



MONMOUTH UNIVERSITY

FALL 2018

The Marjorie K. Unterberg School of Nursing and Health Studies

From the Dean's Desk



Dr. Janet Mahoney

The School of Nursing and Health Studies (SONHS) has enjoyed the celebrations of not only one graduation, but three this year. Undergraduates took the stage at the PNC Bank Arts Center, on May 9, including our inaugural class of Pre-licensure Bachelor of Science in Nursing (BSN) students! Students from the Graduate programs received their degrees on campus at the Ocean First Bank Center on May 10. On August 28, the final ceremony took place in Pollack Theater. This special graduation was for those students who completed their coursework during June, July and August. We wish all of our graduates the best of luck as many prepare to take their various state certification exams in the coming months.

There is a lot happening at Monmouth University. We offer a full schedule of classes year round and as we are just steps from the Jersey Shore, leisure and recreational activities are in abundance. The balance of work and relaxation is important for all of us. All who work in the SONHS strive to provide a transformational experience to our students as they focus on their chosen degrees.

A thread throughout our core curriculum is the importance of practicing healthcare beginning with self-care. We know our alumni share this knowledge of exercise, healthy eating and stress management with their patients and with the community. Our graduates make a difference and our impact and outreach into interdisciplinary health care continues to grow. The School now offers degrees in nursing, health studies,

physician assistant, and physical education. Additionally, two new programs are going through the approval process: a Master of Science in Athletic Training and an Occupational Therapy Doctorate. Your healthcare provider may well be a graduate of Monmouth University, and at the Marjorie K. Unterberg School of Nursing our focus is on helping people live happier and healthier lives.

Recently, I had the opportunity to be part of a phonathon for our School. The theme for the night was to build student scholarships. I enjoyed speaking with alumni from near and far. I marveled at their successes since their graduation. Many generous alumni donated. Scholarships are so important for our students, for without scholarships, many students would not be able to further their education.

We are also pleased to note that the School received \$208,000 in grant funding through the Nurse Faculty Loan Program that will continue to make this grant available for continuing and new scholars. This program is for students interested in becoming nursing faculty. The loan pays for 85% of the tuition. Upon graduation, students must obtain faculty positions. If you would like to receive more information about this loan, feel free to contact the School of Nursing or take a look at our NFLP webpage, both the link and contact information for the School can be found on the last page of this publication.

While you enjoy reading some highlights that feature events held by the Department of Health and Physical Education, the Physician Assistant program and Department of Nursing, we welcome you back and enjoy your fall!

"Coming together is a beginning; keeping together is progress, working together is success."

Edward Everett Hale

Milestones ~ Faculty

Dr. Sasha Canan (Assistant Professor, Health and Physical Education) published an article titled, *“Navigating Sexualization as a Sexuality Professional: Insights from Sexuality Educators in the American Journal of Sex Education.* At the 2017 Annual American Public Health Association Conference in Atlanta, Georgia, Canan gave four presentations: “Sexual Satisfaction and Sexual Behavior Discrepancies in a National Sample of Heterosexual, Bisexual, and Lesbian Women in the US,” “Exploring Experiences of Sexual Risk Taking, Sexual Assault and Consent in the MSM Community,” “Contextual Experiences of Sexual Violence in Lesbian, Bisexual, and Heterosexual Adult U.S. Women,” and “Rates of Sexual Violence and Familial Support in Lesbian, Bisexual and Heterosexual Adult Women in the US.” Canan also directs the new “Sexuality Education & Attitudes Lab” (SEAL) where she currently is working with two undergraduate research assistants (pictured right): Cassidy Kaznowski (Psychology Major) and Jazzmyn Newman (Health Studies Major). Canan will be seeking students to work with her as an Independent Study.



Dr. Andrea Hope (Associate Professor, Health Studies) is currently involved with a research team of nursing faculty at Rutgers University and the Fitness Director at the Metuchen (NJ) YMCA. Last spring, the team’s pilot study was approved and sought to “explore the feasibility and acceptability of an enacted support intervention called the Health Advocacy for an Active Lifestyle program (HAAL).” HAAL enables the interdisciplinary wellness team and offers support for cancer survivors through different technological means at the YMCA. Dr. Hope has been involved in pre-recruitment activities, recruitment, eligibility, consent and implementation of the intervention at the YMCA in Metuchen. She also received a 2018 summer faculty fellowship to continue her involvement in the HAAL project and looks forward to presenting research findings at future conferences and in journals. Optimizing Wellness: Health Advocacy for an Active Lifestyle in Cancer Survivors (HAAL). Research Team: Musanti, R., Chao, Y. Y., Hope, A., Thomas, H & Norrell, J. (2016-present).

Dr. Jeremy Lackman (Assistant Professor, Health and Physical Education) published with Chepyator-Thomson, J.R. (2017). *“Reflective Voices: Understanding University Students’ Experiences of Urban High School Physical Education.”* Physical Educator, 74(4): 672-700. He also presented the following: Wanderlust: Finding yourself while traveling (Monmouth Leadership Exploration and Diversity Symposium, 2018), HPETE Club: Best Practices (NJASPERD Annual Convention, 2018), Teaching Health Education in Costa Rica (NJ Society for Public Health Education (NJSOPHE), 2017) and Community Health in Costa Rica: Teaching Social Change (13th Annual Teach-In, A Call to Action: Community Members as Change Agents, 2017). He received the George H Edwards Memorial Award in October at the NJASPERD Lake Conference. He was also honored for his outstanding poster in the area of Administering and Managing Health Education/Promotion at the NJSOPHE Annual Meeting in December. Dr. Lackman received the Monmouth University Creativity and Research Grant for \$1900.00. (2017). *Curricular Improvement for Health and Physical Education: CPR Instructor Certification.*



