

Education is the most powerful weapon that you can use to change the world. Nelson Mandela

From the Desk of Dean Janet Mahoney

I would like to welcome everyone back to the spring semester. Yes, thankfully Spring is right around the corner. With several new initiatives in the planning stages, 2010 promises to show growth for the School of Nursing and Health Studies. Our enrollment continues to increase in both Nursing and Health Studies programs. We are very pleased to announce that beginning this Fall students will be able to obtain a Bachelor of Science degree in health/physical education, as well as, health/physical education/education (with a K-12 endorsement). The degree combines 24 credits of health studies course work in areas such as nutrition, health promotion and substance abuse with 18 credits of physical education courses. For those taking the dual education and physical education core, the content is aligned with both the State of New Jersey certification requirements and the National Council for the Accreditation of Teacher Education (NCATE).

This Fall, up to five additional graduate students will enter the School of Nursing's

nursing faculty preparation program, as part of the Robert Wood Johnson Foundation (RWJF), New Jersey Nursing Initiative. Applications are now being reviewed for the competitive scholarships for nurses who will prepare for careers in education. The first year has been very successful; the participants have had the opportunity to participate in a variety of activities in academic and professional development. We look forward to working with another group of students.

The DNP continues to go through the process of approval, with a planned start date of Summer of 2011. We will be conducting a search for an additional faculty member to lead in the development of this program.

Please consider attending the first lecture in what we plan to be an annual distinguished lecturer series. Save the date for Monday, June 14. We are pleased to announce that Margaret Fitzgerald, DNP, FNP-BC, NP-C, FAANP, CSP will be conducting two lectures. More details are available on page 7.

As always, I wish our students and faculty a successful semester.

Milestones - Marta Neumann

Dr. Marta Neumann is a familiar face at the Monmouth University. She came to campus as an Exercise Physiologist and Adjunct Professor in 1993 and this September, joined the School of Nursing as a Lecturer in the Health Studies program. Born and raised in Wroclaw, Poland, she began her career in health and fitness by teaching physical education in her native country for nearly fifteen years. When she moved here to the United States, her vision at the time was to imitate the work she did in Poland and with the same level of success.



When asked about her plans for 2010, she goes on to talk about a new major that she will be advising this fall. The highly awaited Health and Physical Education program will prepare students for careers as athletic trainers, fitness specialist, and the list goes on. In addition to advising and lecturing, Dr. Neumann will retain her current practical courses such as Yoga and Pilates.

Her expertise and her passion for physical activity is evident. She notes, "I always promote physical fitness and education to everyone of all ages." When she's not on campus teaching, she enjoys many outdoor activities such as fitness walking and skiing. Dr. Neumann currently resides in Middleton, NJ with her husband.

Faculty Milestones - Scholarship and Recognition

Tresa Kaur Dusaj (Nursing) – co-authored her first article entitled, *Web-based weight management programs for children and adolescents: A systemic review of randomized controlled trial studies*, in *Advances in Nursing Science*.

Chris Hirschler (Health Studies) – has been selected as an alternative representative through the Institute of Global Understanding to the United Nations, Department of Public Information, Non-Governmental Organizations. He conducted a workshop for Monmouth University's Center for Excellence in Teaching and Learning, *Storytelling and the Art of Teaching*.

Andi Hope and Jim Konopack (Health Studies) – are presenting a poster, *Perceptions of Childhood Overweight in Parents of Preschool-Age Children*, at the Annual Meeting of the Society of Behavioral Medicine (SBM), April 2010, in Seattle, WA.

Notes on Nursing

Laura Jannone (Nursing) – presented to the Consortium of School Nurse Educators Special Interest Group meeting at the National Association of School Nurses 41st Annual Conference in Boston this past June. She also presented “Coping Strategies Used by Teens as they attempt to Quit Smoking” at School Nurse International on July 25.

Susan Malone (Nursing) – presented a roundtable discussion session, “Is a School Nurse in Every School a Sick Idea?” at the American Association of School Health Conference, Denver, CO.

Students and Alumni Milestones - Awards and Recognition



Amy Billera, current MSN student – was selected as the New Jersey State School Nurses Association School (NJSSNA) Nurse of the Year 2010. Amy is a Nationally Certified School Nurse and is active in a number of professional and community organizations. She received a NJSNNA mini-grant in 2009 for a “Yoga for Middle School Students” program which focused on the development of stress reduction, meditation, and relaxation which are skills important for students of all ages. She has coordinated CPR staff training, community blood drives and fire safety education programs.

Annie Swartz, BSN 95 – has started a home care agency, Little Silver Home Care, LLC.
www.Littlesilverhomecare.com

The Monmouth University Library Submitted by Barbara Paskewich

For those who have not been on campus since the renovation of the Library or if you're taking classes and have not found your way over there, come take a look at this tremendous resource. This beautiful space is available to all of us. Alumni can purchase a library card for \$20 that will allow them to check out books, use the computers and electronic databases. There is a café and numerous quiet study areas. Lisa Coates is the Librarian Liaison to the School of Nursing and has created a subject guide (LibGuide) that should be very helpful to students and faculty alike. It is located here:
<http://guides.monmouth.edu/nursing>.



