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CONVOCATION AND DEDICATION

Mission globe dedicated following annual Loma Linda University convocation ceremony

The following address was given by Richard H. Hart, MD, DrPH, president of Loma Linda University, during the annual convocation ceremony held on October 5, 2011.

The year was 1907, and rumors of war were circulating throughout Europe, eventually culminating in World War I. Henry Ford was still tinkering with his combustible engine, refining it. The Wright brothers were on their third model of airplane.

But, here in California a small group of determined people had just graduated their first class from the School of Nursing. They called this place the College of Evangelists at that time. Early on, they had set objectives, number one of which was to train medical missionaries to go to foreign lands and preach the gospel. And, as that first class graduated, one of the very first people to go abroad from this class, Almeda Kerr, in 1907, headed to Montevideo, Uruguay, and later worked at River Plate, Argentina. They called her Meda and she went out boldly as the very first missionary from Loma Linda.

The next year or two went by and the group of determined faculty here became more bold, and started talking about a medical school. They changed the name to College of Medical Evangelists and opened a medical school in 1909. As the first classes started graduating in 1914-15, a stream of people embarked to points unknown. Lavina and Fred Herzer, she a physician and he

a nurse, headed to the Philippines. Olive Chancey Smith and her husband Frank went to Calcutta, India. Don Davenport headed to China where he joined up with Harry Miller, who was in the process of starting hospitals throughout that vast continent.

Iner Sheld was a young man from a family of six, whose mother died when he was 7 years old. His father abandoned the family and he searched about, as children did in those days, to find and make his own way through this world. He finally attached to the Ritchie family who needed a helping hand on their ranch. He started caring for their farmland and learning to care for bees. And finally, in 1908, the Ritchie family said, "We are going to call you our son," and gave him their name. He and his brother ran a bee ranch to support themselves. In 1908 he came to start nursing here at Loma Linda. A year later, in 1909, when the medical school started, he shifted over to that, and upon graduation, he began a lifelong love affair with Mexico and started institutions across that country.

It was almost like moths to the light or lemmings to the sea, this band of intrepid Loma Linda graduates who started moving out across this world and planting institutions. Over our first 50 years, they averaged one new hospital per year—our Loma Linda graduates.

I began my career in Tanzania years ago, and had the privilege of working alongside a

Catholic nun from the Maryknoll Order of Nuns. I've always admired their slogan, which I think deeply applies to Loma Linda. It says, "Joy, Fervor, Risk. To go where we are needed but not wanted; to leave when we are wanted but not needed."

Across this vast globe, the name of Loma Linda started being recognized. Institutions started springing up, names that gradually permeated this church and others—Gimbe in Ethiopia; Kendu Bay in Kenya; Ishaka in Uganda; Heri in Tanzania; Malamulo in Malawi; Mwami and

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Richard H. Hart, MD, DrPH, president of Loma Linda University, gave the convocation address.



The 2011 Loma Linda University convocation on October 5 was attended by students, faculty, staff, generous donors, and other visitors. The Loma Linda University Church sanctuary was filled to its capacity. A dedication ceremony for the LLU mission globe followed, held inside due to imminent heavy rain showers.



The dedication program for the mission globe took place indoors because of the first significant rain of the season. The sun came out the following day, when this photo was taken.

OUTREACH TO SENIORS

School of Pharmacy grant may have ended — but outreach continues

By Stephen Vodhanel, PhD

Originally funded by the Amgen Foundation, the Partners-in-D grant enabled the School of Pharmacy to send pharmacy students directly into several community facilities to help underserved seniors choose a Medicare Part D program that best suits their individual needs.

The Partners-in-D grant supported three years of sending pharmacy students into nearby senior centers and provided excellent experiential education regarding the needs of the elderly with understanding of the daunting task of choosing the best Medicare Part D prescription drug plan.

However, as the Amgen Foundation Partners-in-D grant has passed, the School of Pharmacy remains committed to serving elderly residents by continuing the same community service outreach dedicated to the Medicare Part D grant program.

During the past three years School of Pharmacy students and faculty were able to save many

Medicare patients thousands of dollars. It was not uncommon to have a single Medicare patient see a savings of more than \$2,000 through proper Part D enrollment. The School of Pharmacy will remain committed to this service to the elderly for the foreseeable future.

The School of Pharmacy's involvement with Partners-in-D offers valuable experiential learning for pharmacy students by providing the opportunity to work directly with individual patients, often with complicated drug regimens, in a manner that evaluates cost efficiencies in the Medicare system. The Partners-in-D experience allows pharmacy students the real-world opportunity to help seniors get the best and most appropriate coverage for their medications when possible. Partners-in-D prepares students for future work with elderly patients and builds a foundation for them to become vital advocates for elderly medication needs.

Joycelyn Yamzon, PharmD, director of the Partners-in-D grant, sees the value of assisting the elderly, as well as the experiential education benefit the Partners-in-D program



Medicare Part D outreach activities remain an important source for experiential education. Here pharmacy students assist a senior citizen in choosing options.

provides. "For our students that are not doing rotations yet, this program gives them a great opportunity to apply classroom information of a complicated Medicare enrollment program to elderly citizens who would otherwise be so vulnerable without assistance," says Dr. Yamzon.

The School of Pharmacy has also expanded site visits for the 2011 enrollment period with the Medicare Part D program.

The Loma Linda City Senior Center, as with new senior housing projects have been added to an existing list of several senior housing projects.

COMMUNITY PLANNING SUMMIT

Upcoming summit to encourage community planning around health

By Heather Reifsnyder

The School of Public Health will host the second annual Healthy Communities by Design summit November 14 and 15 at Loma Linda University and at the Economic and Social Research Institute (ESRI) headquarters in Redlands.