Milestones ~ Faculty

Medical Mission to Haiti

Submitted by: Dr. Laura Jannone

Professor Dr. Laura Jannone, along with Monmouth University Pre-licensure nursing graduates, Jason Hebron (BSN '18) and Melina LaRouche (BSN '18) took their third medical mission to Haiti over winter break. This medical trip was sponsored by the Foundation for Peace organization. Students from Malloy College on Long Island, professors, nurse practitioners and nurses worked together to set up clinics throughout the countryside, assessing and treating 799 patients. They brought medications and distributed hygiene kits to patients and families. Hebron and LaRouche have become leaders in Foundation for Peace. For this trip, they organized medications every night and kept statistics. Dr. Jannone noted, "I am proud of the work Melina and Jason have done. This experience has improved their nursing skills." The trip was not without fun, as one day the students and staff enjoyed a rest day at the beach. They also visited an orphanage where they saw sick children, played with the well children, and visited a school.



Dr. Jannone pictured with BSN graduates Jason Hebron and Melina LaRouche.

April 2018 – Two Monmouth University Alums were recognized at the New Jersey State Nurses Association (NJSNA) Institute for Nursing Awards and Scholarship Gala.

Virginia Carreira, (DNP ('13), RN, APN ('98), CCRN, CDE) was honored at the Beacon of Light Award ceremony. This award recognizes works of leadership, service, community impact, and mentorship and the ways in which she has inspired the lives of nurses through such endeavors.

Deborah Ewtuschek, (MSN ('11), RN, CCSN-NJ) received the Beacon of Light Award from the NJSNA - Institute for Nursing (IFN). Ewtuschek, a nurse educator at Ocean County College and Point Pleasant Borough Certified School Nurse, was honored for inspiring the lives of other nurses through leadership, service, community impact and mentorship.



Virginia Carreira



Deb Ewtuschek with Kate Gillespie, IFN - President Elect

Milestones ~ Students & Alumni



Eileen Allen



Eileen Gavin



Dr. Tara Heagele



Dr. Beth Jameson

Eileen Allen, MSN, RN, FN-CSA, SANE-A, SANE-P – received the “Community Educator of the Year Award from the Center for Professional Development. She was honored for her work as the University’s lead SANE instructor for almost 2 decades. As an educator and a mentor, her contribution has helped to build a program with a reputation for excellence. Additionally, she serves as an adjunct, teaching several graduate classes on a regular basis as well as supervising clinical field placements for forensic nursing students. She is also the FNE/SART coordinator for Monmouth County, NJ. Her professional experience along with her knowledge of the ever-evolving role of the forensic nurse, provides a valuable learning experience for the students.

Silvia Bober (BSN ‘18) & Amanda Sandford (BSN ‘18) both received the C. R. Bard Foundation Nursing Scholars Award, April 2018. This organization recognizes students for demonstrated excellence in scholarship, leadership and community engagement as future leaders in the health care industry.

Eileen Gavin, (MSN (‘10), RN, FNP-BC (‘03), NJ-CSN) received the New Jersey State School Nurses Association (NJSSNA) Outstanding School Nurse Award in March 2018. She was honored for her work in writing the Narcan Policy for school nurses and staff for New Jersey and National Association of School Nurses.

Dr. Tara Heagele, PhD, MSN (‘12) successfully defended her dissertation, “A Qualitative Study of Household Emergency Preparedness of the Elderly and the Medically Frail Living in Coastal Urban Environments,” this Fall 2017 and graduated in January 2018 from Rutgers School of Nursing. Dr. Heagele’s dissertation investigated the city of Long Branch and the surrounding community.

Dr. Beth Jameson, PhD, MSN (‘11) successfully defended her dissertation, “Exploring the Factors that Influence the Role, Burnout and Job Satisfaction of the School Nurse: A Mixed Methods Study,” in Fall 2017 and graduated January 2018 from Rutgers School of Nursing.

Miranda Konstantinides, BSN (‘18) received the Female Athlete of the Year Award 2018. While at Monmouth, she played Division I soccer for four years. She also served as the president of the Monmouth University Professional Nursing Association (MUPNA), actively engaging her peers and classmates in the organization. She and her classmates are members of the inaugural Pre-licensure BSN graduating class.

Milestones ~ Students & Alumni

Cara Kovats, BS, Health Studies ('11), L.Ac. recently opened an acupuncture practice called *Be Well Acupuncture* in Sea Girt, NJ. While at Monmouth, Cara's passion for integrative health was strengthened as she pursued her degree in Health Studies with a certificate in Gerontology. Following graduation, she became a Certified Yoga Instructor from Kula Kamala Yoga School. After studying yoga, she enrolled in the Eastern School of Acupuncture located in Montclair, NJ to study acupuncture and Chinese herbs. At *Be Well*, she offers acupuncture, cupping, herbs, and aromatherapy for a wide range of health conditions. In striving to bring comprehensive care to her community, Cara offers regular events including yoga and meditation classes, tarot card readings, and mala making workshops and brings in teachers from the local community to increase people's awareness of acupuncture and holistic healing.

Angela Nelson, MSN, RN, CCRN, ACNP-BC (current DNP student) recently published an article with a nursing colleague entitled, *Effect of meaningful recognition on critical care nurses*. *American Journal of Critical Care*, 26(6), 496-500. Nelson, A. & Lewis, A. (2017).

Jennine Orgo, BSN, RN, NJ-CSN received the Monmouth County School Nurses Association (MCSNA) School Nurse Scholarship in March 2018. MCSNA awards nursing students each year to promote ongoing nursing education to those living in Monmouth County. Jennine received her School Nursing Non-Instructional Endorsement in May.

