

## The Marjorie K. Unterberg School of Nursing and Health Studies

**“If you focus on results, you will never change. If you focus on change, you will get results.” Jack Dixon**



*From the Dean's Desk ~ Janet Mahoney*

Over the last five years that I have served as Dean, we have all worked together to grow the School in size and stature. Working together we offer our students a quality education and prepare them to become leaders. Our exceptional faculty provide personalized and attentive experiences for our students. Our advisory committee, preceptors, adjuncts, alumni, and friends play a key role in the success of the School.

Next September, pending approval, a new entry-level BSN program will start, as well as a graduate-level Physician Assistant program. The Master of Science Physician Assistant (MSPA) program received Provisional Accreditation from the Accreditation Review Commission on Education for the Physician Assistant (ARC-PA) in October 2013. Both of these endeavors, highlighted by the Institute of Medicine/Robert Wood Johnson Foundation and the N.J. Nursing Initiative on the Future of Nursing recommendations to prepare nurses at the BSN level and for inter-professional collaboration among the disciplines, are examples of the school's commitment to prepare students for careers in healthcare.

As we plan for our reaccreditation visit scheduled for October 9 -12, 2014, I cannot help but reflect on all the changes that have taken place since our last visit in 2004. Our program has evolved in order to meet the needs of the changing student population and the highly complex care environment. Simulation, online resources in the “cloud,” avatar presentations, and telehealth were not commonly part of nursing education just 10 years ago. These are exciting times for healthcare, and the Marjorie K. Unterberg School of Nursing and Health Studies is ready to meet the challenge.

Monmouth University's Founders' Day was October 9, marking 80 years of education and leadership. The MKU-SONHS is proud that the convocation address was presented by Mary Ann Christopher, MSN, RN, FAAN. In this issue, read more about the Founders' Day event, faculty successes, new faculty biographical information, the First Lady of Tanzania's visit to Monmouth University, exciting continuing education programs, and much more.



## Nurse Leader Honored at University Founders Day

Submitted by Jeff Downing

**T**he 2013 Monmouth University Founders Day celebration was capped off by a convocation address delivered by Mary Anne Christopher, MSN, RN, FAAN. Prior to the celebration, Christopher was honored with a Doctor of Public Health, Honoris Causa. The Marjorie K. Unterberg School of Nursing and Health Studies community was pleased to have a nurse recognized and bestowed with the honor. Christopher is a leading national voice on a wide range of health care issues and public policies. She has served as president and CEO of the Visiting Nurse Service of New York (VNSNY) since January 2012. The VNSNY is the nation's largest not-for-profit home and community-based health care organization.

In her Convocation address on October 9, 2013

Christopher provided insight into how Monmouth University has grown and evolved over the last 80 years from its humble roots as a junior college during the dark days of the Great Depression to the University it is today.



Mary Anne Christopher

A poignant quote by William Lopatin in which he states that "Monmouth... was a ray of light to the future" provided the backdrop for her stirring address. His statement from 1933 still resonates today and can be found in the framework of the motto "where leaders look for-

ward." She encouraged everyone to be the "ray of light" that illuminates the future. One shining example of a "ray of light" illuminating the future shared by Christopher came from the Marjorie K. Unterberg School of Nursing and Health Studies and Dean Janet Mahoney, Ph.D., RN, APN-C, NEA-BC. Christopher cited the forward looking partnership with the Robert Wood Johnson foundation that addresses the looming shortages of nurses in the health care workforce. Christopher stated that "Janet and her team of educators

and scholars have additionally brought their rays of light to the national movement to implement the recommendations of the Institute of Medicine report on the future of nursing."

