



LOMA LINDA  
UNIVERSITY

School of Allied  
Health Professions

WINTER/SPRING 2017 | 14TH EDITION

# THE LINK



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# THE LINK

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# Letter From The Dean

» Dr. Craig Jackson



If you did not attend our Homecoming Weekend, March 2-5, you missed an historic event. For the first in the University's history, all eight school came together to celebrate and affirm our history and mission of service.

There were family events Thursday evening; Friday was a series of continuing education events; worship services Friday evening and Sabbath morning. Of course, the most fun I had was meeting and greeting alumni.

Each dean spent time at the Centennial Complex on Thursday where we met with our alumni--some of whom had not returned to campus in 30 years!--hearing the stories of their lives and celebrating the successes they've achieved since graduation.

I must admit I had a great time; and so did our alumni. So many said what a great time they had and they will return next year. Don't miss out! I look forward to seeing you next year.

A handwritten signature in black ink that reads "Craig R. Jackson".

Craig R. Jackson, JD, MSW



# LLUH ONE Homecoming 2017

## Research Exhibition: March 2 - 3

Loma Linda University Health has a thriving community of researchers and a rich and interesting history of research. On Thursday and Friday of Homecoming weekend our school, along with other schools, institutes, and centers on campus participated in showcasing the wonderful research happening across LLUH. The 4th floor of Centennial Complex was filled with poster presentations, oral and video presentations, a mini-museum of discoveries and much more. Over the course of two days, SAHP presented 38 posters and two oral presentations.



DPT faculty poster presentation on a Skills Integration Lab

## Homecoming Kickoff: March 2

For many, Homecoming officially started as they experienced the Kickoff on Thursday night. Alumni and students, faculty and staff, family and friends joined together in a large tent structure on the Drayson Center super field to enjoy games sponsored by school groups as fundraisers, listen to great music performed by alumni, students, faculty, and The Wedgwood Trio, and eat delicious food like baked potatoes with grilled corn and fresh tamales. All alumni received a gift, and graduates within the last ten years were granted admission to a special tent, where they experienced educational virtual reality games presented by our Information Services department.



Faculty and staff take a selfie with Dr. Jackson at the SAHP booth

## Continuing Education: March 3 & 5

SAHP sponsored continuing education courses on Friday and Sunday. We invited prominent speakers such as Lanny D. Butler, who did a two-course series on Dementia, Dr. Roger Clemens, whose topic was Functional Foods, and Dr. Ethan Kreiswirth, who presented the RockTape Physical Therapy method. We also had several speakers from our own community of faculty and alumni.



Functional Foods continuing education course



# LLUH ONE Homecoming Cont.

## School Tours: March 3

Nichol Hall, which has a rich and proud history, and is home to the newest campus statue 'This Is the Very Place', had the pleasure of receiving several guests of the University tours. They were pleasantly surprised by the beautifully arrayed food put on by the Nutrition & Dietetics department in the Research Kitchen. The SAHP School Tours, which were given at intervals throughout Friday afternoon, included historical information and photos, enlightening Nichol Hall's past as the first LLU hospital.



## Awards Ceremony: March 3

This year we honored our award recipients in an intimate gathering, specially designed to set them apart and give their accomplishments the proper time to be shared with their colleagues, friends, and family. Each of our 11 departments honored a Distinguished Alumni and Rising Star, and this year two individuals received the Alumni of the Year award. The Dean as our emcee gave the event a distinguished yet intimate air, as he described the unique background and accomplishments of each of the award recipients. He also spoke of the significance of the ONE Homecoming events before congratulating all the recipients.



## Sabbath School & Church: March 4

The Drayson Center was the perfect setting for our Sabbath School and Church services. The very full house enjoyed the parade of flags before the sermon by Pastor Randy Roberts, and an amazing vocal choir filled with alumni and local church members gathered by PT faculty, Nicetta Davis, and conducted by our very own Dr. Jackson. The congregation was blessed by the benediction, our faculty and students from the CMSD department signed the words as N&D faculty member, JeJe Noval, sang The Lord's Prayer.







### 5K Fun Run: March 5

One-hundred and fifty people (see above) participated in memory of Physical Therapist Assistant Matthew Lynn Schrader of SAHP and Dr. Sam Soret of the School of Public Health in our inaugural Homecoming 5K Fun Run. The proceeds will benefit the funds opened in their honor. To learn more about the funds, contact Tiffanie Haynal at [thaynal@llu.edu](mailto:thaynal@llu.edu).

# SAVE THE DATE

ONE Homecoming

March 1 - 4, 2018



Marilyn Davidian | Alumna of the Year



Steven D. Newton | Alumnus of the Year

## AWARDEE LIST

### Rising Stars 2017

**Sarah Murphy** | *Cardiopulmonary Sciences - Respiratory Care*

**Stephen Bishop** | *Clinical Laboratory Sciences*

**Karina Vega** | *Communication Sciences & Disorders*

**Gina Martinez** | *Health Informatics & Information Management*

**Kendra Graham** | *Nutrition & Dietetics*

**Alexandria Robinson** | *Occupational Therapy*

**Andrew Goley** | *Orthotics & Prosthetics*

**Dustin Willis** | *Physical Therapy*

**Megan Carter** | *Physician Assistant*

**Genessa Gesler** | *Radiation Technology*

### Distinguished Alumni 2017

**Anthea Gibbons** | *Cardiopulmonary Sciences - Respiratory Care*

**Katherine Davis** | *Clinical Laboratory Sciences*

**Tamara Keck** | *Communication Sciences & Disorders*

**Michael La Frano** | *Nutrition & Dietetics*

**Penny Stack** | *Occupational Therapy*

**Jeana Oldham** | *Orthotics & Prosthetics*

**Courtney Maciel** | *Physician Assistant*

**Aimee Gallegos** | *Radiation Technology*

### Alumni of the Year 2017

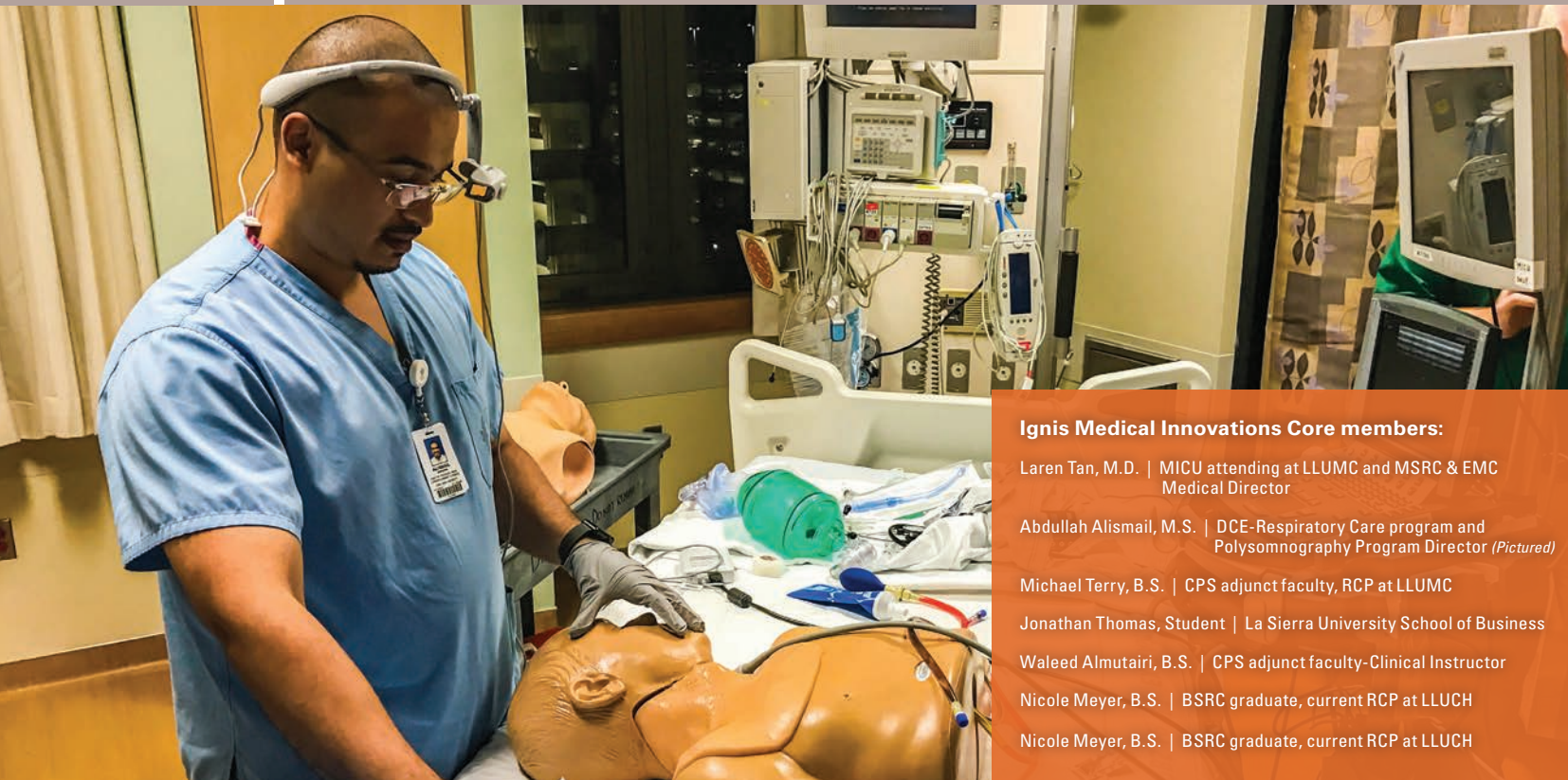
**Marilyn Davidian** | *Health Informatics & Information Management*

**Steven D. Newton** | *Physical Therapy*





# CARDIOPULMONARY SCIENCES



## Ignis Medical Innovations Core members:

Laren Tan, M.D. | MICU attending at LLUMC and MSRC & EMC  
Medical Director

Abdullah Alismail, M.S. | DCE-Respiratory Care program and  
Polysomnography Program Director (Pictured)

Michael Terry, B.S. | CPS adjunct faculty, RCP at LLUMC

Jonathan Thomas, Student | La Sierra University School of Business

Waleed Almutairi, B.S. | CPS adjunct faculty-Clinical Instructor

Nicole Meyer, B.S. | BSRC graduate, current RCP at LLUH

Nicole Meyer, B.S. | BSRC graduate, current RCP at LLUH

## Innovations in Medical Research and Cardiopulmonary Sciences

» By Abdullah Alismail

The research collaboration between our Cardiopulmonary Sciences Department and the Loma Linda University Medical Center is called Ignis Medical Innovations (IMI). This research team participated in a significant and unique research project with La Sierra University – it involves the use of “Augmented Reality Glasses” in the medical field.