We are proud of the accomplishments of MU students and alumni!

Karen Silva (PhD, Post-MSN ('05) MSN ('00), RN-BC) is employed at Cedars-Sinai Medical Center in Los Angeles as an Education Program Coordinator and is working on several projects related to forensic nursing. She was part of an initiative with an anti-human trafficking taskforce. Since last year Sinai Medical Center has worked on educating all employees on the signs of human trafficking and what to do when they suspect it. She has also recorded educational videos for SymptomMedia, for nurses on psychiatric disorders (www.symptommedia.com). As for international projects, Karen taught the first forensic nursing course in Brazil in 2005, and authored several articles on Forensic Nursing. She is one of the founders of the Brazilian Forensic Nursing Society (SOBEF- Sociedade Brasileira de Enfermagem Forense) established 2017. Dr. Silva also helped promote the first international forensic nursing conference held June 2018 at the Universidade de Sao Paulo (USP- RP), in Ribeirao Preto, Brazil.

Kim Thompson (BSN '18) received Monmouth University's Unsung Hero Award from MU's Student Government Association in April, 2018. She has been an active member of the Monmouth University Professional Nurses Association (MUPNA) for 3 years holding the position of Vice President. Kim exemplifies the characteristics for this award. She showed dedication to the organization's goals and values through her leadership and was a motivational force encouraging her peers to get involved.



Miranda
Konstantinides



Cara Kovats



Karen Silva



Kim Thompson

Danica Parker, Coordinator of Clinical Placements



Danica Parker joined the department of nursing in the fall semester of 2017 as the Coordinator of Clinical Placements for both the MSN and DNP programs. Her responsibilities include confirming placements, coordinating contracts, compiling and archiving documentation for the clinical placement process.

This past spring she managed approximately 200 placements.

In addition to the work she does at MU, Ms. Parker is also studying accounting and is interested in the field of forensic accounting. As a student herself she can relate to the challenges that the

nursing students face when juggling work and studying. She has been known to share her philosophy about advancing one's education, "Life is going to happen with or without you acquiring your degree but, getting your foot in the door for your dream job is made possible with a degree so, graduate." Danica's positivity is extremely contagious.

She enjoys working in the academic setting. The clinical placement coordinator must be very detail oriented, as it requires coordination between the student, the preceptor and the University. She has found the job of serving as a liaison both challenging and rewarding. She is a self-declared technology "geek" and loves to use technology tools and resources to streamline this intensive work process.

When she has a spare minute, Danica enjoys reading, listening to jazz, cooking and spending time with family and friends.

Patricia Dempsey, Specialist Professor

Professor Dempsey joined Monmouth's faculty as a full-time professor teaching both the MSN and BSN programs. She is certified as both an Adult and a Pediatric Nurse Practitioner. Mrs. Dempsey was drawn to the field of nursing because of her interest in medicine and working in a service-oriented profession.

Professor Dempsey enjoys teaching and seeing students come to their "Ah-Ha" moment when everything they have been learning comes together. In addition to her role as a specialist professor, she also provides continuing education for nurses on an on-going basis. For students currently enrolled in the program, she suggests to devote as much time as possible to studying. She says "this may sound like a cliché, but your education is an investment of your time and energy. Advanced practice studies are a labor of love."

As a seasoned nurse practitioner, Pat Dempsey has a couple of tips for new graduates. Find a mentor. She notes that a mentor helped shape her career and she still aspires to be like the nurse her mentor was. Look for a practice environment that supports learning and role transitions. Work in the primary care setting before

moving onto any specialty practice areas.

Ms. Dempsey continues to provide nursing care as an advanced practice nurse working Per Diem at Riverview Medical Center in the ER and at VNA Central Jersey in Primary Care Services.

As the teacher never stops learning, she has a strong interest in Genomics and states, "science is shaping the way we treat different diseases. DNA and gene-directed therapies are at the forefront of practice. It is really interesting."

In her free time, she enjoys traveling. One of her favorite places is Zion National Park in Utah. She also enjoys French cooking, which was her first love, but she has now ventured into vegetarian cooking. On a nice day, you could find Pat Dempsey on the golf course. Although she doesn't believe she is very good, she still enjoys it very much.



Greg Lonning, Health Studies Advisor



We welcome Dr. Greg Lonning, who has joined the School of Nursing and Health Studies as an Academic Advisor.

Before coming to Monmouth, Greg was a faculty

member and Director of the Lifetime Wellness program at Luther College for 14 years. Prior to Luther he taught exercise and Sports Science department and was the Head Wrestling coach at the University of Wisconsin La-Crosse. Through out his life, he has had a constant passion for health, exercise and diet. One of his biggest motivators throughout his academic and career path has been his desire to

be active.

As a Health Studies Advisor, most of Greg's day is spent meeting with HEPE majors. This position includes responsibilities such as helping students schedule their classes, providing students with resources as well as having conversations about what the best professional path might be for each individual student. One of Greg's favorite parts of being a Health Studies Advisor is seeing students get excited about their major and the opportunities their degree will provide. These opportunities are endless.

During his leisure time he enjoys bike riding and spending time with his kids outside. When asked to imagine a perfect day, he responded that he would be on the road at 5 in the morning, riding his bike for at least 2 hours.

