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## TODAY - September 30, 2011

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**NATIONAL HEALTH CARE DISCOURSE**

# Loma Linda University Medical Center delegation called to the White House to share ideas on health outcomes

By James Ponder

**F**our representatives from Loma Linda University Medical Center traveled to Washington, D.C. on Tuesday, September 20, to attend a one-day conference on “Improving Health Outcomes through Faith-based and Community Partnerships.”

The group—consisting of Ruthita J. Fike, MA, CEO of LLUMC; Gerald R. Winslow, PhD, vice president of mission and culture; Dora Barilla, DrPH, MPH, director of community health development; and Michael Knecht, MDiv, leader of the faith and health initiative at LLUMC—was invited to Washington because the Obama administration is eager to learn how faith-based and community partnerships can improve health outcomes for cities and towns from coast to coast.

LLUMC was one of only 21 organizations from the nation selected to participate in the event; it was also the only West Coast health system invited to attend.

Dr. Barilla says the purpose of the conference was to help the government identify the important roles that faith-based organizations play in improving the health of the nation and local communities.



Dora Barilla, DrPH, MPH, director of community health development at LLUMC, moderated a breakout session at a daylong conference on how faith-based and community partnerships can improve community health, held at the White House on Tuesday, September 20, 2011.

“We shared our experiences in partnering with the faith community, as well as our successes and challenges, as a gift to a country in crisis,” she reports. Currently, LLUMC offers numerous programs aimed at increasing community health through prevention, diet, exercise, and other low-cost and sustainable methods.

“American health systems are not achieving desired health outcomes,” Dr. Barilla observes, “and this event was a pivotal point in history. As a nation, we acknowledged the need to partner with our communities to create a true ‘health system’ that creates value. This cannot be done in isolation.”

At the conference, Ms. Fike and Dr. Winslow engaged in a conversation with CEOs from other faith-based institutions about what LLUMC is doing to positively impact health outcomes in the Inland Empire.

“They also strategized on how we can do more of what is working,” Dr. Barilla says.

Mr. Knecht served as facilitator for a roundtable discussion on increasing access to primary care, while Dr. Barilla moderated a breakout session on improving community health.

“We shared the innovative practices developed here at Loma Linda,” she adds, “and learned from others as well.”



Michael Knecht, MDiv, and Dora Barilla, DrPH, MPH, discuss the highlights of their recent trip to the White House for a conference on how faith-based organizations and community partnerships affect health outcomes for the better. Mr. Knecht is leader of the faith and health initiative at LLUMC; Ms. Barilla is director of community health development.



Three of the four members of the LLUMC delegation, who recently traveled to the White House in Washington, D.C., for a daylong conference on faith-based and community partnerships, pause to commemorate the occasion. The fourth member of the team, Gerald R. Winslow, PhD, vice president of mission and culture, took the photo. Pictured are (from left) Dora Barilla, DrPH, MPH, director of community health development; Michael Knecht, MDiv, leader of the faith and health initiative at LLUMC; and Ruthita Fike, MA, CEO of LLUMC.

According to Dr. Barilla, the federal government is committed to developing innovative strategies designed to enhancing the quality of health throughout the nation. A number of new organizations and think tanks have been created to look for ways to do that while lowering the financial burden to taxpayers.

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Ruthita J. Fike, MA, CEO of LLUMC, stands in front of the White House in Washington, D.C., on Tuesday, September 20, 2011. Ms. Fike was in Washington to represent the medical center at a daylong conference on faith-based and community partnerships. While there, she engaged in a conversation with CEOs from other faith-based institutions about what LLUMC is doing to positively impact health outcomes in the Inland Empire.

## FACULTY EXCELLENCE

## Mahmoud Torabinejad, most cited endodontic journal author

By Edna Maye Loveless, PhD

The first comprehensive study of the most-cited articles published in journals dedicated to endodontics appeared in the September 2011 *Journal of Endodontics*—a significant index for determining what articles in endodontic journals have exerted the most impact on the field.

The author most cited was Mahmoud Torabinejad, DDS, MS, PhD, professor and director, advanced specialty education program in endodontics, lead author of 12 articles, and co-author of four others of the 100 top-cited articles. As a consequence of Dr. Torabinejad's position on the Loma Linda University School of Dentistry faculty, of the 17 leading institutions that were responsible for the 100 top-cited articles, LLUSD placed first, with 12 articles, followed by the University of Umeå, Sweden with nine; and the University of Zurich, Switzerland, and the University of North Carolina with five each.

