

# The Link

Loma Linda University - School of Allied Health Professions

Healing  
in Haiti  
p.12-17



LOMA LINDA  
UNIVERSITY  
School of Allied  
Health Professions

CAPTION:

XXXXXXXXXXXXXXXXXXXXXXXXX  
XXXXXXXXXXXXXXXXXXXXXXXXX





# THE <sup>gift</sup> of giving

FROM THE NEW  
DIRECTOR OF DEVELOPMENT

I have to admit that I've had the hardest time writing this letter. I like the idea of having the chance to introduce myself and tell you about what we do here in the Advancement Office, but the truth is that to explain it in a few sentences seems just impossible! There are so many amazing things going on at Loma Linda, especially at the School of Allied Health Professions with our unique Departments, that this letter will never be complete. It's a good "problem" to have.

At the end of the day what my role here comes down to is partnerships. We have some amazing relationships with alumni, faculty, businesses and organizations in the community. People come together with the School of Allied Health to enhance the student experience. Know the impact of a scholarship? We have scholarships for students in all Departments, allowing us to get the best and brightest out in to the workforce. Love missions? We have faculty, staff and students serving in Haiti (as well as other communities here and around the world) on an ongoing basis, with plans that can only be described as inspired. Technology and innovation your thing? We have ongoing projects to make our facilities and equipment what they need to be to provide innovative and forward-thinking education.

So that's what I do. When people have a passion for supporting the SAHP, I have the distinct pleasure of helping them match their passions with their resources to make the biggest impact possible. There are a lot of exciting things going on with our new Dean's Circle, GOLD (Graduate of the Last Decade) Alumni Society, our brand new annual traditions of Mission Film Fest celebrations and the Senior "Hoodie" Ceremony. If you are interested in talking about all the things going on in the School, call or email me! Let me plan a tour for you, and meet the people who can tell you all about what it is that catches your eye.

I wish you the best during the Christmas season, and hope to have the chance to meet you soon!

All the best,

Nicole Orr

Phone: 909.558.7790

Email: [nor@llu.edu](mailto:nor@llu.edu)

Website: [www.llu.edu/allied-health/sahp/giving](http://www.llu.edu/allied-health/sahp/giving)





## Departments

2 Development

4 Rehab Sciences & HPE

5 Communication Sciences and Disorders

6 Nutrition & Dietetics

8 Cardiopulmonary Sciences

9 Health Information Management

10 Nutrition & Dietetics

11 Physician Assistant Sciences

18 Occupational Therapy

19 Physical Therapy

21 Clinical Laboratory Sciences

21 Radiation Technology

## Features

12 Healing in Haiti

15 Rehab Program in Haiti

22 SPOTLIGHT: New Staff & Faculty

23 Alumni News



LOMA LINDA  
UNIVERSITY  
School of Allied  
Health Professions

Winter 2012 • 10th Edition

Copyright 2012 © The Link. All rights reserved.

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: AHALumni@llu.edu / PHONE: (909) 558-7840

EXECUTIVE EDITOR  
Danelle Herra

EDITORS  
Nicole Orr, Jaclyn Pruehs, Christine Peterson

DESIGN/LAYOUT  
Jaclyn Pruehs

TO CONTACT ALUMNI OFFICE  
AHALumni@llu.edu

ALUMNI WEBSITE  
[www.llu.edu/llu/sahp/alumni](http://www.llu.edu/llu/sahp/alumni)

SAHP WEBSITE  
[www.alliedhealth.llu.edu](http://www.alliedhealth.llu.edu)

READ The Link ONLINE  
[www.alliedhealth.llu.edu/alumni](http://www.alliedhealth.llu.edu/alumni)  
\*Click The Link on the sidebar

FOR QUESTIONS, ADDRESS CHANGES,  
and ANNOUNCEMENTS, EMAIL  
daherra@llu.edu

LOMA LINDA UNIVERSITY  
SCHOOL OF ALLIED HEALTH PROFESSIONS  
Nichol Hall  
24951 N. Circle Drive  
Loma Linda, CA 92350



# Can {Laughter} Enhance Your Memory?

Rehab Sciences Program  
By: Heather Reifsnyder

Gurinder Bains, MD, a PhD student in rehabilitation sciences, was invited to speak and present research on how humor improves memory



in the elderly at two recent conferences—the 25<sup>th</sup> conference of the Association for Applied and Therapeutic Humor plus Experimental Biology 2012, put on by the Federation of American Societies for Experimental Biology.

The research showed that after elderly individuals (average age 74) watched a 30-minute humorous video, their learning ability, delayed recall, and visual recognition improved by 38.7 percent, 36.1 percent, and 6.6

percent respectively.

“With aging, the damaging effects of stress can impair the ability to learn and sustain memory,” says Dr. Bains. “Humor and the associated mirthful laughter can reduce stress by decreasing stress hormones, including cortisol and catecholamines.”

These hormones wear down the mind and body. Cortisol, for example, can damage the neural cells of the hippocampus, which is a part of the brain responsible for transforming information into new memories.

During this project, Dr. Bains was mentored by researchers from the School of Allied Health Professions and School of Medicine: Lee Berk, DrPH; Noha Daher, DrPH; Everett Lohman, DSc; Jerrold Petrofsky, PhD; and Ernie Schwab, PhD. Dr. Bains was also substantially assisted in conducting his research by physical therapy doctoral students Prema Pawar and Pooja Deshpande.

---

## The Clinician Educator: An Inter-Professional Offering from the SAHP

Program Director, Health Professions Education  
By: Arthur B. Marshak, EdD, MS



You have graduated from the Loma Linda University School of Allied Health Professions and have been working as a successful clinician in your profession for some time. You have come to the realization, or have known for some time, that you have an interest in teaching and would like to do more of it. Your professional program, although comprehensive in preparing you to excel clinically, did not have much in the way of

preparing you for a career in teaching. What do you do?

Welcome to the Certificate and MS degree in Health Professions Education. These programs are designed to assist graduates of schools of medicine, dentistry, pharmacy, and the allied health professions, to learn and develop teaching skills to become exemplary educators in addition to being high quality clinicians. Housed in the Department of Allied Health Studies, chaired by Dean Craig Jackson, JD, MSW, these two

inter-professional programs provide students with opportunities to collaborate across the various health care disciplines, while learning how to become educators within their own.

The admission criteria for both the Certificate and the MS degree programs are that you have completed a minimum of a Bachelor's degree and that it be in a recognized healthcare profession. To teach in the health professions you first must have a solid foundation in a chosen profession. Students can select between the 27 unit University Certificate or the 48 unit MS degree program based on their academic backgrounds and future professional goals.

These two programs are available currently in a traditional teaching format with some hybrid courses, but beginning in the Fall of 2013, and subject to WASC approval, both of them will be available online. For more information please contact the program director: Arthur B. Marshak, EdD, MS, by email at [hpe@llu.edu](mailto:hpe@llu.edu), by phone at (909) 558-8703, or view the Health Professions Education webpage using the QR code to the right.



# Problem Based Learning Groups



CMSD

By: Paige Shaughnessy

Greetings from the Department of Communication Sciences and Disorders! We are eager to update you on the exciting things that have happened in our department in the last year.

In March 2012, we had our eight-year ASHA reaccreditation site visit. We are happy to report that we received full reaccreditation for the next eight years. We would like to thank all our alumni who continually respond to our one-year and five-year surveys. Site visitors really do read these! Of course, the success of our program is like a symphonic orchestra. Alone, each musical instrument makes a uniquely wonderful sound, just as each of our faculty, students, administration, community supporters (clinical instructors, advisory board, etc.), and you, our alumni, each make a unique contribution. Yet, when you combine all of our unique talents, the result, like the most wonderful symphonic piece, is a work that is greater than any one of us could ever be individually. We are especially grateful to be supported by such talented and enthusiastic alumni.

Speaking of alumni, we are proud to announce the addition of one new full time faculty member, Christina Bratlund, PhD, CCC-SLP, '99 and '01, and two half-time faculty members, Michelle Gonzalez, MS, CCC-SLP, '08, and Adriana Belencaia, MS, CCC-SLP, two of whom are alumni of our MS program. [See page XX for bios and photos]. These young faculty members are joining forces with Jennifer St Clair and Brian Sharp and are already infusing the Department with enthusiasm and excitement.

The Department also saw a shift in duties and responsibilities this year. After 12 years of service as Department Chair, Dr. Keiko Khoo stepped down, and Dr. Terry Douglas was appointed Department Chair. Diana Richie (previously, our Administrative Assistant) became our first Program Assistant. In her new role, Diana

interfaces with SAHP Admissions, LLU Records, and Financial Aid on behalf of our students. She also has responsibility for undergraduate advising. Dr. Karen Mainess will take this year to mentor Diana, and to start learning the role of Graduate Program Director, which she will assume when Dr. Paige Shaughnessy retires (sometime in 2013, so she says!)

Let it never be said that we do not have a dynamic faculty with leadership and creativity oozing out of every pore. Fall 2012 saw an increase in graduate admissions (30) and in undergraduate admissions (20). The Department now boasts 94 students, 55 of which are graduate students. In order to accommodate off-campus medical and educational fieldwork placements for

adventure someplace else!