Eta Sigma Gamma

Eta Sigma Gamma (ESG), the national health education honorary, was led by President Kristen Kennett, Vice-President Alexandra Hartman, and faculty advisor Dr. Myers last academic year. With over 30 active members, ESG strives to get the college campus involved by promoting service and health education within the surrounding community. ESG started the fall semester off by encouraging students to attend the Autism Speaks Walk located in Long Branch. Over the course of the year, students have also participated in numerous blood drives, as well as donation drives to collect materials for Puerto Rico and the Dominican Republic. In addition, each year ESG adopts two underprivileged families within the community through the program Operation Sleighbells. This past holiday season, current and prospective members of ESG came together to acquire every-



thing the families had wished for, as well as raised over \$360 for Shop Rite gift cards. In February, ESG hosted a CPR/First Aid Certification course with over a dozen students attendees. The final large philanthropic activity of the year was Relay for Life, with a strong showing from members and HEPE faculty in the OceanFirst Bank Center. ESG culminated the year inducting 30 new members on April 13th and graduating 28 seniors with green and gold honor cords at commencement. Anthony Cabrera, Justin Badamo, and Nikki Hoff will be serving in leadership roles during the 2018/2019 school year.

Department of Health and Physical Education

Submitted by: Dr. Chris Hirschler

On December 7th, 2017, Monmouth University and the Department of Health and PE hosted the NJ Society for Public Health Education (SOPHE) Annual Program. The keynote address was given by Melissa Opp, Deputy Director, National Commission of Health Education Credentialing (NCHCEC). Specialist Professor **Kiameesha Evans** helped to bring this event to campus, and Monmouth faculty and students participated in poster presentations. Health and PE students, now graduates **Leiry Pualino ('18)** (bottom right) and **Vianey Rosas ('18)** (top right) presented their poster "Beauty and Suffering in Guatemala: College Students' Critical Reflections" about their experience with Dr. Hirschler and classmates' efforts to provide health and physical education to women and children in a domestic violence shelter during Spring Break 2017. Dr. **Jeremy Lackman** presented a poster titled, "Health Education at EARTH University in Costa Rica".



NJSOPHE

New Jersey Society for Public Health Education

To learn more about and join NJ SOPHE
visit <http://njsophe.org/>



GET FRUVED!

Specialist Professor Kiameesha Evans and Dr. Chris Hirschler secured a \$3,000 FRUVED Grant from the University of Tennessee and the USDA to support an increase in fruit and vegetable consumption among college students while also focusing on stress management and increasing physical activity. Evans, Hirschler, and two Health and PE students, now graduates, **Hope Avalone ('18)** and **Jessica Ayoubi ('18)**, collaborated with the Counseling & Psychological Services department for their December 12th De-Stress Fest. Part of the grant was used to purchase 800 ounces of fresh juice ("Immunity Booster", "Carrot Ginger", and "Green Juice") from Gourmet Dining. Students and employees loved the juice, as indicated by their survey responses and comments, and would like to see fresh juice as an option on campus.

Around Monmouth

Students and alumni we would love to hear your news and accomplishments!

“Poco a Poco”: The Significance of Little Actions

Submitted by Elaine Banting (BS, Health Studies '18)



This spring break I traveled to Guatemala for nine days as part of the Guatemala Public Health course. I attended the trip with classmates, Dr. Chris Hirschler, Chair and Associate Professor of the Health Studies and Physical Education Department, and alum Leiry Paulino, who helped translate Spanish and brought donations. Guatemala Public Health, HE-376, includes training in class on a number of public health topics to prepare students before the trip, as well as creating a health lesson to teach at Nuevos Horizontes, a domestic violence shelter in Quetzaltenango, through articles, films, and discussion. During my short stay, our class travelled to many different cities. Through this experience I learned a big lesson about how I view myself and how little actions can create big outcomes.

Our first stop was in Chichicastenango, where we visited the city cemetery that had the most colorful headstones, but was littered with trash. We filled up garbage bags and cleaned the area as a sign of respect for those laid to rest. There was so much trash around the headstones, that I thought we would never make a dent; but the results were very clear. We each had a small job, but with all of us working together, now those who visit can admire this beautiful area.

Our next city was Quetzaltenango, also called “Xela” by the Mayan population, where we spent four days volunteering in different areas of the city. We visited different families and assisted in building bunk beds, volunteered at a dental clinic and donated much needed basic supplies, such as soap, toilet paper and bottled water to a local public hospital.

We used the majority of our fundraising money during these four days. Thanks to Inkwell’s “Noise in the Attic” fundraisers, \$435 that we raised went

a long way to help the community. We were able to provide Nuevos Horizontes a punching bag to practice self-defense as well as music and art supplies. The women at the shelter were thrilled to have more resources available. One woman commented that she was “very grateful for being able to talk about feelings during one of the music activities as well as learning how to protect [one’s self]”. Additionally, we were able to purchase and set up water filters for five different families, which will provide 10 years of clean water. The community leader explained to us that we were planting small seeds that will grow into something big. Our efforts, though small, will create a big change in the people we help.

