

The Link



LOMA LINDA UNIVERSITY
School of Allied Health Professions

Quality is never an accident; it is always the result of high intention, sincere effort, intelligent direction and skillful execution; it represents the wise choice of many alternatives.

-- William A. Foster

HONEYBEES AND SAHP: Pollinating The World



For as far back as I can remember, I've been in love with nature! My mother, who I'm certain would be a contender for the world's most patient person, tolerated a menagerie of "friends" I was constantly bringing home to share my room. Mammals, reptiles, amphibians, birds, spiders and insects – I lived with them all!

Though anything fauna was special, I always held a particular fascination for the social insects – bees, wasps and ants. Honeybees were especially intriguing as they could be found anywhere there were flowers; and furthermore, I learned early on that honeybees were responsible for much of the world's flower pollination, and thus, for many of the fruits and vegetables we eat and the seeds we plant.

An average honeybee is slightly greater than one centimeter in length and weighs approximately 2-tenths of a gram – that is about 1-tenth the weight of a penny. Yet, in spite of their small size, pollinating honeybees contribute to the annual U.S. production of 4.5 million metric tons of apples, and internationally, 75 million metric tons of citrus, 32.5 million metric tons of tomatoes and 750 thousand metric tons of almonds, to name just a few. In 2008, honeybees pollinated over 70 million acres of soybeans in the United States. That translates into 109,375 square miles of pollinated soybeans in one year!

How do such small creatures, which at top speed fly only about 15 miles per hour, accomplish such an incredible feat?

The sheer enormity of this task, and the speed with which it is carried out, is attributable to the well-ordered division of labor programmed into a colony's behavior. Every worker in a colony

is a specialist. Each does her job and none other. Mistakes, risks and duplication of effort are dramatically minimized as a result of this specialization. And likewise, specialization results in a remarkably-high labor efficiency. By working together, each in its own niche specialty, these small insects achieve work on a grand scale, and they do it well!

As my career has taken me into the field of education within the allied health professions, the similarity of this organizational structure to a honeybee colony has not been lost on me. In both cases, working populations, though perhaps large in absolute numbers, are proportionately small compared to the size of the task. You, our alumni, are our "honeybees." You are well-trained specialists, able to efficiently integrate your skills with the skills of the other disciplines making up the spectrum of healthcare specializations.

As our world moves farther into the 21st century, demographic changes will be accompanied by increasing pressure on the U.S. healthcare industry. The ability of the industry to meet this increasing demand, and to do that work well, is in part dependent on a labor force that is well-trained, specialized and working in synchrony between specializations. That's you! Special, dedicated, and qualified to meet the demand of our ever growing population. You are our honeybees!

Sincerely,

Ernest Schwab, M.S., Ph.D.
Associate Dean for Academic Affairs



CULINARY CHEF JOINS NUTRITION DEPARTMENT

"I love it when people experience food!" says Chef Cory Gheen, Nutrition and Dietetics' (N&D) new faculty member and culinary arts specialist. Raised a Seventh-day Adventist, Chef Gheen has always had a passion for vegetarian cooking. He has offered cooking classes for churches and thoroughly enjoyed the art of teaching communities who are interested in learning the basics of food preparation and service.

Chef Gheen is a 1999 graduate of the Culinary Institute of America in New York. He has spent the last 10 years working in Northern California in various restaurants and hotels. His most recent point of reference was managing the Bouchon Bakery, a property of Thomas Keller's, owner of the French Laundry. However, his desire to work in an environment not surrounded by alcohol, meat, and Saturday work hours led him to a search for something different. "I decided I had to get away from that lifestyle. It just wasn't me," says Gheen.



*"I love it
when people
experience
food!"*

As his resumé circulated the Adventist system, he became shockingly aware that food service providers are desperately needed in many SDA universities and institutions; and they all wanted him. He was drawn to Loma Linda University because of the opportunity to teach students the skills of food preparation and presentation, and equip them to serve.