Of course, with all these extra students, the quest for more classroom and clinic space intensifies. We have moved to the top of the SAHP's list for more space or a new building. Of course, our new, young, energetic faculty are anxious to develop their own clinical specialization and conduct research. Space is, indeed, our final frontier.

Which brings me to the next new item: Many of you who were taught by Paige Shaughnessy will recall (with or without fondness) her unusual teaching method, Problem Based Learning (PBL). Dr. Shaughnessy has used this method for over a decade, and now has a few followers, among them Jennifer St. Clair, Terry Douglas, Karen Mainess, and

Christina Bratlund. This year, however, with a record number of first-year graduate students, it has become impossible for one instructor to run all the small groups. In a PBL brainstorming session among our faculty, someone suggested hiring SLPs from the community to help "facilitate" the groups. One thing led to another, and pretty soon, we had this unique idea:

invite our alums (that is, relatively recent graduates who can remember how the PBL process goes) to be facilitators of the small groups. So we did. We got a great response to our initial "pilot" project. We created a facilitator mentoring guide, and put a lot of structure into the way the groups are organized and conducted. The two classes that we are using this for are Articulation/Phonological Disorders (St. Clair) and Adult Language Disorders (Shaughnessy). So far, the facilitators seem to love it, and we are discovering that our alums may sometimes turn out to be better teachers than we are!

...THE SUCCESS OF OUR PROGRAM IS LIKE A SYMPHONIC ORCHESTRA. ALONE, EACH MUSICAL INSTRUMENT MAKES A UNIQUELY WONDERFUL SOUND, JUST AS EACH OF OUR FACULTY, STUDENTS, ADMINISTRATION, COMMUNITY SUPPORTERS...AND YOU, OUR ALUMNI, EACH MAKE A UNIQUE CONTRIBUTION!

so many graduate students, we put our creative heads together and came up with a plan that is being tested for the first time this year. We revised the sequence of courses, taking medical externship out of the summer. Students take a regular course load during the summer and the fall of their second year, then spend winter and spring quarter entirely off campus in their full time medical and educational placement. This year (our first), many students have elected to do these full time placements in their home state, making it easier to make connections for future employment. Other students are just choosing to have an





Photo by Art Kroetz

## LLU Resident Chef Talks Edible Gardening By: Heather Reifsnyder

Chef Cory Gheen spent an early May afternoon discussing the fun and benefit of growing one's own produce with students from the Schools of Allied Health Professions and Public Health.

Food is better when it comes straight off the bush, posited Chef Cory Gheen, instructor of nutrition and dietetics, during a May 9 presentation to students about centering meals around what is fresh from one's own garden. He demonstrated how to get started in edible gardening with pictures from his own backyard.

"People around the world are starting to catch onto the fresh vegetable movement," said Chef Gheen. "All of us can participate in a tiny bit of what more restaurants are increasingly doing—serving the freshest local food possible."

Mr. Gheen trained at the Culinary Institute of America from 1998 to 2000, just when this movement was beginning. Since then, he has worked in restaurants across the country that serve fresh food sourced locally—resulting in menus that are less standardized and routine. One of these restaurants, The French Laundry in the Napa Valley, routinely sits near the top of best restaurant lists for the country and world.

When cooking is based on what is ready for harvest that day or week, meals become more creative to best use the current fresh ingredients, Mr. Gheen believes. And depending on what one plants, there are more fruits and vegetables to choose from than the staples

carried by local grocery stores—which are commercially dictated by what can be mass grown and shipped.

And then there's nutritional quality, color, and taste. Chef Gheen encouraged students to start with growing their own tomatoes in order to see the flavor distinction.

"There's a night-and-day difference between tomatoes from a grocery store and tomatoes right off the bush in mid-summer," he explained.

“ Chef Cory Gheen spent an early May afternoon discussing the fun and benefit of growing one's own produce ”

Everyone can have a small edible garden, whether in a backyard, a porch, or just a window, said Chef Gheen. He began his own first garden while he still lived in an apartment.

Today, he and his wife, Krystal, have devoted a large portion of their backyard to growing fruits and vegetables. He explained how they started from scratch, building the planting beds themselves. They grow everything from strawberries and Swiss chard to rhubarb and dill.

The moral of the story was not to angle for an

Continued on next page...

# LLU Students Form Chapter of New Honor Society on Campus

By: Heather Reifsnyder

On May 17, 25 nutrition and dietetics students were initiated into Phi Upsilon Omicron, a national honor society for students in family and consumer sciences.

Phi U national president Corine Carr attended the ceremony and pinned each student, plus two alumni and five faculty members. The new members are from both the School of Public Health and the School of Allied Health Professions.

The idea to form a Phi U chapter at Loma Linda University grew out of the Nutrition Council Student Association, which students from both schools formed in 2009 to enrich their own education, unite together, and also educate others in nutrition.

The Phi U chapter took some time to establish, with the process being started by the nutrition council president for 2009-2011, Sahar Rahimi. The next year, the 2011-12 president, Helena Machaj Ramadan, and vice president Jackie Angulo worked to complete the process of getting a new chapter approved, both by LLU leadership and Phi U's screening process.

"Phi U gives LLU students the opportunity to gain national recognition for their hard work and taps them into a network of professionals who can help them advance in their careers," says Ms. Rahimi, who graduated in 2011 with a BS/MA in nutrition and dietetics. She now works as a clinical dietitian for Southwest Healthcare System in the Temecula area.

In addition to establishing Phi U, the LLU Nutrition Council Student Association—which has now grown to include 64 students—has run an education program that aims to increase the knowledge of its own members as well as others. The students taught a cooking class at the School of Public Health's Healthy People conference in March, worked booths at health fairs, organized guest lectures by registered dietitians, created a review course for the registered dietitian exam, and presented a conference designed to foster dialogue between future dietitians and future physicians on the LLU campus.



▲ Kelli Hobby, nutrition student and the new Phi U president, is pinned by Dr. Corine Carr, Phi U's national president for 2010-2012

## LLU Resident Chef Talks Edible Gardening

...continued from previous page

invitation to the Gheen home for dinner, but to motivate students to start their own gardens with whatever space they can find.

When Mr. Gheen arrived to teach at Loma Linda University in 2008, he realized there was no way to demonstrate the importance of gardens to nutrition and dietetics students.

With only one tiny, overgrown planter outside the teaching kitchen to work with, Mr. Gheen got to work turning it into an herb garden—allowing some students to see, for the first time, what an herb looks like before it gets dried in a jar.

Since then, the Schools of Public Health and Allied Health Professions have gotten together to establish Nichol Hall Sprouts, a garden project behind the building these two schools share. The space allows student gardeners, many of whom are studying nutrition, to learn how to grow and cook their own produce. The students behind Sprouts organized the presentation.

"I love planting the gardening seed in students' minds," says Mr. Gheen, "and watching it grow into a realization that they, too, can grow food in whatever space they have."

## ALUMNI PROFILE: Becky Rohal



In June of 2011, I was granted my B.S. in Nutrition and Dietetics from the LLU School of Allied Health Professions. Shortly after graduation was a sprint of preparation for the Registered Dietitian examination. Although reviewing my entire undergraduate nutrition education was no easy task, July 21, 2011, was a proud day, to say the least, when I received my credentials.

Without a minute to spare, I packed my bags for the next adventure which involved a trip across the country to Durham, North Carolina where I enrolled as a member of the ABSN cohort at Duke University School of Nursing.

Currently, I'm knee-deep in my nursing education. During my time here, I have been given the opportunity to sit on the establishment committee, as well as serve as Secretary for the Duke University National Student Nursing Association, the Fall 2011 ABSN Student Council Representative, and even present the nutrition component in the Nursing Fundamentals course for the incoming students.

Becoming a nurse is not an easy task, and often I reflect on the knowledge, motivation, kind words, and mission that Loma Linda University instilled in me.

With this being said, it is a fact that nurses play one of the largest, most vital, yet diverse roles in healthcare today. Therefore, what I will be doing ten years from now is entirely unclear. However, it is a fact that as a Registered Dietitian, I will be influencing (or should I say infiltrating) my knowledge of nutrition-related disease within the field of nursing in whatever I do.

Read about  
the Sprouts  
Garden  
... page 10





# TO GIVE IS ... TO RECEIVE

Cardiopulmonary Sciences  
By: Danelle Herra

*As Alumni Affairs Officer, I was excited to learn that two of our Respiratory Care graduates are passing their expertise onto future Respiratory Care Practitioners. As Clinical Instructors for the School of Allied Health Professions, they have made a commitment to give back to their Alma Mater in a generous way. I was able to learn a little about why they choose to donate their time and what it means to them...*

+++++

**Danelle:** What is your current job position (in addition to being a Clinical Instructor)?



**Abdullah Alismail, '10 Respiratory Care:** I will soon be returning home to Saudi Arabia as I just finished my Master's of Science degree in Health Professions Education from LLU-SAHP. I was pleased to be an adjunct clinical faculty member of the CPS department and a clinical instructor.