The design of healthy communities brings geographic analysis into urban and suburban design processes that seek to promote human health. The summit will provide a forum to exchange ideas on environmental factors that affect health and to discuss new community planning approaches that incorporate health considerations.

"It is my hope that through the Healthy Communities by Design Summit, the value and application of geospatial technologies in community health, urban planning, and the built environment will create a positive impact on human health within our communities," says Seth Wiafe, MPH, director of the summit and

coordinator of the school's health geoinformatics program.

Sandra Witt, DrPH, will open the summit by discussing how to achieve livable communities. She has more than 20 years of experience in public health and currently oversees the California Endowment's healthy community initiative in the northern half of the state. The endowment is a private foundation dedicated to promoting affordable, quality health care and improved health for all Californians.

Another key speaker, Bill Davenhall, MA, will examine community design through the use of geographic information systems (GIS). He currently manages the health and human services marketing team for the Redlands-based company ESRI, a global leader in developing GIS software to help solve human problems, including those related to public health. Throughout a career of more than 30 years, he has focused on applying geographic and demographic data to issues ranging from health care demand to business expansion.



A panel discusses community planning during last year's summit.

Robert Ogilvie, PhD, will give a presentation drawing upon 15 years spent focusing on community planning and development for low- and middle-income neighborhoods. Today, he directs the Planning for Healthy Places program at the organization Public Health Law & Policy.

A full list of speakers, the summit agenda, and online registration can be found at www.llu.edu/public-health/hcbd.

General registration for the summit is \$25. For those seeking continuing education hours, registration will cost \$50. The latter includes 13 units of credit.

The following professionals may receive continuing education credit: certified health educators, chaplains, marriage and family therapists, occupational therapists, physical therapists, registered dietitians, registered nurses, respiratory therapists, social workers, and speech pathologists.

FACULTY EXCELLENCE

Occupational therapy professor fills textbook void by writing her own

By Heather Reifsnyder

Heather Thomas, PhD, always struggled to find a current and accurate textbook for teaching activity analysis to occupational therapy students. So she took charge and wrote one. The recently released volume, *Occupation-Based Activity Analysis*, debuted in July from educational publisher SLACK Inc.

Activity analysis is a skill occupational therapists must use in order to help their clients learn how

to complete tasks. The simplest act, such as picking up a glass for a drink, requires dozens of cognitive and physical elements working together—range of motion, vision, balance, strength, coordination, proprioception, etc. Activity analysis is the breaking down of such tasks to their essential components in order to discover the causes of performance problems, as well as to find activities that will help address a client's deficits.

After seven years of leading the class without a

textbook, this quarter Dr. Thomas is teaching from her own for the first time.

"It is a sense of completion," she says. "It feels good to see the students finally have a complete resource—not just my notes—that they can carry with them and refer back to for help in the next few years of their education and early career."

Dr. Thomas, who has 13 years of clinical experience as an occupational therapist, joined the LLU faculty in 2004. Until now, she has always used her own notes and various other resources to teach activity analysis.

Having run into a publisher at an annual occupational therapy conference several years back,

Dr. Thomas suggested his company produce a textbook for this course. He revealed that he had heard the same suggestion from others. Discovering her previous experience in publishing journal articles, he asked, "Have you thought about writing it?"

When they ran into each other again the next year, he asked her once more. She agreed to write a couple of chapters for SLACK Inc. to evaluate. Upon seeing her initial work, the company immediately signed a contract for the book, saying there was a huge need for such a text.

For three years, Dr. Thomas worked on the book. She not only wrote the text, but she

Continued next page

FACULTY ACHIEVEMENT

Four School of Public Health faculty summit Mt. Kilimanjaro in 2011

By Janna Vasantachart

This year, four School of Public Health faculty members followed their own teachings on personal wellness to summit Mount Kilimanjaro—the highest mountain on the African continent.

The grueling round trip took a total of six days, with more than four of those days spent ascending. The faculty members faced physical and mental challenges to achieve their goal.

Three of the faculty members—Joan Sabaté, MD, DrPH, chair of the nutrition department; Ronald Mataya, MD, associate professor of global health; and Mickey Ask, MD, assistant professor of health promotion and education—traveled in a group of eight to Tanzania in late January. Their goal was to hike to the highest point of Kilimanjaro, Uhuru Peak. Rising to an altitude of 19,341 feet, Uhuru Peak is located on the Kibo crater rim. Kibo is the highest of the three volcanic cones that compose Kilimanjaro.

Drs. Sabaté, Mataya, and Ask reached Uhuru Peak by the Umbwe Route. This route is one of the most spectacular routes and goes directly to the peak, but it is also the toughest and least used due to steep slopes, narrow ridges, and glaciers, according to Dr. Mataya. The route is advised only for the fit, experienced climber who enjoys trekking.

Along with climbing Kilimanjaro, Dr. Sabaté also traveled to Kenya to assess the fieldwork of a DrPH graduate, Hellen Ndiku. She received a Nestlé Foundation grant to conduct a pilot study on the reintroduction of pearl millet, a native crop, into the diets of young children in rural Kenya.

The fourth faculty member, Tricia Murdoch, MPH, director of enrollment management, was in Kenya at the end of June with a group from the Loma Linda University Church. She and the group worked with Mara West, an organization that runs safaris and builds clinics and

schools for the local Maasai population. After assisting the organization for a week, she drove nine hours to Tanzania to make the climb with a group of 19.

The four faculty members endured the physical hardships of the long hike, little sleep, and lack of oxygen at the high altitudes. They also battled the urge to give up. Dr. Mataya says, “My mind kept asking me why on earth I was doing this.”