From the Monmouth University Professional Nurses Association (MUPNA)

The MUPNA Executive Board

The Monmouth University Professional Nurses Association (MUPNA) executive board would like to welcome each of you to another semester at Monmouth University. While membership in MUPNA is automatic with enrollment in one of our nursing programs, we would like to take this opportunity to encourage each of you to get involved in your organization. A special thank you is extended to Khalena Anselmo and Jenna Barto for stepping up to fill MUPNA's vacant positions of secretary and treasurer. Your efforts are greatly appreciated.

We have an exciting agenda planned for the upcoming semester. MUPNA's fundraising efforts this year will be geared toward earthquake relief for Haiti and *180 Turning Lives Around*. Locally, *180 Turning Lives Around* is a private, non-profit organization that provides services to survivors of domestic abuse and sexual assault in our community. Currently, we are in the midst of planning our *Spring Social* (date to be determined) with a special guest speaker appearance. Stay alert for the date announcement by visiting MUPNA's website, accessible through a link on your e-Campus homepage. What a great way to meet your executive board and network with each other! We hope to see you there! Sincerely, Marie Mupada, Karen Nugent, Jenna Barto, and Khalena Anselmo

Happening on Campus this Spring!

Relay for Life - Submitted by Jim Konopack

Relay 2010 will take place on the night of April 23, on our MU campus. It is a great event designed to celebrate cancer survivorship and raise funds and awareness for cancer research and prevention. Support the "Nursing and Health Studies" team at Relay for Life! More information can be found here: <http://main.acsevents.org/goto/SONHS>



9th Annual Global Understanding Convention - "Change and Stability in Global Environments" begins on Monday, April 5, through Thursday, April 8. The keynote speaker is Nicholas Kristof, and the title of his speech is "Between oppression and opportunities: How women are facing change and stability in global environments." The keynote address will be on Wednesday at 6pm followed by a book signing.



Attention current students! On March 2, you will be able to access the course schedule for the 2010-2011 school year. We request that you check your academic audit to make sure that you are on track for graduation. This is a good time to contact your advisor.

Notes on Nursing

Monmouth Area Vegetarian Society (MAVS) – Offered through Monmouth University’s Center for Human and Community Wellness, Monmouth Area Vegetarian Society (MAVS) is a non-profit, non-sectarian educational organization. MAVS meets on the third Sunday of most months. Meetings offer a **SHARE–A–DISH** dinner of completely vegetarian foods (a vegan potluck dinner) followed by a lecture, workshop, or forum related to our educational mission. For more information about MAVS or the requirements for SHARE–A–DISH contributions, please feel free to contact us at any time. You can send an e-mail to Chris Hirschler at chirschl@monmouth.edu.



Make a Note of These Dates

March 6–12	Spring Break
March 14	Rocket for Kids Concert, Lambda Delta Fundraiser
April 23	Relay for Life at Monmouth University
April 29	Annual Health Fair from 11:00am–2:00pm
April 30	Lambda Delta Annual Research Day and Poster Presentation
May 15	Lambda Delta Induction Ceremony
May 20	Graduation!

From the Lambda Delta Chapter of Sigma Theta Tau

Submitted by Lolita Jacob

Lambda Delta has a variety of upcoming events, please save the dates. On March 14, Lambda Delta will host a fundraiser, Rocket for Kids dinner concert at the Jumping Brook Country Club from 2:00–6:00pm to benefit Nursing Scholarships. The Annual Research Day and Poster Presentation will take place on April 30, in Anacon Hall from 7:30am–2:00pm. On May 15, from 11:00am–3:00pm, the chapter will be celebrating its 20th Anniversary at the Induction and Annual Award Presentation, the location is to be announced.

Nominees for the vacant executive board positions for the 2010–2012 term are currently being sought. Interested Lambda Delta members can apply or nominate another member for the positions of: President-elect, treasurer, secretary, or membership recruitment chair. Applications and nominations for the following scholarship awards are also currently being accepted: Hannelore Sweetwood Mentorship Award, Janice Marchetti Leadership Award and the Dean Marilyn Lauria Award.

For further information regarding any of the events, executive board positions or awards, please contact Lolita Jacobs at jacobnpc@hotmail.com or Cynthia Marvulli at cmarvulli@sbhcs.com.

National Health Education Honor Society

Submitted by Chapter President, Francesca Cuttia

Eta Sigma Gamma (ESG), the official Health Studies Honor Society for both students and faculty, installed a chapter at Monmouth University on December 17, 2009. We believe that we have brought a community of Health Studies majors and minors together to form a chapter that will provide activities, advocacy opportunities, and support the leadership of our students. We hope that each semester will bring greater opportunities as the Health Studies major at Monmouth University continues to flourish.