**Carter Kwok How Tong, '80 and '82 Respiratory Care:** I have been teaching a class during the winter Quarter called Perinatal-Pediatric Clinical Case Studies for the past 6 years. With my extensive experience in the NICU and Asthma, it was a natural fit for me. At LLUMC, I am a full time Area Resource NICU Lead and a Relief Children's Area House Supervisor; most recently I am also a Per Diem Clinical Specialist for a Ventilator manufacturer.

+++++

**Danelle:** How long have you been a Clinical Instructor (CI)?

**Abdullah:** I started working with the CPS department in June of 2011!

**Carter:** I have been a Clinical Instructor for four years. I graduated in 1980 with an AS degree, followed by a BS degree in Respiratory Therapy in 1982. I worked at LLUMC from 1980 to 1985, then worked at the FMO with the Pediatric dept performing lung function testing. Later, I did Prescription Pharmaceutical Sales promoting Allergy / Asthma Medications for several years and then came back to Loma Linda

where I have been for the past 18 years.

+++++

**Danelle:** Why did you choose to become a CI for the CPS Department?

**Abdullah:** Since I am an alumnus of this great department, the least I can do is apply what I have learned from them. Part of the message that the CPS faculty always teaches the students is to carry the message to others, either by treating patients or teaching students. Choosing to become a clinical instructor was not an easy decision to make, especially when dealing with different facilities to accommodate your student needs along with their employee needs. It also expands your professional horizon with your other peers within the same field. Having all of these factors both as challenges and opportunities led me to become a clinical instructor.

**Carter:** I informed Dr. David Lopez that I would wait for a position to open as a Clinical Instructor because I wanted to give back to the program that made me successful today. When I was interviewed by the Western Association of Schools and Colleges (WASC) officials, I mentioned that one of my goals was to assist the Loma Linda CPS Program in becoming one of the best in the country. The official thought that this was pretty ambitious; I said that with God's help it can be done. I believe that we have the most outstanding Clinical Instructors of any school. LLUMC's Respiratory Care Department also has a uniquely diverse set of ventilation systems available that make it a competitive program for training.

+++++

**Danelle:** What are some of the responsibilities you have as CI?

**Abdullah:** Some of the responsibilities include evaluating and assessing student needs in clinics, helping students transfer the cognitive and didactic information they have learned and apply it into clinic under clinical supervision, follow the most recent guidelines in the profession, make sure that all are assigned to their preceptors and clinical area to insure that they meet their objective needs for the day and the quarter.

I like to gather the students in the cafeteria or the department library for an hour or so to discuss clinical cases they had during that day. The students will be more confident in

presenting a case by themselves, increase their critical thinking skills, and answer any questions by promoting the problem-based learning technique.

To sum it up, a CI helps the students master the psychomotor domain by following the guidelines under clinical supervision along with the effective domain of learning.

**Carter:** I guide the students through different areas of Resp Care, from specific areas in the Medical Center, East Campus and The VA hospital to answer any questions that they may have during their Clinical Rotation. Many times we find topics to discuss from working with their Clinical Respiratory Care Practitioners. We currently have employed several former students who have been remembered as hard working and very knowledgeable.

+++++

**Danelle:** What is your favorite part or what do you enjoy most about being a CI?

**Abdullah:** Well the best part of being a teacher is waiting for the "A-ha" moment! When a preceptor from any facility makes a comment on how great one of our students was, and how they enjoyed spending time with him or her, it means a lot to me and to every faculty in the CPS department.

**Carter:** Describing difficult concepts and watching the students lights go on! An example would be describing how a High Frequency Oscillator works and what strategies one can implement with certain Respiratory Disease Patterns or how inhaled Nitric Oxide works.

(I worked with both Dr. Lopez and Mr. David Stanton on Pediatrics in the early 80s. Now I get to work with them at the school!)

I was also a part of the very first Pediatric Home Ventilator Program. Dr. Yvonne Fanous, the Chief of Pediatric Allergy and Pulmonary Medicine, helped to spearhead this successful program. We were the only Pediatric Home Ventilator Program in the country I think at that time.

I also met my wife as a Drug Rep working at the FMO in the Pediatric Allergy and Pulmonary Division. So Loma Linda gave me my livelihood and my wife!



# SIR RUN RUN SHAW

*During the spring of 2012, two senior Health Information Administration students, Raymound Mikaelian, and Kristen Robeson, were awarded the Audrey Shaffer Scholarship and the opportunity to obtain international clinical experience for two weeks. These students traveled to Sir Run Run Shaw Hospital in Hangzhou, China with alumna Audrey Shaffer, '73, who developed the Medical Records department at the facility. While there, they gained professional practicum experience, which helped apply what they had learned during their time in the HIM program. This is Raymound Mikaelian's story...*

During my senior year in the HIM program I was awarded the opportunity to travel abroad for two weeks along with my classmate, Kristen Robeson, to the Sir Run Run Shaw Hospital in Hangzhou, China. We were accompanied by Audrey Schaffer, who developed the Medical Records department at the facility. While there we gained professional practicum experience, which would not only test what we had learned, but also help us apply those lessons.

My first impression of China was one of sheer awe. I did not do much research on the city of Hangzhou before arriving, but in a way I am glad I did not, because pictures cannot capture the grandeur. The city was built vertically in the form of multilevel apartments, sky scrapers and exquisite malls.

The hospital was far more advanced than I had ever expected; in fact it was more advanced than many of the facilities I have visited in the states. We spent our time in the medical records department, and learned how the department functions, is managed, its policies/procedures, and how a medical records department, founded on American principles, functions in another country. Also, working with the employees was a very enlightening experience. While many did know enough English to communicate, there were words and ideas that did not translate well between English and Mandarin. By using body language, electronic translators, and drawings, we were able to work together very well.

Aside from our time in the office we also had down time to explore the city. Hangzhou is a very safe place, but add to the fact that we were Americans, we became rock stars. It was an interesting experience having people ask to take pictures with

us or having people walk up to us just to say hello, giggle, and then walk away. Audrey showed us around town and seeing as it was her 35<sup>th</sup> time to visit, she knew the city like the back of her hand.

One of the fondest memories was being able to share what life is like in America to high school students at a Chinese boarding school. While there, Kristen and I shared our hobbies, pictures of our homes, families, and so on. The classroom was filled with "ooo's" and "ahh's" throughout our presentation, but when Audrey shared a photo of the plane that she flies, the kids were in awe. Many of them had never flown in a plane to begin with, but here was a woman who owned her own! It was apparent from their facial expressions that they were inspired by her.

Participating in this two week clinical was one of the greatest experiences of my life, not only from a social aspect, but from an educational one as well. I was able to put to work communication skills I didn't even know I had. I learned so much about the people, the culture, the country, the city, and so much more that I cannot even begin to describe. Loma Linda offered me this once-in-a-lifetime opportunity that I could not have received anywhere else, and for that I am eternally grateful. This trip truly made me "whole."

**REUNITED...and it feels so good!**

It was a sunny afternoon on June 11 as we gathered poolside to celebrate our Annual alumni reunion during the CHIA state convention in Santa Clara, CA. About 25 alums and their families chatted and caught up with each other as they enjoyed a pizza dinner. Shortly after dinner, our yearly tradition of introducing who we were and the year we graduated from LLU started.

In addition, we shared what we were currently doing in the profession and other stories/news we wanted to tell. After the introductions, we raffled LLU items given by the Alumni Affairs office. This is always a big hit! No one went home empty-handed and everyone left with a small gift that included a pen, sticky note pad, magnet, anti-bacterial spray, and chapstick. Everyone had an enjoyable time and left stuffed. We are looking forward to the next alumni reunion in June 2013 located in Palm Desert, CA. We hope to see you there!







# CONNECTING STUDENTS TO THEIR FOOD!

By: Heather Reifsnnyder

▲ The new Sprouts Garden located at Nichol Hall gives students a community garden to learn how to build sustainable landscapes.

A gardening movement has taken root among the Schools of Allied Health Professions and Public Health at Loma Linda University. About three dozen students have become avid workers of the soil since this school year began.

Their vegetable garden, called Nichol Hall Sprouts, sits on the hill as witness to the idea that having a physical connection to the food one eats can lead to healthier nutrition.

The intention of the garden, according to faculty sponsor Eddy Jara, DrPH, is first to increase student enthusiasm and skill to grow their own food. "The longer-term goal is for the enthusiasm for locally grown foods to spread in the community," he says.

Anny Ha '12 Nutrition and Dietetics agrees. One of the garden's student leaders during the 2011-2012 school year, she says the spread of knowledge is key. "The students themselves can grow their own food at home and also teach other people how to make food even more accessible in their own homes," she explains.

Student gardener Askari Addison became involved because, as a future epidemiologist, he had recently begun to learn about the importance of nutrition to large-scale health.

He explains, "I was interested in learning how practical, small-scale local farming could be instituted into an urban setting to help provide healthy food for impoverished communities without easy access to whole vegetables."

Many of the students involved are studying to be nutritionists. In their careers, they can teach others the skills they are learning. But the benefits in students' personal lives can be notable, as well.

For one thing, the garden is building a sense of community

between the two schools that share Nichol Hall. It also serves to extend learning beyond just coursework.

"We've had so many amazing conversations about health that didn't take place sitting in a classroom," Ms. Ha says.

Additionally, it connects the students to their own selves.