For Dr. Sabaté and Ms. Murdoch, the most challenging part was the night of the final ascent. Dr. Sabaté says the night was very dark and cold, and they needed to climb more than 4,500 feet. Ms. Murdoch says they ascended “rapidly and the whole experience was very disorienting.”

But, with the support of their groups and motivating guides, the four faculty members reached the peak, and recall feeling exhilarated with the sense of accomplishment and the spectacular view. “Although it was freezing cold and very windy, the view was just magnificent!” says Dr. Mataya. “The giant glaciers, the crater, and the sun rising above the clouds was a view that I will never forget!”

Wayne Dysinger, MD, MPH—assistant professor of health promotion and education, as well as health policy and management—also summited Kilimanjaro years ago when he was a student missionary. He remembers the view as giving him “the feeling of being on top of the world.”

The success of Kilimanjaro was not achieved without dedication and commitment, noted the faculty members. They needed to train and ensure they were physically capable of completing the hike. Nutrition also needed to be considered. These School of Public Health faculty members dedicated time outside of their daily roles as professors and physicians to increase their wellness and accomplish their goal of standing at the highest point of the African continent.



The sign proves it: a windblown Tricia Murdoch, MPH, indeed reached the summit of Kilimanjaro.

ALUMNI ACHIEVEMENT

From student to pharmacist to preceptor to corporate manager

By Steve Vodhanel, PhD

For Greg Harrington, PharmD, the challenge of pharmacy school was extensive, but the challenges of career opportunities moved all too fast. In a period of less than two years, Dr. Harrington has progressed from student, to pharmacist, to pharmacy manager, to preceptor, to corporate professional whose responsibilities include special projects in the Las Vegas area.

He also has received the Region 72 Paragon Award for CVS, which gives the honor solely to its top performers.

“The pharmacy profession is vast with many career opportunities,” says Dr. Harrington. “It is very important as an intern to gain as much experience as you can. As a pharmacist, once you are licensed your perspective of the profession changes and career opportunities can happen very quickly. Hopefully you are prepared to make an informed decision.”

Dr. Harrington does find the time to assist the School of Pharmacy by precepting students in a manner beneficial to both students and CVS/Caremark.

“I was fortunate to work with great preceptors, some who have been pharmacists for 25 and 30 years, and this made a huge impact on me,” Dr. Harrington points out. “And, I want to make sure I have the opportunity to influence other students. As a preceptor, I get a chance to use my experience in making students become good pharmacists in the same manner as those preceptors who helped me. I have this saying ... learn the hard way by yourself, or learn the easy way through the experience of others. And in this profession, learning the hard way by yourself can be a costly mistake.”

According to Dr. Harrington, precepting is also a valuable experience for any corporate or professional entity. “Through precepting we get a real close look at a student’s skills and knowledge, but also how they will handle themselves in an often stressful situation that demands good people skills,” he explains. “Students need to understand that the pharmacy profession truly is a small family and that every rotation is a potential audition for a job. Take each rotation seriously and work profes-

sionally, as you may meet these same people later in your career, or, and this is common, someone in an interview will know that person whom you once worked under.”

Dr. Harrington also simply enjoys the precepting experience. “It’s fun and a great way to stay in contact with your school,” he shares. “Every six weeks or so we get to meet another student on their path to becoming a pharmacist, and we look forward to this time. We’ve had some really great students, and actually hired a few along the way.”

“But as a last thing, show me a pharmacist who made it without preceptors,” Dr. Harrington asserts. “We all owe it to our profession to take on the responsibility of precepting, as those did before us. As a student, if you had a great experience during a rotation, as a preceptor try to emulate that same great experience. If you had a terrible experience during a rotation, learn from that experience to make your interaction with students better.” He adds, “Precepting is a rewarding experience.”



“Greg Harrington, PharmD, an executive with CVS pharmacy’s corporate offices in Las Vegas and a graduate of the LLU School of Pharmacy class of 2009, is reaching out to help pharmacy students on campus. “I was fortunate to work with great preceptors, some who have been pharmacists for 25 and 30 years, and this made a huge impact on me,” Dr. Harrington says. “I want to make sure I have the opportunity to influence other students.”

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crafted worksheets, diagrams, and charts and took all the photographs.

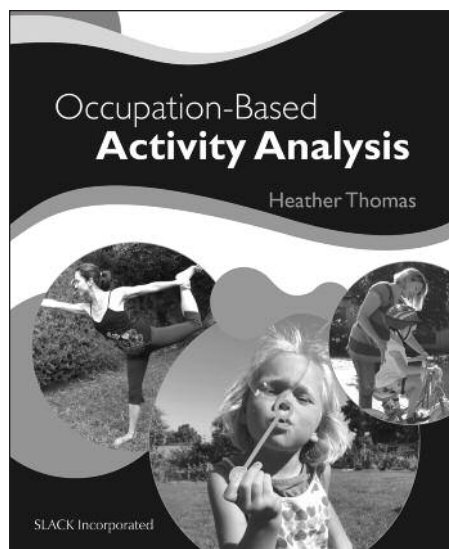
She drew support during the long writing process from her fellow educators by participating in the OT faculty writing group.

“The purpose of our writing group is to nurture a culture of writing and scholarship within the occupational therapy department where faculty offer accountability, differing perspectives, and brainstorming on each other’s writing projects,” says Christy Billock, PhD, chair of the writing group and associate professor.

“Heather’s book publication represents some of our progress in further cultivating a scholarly culture within the department of occupational therapy.”

Other OT faculty members have also been busy writing books, book chapters, peer-reviewed research articles, and pieces for professional publications and the community.

Heather Thomas earned her master of arts in



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occupational therapy from the University of Southern California in 1998. This summer, the same month her book was published, she graduated with her PhD in health science/health care administration.