### Attention - Employment Opportunities

We are currently recruiting for both full-time and adjunct positions in both Nursing and Health and Physical Education. If you would be interested in learning more about these opportunities, please visit Monmouth University's Human Resources website: <https://jobs.monmouth.edu>



**Calling Alumni!! Preceptors are needed for NP students!**  
If you are interested in lending a hand or would like more details please contact Deb Ewtushek at 732 923 4593 or [dewtushe@monmouth.edu](mailto:dewtushe@monmouth.edu)

## WELCOME NEW FACULTY

Cheryl Leiningen, DNP, RN, APN-



Submitted by Kate Boskey

Cheryl Leiningen has joined the School of Nursing and Health Studies as a Specialist Professor, teaching in both Nursing and Health Studies classes. She comes to us from New Jersey City University where she was an Assistant Professor. Dr. Leiningen earned her Master's in Nursing from NYU and her DNP from UMDNJ. Her research for her doctorate focused on the impact of bullying on nursing. She created a website ([nurses-be-nice.com](http://nurses-be-nice.com)) which empowers young nurses to

grow in the profession and avoid the negative effects of bullying in the workplace. She was drawn to education in nursing because she enjoys seeing young nurses become successful in something that she is passionate about.

Her nursing career has included working in places such as Mexico, Hawaii and NYC. She has a strong passion for Community Nursing and has been able to use her vast experience to enhance her approach to research and teaching. She helped to develop school-based health programs in South Jersey. As a nurse practitioner, she has implemented a mobile outreach program in Monmouth County that serves marginalized populations.

Cheryl and her husband live in New Jersey with their children. She has a stepson who is a senior at Scared Heart University along with a twelve year old son and a ten year old daughter. She enjoys running and you might say this sport has played an important role in her life, as her husband proposed to her before the NYC Marathon in 1997. She has completed 9 marathons since that time. In her free time, she likes camping with her family and walking on the beach.

Dr. Maria Hrycenko joined the Department of Health Studies as lecturer Fall semester 2013. While this is a new position for her, Dr. Hrycenko has been a member of the Monmouth University community since the late 1990s. Over the years she has taught a variety of classes in both Communications and Health Studies. She notes, "I have enjoyed witnessing this small College earn the status of University, gaining in prominence and stature."

Her educational endeavors include earning undergraduate degrees in both Economics and Russian from Rutgers University and a Doctorate in Chiropractic (DC) from Sherman College of Chiropractic. After completing her DC degree she went on to complete extensive post graduate studies in Sports Injury Rehab and Chiropractic Rehabilitation. In addition to her work as a Lecturer, Hrycenko maintains a private Chiropractic practice in Sea Girt. Pardon the pun, but she brings a lot to the classroom from the "table," as a healthcare provider and a health educator.

As a professor, Dr. Hrycenko hopes to demystify the health field. "I want people to have a better understand-

ing of health overall, so they can work to have a healthier life" she said. Her current classes include Substance Use and Abuse and Community Health

Adding to her full schedule, she frequently brings her prized companion, ZuZu, to special education classes in a local school district and to read-a-long programs in the library. ZuZu, is a certified therapy dog who loves to go to work.



Maria Hrycenko, DC

## Faculty Milestones

**Tresa Dusaj, PhD(c), MS, RN-BC, CNE, CHSE** - published an article, (2013) "Effective Use of Visual Aids: A Primer on PowerPoint Engagement Strategies." in *American Nurse Today*.

**Kathryn E. Fleming, PhD, RN, CPHQ, NEA-BC** - presented a poster in April 2013, at the International Forum on Patient Safety and Quality, London, England, "Clinical Quality Initiatives in ICU to drive improvements in patient harm and safety measures."

**Christopher Hirschler, PhD, MCHES** - presented at the National Wellness Conference, University of Wisconsin, "Securing wellness-related employment." He also presented at the Conference of the North American Vegetarian Society in Pittsburgh, Pennsylvania, "Plant-based diets: An in-depth review of recent peer reviewed publications."

**Laura Kelly, PhD, APN-BC** - received the Excellence in Psychiatric Advanced Practice Nursing Award from the Society of Psychiatric Advanced Practice Nurses, for her commitment to her students and her work with underserved populations.

**Rose Knapp, DNP, RN, APN** - presented a Webinar Series in May-July 2013, for a Certification Review Course for the American Nurses Credentialing Center, entitled Adult-Gerontology Acute Care Nurse Practitioner. In May 2013, she presented at the podium at the Annual Meeting for the New Jersey Chapter of the American College of Cardiology, "Policy and Regulatory Challenges to Team Practice." In April 2013, she presented a poster for the 39<sup>th</sup> Annual Meeting of the National Organization of Nurse Practitioner Faculties, "An Innovative APN student clinical experience: A memory clinic pilot program."