"I feel that as we're growing these vegetables, we're learning to take better care of ourselves," says Ms. Ha. "It's a nice way to build a stronger foundation from within."

Mr. Addison agrees. "Gardening requires physical labor, mental preparation, quiet time, and allows one, if he or she chooses, to remember the Creator who instituted all these things," he says.

The garden began during the 2010-11 school year. All the plots were shared, and the students involved would come together for workdays. After harvests they would cook and share the produce they'd grown together.

This school year, the garden is operating in a way that gives students more individual ownership and works much like a community garden. The students divide into teams, each of which has its own plot to care for.

"This is going to be the beginning," Ms. Ha says. "We are interested in expanding the garden space."

As part of the garden program, several events have been held for individuals interested in sustainable gardening. The first event, held February 10, featured Janet Hartin Bush, a nationally recognized expert on sustainable landscape practices.

Another event was held March 2. This event taught attendees how to harvest and cook together, and plant new seeds for the spring.

Those interested in learning more about the program can contact [kalegarden@gmail.com](mailto:kalegarden@gmail.com).



## First Physician Assistant Graduates Mark 10-Year Anniversary During Jacketing Ceremony

By: Heather Reifsnyder

►► These 31 students received white jackets for their upcoming year of clinical work. They are reading the physician assistant pledge.



*"All graduates from this class [of 2002] are currently working as physician assistants either in direct patient care, teaching, or administrative duties."*

**TEN YEARS AFTER** LLU's first class of physician assistants graduated, four members of this milestone group were on hand to see the 11<sup>th</sup> class receive white jackets signifying their entry into the clinical world. The ceremony took place August 13 at the Centennial Complex.

The 31 students in the current class will spend the second year of their master's program, training in hospitals or other medical settings. The first year of the program is spent in classroom preparation.

The School of Allied Health Professions launched the physician assistant program in 2000 under the leadership of former dean Joyce Hopp, PhD, and former LLU president B. Lyn Behrens, MBBS. They were recognized during the ceremony, with Dr. Hopp in attendance.

"Drs. Hopp and Behrens were visionary pioneers in establishing this program at LLU," says Yasmin Chene, DHSc, MPA, co-chair of the physician assistant department.

The school also recognized members of the first graduating class of 2002.

"All graduates from this class are currently working as physician assistants either in direct patient care, teaching, or administrative duties," Dr. Chene says.

The program has burgeoned since its beginnings. There were 40 applicants for the class of 2002. But the 2012 graduating class was chosen out of 1,229 applicants. Clinical rotation sites have increased from 14 to 129. Today, there are 200 alumni of the program.

The jacketing ceremony featured keynote speaker Roger Seheult, MD, who is a clinical preceptor for the physician assistant program at San Geronio Memorial Hospital, as well as an award presentation to Preceptor of the Year Marcella Hardy-Peterson, who works at Beaver Medical Group.



Reunions are great fun, and this group of physician assistant graduates and faculty proved it! On Saturday night, October 6, the Alumni Office and PA Department from SAHP hosted a dinner reunion at the Kaiser Grille Restaurant in Palm Springs, California. This reunion was conveniently scheduled during the Annual CAPA Conference held at the Palm Springs Convention Center.

There were about 30 alumni and guests at the dinner, including PA faculty Dr. Yasmin Chene, Dr. Benny Hau, Frank Sirna, and Cathy Oms. Many of the graduates from the first LLU PA Class 2002 were in attendance! Dr. Yasmin Chene shared department and school updates with the group, and later in the evening there was a drawing for LLU goodies.

If you weren't able to attend this year's reunion, we hope to see you at our next one! For those of you who attended the reunion, we hope you had a fantastic time and we look forward to seeing you again in future. We also hope to see you all at Alumni Homecoming Weekend on Loma Linda University's campus from April 17-21, 2013.

To view more photos, or to see photos from a PA casting lab and the new PA Department classroom and lab space in Evans Hall, visit our Facebook page at [www.facebook.com/llualliedhealth](http://www.facebook.com/llualliedhealth) and look under the Photo Albums.

# HEALING. HAITI

By: Heather Reifsnyder

Like the day one gets glasses, 11 LLU students will always remember first glimpsing the world through the eyes of a Haitian child. During their mission trip June 11 through 21 to the Port-au-Prince area, the students from the School of Allied Health Professions pickaxed, painted, and poured sweat to make life more comfortable for about 100 orphans.

Despite their destitution, fear, and sadness, the children also exuded joy that defies circumstance.

"It really teaches you to be thankful for what you have, even when you don't think life is great," says Melissa Radlein, physical therapy student. "You set out to help somebody else and to make an impact on their life, and in fact, they end up making an impact on your life."

The Loma Linda students focused their energies on three orphanages located nearby a sister Adventist school and hospital, Universite Adventiste d'Haiti and Hopital Adventiste d'Haiti, in Carrefour, outside Port-au-Prince.

Using \$5,500 the School of Allied Health Professions raised last school year, the students—from the departments of radiation technology, occupational therapy, and physical therapy, along with their sponsoring faculty—supplied hundreds of pounds of food and improved living conditions for the kids. Not soon enough, says medical radiography student Sarah Garcia.

"I have two small children, and I couldn't believe the things that I saw," she says. But she and other students ensured better circumstances in the following ways.

## LETTING IN THE SUNSHINE

Franz Bastien's orphanage has a lofty mission, as indicated by its name: Venez Enfants et Vivez Mieux—Come Children and Live a Better Life. But the kids were so packed in, it was hard to know who and how many they were.

Physical therapy student Breeann Edwards compiled a roster of the children so that an organization called Love Takes Root can find sponsors for them, with help from her classmate Allison Robins. Breeann was told there were 51 children, but in fact they interviewed 56 children from ages 2 to 11.

They observed that many are sick, frail, and scared, but Breeann loved talking with them. "Even though it was translated to me, you got to see each personality, and they're all different," she says.

They are also sweet and strong, according to Allison. "They have ultimate potential. They really do," she believes.

And now they have a better home. The compound's courtyard was crammed with makeshift rooms under low tarps that let in rain, but not fresh air. This was where the children ate and studied.

The Loma Linda team tore all this out with the help of missionary Jonathan Euler of The Beehive International Inc. and his Haitian crew. Braving flies and smells better left unidentified, they threw away mounds of trash, festively painted the walls, and prepared the site for a better roof.

The new tin roof—high enough to let in fresh air—was almost ready for installation when the LLU team had to go home. After they left, Jonathan saw the roof to completion.



▲ The cement bucket line for new roof columns at one of the orphanages gets its muscle from Alex Cabrera and Trevor Lohman, physical therapy students.



## THE GIFT OF SELF-SUFFICIENCY

Mary-Lou's orphanage is only reachable via a steep mountain footpath. While it overlooks a lush valley with glimpses of the bay, the tiny building was dark inside. The LLU team addressed that by helping add a second story where kids can go for air and sunshine. They also made life safer by building several steps into the slippery path.

People describe Mary-Lou as someone who wants to work, not live on handouts. The LLU team helped get her started by turning the orphanage's useless slope of a front yard into a three-tiered garden space with new plants.

The orphans eagerly assisted with construction and became protective over the plants, according to Trevor Lohman, physical therapy student. One boy even turned into an accomplished stonemason.

"They could tell that we were doing this for them, and they wanted to be a part of it," he says.

Jonathan and his crew have since brought running water to the kitchen and bathroom, complete with new shower and proper toilet. They finished the steps and planted more fruits and vegetables. Mary-Lou can now both feed and help support the kids with fresh juice, okra, papaya, eggplant, peppers, bananas, and beans.

LLU also supplied the money for a freezer when physical therapy professor Everett Lohman III, DSc, visited Haiti again later in the summer. He was one of the mission trip leaders and the original dreamer of helping these orphanages. He purchased more food for the three orphanages, as well.

The ability to keep things cold has helped Mary-Lou earn income. "We developed her business to the point that she is making more than minimum wage off the sale of drinks with little to no effort on her part," says Jonathan.

## THE VIEW INSIDE

Domond Habimelex was a police officer before 2010's 7.0 earthquake flattened much of Port-au-Prince. Countless children lost parents and were living in damaged tents at the Adventist university—at the time turned into a temporary refugee camp for more than 20,000 people. Loma Linda University helped run the camp.

Domond stayed with some of the children and later gave up police work to run an orphanage for them. The home sits on a hillside with a lovely view, but living conditions were anything but. The kids slept on concrete floors in a dirty and depressing space. The LLU team brought in bunk beds for the children and gave an interior makeover, complete with major cleaning and new paint.

Occupational therapy student Laura Lammert's favorite



◀ OT student Charla Banks works to charm a new friend past his shyness at one of three orphanages the mission team focused on.



▲ Dr. Lohman has a passion for helping the country's people and giving out hugs to the orphans.



▲ Stickers? "Yes, please," said these kids to Jesus Espinoza, medical radiography student.

Haitian memory is the time she spent painting and playing with a little boy at this orphanage. "His eyes were so sad, and it was very apparent he just wanted someone to hold him and love him," she says.

"I don't even know his name," she reflects. "I think he told me, but I couldn't understand it. We didn't even talk, but I felt like we built a relationship. I would adopt him if I could."