Mission globe dedicated following annual Loma Linda University convocation ceremony . . .

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Yuka in Zambia; and Koza in Cameroon.

Sherman Nagel went out and started three different institutions in Nigeria—Ile Ife, Jengre, and Aba.

Across the world, throughout South America, Inter America, more institutions sprang up—Montemorelos, Bella Vista in Puerto Rico, and Davis Memorial in Guyana. And they kept sprouting and kept sprouting around the world as Loma Linda graduates were determined to make their impact. Throughout India as well: Ottapalam, Gifford Memorial in Nuzvid, Shimla, and Aizawl.

More and more institutions kept coming throughout Asia: Bangkok and Seoul. Harry Miller had started 17 hospitals in China before the great revolution and the work had to be abandoned.

Out of that great heritage there are now 70 hospitals in the majority world. Twenty-five in Africa, 10 in Inter America, 11 in India, 10 in the Philippines—institutions that continue to carry the brand of this place—imprimatur graduates from Loma Linda of all different kinds who have gone out and done their thing.

As they went, another group started developing clinics, starting hospitals here in the United States, but also answered the call, and also recognized the need to backstop the wave that were serving abroad. Many of our alumni started in a pattern of short-term service, going out to take part in the mission of the institution, by covering while doctors were on furlough, teaching a course, covering various institutions intermittently through the years. And, literally, hundreds of Loma Linda graduates have done that from all different disciplines through the years.

This morning we want to particularly recognize one of those families. 1961 was a special year for them. Elvin Gaines, graduated from medicine, Geri Gaines from nursing, and they got married. And, not long after that, they began their career, first in Yuka Hospital across the Zambezi floodplains of Zambia, that had been started by Geri's uncle years before. And, later throughout other countries of the world: Papua, New Guinea; Atoifi, in the Solomon Islands; back to Africa at Bere Hospital in Tchad; Koza Hospital in Cameroon. Making their mark by supporting the hands of those who went before them. We are sorry that Elvin passed away earlier this year, but we are delighted to have Geri and her family with us. Geri is also committed to funding for our mission globe in the center of the campus that you all recognize. Geri and children, please stand and let us thank you for what you have done. I first met them at an airport in Africa some place on their way out to Yuka Hospital, I believe.

What the Gaines have done and what so many others have done in this place makes it possible for us, even today, to commit to new projects, to new institutions, to new strategies, because we know we can send out a call and alumni will respond.

I was in Ethiopia recently for hospital board meetings and noticed a poster of Nelson Mandela on the wall, the icon of South Africa. It included a quote from Nelson Mandela: "If

we commit ourselves to do the right thing, it unconsciously gives other people permission to do right also."

And certainly as that mark started hitting, this institution responded. Time is far too short to tell the story of so many others who are part of this great movement around the world. But, let me linger on several because in this last decade there has been a resurgence of interest and commitment to serving in various places.

Let me tell you about Laila Srour. Most of you don't remember Laila, who graduated in 1978. Laila was of Syrian heritage, took pediatrics, went out and settled into a comfortable practice in Santa Barbara. Did well, but about 10 years into her career she said, "You know, there's more to life than this." She came back and did her off-campus master's in public health degree. When she neared the end of that, she wrote to me and said, "Dr. Hart, I want to go some place abroad. Where can I go?" Rwanda was just calming down from genocide. I said, "Let me send you to Mugonero Hospital in Rwanda." She spent a month at Mugonero and got bitten by, what I call, "the Loma Linda DNA disease" to serve abroad. The next thing I knew, Laila and her husband Brian had sold out everything and moved to the country of Laos where they have spent the last 10 years, living in a village, training pediatricians; the only pediatricians to serve the entire country of Laos. Committed to the goals of Loma Linda.

Some of you have heard of James Appel. When he got ready to graduate, about a decade ago now, he said, "Please, I want to go to a place where no one else wants to go." We had one of those—Bere, Tchad. A place in southern Tchad that had an abandoned, dirty little hospital of sorts. James went out, met a volunteer Danish nurse, named Sarah, who became his wife, and lived out the life of his dreams developing that hospital in Bere. About a year or so ago, James said, "It's time for me to move on to another place in Tchad. And, we were fortunate enough to identify another couple, Olen and Danae Netteberg, who had just finished emergency medicine and obstetrics-gynecology. They said, "We'll take it, we like that place." So, Olen and Danae are now laboring in Bere, and James and Sarah, just this week, are heading to Moundou, Tchad, to start another institution in that struggling country.

As you go across the world right now you will find Loma Linda graduates doing their thing, responding to the needs of the world.

What makes that happen? As I look at this audience full of students, what will it mean for you to step into that kind of legacy? Are you ready? Like the apostle Paul, you don't get travel insurance in some of these places. You go into the unknown of not being sure about what is happening. It is answering God's call.

That is what makes Loma Linda so special—the people, the places, the connections, the stories that reverberate through these halls—told time and time again by so many. What a privilege it is to be part of an institution that carries that dream throughout the world!

We have set up programs here—SIMS (Students for International Mission Service) to give you a chance to experience this while students. The Deferred Mission Appointments



Geri Gaines (right) smiles broadly as she holds a replica of the new mission globe for which she and her late husband, Elvin, generously donated funds. With her is Dr. Hart (left). Around the base of the actual mission globe on the campus mall are listed the names of Loma Linda University alumni and employees who have served or are currently serving overseas.

(DMA). The Global Service Scholarship fund to help cover your educational debts to give you all a chance to go and serve. There is nothing more satisfying than stepping into real needs and responding. That is a privilege we have at this institution.