Loma Linda’s IMI group members consider themselves blessed to have a strong collaborative relationship with the La Sierra University School of Business. This research team developed a proposal for the medical use of Augmented Reality and submitted it to the electronics company Brother-USA. The proposal was approved, and they received 5 Augmented Reality Glasses from Brother AirScouter to use for research. Currently, they are looking at investigating the use of such technology in medical education and potential clinical settings. Two projects have already been created out of this: 1) The use of Augmented Reality Glasses in Intubation, and 2) The use of Augmented Reality in Central Lines.

The goal of the Ignis Medical Innovations research group is to spark medical innovation ideas throughout Loma Linda University. We have a wide variety of fields here at the School of Allied Health Professions where inter-professional collaboration can be achieved with such projects. IMI believes that LLU can, and should be, a hub for such products and potential research studies, helping to enhance the future of the industry.

In addition to this collaboration with Brother and La Sierra’s School of Business, IMI was able to lead and receive a \$250,000 grant from Risk Management for Project Encompass. The project is an interdisciplinary collaborative project with many departments at LLUH. CPS, one of the participants, will be receiving around \$60,000 from the total amount through the EMC program (Brendan Gongol, Ph.D.). Twenty-thousand of the total amount will go to the IMI group, represented by Abdullah Alismail and Laren Tan, as part of the project participation and leadership.

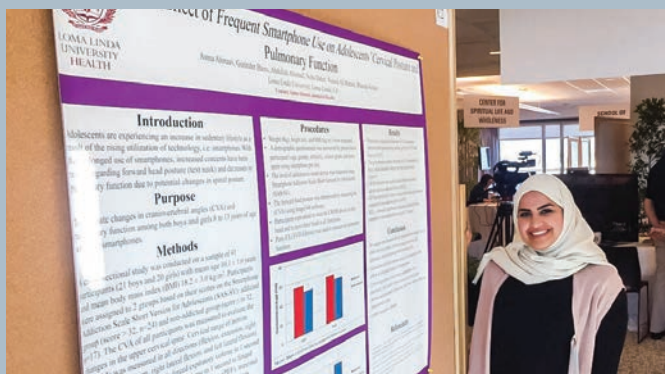




## CPS Shines at Homecoming Research Poster Presentation



The CPS Department earned high praise for presenting 12 studies at the 2017 Homecoming Research Poster Display. They are especially proud of their recent graduate, Nicole Meyer, B.S., who presented three abstracts there, including “Sleep Disorder Breathing Assessment in Low Socioeconomic Status Patients,” “College Student Perception on Medical TV Shows,” and “Socioeconomic Stats and Pulmonary Function Testing in a Mega Health Fair Clinic.”



In addition, our CPS Department has had a successful collaboration with our PT Department, as evidenced by another abstract in the CPS Research Poster Display. Asma Alonazi, a Doctor of Science Candidate in Physical Therapy, was able to collaborate with CPS related to her doctoral study. Her abstract was entitled, “The Effect of Smartphone Use on Children’s Upper Posture and Pulmonary Function.”

## NEW ON THE TEAM



**Laren Tan** is a physician with a keen interest in organizational workflow and its impact on work quality and health care. His primary focus in pulmonology is severe obstructive airway lung diseases such as refractory asthmatics and chronic obstructive pulmonary disease

patients. He has been very active in clinical and translational research and is the recipient of an NIH clinical translational science center (CTSC) grant, two graduate medical education grants, and one University of California grant to improve patient communication and the prevention of hospital wide infections. Laren has also worked with investigators from the School of Medicine and the College of Engineering at UC Davis to develop and test a novel breath device that measures flow volumes and exhaled biomarkers to aid in improving care for patients. He is also the recipient of two grants from Loma Linda University’s Board of Trustees to decrease hospital pressure ulcer rates and mitigate litigation risk from pressure ulcers acquired in the hospital. Lastly, he has great vigor for roles that impact patient health care and education; as a result he was the liaison for Breathe California, health advisory committee and served for two years on the California Medical Association (CMA) House of Delegates, district XI. He continually seeks to expand his current interests, research focuses as well as promote ideas that innovate and advance patient care.



**Lorely Sanchez** joined the Cardiopulmonary Department in November 2017 as the Administrative Assistant. Her past experience includes working with Hilton hotels and LLU School of Medicine Alumni office and the Advancement and Development office.





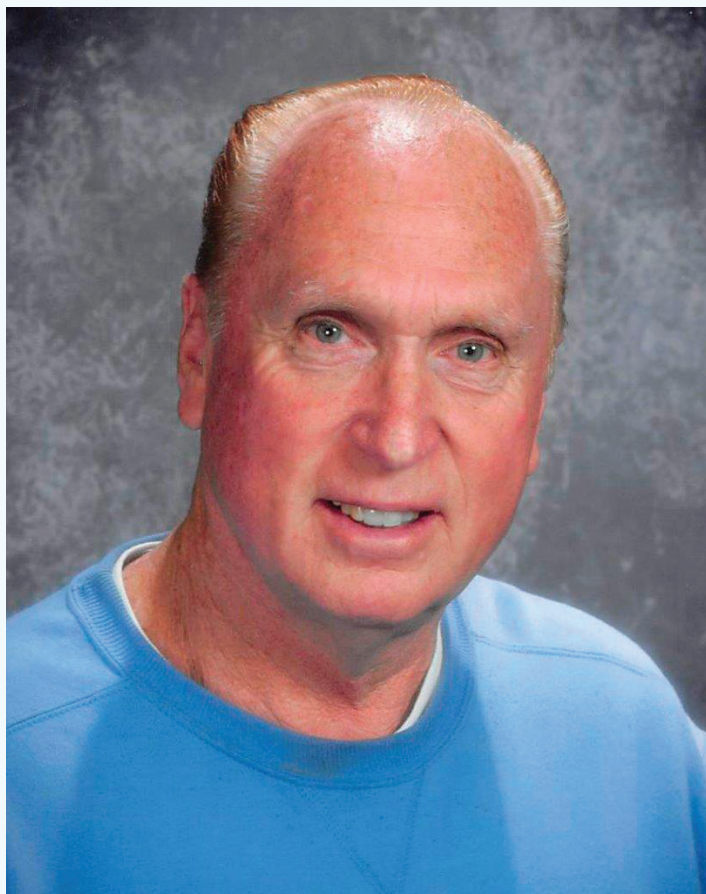
# CLINICAL LABORATORY SCIENCES

## Saying Goodbye

**John Haines**, CLS and RT alumnus from 1957, was born in Santa Monica, California, to a homemaker and a Prudential Insurance agent. His college life began in 1952 at La Sierra University. He had dreams of being a physician, but after working long hours while attending La Sierra, he realized he wouldn't be able to afford it. While in school he met Janie Short, also a student, who was working in a laboratory. She introduced him to the clinical laboratory and the interesting things that went on there. It didn't take long for him to fall in love with the laboratory and with Janie. They married in 1954 and John (Jack) began his prerequisites and training in Medical Technology at the College of Medical Evangelists (now Loma Linda University) and the White Memorial Hospital in Los Angeles. He completed his B.A. degree in Clinical Laboratory Science here in 1957, as well as completing an undergraduate degree in Radiation Technology at LLU.

John accomplished much in his 50-year-plus career, including designing and setting up laboratories in North Kern County, Colorado, Tennessee, Arizona, and in the mission field of Jamaica.

As a lifelong learner, he completed a Master's degree in Management at San Francisco State in 1988, as well as earning a PhD in Immunology and Radiation Medicine from Columbia University in 1990, all while managing a busy laboratory. After retiring from his position as Immunology Supervisor at LLU Medical Center in 2001, John went to work for SmithKline Laboratories. Upon his retirement from there, he moved to northern California and taught Anatomy and Physiology, Immunology, and Microbiology at Weimar College. He received the School of Allied Health Professions "Alumnus of the Year" award in 2003 for his many contributions to the profession. Many students owe their passion for medicine and science to



him. He inspired them, and many went on to laboratory and medicine careers because of his influence. John would always take time to answer questions and to show students how exciting it was to look into the microscope.

John passed away January 26, 2017, leaving behind three daughters, Connie Chun SN '79, Teri Ross SAHP-CLS '82 and LLU Faculty, and Christine, a veterinary assistant. Those who knew John will miss his enthusiasm and energetic spirit.





## Saying Goodbye

» By Rodney Roath

**Richard Daniel Roath (Dick)** was the oldest of three children born to Wes and Vicky Roath in Denver, Colorado on October 27, 1932. In the early days, Dick worked as a mortician's assistant, gun shop clerk, wedding photographer and x-ray tech. He operated the first mobile x-ray unit for the Montana State Board of Health, driving the truck to local communities to perform public TB screening. He married Donna Jean McKinley in 1956 and worked as a Med Tech at St. Vincent's Hospital in Billings, Montana from 1957 to 1961. Dick then got his national ASCP certification and moved to Denver where he worked at Porter Memorial Hospital.