**Jim Konopack, PhD** - presented a poster at the annual meeting of the Gerontological Society of America, San Diego, CA. Neurocognitive Consequences of Green Tea Consumption: A Systematic Review of the Literature.

**Laura Jannone, EdD, RN, NJ-CSN, FNASN** - presented in June 2013, at the National Association of School Nurses (NASN) Conference in Orlando, Florida "Educating School Nurses for Leadership in Shaping Health Policy." She also presented at the 17th biannual School Nurse International Conference, in Ljubljana, Slovenia, "Intrinsic Developmental Factors Affecting Children's School Performance & Success."

**Cheryl Leiningen, DNP, RN, APN** - presented in October 2013, at Professional Nursing Education and Development, in Kansas City, Missouri "Lessons from Oz: Assuring Capabilities for Future Nursing Education and Practice." She also presented in June 2013 at the Nursing Network on Violence Against Women International Conference in Vancouver, Canada on "The Impact of Bullying in Nursing."

**Colleen Manzetti, DNP, RN, CNE** – co-authored an article published in the Journal of Nurse Life Care Planning entitled "Patient, Client, Or?" Summer 2013. Received recertification in April 2012 as a Nurse Life Care Planner through Certified Nurse Life Care Planner (CNLCP®) Certification Board in December of 2013.

**Patricia Sciscione, MSN, RN, CEN, CSN & Laura Jannone, Ed.D., RN NJ-CSN, FNASN** - Presented in June 2013, at the National Association of School Nurses (NASN) Conference in Orlando, Florida on "The Affordable Care Act: How it Affects School Nursing."

**Mary Ann Troiano, DNP, RN, APN** - gave a poster presentation in September 2013, at the 6<sup>th</sup> Annual DNP Conference in Phoenix, Arizona on "The Sexual Activities and Norms of the Adolescent Population: Preparing the School Nurse." She also gave a poster presentation in April 2013, at the NONPF 39<sup>th</sup> Annual Meeting in Pittsburgh, Pennsylvania on "An Innovative APN Student Experience: A Memory Clinic Pilot Program."

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## Health and Physical Education Alumni Notes



**Ashley McPeck**

After graduating from MU in May 2013 with her degree in Health and Physical Education and a K-12 Educational Endorsement, Ashley accepted a teaching position at Shore Regional High School in West Long Branch, where she is one of five Health and Physical Education teachers for grades 9-12 and coaches Field Hockey.

**Julio Rodriguez**



Julio works in Basking Ridge as a Patient Service Coordinator for the VNA of Somerset Hills. He previously worked in New York City as a Health Coach for the Metropolitan Jewish Health System. In addition to working full-time, he is studying part-time for his doctorate in Health Education at Teachers College, Columbia University. He obtained his master's in Community Health Education from the University of West Florida after graduating from Monmouth. He aspires to become a Health Education professor once he has obtained his doctorate.



**ETA SIGMA  
GAMMA**

Submitted by Stephanie Silva

Eta Sigma Gamma is Monmouth University's Health Education Honor Society. One of our goals is to promote the health of our campus community by sponsoring events such as the Great American Smokeout, the Health Fair, and Change the Conversation. Our students also support monthly national health promotion themes by sharing information via handouts and bulletin board displays on the second floor of McAllan Hall. Our already

successful honor society is gaining strength in numbers with the growing physical education majors joining in the goal to promote health and physical activity across campus. This year, Eta Sigma Gamma is planning to partner with other student clubs to sponsor a color run.

All Health and Physical Education majors who meet the eligibility criteria are encouraged to join Eta Sigma Gamma. Feel free to attend our next meeting to find out more on November 20th at 3:30 in room 328 of McAllan Hall.

## Sigma Theta Tau International ~ Lambda Delta Chapter Monmouth University

Greetings! STTI - Lambda Delta Chapter's goal in 2013 is to sustain growth momentum by focusing on our local chapter's strengths and addressing developmental opportunities. The general meeting held September 3, 2013 was a big success. We discussed plans and finalized exciting upcoming activities for the next 2 years. Professors Patty Sciscione and Rose Knapp, will be serving as the faculty co-counselors.