Dr. Bert Connell, Chair of the N&D Department is delighted to have Chef Gheen as a part of the School of Allied Health Professions family. "He brings such competency in the areas of culinary arts. People eat with their eyes and their nose; with Chef Gheen we know that if it smells good and looks good, then it will taste good."

"Next year we hope to provide a program designed to train kitchen managers," says Gheen. As for the current school year, Gheen will be integrating into the N&D department by teaching many food based classes such as *Product Selection and Presentation*. "I'd also love to travel and see what Adventists in other countries are eating, then share in their preparation and presentation, and ultimately base a [TV] show on that experience. I really think that will bring the church together in a new way."

NUTRITION & DIETETICS ALUMNI REUNION IN CHICAGO

On Sunday, October 26, nearly 30 alumni and guests came together at the stylish SouthWater Kitchen restaurant in downtown Chicago for a come-and-go reunion. The evening was filled with lots of fun conversations and story-telling, alumni give-aways, a message from department chair, Dr. Bert Connell, and some very tasty hors d'oeuvres and desserts.



*Cindy Kosch '80, Charlie Robaina '75, Paul Damazo '52,
Louise Schneider, Bert Connell '72, Martina Karunia*

The Alumni Office at the School of Allied Health Professions would like to thank all who attended this great event. It was wonderful to meet all of you, and we hope you had a fun time! For those who were unable to make it to this event, just know this - we're scheduling the Nutrition reunions at the same time as ADA's Food and Nutrition Expo. Next year, we'll be in Denver at the same time as the ADA convention. Keep your eyes open for the invitation. We hope to see you then!

ALUM FEATURED IN JOURNAL OF AMERICAN DIETETIC ASSOCIATION

August 2008

In collaboration with other researchers, Sylvia Klinger '84, MS, RD, participated in a study entitled "A Systematic Review of the Relationship between Acculturation and Diet among Latinos in the United States: Implications for Future Research," dietary intake is an important determinant of obesity and numerous chronic health conditions. A healthful diet is an essential component of chronic disease self-management. Researchers have indicated that the healthfulness of the Latino diet deteriorates during the acculturation process. However, given the many operationalizations of acculturation, conclusive evidence regarding this relationship is still lacking.

This comprehensive and systematic literature review, published in the Journal of the American Dietetic Association (August 2008 edition), examines the relationship between acculturation and diet by examining national, quantitative, and qualitative studies involving Latinos living in the United States. Diet studies included examining dietary intake using one of several validated measures (food frequency questionnaire, 24-hour dietary recall) and/or dietary behaviors (away-from-home-eating and fat avoidance).

These findings suggest a differential influence of acculturation on diet, requiring greater specificity in our dietary interventions by acculturation status.

NUTRITION ALUM ADOPTS CHILD IN KENYA

Leanne Krause didn't start work right after she graduated from Nutrition in 2006 but instead packed up for a trip with her two sisters to Europe and Kenya. Her cousin runs an orphanage with her husband in Nakuru, Kenya, called *Mission In Action* (www.nakurubabyorphanage.com), so Leanne spent three and a half weeks volunteering with the Ministry of Health by presenting lectures at various elementary and high schools on nutrition and other public health topics.

While there she met an orphan named Kimtai, who they called Kim. He was 12 months old and new to the orphanage. His mother had died two months earlier from pneumonia and/or gastritis and he had been admitted to the hospital with her. While there he had the German measles and pneumonia. When she passed away, no family came for him or claimed his mother's body. She was eventually buried by the state and he was placed in the *Mission In Action* orphanage.

Leanne went to Kenya with no intention of adopting a child. She and her husband, Scott, decided to wait to have a baby until he finished dental school at Loma Linda University. And while they had discussed adoption as a means to expand their family, the timing wasn't "perfect" yet. "I picked him [Kimtai] up one day and kissed him and then it was all over," she said. "[Kim] wouldn't talk but would kiss me over and over again right on the lips and say "Ahh" each time. One of my fondest memories was staying up late with him one night and feeding him yogurt. He just smiled and kept opening his mouth."