As many of you know, we have a mission globe that we are dedicating in the center of the campus, with the names of alumni and others who have served abroad, engraved around the edge. Our plan was to go out there after this service and have a ceremony there. I just got the sign—"one if by land, two if by sea"—that suggests the rain is coming down a bit too hard for that, so we will be staying here in this auditorium for that service. But—we've left a lot of empty spaces around that globe, spaces for your names, spaces for each person within this institution who chooses to live a life of service abroad; something that not only expands the mind, but brings satisfaction to the soul.

I want to close by sharing with you a saying that embodies, I think, what Loma Linda is all about, because as our alumni have scattered, they've not just treated patients, they've planted schools, they've mentored people, they've

brought up others to carry on this work. And that's what has made this institution be able to maintain and relate to all those other hospitals and clinics around the world.

The saying goes like this—"Go to the people, live among them, learn from them, love them. Start with what they know, build on what they have. Of the greatest leaders, when their work is done, the people will say, 'We have done it ourselves.'" That's empowerment, that's development.

In a world of increasing chaos and strife, that's the steady hand, calming voice, a nurturing tactic that we need to follow around the world.

Thank you, each one, for being a part of this institution. I look at the faculty behind us and on the sides—faculty, who are here to nurture that belief, that dream in each of you. I realize that they, themselves, carry the fire of commitment. So, our prayer, as we start into this new school year, is that each of you will have the chance to experience God's blessings in your studies, and the excitement of service to Him.

Thank you.



The first significant rain of the season dampens students waiting to enter the Loma Linda University Church sanctuary for the 2011 convocation. Heavier rain was on the way and arrived about the time that dedication ceremonies for the mission globe were scheduled to take place. In response, the dedication program was moved to the sanctuary, immediately following the convocation.

OUTREACH THROUGH FITNESS

Family Fun Day encourages exercise for 200 community children and adults

By Heather Reifsnnyder

Inspired by Michelle Obama's Let's Move! campaign to eradicate childhood obesity, the School of Public Health hosted the Let's Move! Family Fun Day on September 25 at the Drayson Center.

Open to the community, the event attracted about 200 children and adults who participated in basketball, swimming, karate, dancing, sack races, rock-wall climbing, and other activities.

Because the organizers wanted to ensure learning took place alongside the exercise, booths offered information and educational activities about nutrition and healthful living, as well as health assessments.

The morning-long event was geared toward populations at risk for obesity and other health problems, according to coordinator Tracy-Ann Dawes, a public health doctoral student focusing on preventive care. The local communities, she points out, are disproportionately impacted by issues of obesity because of factors that can negatively impact health such as unem-

ployment, the inability to afford nutritious food, and a lack of safe places to exercise.

Three busloads of kids from Sherman Indian High School chose to crawl out of bed early on a Sunday morning to attend the event, reports Kathy Thompson, who teaches health classes at the high school. "This is a unique opportunity for them to get out and have lots of different experiences," she said.

One of the students, 16-year-old Angelica Kane, described the fun of almost reaching the top of the rock-climbing wall, then letting go to descend. "Whoosh, all the way down," she recounted.

The students from Sherman were much less inhibited during the event than usual, says Ms. Dawes. LLU students volunteer with them once a quarter in the My Campus: Minority Youth Health Pipeline Program; they often appear to be quiet and shy.

"During the Let's Move! event I found them to be the opposite," says Ms. Dawes. "They immediately joined the activities—even jumping on



The game gets fun but competitive as girls vie for the ball. Basketball was one of many activities the participants rotated through during the event.

stage to participate in the Zumba routine. They were gregarious and uninhibited. They danced, participated in the activities, and pulled their friends to join in.

"Many of them won prizes for completing the Passport to Fun sheet, which required every child to go to specific vendors and take part in specific learning activities to qualify," she adds.

The Family Fun Day was a joint effort of the

School of Public Health and Adventists InStep for Life, a national program of the Seventh-day Adventist Church. Mrs. Obama's Let's Move! obesity campaign has collaborated with faith-based organizations to achieve its mission. The Loma Linda University Children's Hospital co-sponsored the event.

Members of the LLU family and local churches also participated in the event, in addition to children from area schools.



An old-fashioned sack race gets these kids jumping. Other competitions included relay races, egg and spoon races, and hula hoop contests.

CREATIVE OUTREACH

Allied health recycling program helps Haitian orphans

By Heather Reifsnnyder

Thanks to an idea born under a mosquito net, the simple act of recycling one's beverage containers with the School of Allied Health Professions will help both the Earth and Haitian orphans. The school is entering its second year of the recycling program, with all the proceeds benefiting the 60 children whose lives depend on the orphanage Venez Enfants et Vivez Mieux—Come Children and Live Better.

Following earnings of more than \$2,200 during last year's pilot program, the school begins this

new academic year with a goal of \$10,000, according to Everett Lohman III, DSc, professor of physical therapy. He hatched the idea of a recycling program that would fund local and global outreach projects, with the money to be managed by both the school's student association and the spiritual life and wholeness committee.

Upon traveling to Haiti this past May to help rehabilitate earthquake victims at Hopital Adventiste d'Haiti, Dr. Lohman visited an orphanage run by a man, Frantz Bastien, whom he had met on a previous trip in May 2010. A

Please turn to page 6

You're Invited to
 enjoy the dramatic performances of Nicole Johnson
 listen to a variety of local musicians
 give back to your community through a food drive.
 Please bring non-perishable food items.

Nicole Johnson is well-known for her sketches/dramas at Women of Faith events across the nation.