## LABOR OF LOVE

Like Laura, the other students took giving the children affection as seriously as the manual labor. "They jump on you and give you hugs, and they smile and want to play with you," says medical radiography student Jesus Espinoza.

The students spent time with the children cuddling, blowing bubbles, playing barefoot soccer, flying kites, and giving out coloring books. This gave joy alike to both the children and the students, according to Alex Cabrera, physical therapy student.

"They obviously don't get that interaction with a lot of visitors or foreigners, and just seeing them smile and have fun really touches you," he says.

## NEW FRIENDS NEAR AND FAR

The students were also touched by how the trip drew them closer, taking down barriers between their separate academic departments. This was the School of Allied Health Professions' first interdisciplinary mission trip.

"At school, we don't really get to interact that much with other programs because we're all so busy," says Alex.

But sweating three gallons a day together changes that, according to Trevor Lohman.

"The team has been amazing," agrees Allison Laygo, occupational therapy student. "We've provided such good comic relief for each other. And I've gotten so many new friends as I leave here."

Laura Lammert says the change will last back on campus. "I'll have a few more friends and may be more likely to step out and get to know some other people."

The students also felt affected by the Haitians who worked alongside them at the orphanages. Medical radiography student Sarah Garcia's most striking interaction of the trip was with an 18-year-old man named Mexney who worked with Jonathan for \$8.75 a day, saving every bit for school to become a doctor.

"He prays every day for God to give him a chance and the strength to make a difference in the world," she shares. "Even though he is younger than I, I look up to him in so many ways."

The students also spent some time with their new Haitian classmates—16 students who began classes June 18 to earn a certificate in rehabilitation technology from LLU at the Adventist hospital and university. See accompanying story.

### SHOCKING SIGHTS, NEW PERSPECTIVE

Through these interactions, the American students came to new realizations about life in other parts of the world.

"The students are starting to see how really privileged we are," says Brenda Boyd, MAOM, MS, program director of the AS in medical radiography and one of the trip leaders.

They noticed it from the air before landing. It was like nothing she's ever

experienced, says Carissa Lindley, medical radiography student.

"As we were flying in, I looked out the window and saw the tops of all the shacks. That was my first sight, and that was kind of the most overwhelming moment," she remembers. "I was just looking out and thinking, 'These are people's homes.'"

"And then driving through the city, none of us were talking to each other because we were looking out the windows in shock at the sights we saw," she adds.

Occupational therapy student Charla Banks learned from interacting with the kids. Despite missing their parents and living in destitution, they were still happy and playful.

"It made me reflect on my own life," she concludes. "I should be so grateful, because there are people out here who have far less than I do, and they can smile every day."

Trevor Lohman also gained a new perspective. "We built a whole second story for \$200, and my iPod cost more than that."

### FUTURE PLANS

After experiencing the struggle in other parts of the world, the students feel inspired to serve again in Haiti or elsewhere.

Laura wanted to stay longer—months, if her husband could come, too. The students lived at Hopital Adventiste d'Haiti, where they further assisted with organizational projects and met the long-term foreign volunteers who keep the hospital running.

"They have given such large chunks of their lives to come here, without pay, and dedicate their time and their service," Laura says. "To me that's really inspiring. This experience has definitely opened me up to the possibility of long-term missions."

Trevor Lohman plans to return to Haiti after more funds are raised. He was inspired to go on the trip in part by his father, Dr. Everett Lohman.

Dr. Lohman volunteered at Hopital Adventiste d'Haiti several times after the earthquake, which ignited a passion for helping the country's people. He proposed saving money from the school's recycling program to help at the orphanages. Dean Craig Jackson, JD, MSW, agreed, and the school raised

further funds through donations during its April homecoming concert.

The money was originally raised for Franz's orphanage, but when more than \$15,000 came in, the school was able to help the other two orphanages as well with funds left over for future projects.

Dr. Lohman's passion for service has now infected not only Trevor but the entire student mission team.

"This is my first trip but definitely not my last," says Jesus Espinoza.

That's also true for Charla Banks, who has already made a second trip to Haiti. The School of Allied Health Professions gave her \$1,000 to help with projects including the construction of a new, safe wall for a fourth orphanage. After all is said and done, there is still some \$7,700 left to help orphans even further throughout this year via Jonathan and The Beehive International Inc.

In addition to Dr. Lohman and Ms. Boyd, the mission trip was led by Heather Thomas, PhD, associate professor of occupational therapy. Staff members Shani Denny and Sondra Caposio rounded out the team.

Not to be left out of the hard work, Dean Jackson spent time sweating at the worksite along with everyone else while he was in town to help dedicate the rehab tech program.

Allison Laygo has reflected on a statement from the Bible Dr. Jackson has been known to repeat, from Luke 12:48.

"To whom much is given much is expected," she repeats. "I have felt the reality of that a lot since I've been in Haiti."

Brenda Boyd witnessed such growth from everyone. "The memories of this trip continue to impact us as we have gone on with our daily lives," she sums up. "Each of us was changed, just in the way we individually needed."





# creating a **BRAND NEW** profession

By: Heather Reifsnyder

It's sweltering. The electricity comes and goes. The teacher speaks a foreign language. Most students would demand that class be canceled. But not these 16 students in Haiti. They couldn't be happier.

The School of Allied Health Professions launched a program there this summer to meet one of the country's most glaring

university to Loma Linda University—Hopital Adventiste d'Haiti and Universite Adventiste d'Haiti in Carrefour, outside Port-au-Prince.

It is designed to fill a major gap in the country's medical infrastructure, which boasts just a few Haitian physical therapists and zero Haitian occupational therapists. This is for



◀ In their brand-new classroom, the Haitian students let their excitement shine out. Celebrating with them are 11 allied health students visiting from the home campus for a mission trip.

needs—rehabilitation treatment for the disabled. These students will earn certificates that will allow them to serve as rehab technicians. The program is one of the first of its kind in the country.

After the students graduate in February 2013, they will help their neighbors regain physical functionality that was lost in the 2010 earthquake or through other circumstances.

New student Edgard Bommier is happy to study in the program because "My people need it." He is from the destroyed town of Léogâne, the epicenter of the 7.0 earthquake. "A lot of my people find themselves with one leg, with one arm," he says.

The certificate program is based at a sister hospital and

a country that, even before the earthquake, had an estimated 10 percent of its population disabled.

That percentage has only grown since then. To date, many patients have had to rely on international workers for rehabilitation services. But the numbers of foreign volunteers are starting to dwindle.

"Comparing the current poverty of rehabilitation services in Haiti to the almost insurmountable number of individuals with disability made me realize we needed to do something about this dire situation," says Everett Lohman III, DSc, program director and professor of physical therapy at LLU. He has volunteered in Haiti numerous times since the earthquake.

Classes began June 18 and are taught by LLU professors, alumni, and other instructors who travel there a week or two at a time. Heather Thomas, PhD, co-director of the program and associate professor of occupational therapy at LLU, feels privileged to have taught their first course, a week of intro to rehabilitation.

She couldn't have been more impressed with the group—their enthusiasm, their level of participation, their insights.

"When I ask a question, so many hands go up, and some of them want to answer twice. But I was also blown away by their answers," she says.

For example, she presented the case study of a young mother who suffered a stroke during childbirth. Dr. Thomas asked their ideas for rehabilitating her, and the students went beyond the obvious suggestion of getting her to walk. One idea incorporated the woman's passion for gardening into helping her regain use of her right side. They suggested putting fresh flowers on that side, encouraging her to turn her head that way and reach for them.

"It almost made me cry," Dr. Thomas says. "I thought, 'You've been in this program two days and you're already coming up with these brilliant ideas?' They really saw the patient for who she was."

Equally impressed were the 11 students from the School of Allied Health Professions visiting Haiti from the California campus for a mission trip. They interacted with their Haitian colleagues, participating in a communication-building exercise, attending chapel together, and dedicating the new classroom building. Medical radiography student Sarah Garcia felt proud to spend time with them.

"It's a tough country in which to have goals, when nothing seems to be going right," she says. "I'm very honored to have met them and hope they study hard, learn a lot, and never give up on their dreams."

Those dreams are big, for both the students and Drs. Thomas and Lohman. They hope the students will pioneer the rehabilitation professions in Haiti.

"The first day, they said, 'You can count on us,'" Dr. Thomas remembers. "They're going to be incredible clinicians.

What we really need is some Haitians fired up.

"I hope a year from now, they'll say we need to start a bachelor's program. There is now a real body of people with energy who could make this happen."

Student Condé Rachel Appolon is thinking on a large scale as well, noting that this program is filling a void and enabling them to change their country. "It will be a good story to tell to the little children of Haiti," she says.

Conde has no previous medical experience, but others, like Fortilus Cedieu, have—though with little training. Fortilus dreamed of becoming a doctor, but the cost prohibited it. Instead he has worked as a nurse, health promoter, and, after the earthquake, as a physical therapy assistant and prosthetic technician. But the rehab tech program is his opportunity to become a true, certified professional.

"I thank God I am working in the medical field, and I want to go deeper than I am, because I'm learning to carry out my vision," he says. "I'm feeling so good and proud to be useful in my life."