Far from his birthplace, Dr. Torabinejad, seems comfortably at home in his fourth floor office of Prince Hall. On the wall hangs an attractive plaque with more than 100 tributes of God inscribed upon it. Dr. Torabinejad easily translates them: "He's the only God." "Somebody who forgives." "He guides you." Central to the plaque's descriptions is the Muslim name for God: Allah. "He's your God and my God," he says quietly. Adjacent to this plaque is an award of appreciation; its Japanese characters express appreciation from the College of Dental Medicine Kaoshiung Medical University for Dr. Torabinejad's "lectures on clinical applications of MTA."

The principal investigator for dental uses of mineral trioxide aggregate (MTA), Dr. Torabinejad explains applications for this dental invention that have become standard treatment around the world. Used on pulp exposures, it triggers the body's production of dentin. It shortens from many months to a few days the treatment of teeth with open apices created by injuries. It repairs accidental perforations and replaces amalgam applications in endodontic surgery, causing regeneration rather than repair. MTA usage is only one of the many research

projects that bear Dr. Torabinejad's name. He has made professional presentations (200-plus) in more than 40 countries, his mastery of English an advantage wherever he goes. However, when the phone rings, he can adroitly switch into Farsi to assist a friend with educational issues.

Born in Kashan, Iran, Dr. Torabinejad attended local elementary and high schools. The oldest of five children, he credits his mother with providing remarkable support for her five sons. She was just 27 years old when the father of her children died. Mahmoud Torabinejad, the eldest, was 11 years old.

"I had to grow up very fast," he says. To enter higher education, he competed with 14,000 other applicants for 404 openings. He recalls his scores on Iran's SAT-equivalent test. Among 404 acceptances, he was number 176. Influenced by an uncle who was a dentist, he chose dentistry. At the end of six years, he graduated in 1971, number one in his class at the University of Tehran, "toughest" of Iran's five dental schools. By the time he had completed dentistry, he knew he wanted to teach and to pursue research.

His search for advanced training in endodontics led Dr. Torabinejad the next year to enter the University of Illinois, where he earned certification in oral pathology. "Oral pathology," he explains, "is a good basis for most clinical disciplines, and a good basis for endodontics and the research I was pursuing." Moving to Seattle in 1974, he completed a master's in dentistry at the University of Washington, received a certificate in endodontics, and welcomed Ashi from Iran as his bride.

Soon thereafter, while in research and teaching at Harvard University (1976-77), Dr. Torabinejad met Leif K. Bakland, DDS, the Ronald E. Buell Professor of Endodontics, at an endodontics meeting in Houston. That encounter would lead him to choose Loma Linda University from among several schools that were recruiting him for a teaching/research position. That decision led to the development of a deep bond with Dr. Bakland as a colleague. "He is like my own brother," says Dr. Torabinejad.

His next-door-office colleague, Robert Handysides, DDS, chair, department of endodontics, calls Dr. Torabinejad "the consummate educator, as well as a globally recognized leader in the field of endodontics," adding, "his passion for endodontics is contagious. I am honored to be able to work so closely with him."

Enjoying collegial ties with both practicing dentists and students—Dr. Torabinejad directs many residents' research projects—has not prevented Dr. Torabinejad from maintaining family and professional connections in his homeland. His mother, now 84, welcomes his visits. Dr. Torabinejad has found, however, a promising patient population in Iran for clinical

research purposes. "At LLUSD, we have a fluid patient population," he explains. "In Iran, we have access to a more stable population," important for longitudinal studies. With his encouragement, the Mahmoud Torabinejad Clinical Research Center is now operating in Isfahan, Iran. He and LLUSD dean Charles Goodacre, DDS, MSD, were present when the center opened in March 2011.

Offered positions in many places, this author of two textbooks (one being the world's most popular endodontic textbook) has achieved eminence as a teacher and scholar. He remains at LLUSD because of the environment, he says—especially the values and objectives.

## LLUMC delegation called to the White House to share ideas on health outcomes ...

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"Speakers from the newly formed Center for Innovation, a program of the federal Centers for Medicare and Medicaid Services (CMS), were present at the meeting to share new opportunities for health systems to implement creative and effective models of care with the conference participants," Dr. Barilla shares.

She also notes that Mara Vanderslice Kelly, acting director for the Center for Faith-based and Neighborhood Partnerships, encouraged the group to stay connected and to provide leadership for other health systems in partnering with their local communities to improve the health of the nation.