The STTI Annual Induction is scheduled this coming December 7, 2013 at the Jumping Brook Country Club, Neptune, New Jersey 07753.

The Lambda Delta Chapter is the 2013 recipient of the STTI Key Award, which will be presented at the

Biennial convention this November.

To learn more about the STTI-Lambda Delta organization, you are welcome to join the Chapter's monthly meeting which is scheduled every first Tuesday of the month in Magill Commons Room 109, Monmouth University. It is my pleasure to invite everyone to this Honor Society of Nursing organization.

Sincerely,

Marilyn R Roy, RN, MSN, CIME  
President STTI-Lambda Delta Chapter  
cell: (908) 902-1651 marilynroy24@gmail.com



## The Center for Professional Development in Nursing and Health

Marjorie K. Unterberg School of Nursing & Health Studies at Monmouth University is 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 P242-5/12-15.

We are pleased to announce a preview of our upcoming *Continuing Education* programs planned for the Fall and Spring. Some of our most popular courses from the past will be offered as well as some new and innovative seminars. We hope that you are able to join us for one or more of these events.

Please register early because space is limited for many classes.



Splinting Basics

EKG Assessment

November 20, 2013

Forensic Photography

December 3, 2013

Pediatric Physical Assessment

December 14, 2013

Writing Research Papers in APA Style

January 14, 2014

Sexual Assault Nurse Examiner (visit our website for dates)

January, 2014

Prescribing Controlled Substances in NJ (6 contact hours) Online

(1st) January 15-31, 2014

(2nd) February 12-28, 2014

Clinical Instructor Series (4 part series)

Mondays 1/27- 2/17

Sexual Assault Nurse Examiner

June 23-27, 2014

SAVE the DATE for the Nurse Practitioner Boot Camp!!

July 11-12th

To learn more and to register visit our website or call 732-571-3443.

<http://www.monmouth.edu/school-nursing-health/Continuing-Education-Programs.aspx>

Contact hours are provided for most programs.

### APEA to hold NP Review and Clinical Update at Monmouth University—June 2014

The School of Nursing and Health Studies is pleased to announce that the Advanced Practice Education Associates (APEA) will be returning to Monmouth University this summer conducting a NP review and clinical update seminar June 9-12, 2014.

This course is open to both MU students and participants from outside organizations. If you know someone who may be interested – please feel free to share!

For more information and to register please visit the APEA Website <http://www.apea.com>



## OFF TO A RUNNING START

An Interview with Dr. Jim Konopack

Jim Konopack, Chair of the Department of Health and Physical Education, set a goal when he was 25 to run an ultra-marathon in every US state by the time he is 50. There is a US map on the door of his office with 26 of the 50 states shaded in red, marking the States that he has run. During the summer, Barbara Paskewich, Director of Professional Development and Special Projects, caught up with Dr. Konopack. The interview follows.



**Q.** What is an Ultra marathon?

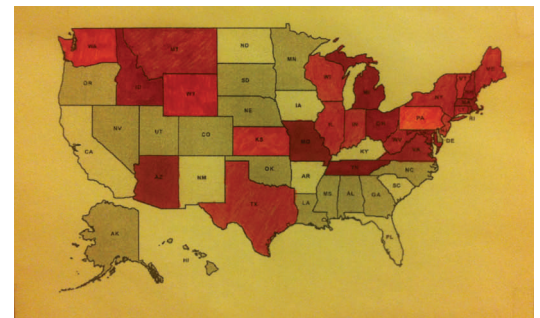
**A.** It is a race run longer than a marathon, 26.2 miles, with the common distance of 50 K or 31 miles.

Q. What sparked your interest in distance running?

A. While attending grad school in Illinois I had been running half marathons, and my training partners suggested that we run the Chicago Marathon. We ran it, I hated it, and vowed to never run a marathon again. Soon, I began running trails in a local park where I met a group of local runners, who went by the name of Buffalo Warriors. As their name implied, they were a fun group. Their weekly runs were followed by a burrito dinner. When one of the Warriors suggested that I run an ultra-marathon we had a heated discussion as he tried to convince me that it was easier to run a 30 mile, ultra-marathon, than a 26.2 mile marathon. This made no sense to me. How could a longer run be easier? He said, "you'll see," and I did. In 2006, I ran my first ultra-marathon. As predicted, I found the experience to be fun, runners were less concerned about speed, they walked up hills and rested intermittently. They socialized as they ran and demonstrated a strong sense of camaraderie. Participation in an ultra-marathon is an empowering experience in a cooperative environment. You run side by side for several hours with positive, happy people. When runners cross the finish line they are celebrating the accomplishment of all the runners.