Not long after, in 1962 Dick and Donna were called to work at a small community hospital in Tempe, Arizona. The lab was located in a small outbuilding in the parking lot of the hospital where the techs scrambled around during every rain storm to put sand bags around the outside of the lab so they wouldn't be flooded. They seemed to have a problem with operating centrifuges and microscopes while standing in water! This young man from the Northwest was delighted to find that the deserts of the Southwest were not the endless dunes of sand he had imagined. Instead, they were filled with rock formations surrounded by scrub and cacti, many of which had beautiful flowers. Together with the wildlife, these were the subjects of many of his pictures, whether in full daylight or at sunset.

In 1967, Dick and Donna were called to be some of the first staff in Loma Linda where they had just built the most amazing hospital. He was intrigued by the fact that, nine stories tall, it featured 3 round towers built separately with cushions in between, with the nursing stations in the middle so they had equal access to all patients. One day, Dick was startled by the unfamiliar sound of large glass jugs filled with alcohol and other chemicals clinking against the cans of ether in cabinets with glass doors, as he experienced his first earthquake. He was so glad to be in the most technologically advanced, earthquake safe hospital around!

Dick's experience and national certification with ASCP were not sufficient for licensure in California, so he went back to school to get his degree from LLU where he later served as faculty for many years. Dick became



a supervisor in the lab and then went to CDC in Atlanta for intensive training in Parasitology which he, in turn, taught to many classes of CLS students. He remained active in his professional life outside the laboratory as well. He was a charter member of the California Society for Medical Technology and served as president of the Loma Linda University Medical Technology Alumni Association, as well as maintaining membership in other professional organizations.

Dick retired in the late 1990s but he was also a life-long scholar at work, at school and at home, constantly studying his dozens of versions and translations of the Bible along with his other favorite topics. Dick always enjoyed books, then computers and eventually smart phones, with which he could not be separated. Dick had many hobbies from leather craft and wood working to camping and more photography. Dick also loved music, whether classical or popular, he loved God and he loved his church where he served as deacon, elder and church clerk, as well as Pathfinder leader and counselor.

Dick passed away suddenly on March 29, 2017, leaving behind his brother and sister, his loving wife of 60 years, his son Rodney and Rodney's wife Donna, his grandsons Brian and Christian and Brian's wife, Mariela as well as other relatives and friends all over. Three-and-one-half weeks later, Dick's wife Donna Jean also passed away with family present.





## HANGZHOU, CHINA

August 17 to September 2, 2016

"The most important lesson that I learned on this trip was that it is not the credentials after our names that will define us; it is the actions that we do for others every day that will define who we are," said alumna Brianna Mitchell, M.S., CFY-SLP. Her thoughts are representative of the feelings experienced by both the visiting Americans and the Chinese professionals working at the Zhejiang University Children's Hospital (ZUCH), with whom CMSD has developed a partnership since 2013.

The missions group from the CMSD Department was led by Terry Douglas, PhD-SLP and Janine Benner, M.A., CCC-SLP. Their team visited the children's hospital in Hangzhou, China, from mid-August to the beginning of September last year. They were there to provide as much help as they could in a country where Speech Language Pathologists are severely lacking – estimates say there are fewer than 1,000 of them in all of China, with only four universities in China offering graduate level

programs in Speech Language Pathology. Considering the Chinese population is in the billions, this service-learning project was able to fill some part of what is obviously an enormous need in that country.

In order to fulfill the goals of this Missions Project, both CMSD faculty and graduate students provided training workshops and education to doctors, nurses, rehabilitation therapists, teachers, and parents. They instructed them in the areas of assessment, treatment, and long-term care of speech and language disorders in children, as well as providing clinical consultations and interdisciplinary collaboration with many of the other ZUCH departments. "We are highly touched by the standardized protocol and treatment, humanistic care for the patients and family, and this is what we should learn to do better in the future for our patients," said Zhang "Annie" Welfang, Vice President of the Zhejiang University Children's Hospital. The visiting CMSD team also reached

"I learned it is not about what you bring, but also what you are able to learn from peers/colleagues." Michelle Pfirrmann, B.S., Graduate student 2017.



out to local special education centers and schools with their training and skills.

“People are often influenced by others in their lives...now I know the most important thing is to show love, care, and faith in the children and their family, and to treat each child as a whole person,” said Dr. Jianping “Janice” Wang of the Outpatient Rehabilitation Department at the hospital. However, the learning was not just one-sided – the CMSD team was also there to be educated by their service-learning experience, which led to positive outcomes.

“This trip was an invaluable experience that afforded me great personal and professional growth and I am eternally grateful for the lifelong memories and friendships.”

- Lakshmi Vijanderan, B.A., Graduate Student 2016.

After returning to the U.S., faculty from the CMSD department had the opportunity to present a significant and educational poster related to their China Missions Project at the ASHA Convention, which took place from November 17-19, 2016, in Philadelphia, PA. This annual conference of the American Speech-Language-Hearing Association gave our CMSD faculty the chance to inform their colleagues from across the country about the amazing work their department is doing in conjunction with the Zhejiang University Children’s Hospital in China.

The entire China Missions Project team will never forget the mutual benefits attained by their work there. Catherine Rowell, M.S., CFY-SLP, also an alumna of the CMSD program, summed it up like this: “I came back, not as the same person, but as one who will be forever enlightened and touched by the beauty I experienced in this country. There are simply not enough words in our language to describe the gifts I received.”



Lakshmi Vijanderan connects with a young patient



Students Lakshmi Vijanderan and Karina Vega provide training to staff at Outpatient Rehab Clinic





# HEALTH INFORMATICS & INFORMATION MANAGEMENT

## The Advocacy “Ask”

*Gina Martinez, a Health Information Administration student in the senior class of 2017, currently serves as a member of the American Health Information Management Association (AHIMA) Student Advisory Committee. She was chosen to accompany state and national leaders on an advocacy trip, known as Hill Day, to Washington, D.C. Gina shares her experience in the article below. Gina also received the Health Informatics and Information Management Department’s 2017 Rising Star Award.*

Traveling to Washington, DC, to experience AHIMA’s Advocacy Summit and Hill Day (March 27-28, 2017), I was excited, but nervous. By the time I left, two days later, I felt motivated. On the first day of the event, the Advocacy Summit was filled with presentations by industry leaders, from AHIMA President/Chair Ann F. Chenoweth, MBA, RHIA, FAHIMA, to Deven McGraw, JD, MPH, Deputy Director of Health Information Privacy at the US Department of Health & Human Services Office for Civil Rights. Hearing them speak about the HIM topics I learned in the classroom made those topics come to life and helped bridge the gap between the textbook and the workplace. During a panel discussion, AHIMA members discussed past Hill Days and what keeps them coming back. Each speaker lit up and you could hear the passion in their voice when they talked about Hill Day.

The next day, I experienced Hill Day first-hand for the first time. Being in the Hart Senate Office Building on Capitol Hill was an honor all its own, as I walked past the doors of the Senators who work to make a difference in our lives every day. My state delegation’s appointments that day included meeting with the health legislative aides in the offices of my California Senators, Dianne Feinstein (D-CA) and Kamala Harris (D-CA).

In our meetings, we thanked the senators for recently passing the 21st Century Cures Act, an issue important to AHIMA, as it calls in part for increased interoperability with electronic health records, and we discussed current challenges related to patient matching. I listened as delegates gave their personal testimony on how difficulties with patient matching have affected them at their workplace. In advocacy, you need to go to your member of Congress with a clear idea of the action you



Gina Martinez, far right, with colleagues at the State Capital

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“Hearing them speak about the HIM topics I learned in the classroom made those topics come to life and helped bridge the gap between the textbook and the workplace.”

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want them to take. I learned this is called the “ask.” Our ask was to clarify that the US Department of Health and Human Services can assist private-led initiatives in strategizing ways to improve patient matching, which is currently prohibited by law. They took notes, took our business cards, and showed interest in working with us for the benefit of patients.

My experiences at the Advocacy Summit and Hill Day have inspired me to get involved in advocating for our profession. It is important that students and new professionals recognize we are the future of HIM and that we can use our voices to initiate change. Every representative we met with on Hill Day was aware of AHIMA and understood that health information is a key factor in improving patient safety and quality of care.

It is up to us to ensure they continue to do so, by being actively involved in advocacy for HIM.



## BONG-TI & BANGKOK, THAILAND

December 19 - January 2, 2017

*Eleanor Boutte, a senior Health Information Administration student, joined a team from the School of Allied Health Professions for a Thailand Mission trip. Eleanor shares her story below. Eleanor is also the recipient of a 2017 Margaret B. Jackson Scholarship.*



Eleanor Boutte, middle, with Cha-lor (left) and Cere-one

What a blessing it was to meet the wonderful people of Thailand. Our mission trip to Thailand with SIMS started out with the hope and love of helping others; but throughout the entire mission trip, which took place from December 19, 2016 to January 2, 2017, it was our group that received hope and love constantly. From the Loma Linda team/family who set out to provide service – to the strangers walking in the markets selling goods – nothing but goodness, friendship and love were received from the people of Thailand.

Our first mission was spending two days at The Bamboo School located in Bong-Ti, a village in the Sai Yok district in Thailand. The Bamboo School is an orphanage for children, founded and run by Catherine Riley-Bryan (they call her MoMo).

*“Spending time with all the children in the orphanage is a memory of a lifetime, which confirmed the belief that God is everywhere.”*

There we had the opportunity to meet all the children Catherine cares for with the help of the older children who live at the orphanage. We each became temporary parents for whichever children chose us. We had to care for them and make sure they had meals, as well as seeing that

they were up on time for school in the morning, bathed, dressed and ready for the school bus.

I was chosen by Cere-one, a beautiful 17-year-old girl who helps MoMo with a 6-month-old baby girl named Cha-lor, whose Mom passed away during childbirth. While the children were in school, we set out to the village, where we performed clinic visits for the people who are homebound and too far from the city healthcare clinics.