"It was terrible leaving him. I had told my husband about him and the possibility of adoption and he was 200% supportive," said Leanne. At that time, there was no US agency approved to work on adoptions with Kenya. But three months later they found an approved agency and applied with the Carolina Adoption Services. They worked closely with the orphanage and Little Angels Network adoption agency in Kenya. "It was a tenuous time for both Scott and I, as it took about nine months for our paperwork to be completed."

On June 1, 2007, about 11 months after Leanne had met Kimtai, she was reunited with him. "It was so wonderful to finally hold him again! He had grown so much and was no longer a baby but a little boy." Because the Kenyan adoption program involves a three month foster period, which is then followed by three court hearings that are spread out over three to six months, Leanne lived in Nakuru with Kimtai for three months on the compound of the orphanage, then moved to Nairobi where she lived for another six months. "It was quite the process, but we loved our little guy so we didn't feel as though we had any other option," she said. Scott, flew over a total of six times – the shortest stay being three days and the longest stay being six weeks – in order to be with his wife and little boy.

They arrived back in the United States on March 1, 2008, exactly nine months after being reunited with Kimtai. "How's that for irony?" she said. "Upon touching down in LAX, my son, Aidan Kimtai Krause, became a US Citizen."



DID YOU KNOW?

All of the entities under Loma Linda University have undergone an identity transformation over the past year. Each school logo has been modified, as can be seen from the SAHP logos below.



Previous SAHP Identity



LOMA LINDA UNIVERSITY
School of Allied Health Professions

New SAHP Identity

DEPARTMENT/SCHOOL UPDATES

Dr. Georgia Hodgkin has just finished the Third Edition of *An Apple a Day* cookbook. It is now available for sale at the LLU campus bookstore and other select distributors. For more information, please call the Nutrition department.

The kitchen remodeling project is on track for a March 2009 start date!

LLU CEUs at Sea: Continuing Education for Healthcare Professionals. Set sail to the Western Caribbean from July 26 to August 2, 2009. TOPIC: *How Healthy Are You...Really?* CEUs approved for Rad Tech, Dietary, Nursing, PT, OT, Resp. Therapy, and other Allied Health Professionals. Deposit deadline: 3-15-09. Final payment due: 4-25-09. Details available at www.llu.edu/llu/sahp/cruise/2009.

The LLU School of Allied Health Professions invites its alumni and friends to the 13th Annual Alumni Homecoming and Continuing Education Convention to be held April 16-19, 2009. Events include CE courses, a free vespers concert by Rudy Micelli, the annual potluck, tours of the new buildings, and the Alumni Recognition Banquet. Visit the homecoming site at www.llu.edu/llu/sahp/alumni/homecoming for more info.

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2009 CALENDAR

MARCH:
SAHP alumni reunion in
San Diego, CA.....4

APRIL:
13th Annual Alumni
Homecoming & Continuing
Education Convention.....16-19

MAY:
Physician Assistant alumni
reunion at Prime Med West in
Anaheim, CA.....8

EMC/Respiratory alumni reunion
in Palm Springs, CA.....14

JUNE:
Graduation.....14



Great Idea

Good news! You don't need to fill out a contact card, address it, stamp it, and mail it to us so we have your updated information. You can now update everything ONLINE! Visit www.llu.edu/llu/sahp/alumni/stayconnected and fill out the forms.

We would love to know about any new events happening in your life. Email your photos and stories to jpruehs@llu.edu.

Sign up now for our new online mailing list to receive the *SAHP Source*, email notifications of Alumni events, school/university updates and so much more! You will find the sign up form on the Stay Connected page.



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School of Allied Health Professions

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