Q. How many hours do you typically run?

**A.** It depends on the length of the race course, but is also depends on the conditions. Cool and dry weather is nice, but extreme conditions can be fun. My races have taken me anywhere from 5 to 24 hours to run. In one race, I ran 12 hours overnight and in another race I ran in snow shoes. I have completed several timed Ultras ranging in time between 6 and 24 hours. In these events the time is set and you run as far as you can during that time.



**Q.** What gear do you bring when you are planning to run 50K?

**A.** One pair of trail shoes – I run in Inov-8s or Newtons, 1 pair of socks (with toes), a baseball cap, tape for my feet, Band-Aids for chafing, electrolyte capsules, 2 handheld water bottles and carbohydrate gel packs.

Q. Do you have a favorite race that you have completed to date?

A. It is so hard to pick one, they are each memorable for different reasons. One of my favorites was in July 2009, The White River 50 mile Endurance Run just south of Seattle in Washington State. It was a picture perfect day in a beautiful setting, with Mt Rainier in the background. In August 2012, I ran in another memorable race in Afton, Wyoming, the El Vaquero Loco 50K (<http://elvaqueroloco.blogspot.com/>) This race followed a very rugged terrain that began in a remote camp ground starting at a 10,000 ft. (continued on the next page)





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Alumni—we would like to  
hear your news and  
accomplishments !

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Or find us on the web.



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## A RUNNING START CONTINUED... Dr. Jim Konopack

above sea level and reaching an elevation of 14,000 ft. at the highest point. We ran narrow mountain and goat herding trails upward, crossing streams, and entering areas that were still snow covered. There were amazing vistas along the way but this was one of the few runs where an obstacle impeded progress on the course. As we entered a single track, over a mountain pass with rocky mountain walls on both sides, a snarling badger guarded the path. He kept us on edge for about a mile. Eventually, he wandered off into the mountain grass, but certainly left a me with a lasting memory of this race.

Q. Is there a destination spot that you are anxious to visit? What lies ahead?

A. Alaska, Hawaii and Oregon!!!

Q. What do you look forward to when you cross the finish line?

A. I walk and sit, rest for a bit. There is often a post race celebration with music and food.

## Tanzania's First Lady Visits MU

On Tuesday, September 24, Mrs. Salma Kikwete, The First Lady of Tanzania visited Monmouth University to foster support and bring awareness to her foundation WAMA Wanawake na Maendeleo, or Women in Development and the launch of its new program, RAPID Women Model. This program aims to improve the quality of life for young girls, women, and their families by teaching women strategies such as the impact of birth spacing, gender norms, and reproductive health.

Mrs. Salma Kikwete has served as Tanzania's First Lady since December 2005, accomplishing much through this foundation. In 2005, she assisted the Tanzania government in launching a national campaign for the voluntary testing for HIV/AIDS. Leading the way, she and her husband, Tanzanian President Jakaya Kikwete, were the first to be tested. Additionally, she is an active leader in the support of immunization and vaccination programs, health promotion, while helping to improve health services for thousands of people all over the world. Through fundraising efforts in the United States, Mrs. Kikwete has raised over \$3 million for medical equipment to be used by hospitals and clinics in Tanzania.

Dean Mahoney and Dr. Rose Knapp were among the guests who attended the luncheon honoring First Lady Kikwete. According to Dr. Knapp, "Some collaborative efforts between the MU School of Nursing and Health Studies and WAMA are being considered. Support for the education of Tanzanian nurses and the Country's health leaders is much needed." The Lambda Delta Chapter of Sigma Theta Tau is also looking into ways that this organization can become involved.



Mrs. Salma Kikwete  
entering Wilson Hall