For the next couple of days we set up a mock clinic with Asia Pacific International University (APIU) – and Bangkok Adventist Hospital – with three physicians and our team. Excitedly, I was able to set up the front “office”, manage the flow of patients, and receive chief complaints. I also took the patients’ weight before they received medical services from the rest of the team. Everyone was inviting and welcoming of our services. The people of Thailand are so kind, gracious and warm.

We then spent a day at an AIDS compound visiting with the people suffering from the disease. We talked with them, held hands, gave massages, and became friends. We all sang and enjoyed a happy day; they are a very happy and joyous people, and they welcomed us into their privacy with open arms.

I will never forget the people I met – and their smiling faces! We are here for a purpose, and one thing I have learned through this mission trip to Thailand is that sometimes our purpose is not what we think it is.





# NUTRITION & DIETETICS



Students in Medical Nutrition Therapy course walk to LLUMC for lab

## Carrying on the Tradition of Coordinated Programs

» By Cindy Kosch

Nutrition and Dietetics Coordinated Programs in the United States are overseen by the Accreditation Council for Education in Nutrition and Dietetics. Loma Linda University has one Coordinated Program with students at both the Bachelor's and Master's levels. Students may enter at the junior year and, at the completion of their senior year, graduate and be able to take national boards to receive the credential of Registered Dietitian Nutritionist. Students may also enter a Master's program to complete the Coordinated Program. The School of Allied Health Professions accepts students who want an emphasis in Medical Nutrition Therapy into the MS in Nutrition and Dietetics coordinated programs.

If the desire of the applicant is to focus on Public Health/Community Nutrition, they may be accepted into the School of Public Health's MPH in Nutrition, Track II

(Coordinated Program in Dietetics). Upon graduation, they are also eligible to take national boards. (In 2024, entry-level will only be available at the Master's level.)

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"The desire to receive training at the hospital across the street is expressed by many."

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Being a Coordinated Program means that the didactic coursework is "coordinated" with 1200 hours of supervised practice. There are five Domains in which knowledge must be gained and competency shown (see facing page). Various education techniques are utilized in the classroom to assist in the acquisition of knowledge by the N&D students. Some competencies are met by



laboratory activities associated with courses. However, a large proportion of the required 1200 supervised practice hours are obtained when students are trained by preceptors at facility sites – thus the coordinated program. Most contracted facility sites are in southern California, but some are out of the area and require travel and living arrangements to be made while off-campus.

Having a university medical center on campus is one reason a number of students choose to attend Loma Linda University. The desire to receive training at the hospital across the street is expressed by many. There are some students who are accepted into affiliations there, but all students spend a number of laboratory hours at the hospital while taking several courses at LLU. Being able to read charts, assess nutrition status, and interview patients enables students to become competent professionals.

This combination of coursework, coordinated with supervised practice with real patients, continues to be an invaluable tradition in the education of Nutrition and Dietetics students.

## Knowledge and competency Domains

- **Domain 1 | *Scientific and Evidence Base of Practice:*** Integration of scientific information and research into practice
- **Domain 2 | *Professional Practice Expectations:*** Beliefs, values, attitudes and behaviors for the professional dietitian nutritionist level of practice
- **Domain 3 | *Clinical and Customer Services:*** Development and delivery of information, products and services to individuals, groups and populations
- **Domain 4 | *Practice Management and Use of Resources:*** strategic application of principles of management and systems in the provision of services to individuals and organizations
- **Domain 5 | *Support Knowledge:*** knowledge underlying the requirements specified above

## National Honor Society Initiation Ceremony

» By Cindy Kosch

Monday evening, May 1, 2017, students in the Nutrition and Dietetics Coordinated Program gathered in the School of Allied Health Research Kitchen. They were preparing for the Phi Upsilon Omicron Spring Initiation ceremony. At 6:30 pm, the new initiates arrived, excited about being inducted. The program including readings and pledges, and the ceremony ended with the students receiving a pin representing “Phi U.”

Phi Upsilon Omicron is a national honor society in Family and Consumer Sciences that was founded in 1909. The Mission Statement reads “Phi Upsilon Omicron, an honor society in the integrated field of family and consumer sciences, offers an environment empowering lifelong learning, leadership building, and ethical and scholastic excellence.” A chapter of the society was established at Loma Linda University in 2012. The LLU chapter is composed of students from both the School of Allied Health Professions and the School of Public Health. Students who meet the scholastic requirements and related criteria are invited to join.

After the ceremony, dinner was served for members, friends, and family. Students expressed gratitude for the opportunity to be part of the society, as it provides opportunity for leadership and for getting to know others from various nutrition programs on campus. A sense of comradery with each other – as well as dedication to their profession and the university – was definitely palpable during the entire event.







# OCCUPATIONAL THERAPY

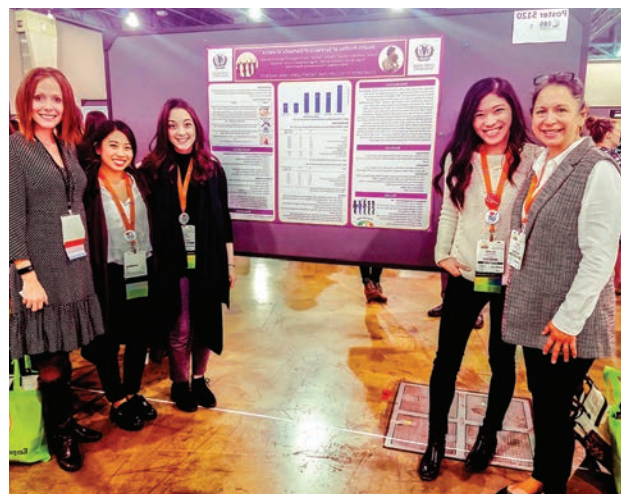
This April, the American Occupational Therapy Association celebrated its 100th birthday. Over 13,000 occupational therapy practitioners came together in Philadelphia to honor this event. The Occupational Therapy department represented our community well with 2 short courses and 8 poster presentations by faculty, students, and alumni. Sharon Pavlovich and Dr. Krpalek filled the room with over 500 people eager to learn about the Pavlovich Sexuality Questionnaire, and Dr. Roese shared her work in a community-based program for caregivers of persons with dementia. The posters covered a variety of topics, bringing the work of our MOT students to fruition, and sharing the following with colleagues: Microteaching, Technology, Health Profiles of Survivors of Domestic Violence, At-Risk Youth, Legacy Building, and Maternal Co-Occupations of Survivors of Domestic Violence.

It was an inspiring event, as we welcomed in our profession's 2025 vision: Occupational therapy maximizes health, well-being, and quality of life for all people, populations, and communities – through effective solutions that facilitate participation in everyday living.

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Interested in partnering in program development, community service, or research? Email Liane Hewitt at [lhewitt@llu.edu](mailto:lhewitt@llu.edu)

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## OT program to win award

The Department of Occupational Therapy has always been known for its strong service learning curriculum. Now they should not only be proud of the positive outcomes of their programs – they can also be proud that these programs are winning awards!

With the help of Dr. Clyde Stewart and his staff at the Westside Kinship Support Services in San Bernardino – including OT students who are now our alumni – a wonderful program was put together to support children and youth who are being raised by their extended families. Thanks to this program, the County of San Bernardino is receiving a 2017 Achievement Award from the National Association of Counties (NACO). The award falls under the category of “Children and Youth,” and is for the program titled “Kinship Supportive Service Program.” San Bernardino County will be presented with the award at NACO’s Annual Conference and Exposition in Franklin County, Ohio, on July 23, 2017.

Congratulations to everyone in OT who contributed to this program!



## Career Day - Recruiting future Occupational Therapists

The Class of 2018 Fieldwork II students, Hosea Huynh and Melissa Reynosa, participated in Career Day at Mission Elementary School in Redlands, CA. The first annual event was held on April 7th for students from Kindergarten through 6th grade. The children were so excited to participate in the various booths and asked our students great questions about OT as a career.







# ORTHOTICS & PROSTHETICS



## ZACAPATA, GUATEMALA

October 14 - 26, 2017

I had the most amazing experience on my trip to Zacapata, Guatemala at the Loren J Mallon Centro de Rehabilitación with the Range of Motion Project (ROMP). We were there for 10 days, seven of which we worked from sunrise to sunset – casting, fabricating, and fitting prostheses for individuals without access to proper health care. The patients were so grateful for our help, and no words can describe the connection we shared with them.

These people live far away in villages with no access to healthcare, and they were previously hopping on one leg to and from work every day – and for some that meant miles. To be able to help enhance peoples' lives by giving

back mobility is something I will look forward to doing for the rest of my life. Being a part of ROMP was the biggest blessing I have experienced since being at school, and I cannot wait to go back this year. The staff at ROMP treated us with the utmost respect, and they were there for us for anything we needed. I have celiac disease, so I cannot eat gluten/wheat, and they made sure every single meal I had was something that fit my dietary needs. This is something I was worried about, going into a third-world country without being fluent in the native language. But I could count on them for anything! I have made many friendships with memories I will never forget!






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"To be able to help enhance peoples' lives by giving back mobility is something I will look forward to doing for the rest of my life."