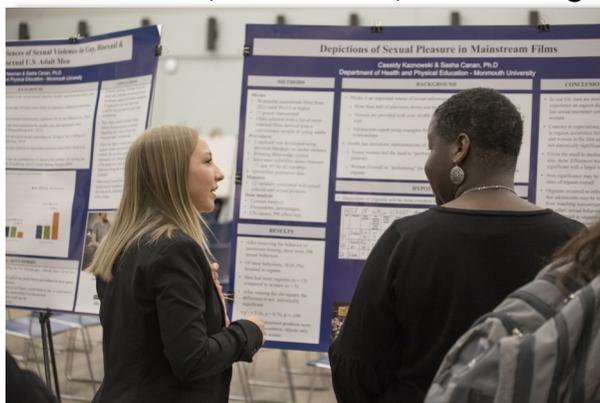
Our last stop before returning home was the Pacaya volcano, which consisted of a very steep hike. This was the most emotional part of my trip personally and led me to reflect a lot on myself and how I viewed different aspects of the trip. Looking at myself before the hike, I saw a 250-pound girl who just quit smoking, had no confidence in myself and marked myself as a failure for the hike. Shortly into hiking, the other students were already ahead of me as well as other hikers passing by me, and I was wheezing from the pain in my lungs. I remember breaking down into tears on a steep, stony path that was overlooking a field with a small hut, telling myself, Dr. Hirschler, and Leiry that I wasn’t going to make it. Leiry comforted me, and Dr. Hirschler was by my side and hiked with me at my pace. He told me “poco a poco”, which means little by little. Little by little, we made it to the end of the hike, where I saw the most beautiful and breath-taking view that I can’t even put into words. I cried for 15 minutes just taking it all in. Little by little, I accomplished a huge victory. I really have Dr. Hirschler to thank for helping me achieve this. Dr. Hirschler said, “Our time in Guatemala was transformative on many levels. However, for me, the highlight was Elaine ascending Pacaya Volcano. I was honored to walk, literally arm-in-arm, with her to the top. The euphoria Elaine experienced as a result of her perseverance caused me to think this accomplishment will spur many other victories in her life.”

“Poco a Poco”, our actions, though small, can make huge changes in ourselves and the people we meet.

Scholarship Week

Submitted by: Dr. Jaime Myers

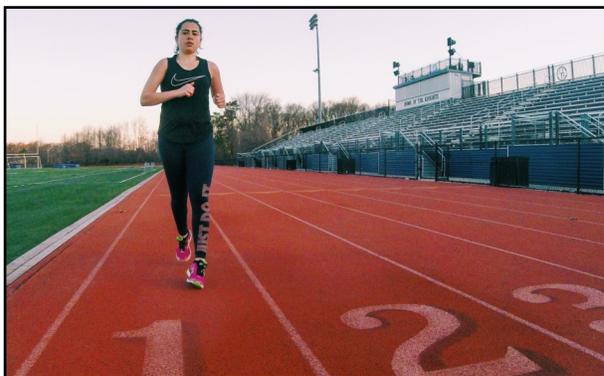
Every year during Scholarship Week, the Schools of Education, Social Work, and Nursing and Health Studies host the largest event on campus, the Interprofessional Exhibition. This year there were over 120 posters and 140 student presenters on April 19th in Anacon. In addition to poster presentations, Stuart Faunce (Health and Physical Education Teacher Education) and April Bacunawa (MSN, Nursing) represented the School of Nursing and Health Studies in a panel discussion of how different disciplines would approach the issue of suicide prevention to start the event. The event, organized by Dr. Jaime Myers (Health and Physical Education) and Dean John Henning (Education), provides an opportunity to highlight student scholarship across the board, from clinical reflections to research project findings. This year's event once again buzzed with enthusiasm and excitement. The planning team is looking for faculty who are interested in helping organize the event for next year's Scholarship Week to keep the momentum going; if you are interested, please contact Dr. Myers.



Running Marathons Across the World for Team TSF

Submitted by: Rachel Belmont (BS, Health Studies, '18)

I am a 21 year old, who will graduate from the Health Studies Program this August. I am a marathon runner and a staff coordinator for the Turner Syndrome Foundation, also known as "Team TSF". Team TSF is a NJ-based nonprofit organization dedicated to spreading awareness for women affected by Turner Syndrome (TS), a disease caused by a mutation in all or part of the second X chromosome. This condition affects females only, and has mild to severe effects including short stature, late onset of puberty, learning disabilities, infertility, and heart defects. I will be attempting to run a marathon on every single continent, while fundraising for Team TSF, with a goal to inspire these women to lead active and healthy lifestyles. I am touched by the stories of women I've encountered with TS, some of whom also run marathons while fundraising for Team TSF. I ran the NJ Marathon in April; ran the Petra Desert Marathon in Jordan on September 1st and the Dublin Marathon on October 28th. I also hope to run a marathon in Tunisia, Africa in February, 2019. This goal will take me quite a few years to complete while pursuing a graduate degree. Regardless, I will continue fundraising for Team TSF, while training for various other marathons in between the international races. I hope my running will raise awareness of Turner's Syndrome and help me empower women who know someone, or are affected by TS. I have set a goal to raise at least \$10,000, which I hope to reach as I run around the globe for these amazing women.



To donate to the Turner Syndrome Foundation, visit <https://turner-syndrome-foundation.networkforgood.com/projects/50903-rachel-belmont-s-fundraiser>

Service Learning at Monmouth University

Monmouth University is dedicated to transforming and enhancing students' experiences by providing experiential education to its students. By encouraging students to step outside of the classroom and apply their knowledge to real-life problems and situations, students are able to gain valuable life experience and skills while utilizing their respective areas of study. Service learning is a form of experiential education that allows students to connect with and work within the community in a mutually beneficial way.

Three faculty members in the School of Nursing and Health Studies are teaching service learning courses during both the fall and spring semesters. Professor Sue Polito's Human Aging class works with seniors at the Senior Center in Long Branch, and Dr. Chris Hirschler's First Year Seminar students spend 12 or more hours socializing cats at the Monmouth County SPCA during the fall semester.



Dr. Staci Drewson is teaching the Physical Activity in Afterschool Programs (PAASP) in Asbury Park. The PAASP Initiative was originally funded as a 2016 Monmouth University Strategic Plan Initiative and is affiliated with a 3-credit service learning course (PE 398 PAASP) that Dr. Drewson piloted during the fall 2017 semester. In the Fall 2017 and Spring 2018, PAASP partnered with Our Lady of Mount Carmel in Asbury Park in order to provide physical activity opportunities for twenty-two 4th and 5th graders for an hour twice a week. This program ran 8 weeks during the fall 2017 semester and 7 weeks during the spring 2018 semester.