ThankSharing

LOMA LINDA UNIVERSITY
 MEDICAL CENTER

Saturday, November 19 + 7:30 pm + thanksharing.org + 1-877-LLUMC-4U
 Free event open to all + Loma Linda University Church + 11125 Campus Street + Loma Linda, CA 92354



These orphans captured the heart of Everett Lohman III, DSc (center), prompting him to get involved.

FACULTY RESEARCH

The hidden war of child welfare

By Kelly Phipps

Viola Lindsey, PhD, is all too familiar with the barriers between law enforcement and social workers when dealing with child welfare cases. When she started her doctorate in social policy and social research at Loma Linda University School of Science and Technology (SST), Dr. Lindsey got the opportunity to explore the complexities of these barriers.

Dr. Lindsey worked as a Child Protective Services (CPS) supervisor for more than 20 years. Her responsibilities included supervising emergency response social workers.

During that time, she saw firsthand how emergency response social workers are required to work in tandem with law enforcement. Within this setting, many variables affect how a case is handled from each side.

"The working relationship is not always a good relationship," says Dr. Lindsey. "I never quite understood why."

Before obtaining her PhD, Dr. Lindsey began working as a clinical faculty member in the department of social work and social ecology at SST.

"When I was in the environment, it was more working out the conflict rather than understanding what contributed to the conflict," says Dr. Lindsey. "So when I came to work for Loma Linda, I got the opportunity to look at the issues in depth."

Dr. Lindsey interviewed 20 law enforcement officers and social workers from Riverside and San Bernardino counties. Her goal was to understand both their perspectives on difficulties, and how reoccurring problems could be resolved.

"Intuitively, I should have known the reasons," Dr. Lindsey continues, "Law enforcement officers have specific responsibilities and social workers also have very specific responsibilities. They go about it in very different ways."

According to Dr. Lindsey, the law enforcement officer's primary responsibility is to put the perpetrator in jail. The social worker's responsibility is to keep the family together.

"So therein is the conflict," explains Dr. Lindsey. "They both perceive their goal as well-being for the children," says Dr. Lindsey.

Beyond the issue of goals, another notorious problem is time. Differing deadlines constantly strain the relationship between law enforcement and social workers. For instance, if CPS officers remove a child from a home, they then have very limited response time to determine final the child's placement. Initially, social workers have one to 10 days to make a decision.

Meanwhile, if law enforcement determines the allegations are a criminal offense, it may take a year or longer before the case goes to court. Sometimes when the case is finally heard, social workers have already returned the child.

It is harder to prosecute the parent or guardian if the child is back in the home. It is easy for the defense attorney to highlight the fact that CPS returned the child, thus making the household appear safer than it may be.

If the parent is found guilty, the child may be removed from the home a second time. Dr. Lindsey refers to this incident as systemic abuse. CPS wants to minimize the amount of times a child is removed unnecessarily from a home.

Due to these problems, law enforcement sometimes calls social workers overly zealous. Social

workers sometimes think that law enforcement doesn't care. Ultimately, they don't understand the function of each other.

According to Dr. Lindsey, aligning child welfare and criminal codes (which dictate how each responds to allegations) specifically for child abuse cases may also help alleviate time constraint problems.

Dr. Lindsey believes one solution is crucial: interdisciplinary training. Law enforcement and social workers need to work together, rather than merely side by side.

"There is a misconception as to what collaboration is on both sides," says Dr. Lindsey. "I see this happening in many arenas, where you have different professional groups working together."

Dr. Lindsey noted that the relationship between the two is not all bad. They understand that their roles complement each other, but may not know how to overcome certain obstacles.

"We don't want to create more conflict with the families we're working with," she says.



Viola Lindsey, PhD, previously worked as a Child Protective Services supervisor for more than 20 years. Now she devotes her time to researching ways to improve the system.

Dr. Lindsey hopes to present her research and recommendations to both counties that participated. She was grateful both were very open and willing to provide staff to participate.



When a situation arises in the home that requires involvement of Child Protective Services, there is often a disconnect between social workers and law enforcement.

Allied health recycling program helps Haitian orphanage ...

Continued from page 5

member of Mr. Bastien's family had been treated at the hospital.

After returning from the orphanage, Dr. Lohman pondered the experience that night under his mosquito net. "The beautiful children with their bright smiles, bright clothing, and sad eyes had my heart within moments of me stepping foot into the orphanage," says Dr. Lohman. "I knew that once I walked out of the orphanage and returned home, I could not simply forget the great need that I saw."

From his cot, Dr. Lohman e-mailed Craig Jackson, JD, MSW, dean of the school, with a new plan. The dean, faculty, and students quickly came behind the idea of directing all the recycling proceeds to the orphanage.

Visitors to the orphanage will notice what Dr. Lohman found all too glaring upon spending time there. The children only eat two meals per day, going hungry at lunch. The boys live inside a raggedy tent, sleeping on the ground. The girls, who have a room with too few beds, sleep sideways in their bunks to accommodate more than one person; still, some have to sleep on the floor. The schoolroom has a tarp roof and dirt floor. Before the earthquake, there were three teachers for all the children. Now, there is one.

Occupational therapy student Sarah Thomas heard about the devastating conditions in Haiti and saw pictures of the orphanage. "Heart-wrenching," she says. She wanted to help but didn't know how, as a full-time student, she could.

"When I realized helping these orphans was as easy as donating plastic water bottles—something we all regularly use and don't think twice about throwing away—I was ecstatic," Ms. Thomas says. "I think a lot of times we don't feel like we can make a difference in the lives of others unless we are physically present, but this project shows that even from across the world we can help nurture these children and give them hope for a future."

Before school started, incoming physical therapy and occupational therapy students heard from Dr. Lohman during their orientation—resulting in an overflow of recyclables in the physical therapy research lab waiting for pickup even before the school year officially began.