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# PHYSICAL THERAPY

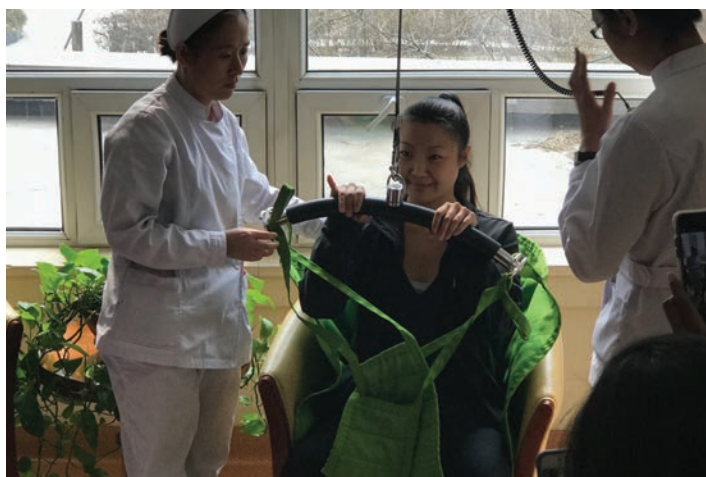
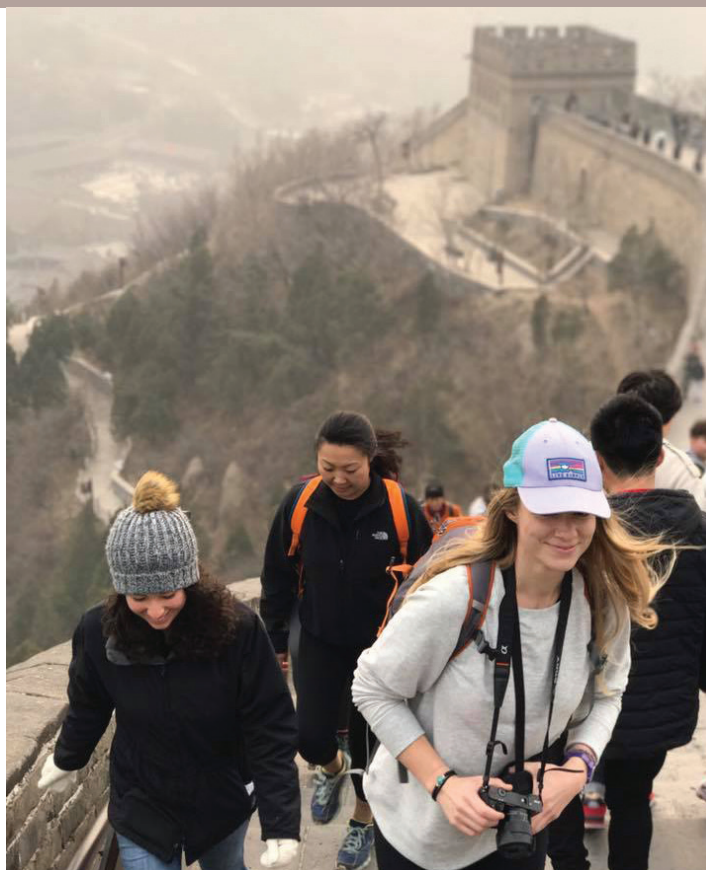
## BEIJING, SHANGHAI, & TAIXING, CHINA

March 17 - 26, 2017

Second-year DPT student Jasmine Jao worked with her father, a retired pastor who travels to various churches in China to preach, to plan a mission trip that would include working with students at a college, and also treating patients at a hospital and leprosy colony. While her father made arrangements in China, Jasmine organized the trip along with SIMS (Students for International Mission Service).

Two DPT faculty and eight 2nd-year students trained Chinese nursing students on bed mobility and transfer skills at Beijing Xinghua Health College. Then they treated patients in the PT department at Yanda Hospital in Beijing. The group also spent time at the Leprosy colony, assessing patients' needs for adaptive equipment, prosthesis, and wound care.

Pastor Jao was also interested in having the DPT group become good-will ambassadors to the Seventh-day Adventist Christians in China. The group met with four different SDA groups or Churches to sing and worship together. Since many church groups in China must meet in secret, Pastor Jao wanted them to engage with American SDA groups to encourage and uplift them as they face constant religious freedom challenges. "It's important for our people to interact with young American Seventh-day Adventist professionals," he said.







On Sabbath, they worshiped with church members in Taixing city and enjoyed a meal together. Then, on Sunday, they offered free physical therapy consultations and treatment to the church members.

In addition to seeing the sights like the Great Wall of China, the team visited an SDA Sanitarium in the mountains on the outskirts of Beijing, where holistic medicine is practiced. Patients come for detoxification using mineral waters, salt rubs, and mud baths. Future trips will also allow these patients to be treated by PT students.

“On Sabbath, they worshiped with church members in Taixing city and enjoyed a meal together.”



### Round Table International Therapy Scholarship Award

A \$3,000 scholarship was given to three PT students (\$1,000 each) on Thursday, January 26, 2017. It was funded by Excalibur Foundation with the representatives being Bill Mullooly, President (second on the left) and Robert MacIntyre (third from the right) with his wife Dr. Zaida Cordero-MacIntyre (far right).

The scholarship went to (left to right) Megan Shore, Madison Rhodes, and Naomi Van Setten – Myers.





# PHYSICIAN ASSISTANT

## Annual Siloé Christmas project

» By Yasmin Chene

It has become a tradition for the Physician Assistant program to support Siloé Ministries during the Christmas season, and this year was no exception. First and second year PA students, as well as faculty and staff, worked together to donate gifts to support this project, collecting almost 100 Christmas stockings, stuffed with toys, games, clothing and treats! The donations were transported to La Misión in Baja California, Mexico, and to alumna Sarah Mayer, PA-C, founder and operator of the nonprofit ministry.

Siloé Ministries is uniquely positioned to reach communities where Christmas celebrations are out of reach for many. Siloé Christmas Fiestas 2016 included events in four different agricultural and migrant farming communities in Northern Baja, where the families struggle to provide basic necessities for their children. During the Christmas Fiestas, families listened to the Christmas story, sang carols, received a hot meal, and food baskets. Games and crafts were provided for the children, and each child received a special gift.

Siloé Ministries is very grateful for the contributions from LLU and the many other supporters who helped them bless needy families during these Christmas outreaches. It takes dozens of volunteers and thousands of dollars to put on these events, and the support was tremendous. Thanks to the PA students who helped collect Christmas stockings, more than 200 children were blessed this year.

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For more information regarding Siloé Christmas Fiestas, or to support their current Wellness Center construction project, please visit their website at [www.siloeclinic.org](http://www.siloeclinic.org)

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## Retirement

On March 30th, 2017, the Department of Physician Assistant Sciences celebrated the many years of valuable contributions Frank Sirna, PA-C, had made to their programs. Students, faculty and administrators showed their appreciation during a gathering on the 4th floor of the Centennial Complex. After serving the PA department in different roles for nearly 17 years, Frank has decided to enjoy the fruits of retirement.

Frank was key in the brainstorming and initiation of the clinical phase of the PA Program in 2000 – establishing the first clinical sites, teaching core courses for the program, and assisting with the first PA program accreditation. After four years, he returned to clinical practice and served as a clinical preceptor for our PA students in pediatrics. He rejoined the core faculty team in 2010, and served as Didactic Director until his retirement. Throughout his different roles in the PA program, his colleagues knew him as a very committed faculty member. One of his peers states, “I remember Frank for his unwavering commitment and steadfast service to our program. He deeply cared for the success of the program, which was evident in everything he did – for our students, staff and faculty. He has definitely left a strong impression on us all and we will miss him.”

Students also remember Frank for his dedication and knowledge of medicine and the PA profession. They have good memories of the time spent in the classroom learning topics in clinical medicine and clinical skills. Without a doubt, Frank was an exemplary role model to many PA students.

The faculty, as well as the students, are very thankful for the opportunity to learn and work alongside Frank during all these years. As he begins a new journey in his life, the fruit of his hard work will be reflected in the lives of many generations of physician assistants.

Best wishes for a very happy retirement.

## Program to include missions in didactic curriculum

» By Courtney McConnell

One of the values of Loma Linda that attracted me to their Physician Assistant Program was the University’s dedication to mission work. As a PA student, I was the first from the program to travel to Guam for a clinical rotation, a time I will never forget.

Now, as a faculty member, I was recently blessed to continue this service-focused mentality through a mission trip to Mexico. Partnering with SIMS, we organized a group of PA faculty, students, and volunteers to conduct a health fair in August of 2016. After joining the local SDA church for morning worship, we set up workstations on the church grounds and assessed nearly 70 individuals over the course of 6 hours, treating those necessary with medications donated to our cause. The next day, we were able to visit children from a local orphanage before heading home, providing them with various items including medication, clothing, and toys.

This mission trip was an amazing and humbling experience. Due to its success, we will now be incorporating it into our didactic curriculum for all of our PA students. Our faculty will continue to look forward to participating in these mission opportunities for many years to come.







# RADIATION TECHNOLOGY



## Painting party rings in the holidays for the RT Department

» By Brigit Mendoza

As any student in the Department of Radiation Technology will tell you, the faculty and staff are one big happy family. You will often hear us laughing loudly in our offices, and our halls are always bursting with excitement. We usually choose to celebrate the holiday season with a lunch off campus, or a holiday party at someone's home. But for our December 2016 outing, we chose a painting party at Purple Easel in Ontario, CA! Our Department Chair, Dr. Laura Alipoon is an avid painter, and planned the fun outing for us. She selected a painting that was customizable for each person, and you can see the lovely

variation in all of our paintings. The whole department really enjoyed this event, as it was so fun to do an activity outside of Nichol Hall and enjoy each other's company. Because we loved the painting party so much, we have decided to go back for our 2017 summer retreat and paint a fun abstract American flag. It's so fun to work in a department where your colleagues are also your friends!



## Alumni Spotlight

Heidi Serrano Nichols began her career in Radiology as a US Army-trained Radiologic Technologist, and she served six years of active duty in this position. She graduated from LLU's BS in Radiologist Assistant program in 2009, and then completed a MS degree in Career and Technical Education from University of Wisconsin, Stout. Heidi is currently enrolled in an Educational Doctorate degree program, also at UW-Stout. Her dissertation will likely explore Emotional Intelligence as it relates to graduates finding jobs.