Fortilus, by the way, is founder and president of the Haitian amputee soccer team Zaryen, meaning "Tarantula" in Creole. The team made its world debut in 2011.

Everything one does in life should come from a purpose, says Pyram Mathieu Junior, formerly an English teacher. His motivation stems from two experiences—his father's stroke and seeing little children trying to walk with only one foot after the earthquake.

"I realized if I chose this profession, I probably could help a lot of people," he says.

Occupational therapy student Laura Lammert is working toward the same goal at Loma Linda University's home campus. After meeting the new rehab tech students, she felt a connection.

"It's kind of neat to realize that even though they're from Haiti, and they're going to school in Haiti, we're all Loma Linda students," she says. With an entire continent and ocean in between them, they are united in the pursuit of making man whole.

"Helping people is very important," sums up Fortilus.

# Miracles Happen

## How two strangers saved the rehab tech program

Two years of dreaming and planning for the rehab technician certificate program almost ground to a heartbreaking halt. Twice. Two months before classes were scheduled to begin, professor Everett Lohman III, DSc, and Ernie Schwab, PhD, associate dean for academic affairs, went to Haiti and learned there was no longer funding for the needed classroom building. Dr. Lohman recounts it.

Ernie and I walked back to our hotel and sat there, and we were just beside ourselves. And there was a knock on the door. But we didn't realize it was a knock, because there was such a big storm here that we thought it was banana leaves hitting the building. After about two to three minutes of this persistent noise, we realized that it was a human being and opened the door.

There was Scott Thurmon, a volunteer with the nonprofit The Beehive International Inc., standing soaking wet with a giant smile on his face. He said, "Gentleman, I hear you need a building repaired, and I think I'm the man for the job."

Mr. Thurmon negotiated a price 90 percent lower than expected and started a crew repairing the tree-choked building before LLU even confirmed it could pay.

"Scott taught me that night," Dr. Lohman remembers. "He said 'Everett, miracles happen every day in Haiti. Don't be so shocked.'"

Everett looked forward to the friendship that would develop between them when he returned for future trips. "We didn't know it was going to be goodbye," he said.

Partway through renovation, Scott went home to the U.S. to visit family and died in a car accident. "I believe



# n Every Day in Haiti

that was day 13,” Dr. Lohman says. Once again, it looked like the dream was over.

“The most important step in a journey is the first day,” says Everett. “In this project there were two first days because on day 14, Scott’s coworker Jonathan Euler took on that responsibility. And he worked for over 60 days to finish the building on time.”

Jonathan explains his motivation to carry on. Scott Thurmon helped turn his life around when he went on a mission trip with him and his son in 2007.

Jonathan signed up with The Beehive International Inc. and became Scott’s partner. They traveled the world and lived in the jungle together in pursuit of helping people become self-sufficient.

“Scott and I have been through a lot, and I can’t stop,” Jonathan says. “He had a vision for the projects here in Haiti. I can’t stop. I can’t go home now.”

The School of Allied Health Professions dedicated the building in Scott Thurmon’s memory. Dr. Lohman showed the students Scott’s picture and told them what a difference he and Jonathan made.

“Now they have an opportunity to make a huge difference themselves,” says Dr. Lohman.

Jonathan takes satisfaction from that fact. “It feels good to see a building that was used for nothing transformed into a building that’s going to change the lives of the students here.”

Jonathan encourages as many people as possible to make a visit to Haiti and serve.

“One life that’s changed down here goes back and changes multiple lives at home,” he says. “We’ve got to get as many people down here as we can.”







# Opportunities in OT & PT

## For South Korean Students

By: Karen Pendleton, MA, OTR/L

On January 30, 2012, a group of 20 physical therapy students and three of their faculty from Changwon South Korea traveled to Loma Linda University. The study tour was sponsored by Kyungnam University where the students are enrolled.

Educational opportunities in health related professions such as OT and PT are limited and still being developed in South Korea.

The purpose of this study tour was to enable the student's an opportunity to review anatomy and neuroanatomy through the PT department and to work with the OT faculty and students to gain insight into the focus of Occupational therapy.

Cheong Kim, DPT and Thy Nguyen worked together with Karen Pendleton, MA,OTR/L, to set up a full day of interactive learning experiences for the group.

To help the students tie together information presented by the two professions, the OT sessions focused on increasing quality of life and independence while working with clients dealing with a variety of disorders. By modifying the environment or technique

used and possible adaptive equipment, many of these individuals are able to participate in fundamental and meaningful occupations.

The day began with Karen demonstrating the procedures necessary for the students to make two basic pieces of adaptive equipment: a universal cuff to stabilize a fork for eating that could help a person with very weak or paralyzed hand muscles and a second piece

valuable in stabilizing a pen or pencil which could allow some form of communication or computer use for work or leisure activities.

This was followed by Heather Javaherian Dysinger, OTD,

presenting "Driving With Seniors" which incorporates the Roadwise Review program where the students participated in a computer-based program that evaluates driving skills.

In the afternoon, the group was joined by 10 junior OT students. Stations were set up providing the Korean students an opportunity to participate in four primary occupations: food preparation, eating, bathing /grooming and leisure activities.

The OT students, using a variety of communication skills, demonstrated several ways the occupations could be modified to accommodate muscle

weakness, joint limitations and visual impairments, providing their guests a chance to try out adaptive equipment and techniques to help peel and slice items to make a fruit salad or a main dish; explore ways to manage toothpaste, tooth brush, comb, bathing and toileting items; and paint or draw using a mouth stick. When completed, the students used the adapted fork they had fabricated that morning to eat the fruit salad they had just helped to prepare.

With the help of an interpreter, faculty and students were given the opportunity to ask questions and request additional information.

For the final session, Diana Su Erickson, OTR/L from the Jerry L. Pettis Memorial Veterans Medical Center, shared some of her experiences evaluating home situations. Through the use of photos and equipment catalogues, she helped them problem solve ways to modify the different home environments and choose possible pieces of durable medical equipment which would allow recently returning, injured soldiers the ability to perform their occupations safely and independently.

Students and faculty alike shared that they had gained valuable insight into the OT profession and had collected a variety of ideas designed to increase the functional ability of patients which they would share with others when they returned home.



Professors Eric Johnson, DSc, and Everett Lohman III, DSc, have spent the 2011–12 academic year in school themselves. In addition to their physical therapy faculty duties, the two men have participated in the Harvard Macy Institute at Harvard University. The program promotes improvement in health science education through classes on the Harvard campus as well as online learning.

Dr. Lohman's track focuses on improving assessment of student learning to further a community of scholarship. Dr. Johnson's program is geared toward personal professional development for health educators; it is centered around five themes: learning and teaching, curriculum, evaluation, leadership, and information technology.

"The program is intensive but well worth it," Dr. Johnson says.

To make it through the application process, both professors had to submit current projects they felt could be enhanced through their participation in the Harvard Macy program.

One of Dr. Johnson's main projects for the institute focused around cooperative learning strategies and techniques in which students become actively involved in the classroom experience rather than passively listening.

For example, fishbowl exercises involve professors demonstrating techniques to students, who then break into small groups to practice. One random group then demonstrates for the class, inviting critique. Further group practice ensures all students can integrate the critiques, at which point another group demonstrates the improved technique.

Other examples of cooperative learning strategies include problem-based learning, team-based learning, small and large group discussions, case method teaching, and reflection papers.

Dr. Johnson has been pilot testing such strategies in his classes this year and contrasting students' course evaluations to previous years in which he used more traditional teaching styles. He recently presented a poster on his preliminary findings at Harvard University and plans to submit the work for publication in a physical therapy education journal.

"Students compared this style to more traditional methods and they enjoyed the opportunity of being more actively engaged in the learning process," he says. "They felt that deeper learning occurred."

Dr. Lohman chose the assessment track in the Harvard Macy program because he is also chair of LLU's educational effectiveness committee, as well as assistant dean for graduate academic affairs in the School of Allied Health Professions. For his project, he evaluated how assessment can best be used in the university's newest international program—the rehabilitation technician degree in Haiti. It begins in June.

During the Harvard Macy program, Dr. Lohman found strength in the fellow members of his small group.

"I now have an amazing support network that ranges



[L-R] Drs. Everett Lohman III and Eric Johnson

from a chief learning officer in Qatar, a physician from Portland, Oregon, who oversees approximately 60,000 health care workers' interdisciplinary learning and collaboration, and other individuals from Australia to Denmark," he says.

Dr. Lohman and the group devised assessment strategies each individual could take back to his or her home institution. One of these—starting assessment at applicant interviews rather than after coursework has begun—Dr. Lohman has already implemented in admitting students to the Haiti program.

"We wanted our students to be compassionate Christian health care providers who have a high level of integrity, dependability, and ethics combined with excellent clinical skills," explains Dr. Lohman. "I believe that if we admit students who are in alignment with our vision and our values (the heart and soul), then we can provide them the best education to positively impact the mind."

Using this process, Dr. Lohman and the other program leaders have chosen 16 students who will compose the first cohort in Haiti.

"We hope that, from this first cohort, many of our future instructors and community-based rehabilitation leaders in Haiti will emerge," he says.