The student association officers have also gotten involved to help motivate their peers into making this a movement, says Ms. Thomas, who is community-service vice president. On the first day of school, September 26, the

student association presented the goal to the allied health student body. The officers are now planning ways to remind everyone to stay involved.

There are roughly 500 orphanages in Haiti. "The need is so great that I simply cannot begin to get my head around this daunting task," says Dr. Lohman. "At this time we have chosen to only focus on one orphanage; perhaps this can expand as our recycling program expands."

Ms. Thomas has faith the program will succeed. "I really believe this is a unique opportunity for the student body," she says. "Although the proceeds from one bottle seem insignificant, when we unite we can expect to truly make a difference."

The recycling program is able to raise money not only through the redemption value of glass, plastic, and aluminum, but also through the recycling bins themselves, which double as three-dimensional billboards for local businesses.

By partnering with the nonprofit organization Recycling Hope, run by local businessman Jay Anthony, the school only has to worry about filling the bins. Recycling Hope coordinates the advertising, picks up the recyclables, and returns almost all the money to the school.

Loma Linda University was the second university to join in partnership with Recycling Hope, which continues to expand its presence on campuses of higher learning, as well as other organizations.



Occupational therapy student Sarah Thomas does some of the lifting in the collection of recyclables. As community service vice-president of the allied health student association, she is encouraging students to participate in program.

MENTAL AND SPIRITUAL HEALTH

'Emotional Health & Wellness' conference at LLU draws large international crowd

By James Ponder

More than 500 individuals from 51 different nations attended a four-day conference on "Emotional Health and Wellness: a Biblical Worldview in Practice," held at Loma Linda University from Wednesday, October 12, through Saturday, October 15, 2011.

The conference—a joint project of the General Conference of Seventh-day Adventists and Loma Linda University—explored the interrelationship between spirituality, religion, and mental health, and encouraged scholarly research and publishing on the subject.

According to Carlos Fayard, PhD, associate professor of psychiatry at LLU and chair of the planning committee, the goal was to help practitioners from the Adventist faith community explore ideas that remain faithful to their tradition, yet connect with cutting edge theory, research, and practice.

"To my knowledge," Dr. Fayard says, "this is the first global conference on religion and mental health the church has ever held. There is a consensus throughout the denomination that the time has come to discuss these issues."

In his keynote address, Allan Handysides, MD,

health ministries director for the General Conference, asked the question, "Who is healthy?" He answered by stating that many factors contribute to mental health, and observed that a biblical worldview doesn't automatically insulate people from depression and anxiety, but it does help them cope.

Some of the world's top researchers and clinicians in the field of religion and emotional health presented at the conference; among them representatives of the World Health Organization, Brigham Young University, Duke University Medical Center, Harvard University, and the University of California at Los Angeles as well as LLU and the General Conference.

David Puder, MD, a second-year psychiatry resident at the LLU School of Medicine, says the conference provided an appreciated balance to the secular theories of his profession. He believes the theistic model offers better outcomes.

"Under this theistic model of the art of healing," Dr. Puder adds, "the healer taps into God's love as demonstrated on the cross, and brings that love to those he works with. This type of agape love will heal the brokenhearted and provide true transformational power to those we seek to serve."



David Williams, PhD, professor of public health and sociology at Harvard University, packed Damazo Amphitheater at Loma Linda University for his discussion of research findings on religion, spirituality, and emotional health. Dr. Williams, whose remarks were translated into Russian and Spanish, told the audience that research has found that religious faith contributes to positive mental health.

Sergii Lutskiy, MPH, director of health ministries for the Ukrainian Union Conference, was one of 12 members attending the conference from the Euro-Asian division of the Seventh-day Adventist Church. He hopes insights gained at the conference will translate to health benefits for the people of Ukraine, the largest, most populous nation in Europe.

"I think the conference was very useful," Mr. Lutskiy reports. "We would like to translate the lectures into Russian."

"Loma Linda is pleased to host this meaningful conference," notes Richard H. Hart, MD, DrPH, president of Loma Linda University. "Many presenters emphasized the centrality of mental health to spiritual understanding, and the unique balance in this area that we have been blessed with in the Adventist Church. It is gratifying to see our long-held beliefs echoed in today's literature, in both terminology and emphasis."



Near the conclusion of the four-day conference on religion and emotional health, which was held recently on the campus of Loma Linda University, David Williams, PhD, Carlos Fayard, PhD, and Wintley Phipps, MDiv, gathered in the first floor lobby of the Centennial Complex to enjoy some lighthearted fellowship.



Sergii Lutskiy, MPH, director of health ministries for the Ukrainian Union Conference of Seventh-day Adventists, hopes insights gained will translate to positive health benefits for the people of Ukraine.



James Tan, MD, a family physician from Kaiser Northwest in Longview, Washington, hopes principles presented at the conference on religion and emotional health will help Church members overcome the stigma sometimes associated with psychological issues



Carlos Fayard, PhD, associate professor of psychiatry at Loma Linda University (LLU), says more than 500 individuals from 51 different nations attended a four-day conference on "Emotional Health and Wellness: a Biblical Worldview in Practice," held at LLU from Wednesday, October 12, through Saturday, October 15, 2011. "To my knowledge," Dr. Fayard says, "this is the first global conference on religion and mental health the Church has ever held."

LLUAHSC team wins awards during public relations competition ...

Continued from page 8

Nursing. Marilyn Herrmann, PhD, RN, dean of the school, serves as executive editor for the publication.

Mr. Jones also won a Polaris Award for his work as editor and designer on the Adventist Health International *Annual Report*. Richard Hart, MD, DrPH, president of Loma Linda University, serves as executive editor for the publication.