After graduating from LLU, she was the first RA to be hired at H. Lee Moffitt Cancer Center. Her job at Moffitt was extremely rewarding – for the first time in her career, she was taking care of patients that truly needed services! Heidi came back to our Department of Radiation Technology to teach in the RA program in 2012, and has since completely revamped the Patient Assessment and Comprehensive Review courses. Currently, she is the Virtual College Division's Advanced Imaging Program



Director at a Wisconsin Technical College. They offer online, post-primary courses that assist technologists looking to further their personal career goals. In 2016, their college was named the #1 online college in Wisconsin!

Among Heidi's many accomplishments, one of which she is most proud is being appointed by Governor Scott Walker to the Wisconsin Radiography Examining Board. This prestigious commitment runs from 2016 – 2020! Heidi is also very involved in the American Registry of Radiologic Technologists (ARRT) as a RA Essay Evaluation Committee Member and an ASRT RRA Curriculum Revision Committee Member. Heidi is also a wife and mother to two teenagers, and enjoys house boating vacations and helping her husband try to win a spot on the Great Christmas Light Fight TV show!



## ◀ Teigan-Rae Grace Torrez

Shani-Rae Denny Torrez has been the Senior Administrative Assistant for the Radiation Technology Department since 2006. She is a tireless advocate for our students, and always goes the extra mile for anyone in the department. Shani has gone on multiple mission trips with Rad Tech students, and during a trip to Haiti, realized that her dream of adoption could not be placed on the back burner anymore. Shani and her husband, Chris, began the process in the fall of 2015, and were blessed with a beautiful baby girl on July 19, 2016. Teigan-Rae Grace Torrez turned 1 on April 19, 2017, and they cannot imagine their life without her. Their adoption journey was completed on May 1, 2017, when Teigan's adoption was finalized during a special court ceremony! The Department of Radiation Technology is so happy for Shani's beautiful little family!





## Horses & Lambs, equine-assisted “funtivity” program

» By Heather Hebron-Roybal

Ever since I was little, I was fascinated with horses. My Little Ponies was my favorite show and any time there were pony rides I would ask my parents if I could please ride the pony. Finally, horses became a reality for me. My parents enrolled me in weekly lessons and it was off to the summer Olympics (or at least in my mind it was, as I trotted around the arena on a lead line). As I got older, my love and respect for horses only grew.

As the years went on, I continued my equine education with different trainers, worked as a horseback riding instructor, and rehabilitated rescue horses. One day, I was given an incredible opportunity to work with special needs children while they rode horses. Working with children who face different disabilities turned out to be extremely rewarding. Seeing their faces light up and their worries

drift away – all from riding these magical animals – is something I will never forget.

Fast forward several years, and I now work in the Department of Physical Therapy at the School of Allied Health Professions. Our faculty is always looking for community programs and other ways to provide students with more hands-on experience before they begin their clinical rotations. I remembered the days of helping out at the ranch with the children from the school and thought, “We should do that, but add a physical therapeutic aspect to it.” With the help of an amazing team of physical therapists, occupational therapists, students, and horses, Horses & Lambs was created.

Horses & Lambs is an interdisciplinary, equine-assisted “funtivity” program, with an emphasis on working with





children who are faced with various physical challenges. There are many benefits to riding horses, but to maximize our time with the children, we add other “funtivities” they can do while riding. For example, the children can deliver party invites to Mr. Bear and Mr. Fox, play tic-tac-toe, and place rings on different branches of the “Funtivity Tree.” Once the children have finished their ride, they head over to the “grooming and walking the miniature horse” station. Our goal is to make this a fun day for the children, all while adding different therapeutic exercises along the way.

The horses we have the privilege of working with have been expertly trained by Shelley Mulica of HCR Performance Horses, [www.hcrperformancehorses.com](http://www.hcrperformancehorses.com). With the help of her horses, we have successfully taken several children to horse shows, and they were given “just for fun” laps around the arena. While riding, the children wear an ASTM/SEI certified riding helmet, along with a safety belt. They are also accompanied by two therapy students walking on either side of them.

My hope and prayer is to be able to pass on to the children in the community the many blessings I have received by having horses in my life. If you know a child who could benefit from our program, please feel free to reach out to us at [hhebron@llu.edu](mailto:hhebron@llu.edu). Each session is \$25 and this covers the cost of the horses. If you would like to make a tax-deductible donation to Horses & Lambs, please contact Tiffanie Haynal from our Philanthropy office at [Thaynal@llu.edu](mailto:Thaynal@llu.edu). Most programs similar to Horses & Lambs charge \$90 and up for one riding session. We want to make our program affordable and accessible to our community – therefore, we could greatly use your kind donations.

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To schedule appointments  
email [horsesandlambs@llu.edu](mailto:horsesandlambs@llu.edu)

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# COLLABORATION & INNOVATION



Dean Craig Jackson delivers opening remarks at the Grand Opening of the Neuropathic Therapy Center

## SAHP collaborates with Loma Linda University Health to open the Neuropathic Therapy Center

» By Ansel Oliver

Loma Linda University Health has opened a new Neuropathic Therapy Center, home to an innovative, drug-free, surgery-free treatment program for people suffering from peripheral neuropathy (nerve damage) caused by chemotherapy, diabetes or other conditions. The Center is a collaboration between the School of Allied Health Professions and Loma Linda University Medical Center's East Campus.

Neuropathy is a debilitating condition, with symptoms like weakness, pain and numbness, typically in the feet or hands. The condition is strongly impacted by reduced blood flow from arteries through connector vessels into the nerve.

Neuropathic Therapy Center patients will be seen by Mark Bussell, DPT, clinic director, and a team of trained specialists. The Center's treatment features a technique

Bussell developed called intraneural facilitation™. This evidence-based approach utilizes physical-therapy-based holds to stretch nerve areas and deliver blood supply to damaged nerves. Many people report lessening of their neuropathy symptoms after the first treatment.

Loma Linda University Health is the only place where this type of therapy is available.

Four of Bussell's patients shared how their treatments have improved their lives during the opening event.

Genesis Crafton was diagnosed with Stage IV acute T-cell lymphoma when she was 13 year old. She spent two and a half years undergoing chemotherapy, which eventually led to avascular necrosis in her legs. Physicians told her she would never walk again. Bussell began treating Crafton, now age 17, four years ago. She slowly



began regaining feeling in her legs. Eventually she began standing on her own, walking, running and eventually returning to her beloved sport of cheerleading.

"Mark brought new hope back into my life. He believed in me and gave me back a normal life," Crafton said.

Valarie Weber was a survivor of the December 2, 2015, terrorist attack in San Bernardino. Shot twice during the attack, doctors considered amputating her left arm in the immediate aftermath of the shooting. Eventually treatments by Loma Linda University Medical Center's occupational therapy staff got some movement back into her arm.

"I began treatments with Mark and over time have developed increased motion and ability to use my arm and hand," Weber said. "Mark's treatments literally push life into this limb that might never have been used again."

Nancy Hernandez, a pediatric trauma manager at Loma Linda University Medical Center for 18 years, related the story of her 15-year-old daughter. Suffering migraine headaches since a young child, Hernandez's daughter suffered a concussion while playing soccer on a national youth team. Conventional treatments did not improve the daughter's condition, so Hernandez approached Bussell about providing this treatment. Hernandez's child has been migraine free, her vertigo has improved and she is playing soccer at the national level again.

"I think about the potential that this treatment has for kids who get injured from a variety of things; the other layer of hope that it offers," Hernandez said. "I've been such a proud employee of Loma Linda, We have pushed harder looking to find the next things to deliver people the care that Jesus would give us. I pray for God's blessing on this project every day."

Jeannine Mendes is director of the physical therapy assistant program in the School of Allied Health Professions. She was diagnosed with colon cancer that required chemotherapy follow-up. The chemotherapy caused Mendes to develop numbness in hands and feet. She was told it would heal, but it continued worsening until it became painful.

"Mark's treatments have reduced swelling in my feet and hands. I'm now walking much farther," Mendes said. "I've also noticed an improvement in the location of the numbness in my body. I have lots of hope for continued recovery. With continued treatments and time, there will be continued improvement."



Patient Testimonies: Valarie Weber (left), Nancy Hernandez, and Jeannine Mendes (right)



Mark Bussell, DPT, clinical director

With four years of planning and development concluded, the Neuropathic Therapy Center offers the latest technology for advanced, on-site diagnostic testing and evaluation. With separate, designated areas for patient treatment, research and provider collaboration, this new clinical space will offer patients an outstanding treatment environment.

"My desire to research alternative manual therapies comes from my deep commitment to help my family, particularly my son who was not responding to traditional treatment," Bussell said. "Through research and with God's help I was able to develop intraneural facilitation. I have a vision of being able to treat many conditions using this technique, and the research that will be done in this center is key to bringing this therapy to many more patients."



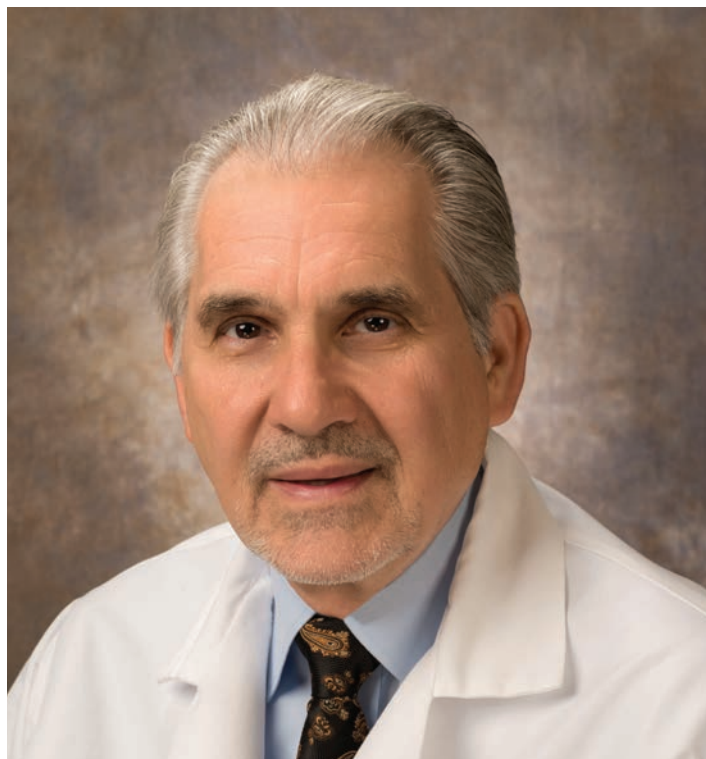


# CLINICAL MOLECULAR RESEARCH LAB

## New Associate Dean of Research

Lee S. Berk, DrPH, MPH, CHES, FACSM, FAAIM, CLS, currently Professor in the Department of Allied Health Studies in the School of Allied Health Professions, Research Professor of Pathology and Human Anatomy in the School of Medicine, and Director of the Clinical Molecular & Psychoneuroimmunology Research Lab, has been selected by the SAHP nominating committee and approved by the Loma Linda University Board of Trustees to lead the School of Allied Health Professions Office of Research Affairs as the newly appointed Associate Dean for Research.