Take  
a look  
p.12-17

# Doctorate of Physical Therapy Jacketing Ceremony

*On June 7, the department of physical therapy acknowledged the accomplishment of its 2012 doctor of physical therapy graduating class with a dedication ceremony. The students in attendance each received a white jacket signifying their entry into the profession. The students vowed their commitment to provide the highest quality of physical therapy care by reciting the physical therapy professional oath.*



## LLU researchers detail method to quantify muscle

By: Heather Reifsnnyder

Loma Linda University researchers have identified a non-invasive way to detect exercise-induced muscle damage in its early stages using thermal infrared imaging. In a sports setting, early detection of this condition could prevent more serious injuries from occurring. The research was published January 22 in the *Journal of Visualized Experiments*.

Muscle damage, also known as delayed onset muscle soreness, is one of the most common recurring forms of sports injury. While previous research has detailed the mechanism of damage, treatment options, and preventive strategies, it has remained difficult to quantify the condition.

This study—conducted by Hani Al-Nakhli; Jerrold Petrofsky, PhD; and Lee Berk, DrPH, of Loma Linda University School of Allied Health Professions; along with LLU alumnus Michael Laymon, DSc, now of Azusa Pacific University—revealed that thermal infrared imaging accurately detects levels of muscle soreness 24 hours after exercise.

The experienced pain of muscle soreness may not peak until up to 72 hours after exercise, meaning this heat-imaging technique may reveal the location and extent of injury before a person can fully feel it.

“The higher the skin temperature readings 24 hours post exercise, the sorer the subject would be later on,” the researchers note.

In this study, participants used weights to exercise the elbow flexor muscles (biceps brachii) of one arm, while the other arm remained at rest. Researchers used an infrared camera to detect heat in each arm before the exercise and then again at 24 and 48 hours post-exercise. A subjective scale in which participants estimated their own level of pain was administered on the same timing.

The results revealed that 24 hours after exercising, pain in the exercised arm was correlated with a rise in arm temperature. While it is normal for increased blood flow to elevate skin temperature during exercise, the fact that

# damage

it was still elevated 24 hours later indicates muscle damage. Muscle damage was further confirmed by measuring blood myoglobin three days post-exercise, revealing elevated levels.

“Hence, infrared thermal imaging would be of great value in detecting delayed onset muscle soreness in its early stages,” the researchers say. “It would also be an interesting and painless way of looking at muscles that have been exercised and are sore, hours after the exercise is over.

“In a sports setting, early detection could help in lowering the incidence of injuries from over-exercising sore muscles on days following the initial exercise,” they conclude.

By 48 hours, arm temperature returned to normal while pain slightly increased. This indicates that thermal imaging is most useful within 24 hours.



# A New Home for the SAHP Department of Cytotechnology

By: Nancy Yuen

Loma Linda University's School of Allied Health Professions (SAHP) offers more than 50 programs. One of these, cytotechnology, is one of only two such programs in the state of California and just 30 in the United States.\* Since the department was established in the early 1980s, approximately 126 cytologists have graduated from the SAHP.

When asked about the department's history Meg Tavares, SCT, ASCP, program director, smiles. "Many years ago we were assigned temporary quarters in a small building across the street from the LLUMC parking structure," she says. "The building was small, and to access the lab we had to step outside and reenter the building through a second door. While we had been assured that we would be there for six years at most, it became home to our department for 31 years."

When campus expansion called for the building to be demolished, plans were made for the cytotechnology department to relocate. Moving into a building formerly known as the Safety Building located behind the Campus Store provided the opportunity for faculty

to carefully plan the renovation, creating teaching and laboratory space perfectly tailored to the needs of the department.

The process took two years, and while a quick search for 24663



*First-year cytotechnology students (pictured, from left): Grace Kim, Desiree Carrillo and Sue Ann Phung are able to work at their own stations in the large classroom of the new cytotechnology location, housed in the building formerly known as the Safety Building. The new classroom is equipped with state-of-the-art audio-visual equipment, allowing the department to embrace digital technology.*

Prospect Street on Google maps still pictures the old building that housed the department still standing, it no longer exists. Since July 2012, Loma Linda University's cytotechnology faculty and students are enjoying their new home.

The newly remodeled building features a space near the entryway

that houses a multi-head scope where up to seven students can study the same slide that the professor viewing; junior and senior classrooms; a cytology laboratory; and faculty offices. The fully equipped laboratory

provides cytopathology services for Loma Linda University Medical Center. According to Ms. Tavares, who also serves as manager for the cytopathology department, more than 2,000 specimens and slides are processed each year.

"The department is beautiful," says Ms. Tavares. "It meets our needs, and the

students are happy to have moved closer to the School of Allied Health Professions."

*\*The other cytology school in California is the Greater Los Angeles Cytotechnology Training Consortium which is part of UCLA.*

## Out With The Old In With The New

### Radiation Technology Department Gets A Makeover

By: Danelle Herra

With changes in technology and to the radiation technology profession, the time has come to modernize the department located on the lower level of Nichol Hall. What once was the darkroom will now be considered a "work room" and shared space for the department to utilize.

"Since the profession has gone digital, the questions on the registry concerning darkroom procedures, including chemicals for processing films, have decreased and will soon be disappearing altogether," Laura Alipoon, Ed.D, RT(R), chair of the radiation technology department explains. "So we tore out the darkroom

and created the added space for the main office."

This change to the structure of the department will provide shared space and an opportunity for faculty members who share an office to have a private meeting with a student, something that the radiation technology faculty found difficult before. The room is also large enough to hold small group meetings for three to six people; an added bonus.

Space has become a priceless commodity in Nichol Hall, and with record-breaking fall quarter 2012 enrollment numbers in the School of Allied Health, it will continue to be. With the increasing student population

in the department, the need for using all the space efficiently also grows.

In addition to supplying storage area for archiving, another purpose for this room will be to provide a quiet place for staff to work on tasks like the catalog. "We tend to be a happy but noisy group," Dr. Alipoon describes the students and faculty in her department.

The construction remodel that began spring of 2012 in the department is now complete, with the exception of a desktop computer, chairs, and a few decorations for the area. Dr. Alipoon says, "It looks beautiful and has already been put to use!"

# SPOTLIGHT *On Our New Faculty and Staff*



## NEW FACULTY

**Adriana Belencaia**, *Assist. Professor, Communication Sciences & Disorders*

Adriana Belencaia, MS, CCC-SLP, graduated from California State University at Sacramento, class of 2005, and is “dangerously close” to having completed her PhD in Rehabilitation Sciences at LLU. Ms. Belencaia has worked for Laboratory for Language and Cognition, San Diego State University/UC San Diego, USC University Hospital, Playabilities/ Horizon Therapy Early Intervention Program, Pomona Unified School District, and Corona Unified School District, and is currently a consultant at Hill Rehabilitation Services. She is a half-time faculty member, and teaches undergraduate Communication Across the Lifespan and graduate Issues in the Public Schools. Ms. Belencaia fully confesses to having a passion for issues related to the public schools. She originally came from Moldova 12 years ago, and speaks Romanian and Russian.

**Tina Bratlund**, *Assist. Professor, Communication Sciences & Disorders*

Christina Bratlund, PhD, CCC-SLP, LLU class of 1999 and of 2001, became Assistant Professor in the CMSD Department in July 2012. She worked clinically in nursing homes, hospitals, and outpatient clinics before completing her PhD at James Madison University. Following that, she taught at James Madison University in Virginia and at Central Michigan University, specializing in voice and swallowing disorders. Her research seeks to promote quality of

life. She loves exploring, whether in books or outdoors. At LLU, she is teaching graduate courses in voice and swallowing disorders, as well as undergraduate courses in diagnostics, organic speech disorders, and voice. In addition to teaching, Dr. Bratlund is working with the department and using her research expertise to set up a voice and swallowing clinic “which I’m very excited about!” she says. Dr. Bratlund, currently resides in Yucaipa, CA.

**Paul Deavenport**, *Assist. Professor, Clinical Laboratory Sciences*

Paul Deavenport, MSPH, MS, MBA, MT(ASCP), CLS, began in May 2012 as Assistant Professor in CLS, responsible for teaching Hematology and Hemostasis. After passing both the California (licensed Clinical Laboratory Scientist) and the National Boards (American Society of Clinical Pathology), he went onto obtain an M.S.P.H from LLU, an M.B.A. in Health Services Administration at Golden Gate University in San Francisco, and finally a M.S. in Biotechnology & Bioinformatics at California State University, Channel Islands. Mr. Deavenport has over 25 years of bench and laboratory management experience. Additionally, he worked as a clinical laboratory consultant and taught as an Adjunct Professor for the online CLS Bachelor’s Program at National University in San Diego. “This program is generally acknowledged to be the best program in California and the United States. I am extremely happy to return to LLU. It feels like home,” notes Mr. Deavenport, who currently resides in Loma Linda, CA.