Heather Reifsnnyder, MA, publications editor, received the Polaris Award for her work as managing editor and designer for *Sphere Magazine*, alumni publication for the School of Public Health. Tricia Penniecook, MD, MPH, dean of the school, serves as executive editor for the publication.

For his story on an innovative study on ischemic pre-conditioning, James Ponder won a Capella Award. The article, titled "ICE on the summit," appeared in the Winter 2011 issue of *Scope Magazine*.

The awards banquet is an annual celebration of public relations in the Inland Empire and encourages professionals to increase quality and accountability in their work.

This year's competition featured public relations professionals from the private sector, government agencies, educational institutions, health care institutions, and public relations agencies.

A complete list of Polaris Award winners can be found at <www.prsaie.org>.

PUBLIC RELATIONS EXCELLENCE

LLUAHSC team wins awards during public relations competition

Contributed report

The stars were aligned for the Loma Linda public relations team during the “Shining Stars of PR” annual awards banquet, hosted by the Public Relations Society of America–Inland Empire Chapter.

The event, held October 12 at Center Stage Theater in Fontana, featured the best and brightest PR minds from the Inland Empire region. Team members from the office of university relations received six awards during the evening.

“Our team did really well,” says Dustin Jones, MA, associate director of public relations, office of university relations. “We have a healthy competition going against many of the PR agencies in the area and I’m always pleased at our results.”

Inland Empire’s public relations professionals submitted entries in more than 22 different categories, ranging from community outreach and media relations to collateral development and social media programs. The submissions were reviewed by judges from the PRSA Blue-

grass Chapter in Kentucky. Two categories of recognition are awarded to submissions that meet the strict requirements—the Polaris Award for first place submissions and the Capella Award for second place submissions.

Cosmin Cosma, MA, video production specialist; Michael Wolcott, MA, video production specialist; and Mr. Jones won a Capella Award for their work on “Out of the Rubble.” Mr. Cosma and Mr. Wolcott travelled to Haiti following the earthquake in 2010 to capture firsthand how Loma Linda was helping those in need. Mr. Jones served as executive producer.

Mr. Cosma, Mr. Wolcott, and Patricia Thio Kelikani, associate director of PR video, received a Polaris Award for “Loma Linda 360, Season 3.” The official video news magazine for Loma Linda University and its entities, “Loma Linda 360” tells the story of how Loma Linda changes the lives of those in need. Ms. Kelikani serves as executive producer for the show.

Mr. Jones won the Capella Award for his work as editor and designer for *Loma Linda Nurse*, alumni publication for the School of

Please turn to page 7



Members of the office of university relations pause for a photo after winning several awards at the Public Relations Society of America chapter awards. From left are Cosmin Cosma, MA; Heather Reifsnyder, MA; Michael Wolcott, MA; Nicole Dailey, president of PRSA–Inland Empire Chapter; James Ponder; and Dustin Jones, MA.

DRAYSON CENTER

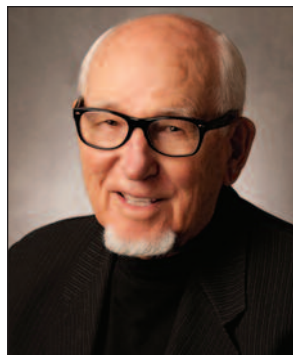
Senior Health and Fitness Fair held



Nearly 1,100 seniors from the surrounding communities were on hand for Loma Linda University Drayson Center’s ninth annual Senior Health and Fitness Fair, held on Wednesday, October 26, 2011, from 9:00 a.m. to 12:00 noon.

Vendors and others sponsoring booths totalled 71. “We had a record number of seniors attending this year,” says Romy Niblack, senior wellness coordinator at Drayson.

In the left photo, Cheri Watkins, MD, a DrPH student in the preventive medicine department of the School of Public Health, screens an attendee.



Innerweave: *The Wholeness Story*

By Wil Alexander, PhD
Professor of family medicine,
School of Medicine

For the first time in many years I find myself in the wonderful situation of learning with a group of sophomore medical students the essence and mystery of relating to yet future patients of theirs in spiritual and healing ways. Already I am feeling that the essence and gift they even now bring is that of love. Eugene Kennedy writes thoughtfully about this quality of life and service:

“Love is sadly elusive among many persons. It is often talked about as though it were something outside ourselves. That is why people are always asking where they can find it or how they can be sure that it is everything they expect it to be or that it will last through a lifetime.

Love lies in the possibility of our response to those around us; it is not a gift floating just beyond our fingertips in the air. Love gives us the energy to do more than just seek nourishment from life. Love alerts us to other persons and to the fact that we are not destined to be like microscopic animals moving gelatinously down the beach bumping and sliding off each other without any consciousness of our movements together.

Love belongs to those who understand that they are to be blind to each other’s features. Love is not blind a all. It depends on our willingness to see deeply into each other, at the same time to see more deeply into ourselves. Love is at the very heart of the trembling mystery of revelation. It is indeed the virtue for people on a journey (like sophomore medical students). The capacity to love matches the fact that we haven’t finished our journey yet. It also helps us recognize that we travel together and that, in the long run, there is nothing we can do all by ourselves.

We find ourselves together and love’s mystery is expressed in the fact that the more we make room for others the more space we find for ourselves. Love doesn’t do anything for us unless we are ready to do something for others. It tells us that life is not about winning but about sharing, and that real wealth is not about holding on to things but about knowing how to let them go.

What are we supposed to do in life anyway? We are supposed to enter into these experiences and the opportunity comes with every day. People who believe and hope and love are doing the things that alone deliver to us a sense of being alive. Through the experience of incarnation and through a thousand deaths we lay hold of the mystery of life.”



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