Dr. Berk brings an impressive history of clinical research and leadership experience. In addition to devoting the previous 40 years as a faculty member at LLU and a co-director of the Susan Samueli Center for Integrative Medicine, School of Medicine, University of California, Irvine, he has dedicated approximately 28 of those years in Clinical Laboratory Medicine at Loma Linda University Medical Center. Early in his career, Dr. Berk was sought after by Norman Cousins, the renowned Editor and Journalist of the Saturday Review and World Peace Advocate for a number of US Presidents, for his judicious research efforts with positive emotions, happiness and laughter on health and wellness. After several discussions with Norman Cousins, Dr. Berk was awarded unrestricted grant monies to research the connection between the mind, body and spirit, in addition to establishing the principle that psychosocial and societal considerations have a vital role in maintaining health and preventing disease. Through his extensive background in psychology, sociology, immunology, and an intrinsic curiosity to investigate positive affect and its beneficial attributes, Dr. Berk has committed much of his career to developing and adding to the positive dimensions of the field of psychoneuroimmunology. He has been researching "mirthful laughter" and its therapeutic and preventive properties in various disease state processes, such as diabetes, memory loss and cognition, and optimization of immune responses. As part of his career journey, Dr. Berk was responsible for co-establishing the LLU Center for Neuroimmunology at the School of Medicine with David Felten, MD, PhD, and also served as its Associate Director. Dr. Berk describes, "Psychoneuroimmunology is a term that denotes a bi-directional relationship between the mind/brain, the neuro-endocrine system and the immune



system. They intercommunicate incessantly with one another... so diet, behavior and activity have the capacity to modulate various responses of those systems."

Dr. Berk states, "The best clinicians understand that there is an intrinsic physiological intervention brought about by positive emotions such as mirthful laughter, optimism, and hope. Lifestyle choices have a significant impact on health and disease, and these are choices over which we and the patient exercise control relative to prevention and treatment."

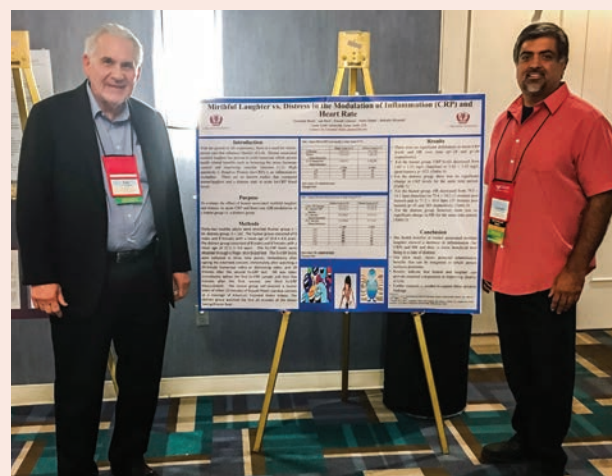
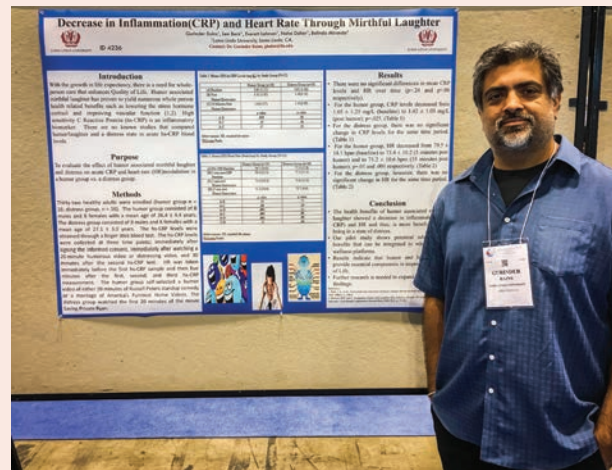
Currently, Dr. Berk seeks to maintain and develop strong interdisciplinary research through collaboration between LLU schools as well as other institutions, as he has done with the LLU School of Medicine, School of Public Health, Duke University, Glendale Medical Center, JPL/NASA, Cal Tech, Andrews University, and various industries. The SAHP is embarking on a major growth and transition journey leading to innovative research culture change.

We are happy to welcome Dr. Lee Berk as the new School of Allied Health Professions Associate Dean for Research, and ask for your support and prayers as we continue to travel on this journey of research culture change and growth.



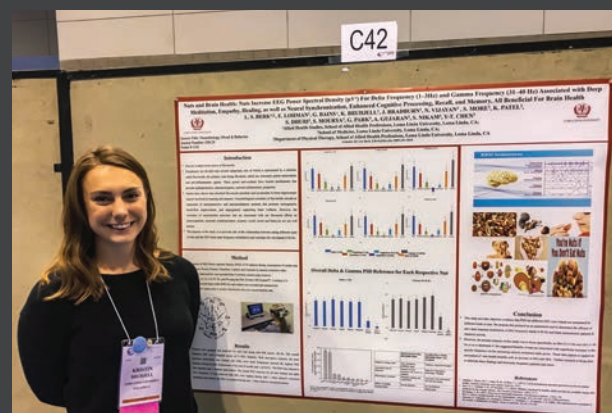
## Gurinder Bains presents research and wins an award

Gurinder Bains, MD, PhD, attended and represented Loma Linda University School of Allied Health Professions at two international conferences in April of 2017. He presented his research at the Experimental Biology Annual Scientific Meeting in Chicago, IL, with over 14,000 international attendees. The title of his research was "Decrease in Inflammation (CRP) and Heart Rate through Mirthful Laughter." The research team consisted of Gurinder Bains, Lee Berk, Everett Lohman, Noha Daher, and Belinda Miranda. In addition, Dr. Bains presented further research at the Association for Applied and Therapeutic Humor (AATH) Annual Conference in Orlando, FL. He was selected to present to the conference attendees during the Research Showcase Session. The title of his research was "Mirthful Laughter vs. Distress in the Modulation of Inflammation (CRP) and Heart Rate." The research team again consisted of Gurinder Bains, Lee Berk, Everett Lohman, Noha Daher, and Belinda Miranda. Dr. Bains was honored to receive the Outstanding Academic Achievement Award from AATH at that same conference.



## Kristin Bruhjell presents research posters

Kristin Bruhjell, Research Assistant in Dr. Lee Berk's Clinical Molecular Psychoneuroimmunology Lab, presented two research posters in April at the 2017 Annual Experimental Biology Meetings in Chicago. The title of the first was, "Is Chocolate Beneficial for Brain Health: Dark Chocolate (70% Cacao) Increases Brain EEG Power Spectral Density ( $\mu$ V2) Gamma Wave Frequency (31-40Hz), which Is Associated with Enhanced Cognitive Processing, Learning, Memory, Recall, Neural Synchrony and Mindfulness Meditation." The research team consisted of Lee Berk, Everett Lohman, Gurinder Bains, Kristin Bruhjell, Jessica Bradburn, Nikita Vijayan, and Sayali More. The title of the second was, "Nuts and Brain Health: Nuts Increase EEG Power Spectral Density ( $\mu$ V2) for Delta Frequency (1-3Hz) and Gamma Frequency (31-40 Hz), Associated with Deep Meditation, Empathy, Healing, as well as Neural Synchronization, Enhanced Cognitive Processing, Recall, and Memory – All Beneficial for Brain Health." The research team included Lee Berk, Everett Lohman, Gurinder Bains, Kristin Bruhjell, Jessica Bradburn, Nikita Vijayan, Sayali More, Krisha Patel, Sayali Dhuri, Siddarth Mourya, Guyhyun Park, Ankita Gujuran, and Shruti Nikam.





# SAHP Gifted to Give Book

» By Georgia Hodgkin

Ardis Wazdatskey led a committee popping with plans last fall. As Chair, she asked the SAHP Spiritual Life and Wholeness Committee to brainstorm a strategic initiative for the 2016-2017 academic term. Ideas flew. One captured the thrust of the School under its motto TO LEAD TO HEAL TO SERVE. Richard Nelson proposed faculty, staff, students, alumni and friends of SAHP be invited to write their stories for a SAHP book.

The Chair recommended inspiring, touching stories based on allied health professionals' lives, their patient encounters, and/or their growth toward wholeness. These stories would be bound into a book to inspire readers. The book would also acquaint online students with the "Loma Linda Experience" by engaging them in the "Mission-focused Learning" that takes place in LLU's classrooms and labs.

This seemed a task that could be completed forthwith--one of the Committee members had received recipes for two of the volumes of An Apple A Day cookbooks each comprised of 500 recipes from alumni spouses and friends of the School of Medicine. With 170 faculty, 44 staff, 1373 students, and 6000+ alumni for whom e-mails exist, the stories were envisioned to flow in a manner similar to the numbers of recipes.