**Will Edmunds**, *Instructor, Program Director for RTAP, Asst. Program Director for A.S. in Medical Radiography Radiation Technology*

Will Edmunds, RT(R), LLU class of 2008, joined the RadTech Department in July 2012. He teaches primarily in the ASMR program, as well as some online classes in the Bachelors and Masters programs. His other duties include Program Director support of the RTAP program and shares duties as Assistant Program Director of the ASMR program, working to support the 65 radiography students behind the scenes with the PD Brenda Boyd and Clinical Coordinator Jerone Murphy. He received his B.S. in Electrical Engineering from California State University, Chico in 2000 and worked for five years as a technical support engineer for a telecommunications company in Northern California. He decided to change careers and got his A.S. in Medical Radiography from LLU in 2008, and has worked in the diagnostic radiology department at LLUMC for that past five years. He continued onto receive his Post-Baccalaureate Certificate in Distance Education from Penn State University 2011, and is only three more classes from finishing his M.A. in Higher Education from the University of Redlands. He continues to work part time at the LLU Medical Center and Heart & Surgical Hospital facilities while working full-time at LLU to keep up with the ever-changing technology in his field. Mr. Edmunds currently lives in Redlands, CA, and states, “I have the most amazing 8-year-old son, Sam. It is a great joy to watch him grow up.

He says he wants to work in x-ray like his Dad.”

**Michelle Gonzalez**, *Instructor, Clinical Supervisor, Communication Sciences & Disorders*

Michelle Gonzalez, MS, CCC-SLP, LLU class of 2008, has experienced nearly every aspect of Communication Sciences and Disorders field. She started out as a SLPA after earning her AS degree from Crafton Hills College, and worked with school age children in the Irvine Unified and Colton Joint Unified School Districts. Following her master’s degree, she specialized in accent modification, worked at Corona Regional Medical Center, then at HealthSouth Tustin Rehabilitation Hospital, then in the Anaheim City School District’s Preschool Assessment Center. Today, she is a Clinical Supervisor and Speech Therapist for Love 2 Learn Consulting, is a doctoral student in the PhD in Rehabilitation Sciences at LLU, and is a part-time Instructor and Clinical Supervisor for the CMSD Department.

**Julie Kugel**, *Assist. Professor, Occupational Therapy*

Julie Kugel, OTD, OTR/L, is full-time assistant professor in the OT Department and besides teaching OTD courses, she has assumed the program directorship for the online OTD program. Ms. Kugel graduated from LLU’s post-professional OTD program in 2010 and has been a school-based OT practitioner since 2008. Ms. Kugel and her husband reside in Chehalis, WA, with their one-year-old daughter.



# ALUMNI NEWS



**Heather Roese**, Instructor,  
Occupational Therapy

Heather Roese, MOT, OTR/L, is part-time faculty in the OT Department; her main duties are co-coordinator for fieldwork and teaching in the areas of physical disabilities. She is a 2011 graduate of LLU's MOT program, and began the OTD program in fall of 2012. Ms. Roese and her husband reside in Riverside, and have a teenage daughter. Outside of work, she enjoys walking with friends on Mt. Rubidoux.

## NEW STAFF

**Maria Gonzalez**, Radiation  
Technology

Maria Gonzalez began working as Administrative Secretary in the Rad Tech Department in October 2011. Previously to that, she worked at a Respiratory DME company for five years. She grew up in Loma Linda, California, where she currently lives. Outside of work, she enjoys going to Bible studies.

**Heather Hebron**,  
Cardiopulmonary Sciences

In September 2012, Heather Hebron joined the CPS Department as an Office Aide. She graduated with her BS in Business Administration and has worked as an Administrative Assistant for a pest control company and an Assistant Office Manager for a pond and landscaping company. She currently lives in Highland, CA and enjoys baking, gardening, horseback riding, and volunteering at a dog rescue.

**Mona Smith**, Communication  
Sciences & Disorders

In August of 2011, Mona Smith became Administrative Secretary for the Communication Sciences and Disorders Department. For the past 14 years, she worked as an Administrative Assistant for Blooming Creations. She currently resides in Redlands, CA with her two teenage boys.

**Clare Utley**, Research and Statistics

Clare Utley became the Administrative Secretary for Dr. Zimmerman in November 2011. She received her BS in Community and Consumer Studies from the University of Utah. She was a front office manager in Salt Lake City before moving to Loma Linda. She lives in Redlands with her husband, who attends Loma Linda School of Dentistry. She also works at The Yoga Room, loves to bake, play board games and enjoys spending time with family.

**Jacquelyn Weischadle**, Life  
Support Education

Jacquelyn Weischadle joined the Life Support Education Department as Administrative Secretary in March 2012. She graduated from La Sierra University in 2009 and spent 2011 in Fiji as a missionary teacher. Currently, she lives Yucaipa, CA and enjoys teaching with Pathfinders.

## Hello world...

Abel Rendon, '11 PT DSc, '06 DPT, had his first child, Izabella Marie Rendon, on July 2, '11, with his wife Mindy (a RN at LLMC NICU dept).

Cathy (Domingo) Oms, '07 PA, with her husband Jeremy Oms, had Lyla Camille Oms on Sept. 13, '11.

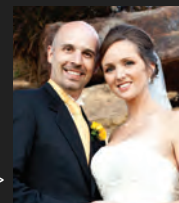
Christy Eskes, '03 PA and current PA Program Director, with her husband Todd added to their family through the blessing of adoption Ashleigh Joy Eskes, born on June 29, '12.



Julie (Witcombe) Kugel, '06 MOT, '09 OTD and current OTD program director, and her husband Adam had their first child Addyson on Sept. 28, '11.

Kristine (Capalla) Richard, Finance Office staff, with her husband Matthew welcomed their first child, Noah, to their family on Nov. 13, '12.

Mary Rank, '09 HIM, had Annaliese Rosene Rank on Sept. 1, '11. This is her second baby. Her oldest, Natalie, turned 7 in Jan. '12.



## In Holy Matrimony...

Cory Gheen, Chef Instructor for N&D, and Krystal (Boyce) Gheen, '09 LLU SPH alumna were married on September 4, '11 in Escondido, Calif.

Monica (Arreola) Tovar, Finance Office staff, was married June 2, '12, to Jose Tovar.

Kristy (Yap) Chun, '09 DPT, married Vince Chun on July 30, '11 in Maui, Hawaii. The bridesmaids included Nancy Perez, '08 DPT, (next to bride), Vivian Hwang, '09 DPT (fourth from left), and Bethanee Korompis, '09 DPT (second from left).



Shani Denny Torrez, Rad Tech Admin Assistant, married Chris Torrez on Sept. 17, '11.

Mele Hifo (Taione) Tabisula, '10 Respiratory, married Braiden Tabisula, '10 HIM, on July 8, 2012 in Maui, Hawaii.

Tricia (de los Reyes) Blanco, '09 HIM grad, married Derrick Blanco on May 14, '11.



## With Our Sympathy...

Beverly Radford, '78 Med Tech, passed away in November '11.

Donald Bedney, '62 PT, passed away on June 15, '12.

Elenoir A.(Cross) Allen, '40 N&D, passed away on February 15, '12.

James P. Ragan, '63 PT, passed away on November 7, '11.

Jefferson Kincaid, '57 PT, passed away on September 18, '11.

Marissa Duran, '10 CLS, passed away on September 30, '12.

Malcolm Swingle, '51 Med Tech, passed away on August 26, '12.

Margie Fowler-Allen, '63 PT, passed away on August 22, '12.

Velda Letha Magee, second-year coding student, passed away on September 4, '12.

## Other News...

Joni Wildman Baker, '78 HIM, completed her MBA in May of 2011 and is working as a Senior Compliance Analyst with Spectrum Health in Grand Rapids, MI.

Jessica De Brun, '10 MOT and second year OTD student, received the OTD scholarship award from Calif. Foundation of Occupational Therapy at the Occupational Therapy Association of California Conference, Oct. 4-7, '12.

Judi Palladino, OT faculty member, was honored with the 2012 Fieldwork Educator Award at the annual OTAC Conference, Oct. 4-7, 2012.

Laura Alipoon, '81 ASMR and Rad Tech Dept Chair and Alan Alipoon, '77 Respiratory and CEP Program Director, celebrated their 30th wedding anniversary on August 30, '11.

Charles "Bud" Spearman, '75 Respiratory, is the VP of the Respiratory Care Board of California. He was also elected as founding member of the Coalition for Baccalaureate and Graduate Respiratory Therapy Education, Inc (CoBGRTE).

Share your news! Send your announcements and high-res photos to [AHAlumni@llu.edu](mailto:AHAlumni@llu.edu) or mail to LLU SAHP Alumni Office, 24951 N. Circle Drive, Cottage 70, Loma Linda, CA 92350.



LOMA LINDA UNIVERSITY  
School of Allied Health Professions  
OFFICE OF ALUMNI AFFAIRS  
LOMA LINDA, CA 92350  
*address service requested*



# WHAT'S YOUR PLAN?

MANY STRENGTHS.  
ONE MISSION.

## DON'T DELAY!

Time is running out to receive a charitable tax deduction before the year ends.

Did you know that you can make a gift of cash or appreciated property before Monday, December 31, and enjoy a charitable tax deduction and valuable tax savings on this year's tax return? Your gift can even provide you with income for the rest of your life!

For more information,  
call 909-558-4553,  
email [legacy@llu.edu](mailto:legacy@llu.edu)  
or visit [llulegacy.org](http://llulegacy.org)



LOMA LINDA UNIVERSITY  
*Office of Planned Giving*