The PAASP initiative will bring additional recognition to Monmouth University via scholarly output. A team of interdisciplinary researchers (Dr. Staci Drewson, Dr. Jim Konopack, Dr. Andi Hope and Dr. Jen McGovern) is conducting quantitative and qualitative research on program outcomes to broaden the theoretical and applied knowledge base related to physical activity promotion in afterschool programs.



SONHS faculty enjoy the Employee Giving Campaign Appreciation Brunch.

Employee Giving Campaign Appreciation Brunch

In March 2018, the generous contributions and dedication of Monmouth University employees were honored at the Employee Giving Campaign Appreciation Brunch. The Employee Giving Campaign seeks the donations of university employees in an effort to support and provide scholarship to its students, faculty members, current research projects, and many more happenings around the university. Some of the member's of the SONHS who contributed to the campaign are pictured left.

Commencement!

MAY NINTH AND TENTH, TWO THOUSAND EIGHTEEN

2018



We Are Proud of our Graduates!

Health Studies and Physical Education Bachelor of Science Grads

Njla Alzgrori
Veronica Amaya-Garcia
Despina Arvanitis
Hope Avalone
Jessica Ayoubi
Felicity Baker
Elaine Banting
Audrey Basilone
Leah Bennett
Julie Bianco
Gabriella Boucher
Hayley Bray
Greg Castillo
Stefani Chiarolanza
Victoria Colasurdo
Madison Conroy
Alyssa Costa
Thomas Curry
Vanessa Dautruche
Dominique Debari
Patricia Del Colle
Antonia DeMaio
Chelsea DeMarino
Victoria Diaz
Meghan Donahue
Gaetano Fattorusso
Daniel Fernandez
Jordan Finger

Emma Fox
Caroline Franzese
Michelle Frasseti
Megan Gambuti
Melissa Ganz
Alexandra Georgieff
Alexa Goldstein
Luke Gould
Shaheen Grajeda
Steven Green
Rhodasia Harris
Alexandra Hartman
Mariel Herrera
Alexandria Holzman
Montana Irizarry
Krystyna Jamroz
Monika Kabadi
Rachel Kaiser
Harsimran Kaur
Victoria Kelly
Kristen Kennett
Tala Khawam
Keri Kiernan
Alexandra Kipp
Catherine Korniczky
Eric Kotsines
Mallory Kusakavitch
Francesca LaMagna

Patricia Lamarca
Michael Lanigan
Vanessa Leverich
Alexander Liu
Jason Luna
Manuel Maragoto
Teddie Martinez
Kyra Martyn
Demi May
Brielle Mayes
Brittany McCarthy
Justine Morgan
Alyson Morris
Erin Neary
Jazzmyn Newman
Amanda Nuse
Sarah Oldam
Vanessa Owoh
Carly Parrott
Kristina Pashkevitch
Leiry Paulino
Molli Peterson



Future Health and PE Teachers / 2018 NJAHPERD Convention



Njla Alzgrori from Saudi Arabia was the first of 109 Health and PE majors to graduate this Spring!

CLASS OF 2018

Victoria Petruzzella
 Alex Pezzino
 Jessica Piersig
 Daniel Pillari
 Kayla Quintana
 Amanda Re
 Mackenzie Rendich
 Stephanie Roones
 Vianey Rosas
 Rachele Ross
 Christopher Rubinetti
 Katlyn Ryan
 Lisa Sauchelli

Alexandra Scarpa
 Dylan Schulte
 Paige Schutzer
 Alaina Serenelli
 Shannon Sheedy
 Rebecca Simpson
 Kathryn Siniscalco
 Valerie Siragusa
 Vanessa Smith
 Alexandra Snyder
 John Stabner
 Deanna Stambelu
 Jillian Still

Kevin Summonte
 Christina Tenteromano
 Nicolette Tomasetti
 Bianca Torres
 Anthony Trilli
 Samantha Voss
 Zachary Welch
 Kristenkeli Werra
 Malcolm Wilson
 Timothy Wilson
 Sam Wyant
 Michelle Yezzo
 Katherine Zilenziger

Congratulations to Recipients of the 2018 Student Awards!

Academic Excellence Award in Health Studies: Hope Avalone

Academic Excellence Award in Health and Physical Education: Kayla Quintana

Academic Excellence Award in Health and Physical Education with a K-12

Education Endorsement: Stuart T. Faunce

Department of Health & Physical Education Leadership Award: Kristen Kennett

**Alumni, we would love to hear your
 news and accomplishments!**

Keep in touch and stay connected!

Visit the following MU link

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**Health Studies and Physical Education
 Bachelor of Science Grads**

Physician Assistant Graduates

Shelby Ballaron
 Hannah Baron
 Nicole Brunck
 Jessica Buriani
 Erica Colavito
 Breyann Collazo
 Laura Corniola
 Samantha DeNoville
 David Fixler

Kathryn Gaudino
 Alexa Hetzel
 Sara Kwalwasser
 Eugene Lyubarov
 Shannon McAllister
 Katherine McBride
 Jonathan Parker
 Alison Poandl
 Constance Protentis

Jason Ptylik
 Kelly Ryan
 Louise Tonic
 Brielle Trujillo
 Joseph Tulino
 Rachel Williams
 Rachel Wint

Commencement August 2018 Baccalaureate and Master Degrees



Congratulations to Recipients of the 2018 Student Awards!

