following the techniques, the patient noticed that the pain had left from her buttocks and leg. I taught her some exercises and stretches to do at home and she left happy and pain free.

In another village, I was asked to treat a woman who was experiencing low back pain. After a quick evaluation I found that her left pelvis was rotated and she had a slight leg length discrepancy. I performed muscle synergy which realigned her pelvis and leg length and alleviated her pain. With help from an interpreter

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Children living in villages along the Amazon River receive treatment from SAHP students and faculty



ONE Bottle at a Time



By HEATHER REIFSNYDER
LLU TODAY Newspaper

Thanks to an idea born under a mosquito net, the simple act of recycling one's beverage containers with the School of Allied Health Professions will help both the Earth and Haitian orphans. The school is entering its second year of the recycling program, with all the proceeds benefiting the 60 children whose lives depend on the orphanage Venez Enfants et Vivez Mieux—Come Children and Live Better.

Following earnings of more than \$2,200 during last year's pilot program, the school begins this new academic year with a goal of \$10,000, according to Everett Lohman III, DSc, professor of physical therapy. He hatched the idea of a recycling program that would fund local and global outreach projects, with the money to be managed by both the school's student association and the spiritual life and wholeness committee.

Upon traveling to Haiti this past May to help rehabilitate earthquake victims at Hopital Adventiste d'Haiti, Dr. Lohman visited an orphanage run by a man, Frantz Bastien, whom he had met on a previous trip in May 2010. A member of Mr. Bastien's family had been treated at the hospital.

After returning from the orphanage, Dr. Lohman pondered the experience that night under his mosquito net. "The beautiful children with their bright smiles, bright clothing, and sad eyes had my heart within moments of me stepping foot into the orphanage," says Dr. Lohman. "I knew that once I walked out of the orphanage and returned home, I could not



It's precious faces like these that benefit from the school-wide recycling effort.

simply forget the great need that I saw."

From his cot, Dr. Lohman emailed Dr. Craig Jackson, dean of the school, with a new plan. The dean, the faculty and the students quickly came behind the idea of directing all the recycling proceeds to the orphanage.

Visitors to the orphanage will notice what Dr. Lohman found all too glaring upon spending time there. The children only eat two meals per day, going hungry at lunch. The boys live inside a raggedy tent, sleeping on the ground. The girls, who have a room with too few beds, sleep sideways in their bunks to accommodate more than one person; still, some have

...continued from previous page

I showed her how to perform the treatment at home, and instructed her to perform it when the symptoms reappeared. After the treatment she was so grateful that her pain was gone.

I spent some time instructing many men in proper body mechanics and emphasizing the importance of using these tools to prevent pain and injury. In Brazil, a high percentage of men experience low back pain due to improper lifting techniques and a life of hard labor. Unfortunately, many in this culture see the motions of proper lifting mechanics as feminine in appearance, deterring many men from performing them due to fear of ridicule. Therefore, it is very important that these individuals stretch on a regular basis at the day's end. With the help of an interpreter, I explained and demonstrated stretches that would help to alleviate their specific type of back pain.

Because of this mission trip, my eyes were opened to the immense need for physical therapy in all areas of the world. Answering the call to go and be the tangible hands of God is the most helpful thing that any of us can do.



"I think a lot of times we don't feel like we can make a difference in the lives of others unless we are physically present, but this project shows that even from across the world we can help nurture these children and give them hope for a future."

Before school started, incoming physical therapy and occupational therapy students heard from Dr. Lohman during their orientation—resulting in an overflow of recyclables in the physical therapy research lab waiting for pickup even before the school year officially began.

The student association officers have also gotten involved to help motivate their peers into making this a movement, says Ms. Thomas, who is community-service vice president.

On the first day of school, September 26, the student association presented the goal to the allied health student body. The officers are now planning ways to remind everyone to stay involved.

There are roughly 500 orphanages in Haiti. "The need is so great that I simply cannot begin to get my head around this daunting task," says Dr. Lohman. "At this time we have chosen to only focus on one orphanage; perhaps this can expand as our recycling program expands."

Ms. Thomas has faith the program will succeed. "I really believe this is a unique opportunity for the student body," she says. "Although the proceeds from one bottle seem insignificant, when we unite we can expect to truly make a difference."

The recycling program is able to raise money not only through the redemption value of glass, plastic and aluminum, but also through the recycling bins themselves, which double as three-dimensional billboards for local businesses.

By partnering with the nonprofit organization Recycling Hope, run by local businessman Jay Anthony, the school only has to worry about filling the bins. Recycling Hope coordinates the advertising, picks up the recyclables, and returns almost all the money to the School of Allied Health Professions.

Loma Linda University was the second university to join in partnership with Recycling Hope, which continues to expand its presence on campuses of higher learning, as well as other organizations.

Photos by Everett Lohman



Dr. Lohman with children from the orphanage which he calls "ours"

ng effort taking place on the LLU campus

to sleep on the floor. The schoolroom has a tarp roof and dirt floor. Before the earthquake, there were three teachers for all the children. Now, there is one.

Occupational therapy student Sarah Thomas heard about the devastating conditions in Haiti and saw pictures of the orphanage. "Heart-wrenching," she says. She wanted to help but didn't know how, as a full-time student, she could.

"When I realized helping these orphans was as easy as donating plastic water bottles—something we all regularly use and don't think twice about throwing away—I was ecstatic," Ms. Thomas says.

STUDENT ASSOCIATION "GAMES EVENT" ON SEPTEMBER 28

Photos by Art Kroetz



Student competes against another team at a game of "Kick The Tire" on the field at the Drayson Center.



A line of students participate in a teambuilding game of "Pass The Hoop."



Ready, Aim...knock over the plastic bowling pins with water guns!



Cheerfully celebrating a team's worthy victory!



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❧ IRA Rollover Gifts ❧



Charitable Giving Through Individual Retirement Accounts



Congress recently changed the rules for charitable gifts made from IRAs. If you are over age 70½, the Federal government now permits you to rollover up to \$100,000 from your IRA to charity without tax!

To learn more about an IRA charitable rollover or other IRA gifting strategies, visit www.llulegacy.org or call Bud Sanders at (909) 558-4553.



Martha was a retired county administrator and a volunteer for her favorite charity. Martha's retirement plan with the county had grown substantially and she had almost \$450,000 in her IRA. Since Martha had all of the income she currently needed, she decided to make a gift of \$2,000 from her IRA to her favorite charity. It was easy for Martha to make the gift and she liked the fact that she could help her favorite charity without increasing her taxes.