An editorial committee was invited to join the endeavor. Nicceta Davis of Physical Therapy, Terry Douglas of Communication Sciences and Disorders, Liane Hewitt of Occupational Therapy, and Richard Nelson of Cardiopulmonary Sciences will work with Georgia Hodgkin of Nutrition and Dietetics as Chair.

The Editorial Committee's first task established a contest for the naming of the book. Some 28 possible titles were submitted. The Committee chose the title Gifted to Give. Jeandra Martin, second year physical therapy student, received the contest prize of a Fitbit when it was awarded at Faculty Forum May 12.

## You are needed to bring this book to publication!

Grow the list of authors; tell your story in 400 words of a patient encounter that revealed God's work in your life or your patient's life. Write about an inspiring moment found in nature or describe a meaningful discussion with someone and send it to [hsadek@llu.edu](mailto:hsadek@llu.edu).

Or use the link below to submit your story by filling in the boxes, noting the word count for each, and click the arrows at the end to submit your devotional(s).  
[https://llu.co1.qualtrics.com/jfe/form/SV\\_dglm1l7nEavH0sJ](https://llu.co1.qualtrics.com/jfe/form/SV_dglm1l7nEavH0sJ)

As a published author, you will receive a complimentary copy.

***With your participation this book will be fete accompli.***



# Winner of the 5th Annual Senior Hoodie Ceremony Photo Contest

For the 5th year in a row our seniors received an SAHP logoed, hooded sweatshirt as part of our annual Senior "Hoodie" Ceremony. We use these beloved sweatshirts to recognize all of our graduates and encourage camaraderie among students across the 11 SAHP departments. The title, "Hoodie" Ceremony is a play on the term hooding ceremony and is intended to be a fun addition to 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!

Grand Prize winner:  
Stephanie Thomas,  
Communication Sciences  
& Disorders, in Joshua Tree  
National Park.





# Will Alexander Wholeness Series

2017

Oct 18

## Happiness and Health: Enriching Life with Healthy Pleasures

Sponsored by School of Pharmacy

**Speaker: David Sobel, MD, MPH, Adjunct Lecturer, Department of Medicine, Stanford University School of Medicine**

Learn how scientific evidence suggests that doing what is pleasurable, from sensory delights to selfless pleasures, from optimism to laughter, pays off twice: immediate enjoyment and better health.

Nov 1

## Phil's Camino: A Short Film about a Long Walk

Sponsored by School of Allied Health Professions

**Featuring: Annie O'Neil, Film Producer**

For years, Phil dreamt of walking the 500-mile ancient pilgrimage route across Spain, El Camino de Santiago. Although at first this was an unattainable dream due to stage IV cancer and weekly chemo treatments, Phil found that the rhythm of walking presented "healing" in a way never before experienced.

Nov 15

## Nurturing Wholeness in Relationships

Sponsored by School of Nursing

**Featuring: Barbara Hernandez, PhD, MFT, Professor of Medical Education, Director of Physician Vitality, SM**

Dr. Hernandez will discuss the impact of relationship quality on social, emotional, and physical health. Tools will be provided for enriching and understanding close relationships.

Nov 29

## Teamwork in Action: A Powerful Story of Interprofessional Collaboration

Sponsored by School of Allied Health Professions

**Panel: All LLU-school panel, Moderator Brian Sharp, PhD, CCC-SLP, SAHP**

Hear the true story of how the interprofessional collaboration of a medical team worked to save the lives of two young car-accident victims.

Dec 6

## The Beauty of Christmas: A Concert by Alessandra Sorace

Sponsored by School of Religion

**Vocalist: Alessandra Sorace**

Eighteen-year-old recording artist, Alessandra Sorace, will take the audience on a musical journey to Bethlehem in celebration of the birth of Jesus.

*The Wil Alexander Wholeness Series offers workshops on subjects related to professional development, personal enrichment, spiritual values and public awareness. Students, faculty, staff, family and friends are welcome to attend this free event. For more information go to <http://home.llu.edu/waws>. Workshops take place on Wednesdays, 5:00 to 5:50 p.m., in the Damazo Amphitheater, Centennial Complex. All are welcome, registration is not required.*

## 2018

<b>Jan 10</b>	<b>Anxiety and Loneliness in Graduate School</b> Sponsored by School of Medicine	<b>Speaker: Adam Arechiga, PsyD, DrPH, MA, SBH</b> This lecture will focus on the common issues of anxiety and loneliness that can arise during graduate school. The attendee will learn practical ways to help manage these issues so that graduate school can be a success.
<b>Jan 24</b>	<b>The War on Weed: Ethical, Legal, and Medical Issues of Marijuana</b> Sponsored by School of Public Health	<b>Speaker: Danny Handysides, DrPH, MPH, CHG, Assistant Dean, Assistant Professor, SPH</b> This workshop will provide a comprehensive overview of this contemporary social issue. Attendees will understand the dangers and potential therapeutic benefits of marijuana use.
<b>Feb 7</b>	<b>Wil Alexander Wholeness Series Student Film Festival</b> Sponsored by School of Dentistry	<b>Coordinators: Ernie Medina and Euni Cho</b> Attendees will view student-produced films depicting the theme "Love and Wholeness" and will select winning film producers of the festival. Prizes will be awarded and winners will be interviewed at the conclusion of the event.
<b>Feb 28</b>	<b>Finding and Connecting with a Community of Faith</b> Sponsored by School of Behavioral Health	<b>Speaker: Pastor Chris Stanley, Redlands SDA Church</b> This lecture will explore the benefits and challenges of choosing, belonging, and integrating into a community of faith in a personal and fulfilling manner.
<b>Mar 7</b>	<b>Childhood Obesity</b> Sponsored by School of Allied Health Professions	<b>Speaker: Henry Garcia, PT, DPT, OCS, Assistant Professor, Department of Physical Therapy, SAHP</b> This workshop will discuss challenges related to childhood obesity and offer promising strategies to address this problem facing our children.
<b>Apr 11</b>	<b>Diabetes</b> Sponsored by School of Pharmacy	<b>Speakers: Dr. Wes Youngberg, Health Educator and Author</b> TBD



## Publications

Krpalek, D., Javaherian-Dysinger, H., & Hewitt, L. (2017). Health Profiles of Allied Health Students Enrolled in a Faith-based Institution. *Journal of Allied Health*, 46(1), 36-42.

Kugel, J., Hemberger, C., Krpalek, D., & Javaherian, H. (2016). Exploring the Impact of an Occupational Therapy Wellness Program. *American Journal of Occupational Therapy*, 70(5).

Garcia, L., Kugel, J., Javaherian-Dysinger, H., & Huecker, E. (2016). Developing an Indigenous, Entry-level Master Degree Program in a Country with an Emerging OT Profession. *Open Journal of Occupational Therapy*, 4(3), dx.doi.org/10.15453/2168-6408.1277

Kugel, J., Javaherian, H., & Hewitt, L. (2016). The Role of Occupational Therapy in Community-based Programming: Addressing Childhood Promotion. *Open Journal of Occupational Therapy*.

Javaherian, H., Lewis, K., Moss, L., & Hewitt, L. (2016). Legacy building: A Pilot Program. *OT Practice*, 21(3), 7-11.

Lin E., El Nabli J.K., McCaughey K.A., Zimmerman G.J., Schneider L., et al. (2017). The Effect of Probiotic Supplementation on Gastrointestinal Quality of Life. *J. Nutr. Health Food Eng.* 6(3): 00204. DOI: 10.15406/jnhfe.2017.06.00204

## Presentations

Krpalek, D., Roese, H., & Pendleton, K. (2017, March). Exploring the Effectiveness of an Occupation-Based Intervention: An Experimental Study with Calligraphy. Loma Linda University. [Poster Presentation]

Pavlovich, S., & Krpalek D. (2017, March). Microteaching and the Development of Practical Skills Among Occupational Therapy. Loma Linda University. [Poster Presentation]

Injeti, P., & Javaherian, H. (2017). The Kawa: Flowing into Behavioral Health and Community Practice. OTAC Spring Symposium, San Diego, CA, March 5, 2017. 1.0 contact hours

Roese, H., & Javaherian, H. (2017). Occupational Therapy for Individuals with Dementia and Their Caregiving. OTAC Spring Symposium, San Diego, CA, March 5, 2017. 2.0 contact hours.

## Presentations Cont.

Javaherian, H., Lim, J., & Robinson, A. (2016). A Community-based Fieldwork Model for Domestic Violence. OTAC Annual Conference, Pasadena, CA. 2.0 contact hours

Javaherian, H. (2016, April). Domestic violence: Our Role in Traditional and Emerging Areas. American Occupational Therapy Association Annual Conference, Chicago, IL. 1.0 contact hours

Javaherian, H. (2016, April). End of Life Care and the Power of Occupation. American Occupational Therapy Association Annual Conference, Chicago, IL. 1.5 contact hours

Roese, H., & Hewitt, L. (2016). Fall Prevention: Caring for You and Your Loved One. Inland Empire Alzheimer's Support, Calimesa, California

Krpalek, D. (2016). When Rubble Settles: Occupational Therapy in Post-Earthquake Haiti. Annual Faculty Showcase, Loma Linda University.

Krpalek, D. (2016). Health Profiles of Allied Health Students in Faith-based Universities. Annual Faculty Showcase, Loma Linda University.

Rakoski, D. (2016). Mobile Computer Therapy: Maximizing Acute Care Goals. OTAC Spring Fling, San Diego, CA.

Krpalek, D. (2016, October). Exploring the Effectiveness of an Occupation-Based Intervention: An Experimental Study with Calligraphy. OTAC Conference, Pasadena, CA.

Krpalek, D., Javaherian-Dysinger, H., & Hewitt, L. (2016, October). Designing Occupational Therapy Services in a Primary Care Setting: Successful Strategies and Lessons Learned. OTAC Conference, Pasadena, CA



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