Academic Excellence: Breyann Collazo
 Clinical Excellence: Eugene Lyubarov
 All Around Excellence— Shannon McAllister



PA Graduates pictured with Dr. Biscardi, (center) Shannon McAllister, Alexa Hetzel, Breyann Callazo and Hanna Baron

Nursing Graduates - MSN

Theresa Adigwu	Sheryl Gabriel	Lisa Mannino	Lisa Sayer
Felix Amarabe	Lindsay Gagliano	Louis Massarelli	Joanie Scott
Scott Ambrass	Rashidah Garrett-Hall	Laura McCarthy	Alyssa Siegel
Colleen Anastasio	Natalie Giannantonio	Tiffany Mnich	Shannon Stoll
Lauren Aravich	Titilayo Gureje	Jaimee Mulholland	Ericka Sunnerville
Jessica Aristizabal	Moira Hays-Drechsler	Martine Nazaire	Smitha Thomas
Nicole Bartucci	Moira Healey	Krystin Onacilla	Charvel Tosov
Samantha Belfer	Kaitlyn Howard	Jennifer O'Scanlon	Gina Tremaine
Mary Benegas	Corina Ianculovici	Mulikat Otepolo	Anna Urbank
Mary Rose Boutros	Stephanie Ingram	Nayana Patel	Carolyn Uy
Rebecca Buckley	Laura Iommi	Tulsi Patel	Aileen Vasquez
Cheryl Carew	Jancy Jacob	Stephanie Peluso-Riti	RosaMaria Verdadeiro
Hazel Chavez	Marly Jiby	Richard Penalosa	Kathryn Vieira
Tara Chencinski	Ina Johnson	Robert Platschek	Kristie Walton
Kesha Cheron	Supreet Kaur	Melanie Ramp	Chaya Weisenfeld
Jamie Deuchler	Yehoshua Kessin	Moshe Reich	Taryn Whitehead
Shirley Duncan	Erica Kottler	Olurounke Remi-Johnson	Carla Williams
Beata Emanuel	Amy Kowalewski	Joanna Roma	Maria Williams
Kaitlyn Errigo	Maria Laqui	Cheryl Roman	Chelsie Yauch
Cecilia Ezuduemoih	Laura Loray		

Post-Master's Certificates were awarded to:

Debra Canale	Pearlena Dean-Ramsay	Karen Ann Fraser
Ekta Makani	Deborah Foley	Dirksen Taguam



NJ Department of Education—Certificate in School Nursing or Certificate in Non-Instructional (NI)

- | | |
|-------------------|-----------------------|
| Carolyn Delp | Jennine Orgo (NI) |
| Cheryl Gogal (NI) | Shayna Sanborn (NI) |
| Moira Heeley | Karla Manchester (NI) |
| Beth Keklak (NI) | |



Congratulations to Recipients of the 2018 Student Awards!

Academic Excellence Award: Taryn Whitehead

Service Award: Ericka Sunnerville



Ericka Sunnerville MSN ('18)



(From Left to Right)
Dr. Rose Knapp, Taryn Whitehead MSN ('18) & Dr. Cheryl Leiningen

Learn more about earning a Doctor of Nursing Practice (DNP) at MU!

- 36-credit program that prepares nursing leaders who will improve health care outcomes. Focus is on healthcare leadership.
- Optional nursing education electives (12 credits).
- Flexible part-time program offered totally online, with students' choice of taking one or two courses a semester.

Application Due Dates:

July 15—Fall Semester; December 1—Spring Semester; May 1—Summer Semester

FOR MORE INFO VISIT: WWW.MONMOUTH.EDU/DNP

Co-Directors of the DNP Program:

Dr. Cira Fraser PhD, RN, ACNS-BC cfraser@monmouth.edu 917-482-1724

Dr. Colleen Manzetti, DNP, CNE, CNLP cmanzett@monmouth.edu 732-261-1761

The School of Nursing and Health Studies is proud to announce the graduation of four new Doctors of Nursing Practice on May 10, 2018 . The ceremony was held at the Ocean First Bank Center on Monmouth University's main campus. Throughout their time at Monmouth, program graduates extensively researched different health topics related to their professional interests.

Marie Foley-Danecker & Ellen Barrington - evaluated the use of patient video monitoring versus usual care and the impact on patient falls and the cost of care. Their DNP project was entitled, *The Impact of Video Monitoring on Patient Falls and Cost of Care*.



Dr. Marie Foley-Danecker



Dr. Ellen Barrington



Dr. Suzanne Sernal



Dr. Elvira Rosario-Garcia

Suzanne Sernal - focused on using education as an intervention to foster timely recognition and treatment of women experiencing a severe hypertensive event in labor and delivery. Suzanne's DNP project was entitled, *The Effect of a Critical Care Obstetrics Education Program and the Utilization of a Maternal Early Warning System to Improve Recognition and Treatment of Severe Hypertension in Labor and Delivery*.

Elvira Rosario-Garcia - educated older adults living in a community setting on improving their self-efficacy and readiness to advance care plan. Elvira's DNP project was entitled, *The Effect of a Nurse Practitioner Led Advance Care Planning Education Program on Self-Efficacy and Readiness in Older Adults*.

Congratulations to Recipients of the 2018 Student Awards!