Induction will be held in the Spring and Fall. Prospective members are encouraged to come to our monthly meeting (typically the second Wednesday of every month) to see how they can become a part of the ESG community. We are committed to partnering with professional health organizations in order to promote health education.



Congratulations to the following students who were inducted into the Honor Society:

Amanda Boyle
 Ashley Cheeseman
 Kyle Cunningham
 Francesca Cuttaia
 Alix DeTullio
 Kristen Duff
 Melissa Flynn
 Tracy Huggins
 Jillian Lagoa

Bianca Leuzzi
 Justine Moran
 Cara Kovats
 Jessica Nicola
 Alyssa Pizzo
 Emily Pritchard
 Megan Rondina
 Angela Rosa

Brianna Salvia
 Ashleigh Taylor
 John Tronolone
 Andrea Trozzi
 Stephanie Tucci
 Sarah Van Lunen
 Amanda Wakefield
 Samantha Yadlon

The Center for Professional Development in Nursing and Health

Certified Homemaker/Home Health Aide (CHHA) Course

The Center for Professional Development in Nursing and Health will now be offering a CHHA program. Time will be spent in the classroom and a clinical skills lab or patient care setting. The 76 hour course has been approved by the New Jersey Board of Nursing and upon successful completion the participant may apply to the NJ Board of Nursing for certification. This course meets the prerequisites for entrance into many local nursing programs. For more information - see our website. **Class schedule:** June 16 through July 21. **Fee:** \$675 (plus text which will be available for purchase at the bookstore)



SAVE the Date!

The School of Nursing and Health Studies encourages you to Save the Date for the upcoming lecture with distinguished speaker, **Margaret A. Fitzgerald, DNP, FNP-BC, NP-C, FAANP, CSP**, who is the Founder, President and Principal Lecturer with Fitzgerald Health Education Associates, Inc., as well as an international provider of NP Certification Preparation and ongoing continuing education for healthcare providers. An internationally recognized presenter, Dr. Fitzgerald has provided thousands of programs for numerous professional organizations, universities, national and state healthcare professional associations on a wide variety of topics including clinical pharmacology, assessment, laboratory diagnosis, and healthcare practice.

Distinguished Speaker –Nurses in Practice – 2010

Monday, June 14 – Two lectures will be offered with two topics per session

Place: Pollack Auditorium

Fee: \$50 per session

1st session (2:00pm–5:15pm)

- Dangerous Liaisons: Drug–Drug, Drug–Nutrient Interactions
- Commonly used Herbal Therapies

2nd session (6:15pm–9:30pm)

- Hot Topics in Drug Therapy: New Products, New Uses, New Warnings
- Depression: A Primary Care Approach to Assessment and Intervention

Continuing Education Spring

Pediatric Physical Assessment

Dates: March 5 (6 contact hours)
Time: 9:00am–4:00pm Fee: \$90 (with light lunch)

Pediatric Respiratory Care

Date: March 25 (3 contact hours)
Time: 5:30–9:00pm Fee: \$58/\$45 MU Students (with light dinner)

Psychotropic Pharmacology for Healthcare Providers

Dates: April 9 (6 contact hours)
Time: 9:00am–4:00pm Fee: \$95 (with light lunch)

An Introduction to Writing for Publication

Date: April 14 (3 contact hours)
Time: 6:00–9:30pm Fee: \$60/45 MU Students (with light dinner)

Update: Transplant and Organ Donation

Dates: April 19 (2 contact hours)
Time: 6:00 to 8:30pm Fee: \$25 (with light dinner)

Analyzing Data with Microsoft Excel

Date: April 21 (3 professional development hours)
Time: 6:00–9:00pm Fee: \$50/40 MU Students

Suicide Prevention in the School Age Child

Date: June 7 (2.5 contact hours)
Time: 4:30–7:30pm Fee: \$55/45 MU Students (with light dinner)

Sexual Assault Nurse Examiner Course

Dates: June 7–11 (64 contact hours)
Time: 9:00am to 5:30pm Fee: \$725 * Participants must attend all dates

Pharmacology – Prescribing Controlled Substances

Date: June 17 (6 contact hours)
Time: 9:00am–4:00pm Fee: \$95/\$75 MU Student (with light lunch)

Substitute School Nurse Workshop

Date: June 23 (4 contact hours)
Time: 10:00am–2:30pm Fee: \$70 (with a light lunch)

To register: Call the School of Nursing at 732–571–3443 or visit the web

http://www.monmouth.edu/academics/schools/nursing/continuing_programs.asp

For programs offering contact hours for nurses - contact hours will be provided by The Center for Professional Development in Nursing and Health, an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver, by the American Nurses Credentialing Center's Commission on Accreditation. Provider number: P242-4/09-12.