Academic Excellence Award-Marie Foley-Danecker

Service Award-Suzanne Sernal

Leadership Award-Ellen Barrington



Dr. Ellen Barrington, Dr. Marie Foley-Danecker and Dr. Elvira Rosario-Garcia at Commencement

Baccalaureate Degrees

Rachel Belmont
Gaetano Fattorusso
Paul Haines
Nikoletta Innocenti

Melissa Lopes
David Rivas-Torres
Kristenkeli Werra



Commencement August 2018
Baccalaureate and Master Degrees

Master's Degrees in Nursing

Anna Fleisher
Natalie Giannantonio
Aviva Goldberg
Celeste Johnston
Merryl Kolb

Jenny Lyn Fernandez Liwag
Natalia Malieva
Samira Razzaq
Ashley Taylor



Monmouth University Professional Nurses Association

Submitted by Kelly Fitzpatrick

Over the spring semester, MUPNA focused a majority of our attention on fundraising and volunteer work. We held two successful fundraisers this spring, one at Buffalo Wild Wings and one at Chipotle. One of the major volunteer activities that MUPNA participated in was our visits to the Ronald McDonald House in Long Branch. Two groups made up of students and faculty went and cooked meals for the families in need. We also collected physical and monetary donations for the Blessing Bag Brigade which helps provide basic necessities to those who are less unfortunate. We also celebrated the graduation of our first class of Pre-Licensure undergraduates. The 2018-2019 E-board will be as follows:

President: Kelly Fitzpatrick

Vice President: Stephen Boyce, Treasurer: Nancy Brown

Recording Secretary: Amanda Dolitsky, Corresponding Secretary: Brianne Orzepowski

Student Activities Coordinator: Faridat Busari, Fundraising Chair: Vicki Cook

Junior Representatives: Ariana Gordon & Jenna McCarthy

Sophomore Representatives: Paige Huff & Brielle Saunderson

Graduate Representative- Ali Shahine

Monmouth University Physician Assistant Student Society

The Monmouth University Physician Assistant Student Society hit the ground running in January planning events for the Spring Semester!

Seven of Monmouth's PA students attended a Cardiology Symposium at CentraState Medical Center on February 10th, to learn the most cutting-edge management of heart failure and amyloidosis. MUPASS held their first Student Social at Panera Bread in February, where undergraduate and PA students mingled over Bread Bowls and You-Pick-Twos, and a free Monmouth University PA Program t-shirt was given out. At the end of February, Second-year PA students took home the big win in the competitive Intramural Volleyball Championship!

Monmouth's First, Second and Third-year students were invited to Rutgers for a Celebration of the 50th Anniversary of the PA Profession on March 1st, where they connected with Rutgers PA students, faculty, and recruiters from national companies. MUPASS held another Student Social at Buffalo Wild Wings in

Eatontown on March 22nd and on April 6th we co-hosted another Blood Drive with Central Jersey Blood Center, and on May 2nd we participated in Ronald McDonald's Take Them a Meal at the Ronald McDonald House of Central & Northern Jersey in Long Branch. Eight of our first-year students represented Monmouth University at the AAPA Conference in New Orleans, Louisiana in May. The Monmouth University Physician Assistant Student Society would like to congratulate Monmouth's Second Graduating Class, the Class of 2018, and wish them luck in their future endeavors as PAs!



L to R: Amber Zalewski, Caitlyn Horgan, Alyssa Barry, Tom Corbo, Kristen Harger, Nicole Stout and Kaci Hardsock

The Center for Professional Development in Nursing and Health Studies

The Center has a number of new courses planned for the fall. It is always exciting to research new topics to add to our offerings. We work hard to fill a gap in professional development and your feedback and suggestions help us to plan. Our success is due to all of you who come out to our events and to the educators who put so much time into the classes that they teach. It is rewarding to see new faces, we are honored to have guests return, and of course its wonderful to see students and alumni in the audience. Speaking of educators, take a look at the milestone section of this newsletter if you have not already. We recognize Eileen Allen, Community Educator of the Year, who is truly deserving of this award.

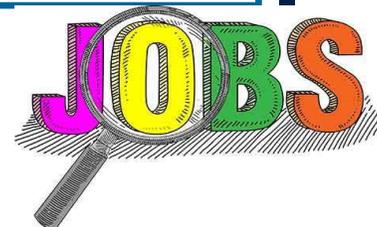
Last spring we were very pleased to be a small part of the Conversation of your Life Campaign, with CentraState Healthcare System, Monmouth Medical Center, and the New Jersey Quality Health Care Institute, two film screenings with panel discussions were presented. The movie "Being Mortal - Medicine and What Matters in the End" by Dr. Atul Gawande was screened in January and again in June. We also worked closely with RWJBarnabas Health in offering an interdisciplinary program on Transgender Health Lives and Health Barriers on June 6.

Due to popular demand, the Nurse Practitioner Skills Boot Camp will be offered again in November this year and we continue to offer the Prescribing Controlled Substance course online approximately seven times a year. Upcoming programs are posted! Look for an email or visit our site to see what is new! <https://www.monmouth.edu/school-nursing-health/Continuing-Education-Programs.aspx>

Best regards, Barbara Paskewich, MSN, CHES
Director of Professional Development

HELP WANTED

The School of Nursing and Health Studies is looking for full-time and adjunct professors, clinical supervisors, home health aide instructors, and volunteers in the coming semesters. If interested in finding out more information: Please call (732) 571-3443, or consider submitting an application which can be found at <https://jobs.monmouth.edu>



The Nurse Faculty Loan Program (NFLP) The US Department of Health and Human Services has made funding available to the University to loan to master's degree students and DNP students who intend to work as full-time nursing faculty. The program offers partial loan forgiveness for borrowers that graduate and serve as nursing faculty. For more information about this loan please call the School of Nursing or access out web page:

<https://www.monmouth.edu/finaid/types/graduate/loans/nflp/>

Contact Us!

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Patricia DeAngelis, PL-BSN Program-Secretary, 732-571-3516

Health Studies Program Office Coordinator, 732-263-5824

Jane Calvo, PA Program-Secretary, 732-923-4505

Email addresses can be found at: <http://www.monmouth.edu/school-of-nursing-health/>