"The passionate and robust conversation among the faith-based health systems was energizing and affirming," she says. "We came away convinced that creative partnerships among faith-based institutions and other community organizations are clearly going to be a critical component in improving the future of our country's health."

"We know that many of the strongest predictors of health fall outside of the health care setting," Dr. Barilla observes, "and in order to elevate the health status of our communities, we are going to have to create systems of care among all community partners. This meeting was an official recognition of the need to do just that."

Two members of the LLUMC team, Dr. Barilla

and Mr. Knecht, will return to Washington, D.C., in October to continue the discussion and establish regional teams for ongoing resource sharing and strategy sessions designed to benefit the public health.

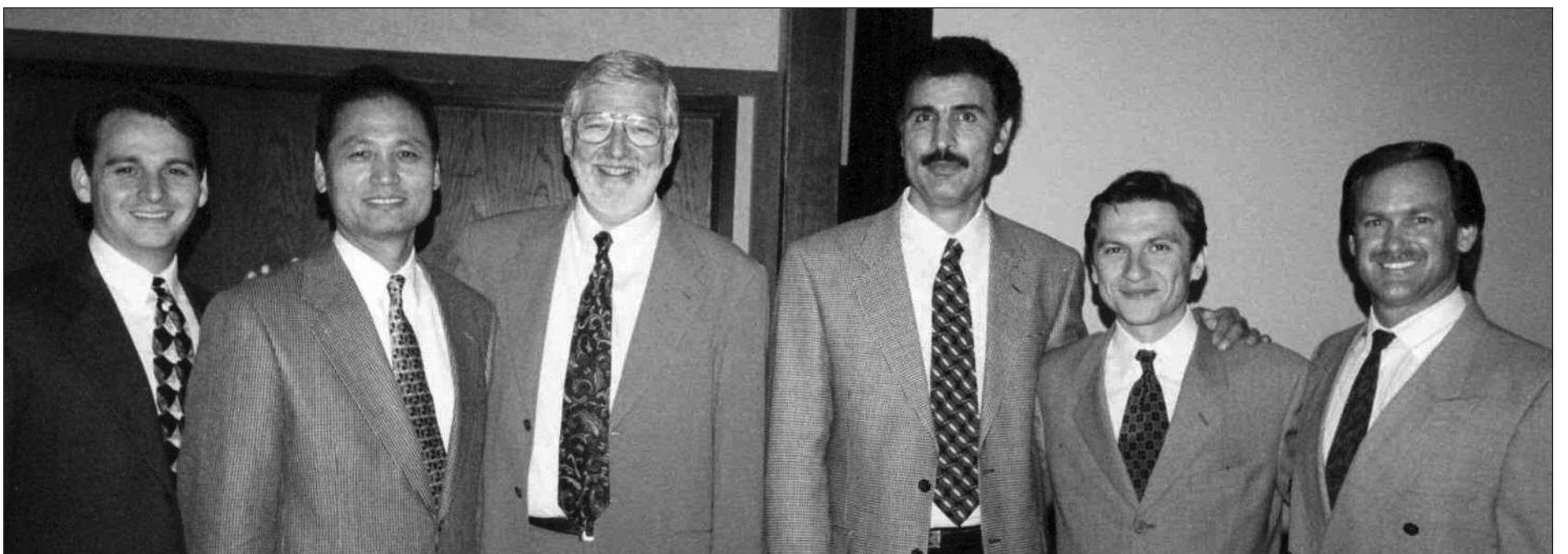
Ms. Fike says the benefits of faith-based health care organizations collaborating to enhance health outcomes can produce significant results.

"We believe that an inspired community of healthy people will create a movement that can transform the community," Ms. Fike states.

Dr. Winslow agrees. "Our health ministry in Loma Linda was created in order to make the link between faith and health strong and practical," he says. "We believe that we were called to leadership in this distinctive ministry. We now see an opportunity to extend this leadership nationwide."

In appraising the value of what the Loma Linda team brought to the table, Dr. Barilla says the answer is in "our heritage of health ministry."

"Our greatest contribution to the discussion was in sharing what we know about prevention with other participants and government officials present at the meeting," she insists. "Prevention has been in our DNA since the inception of our health system. The concept of whole-person care, including the spiritual component, has always been at the foundation of our healing model."



Loma Linda University School of Dentistry advanced specialty education program graduate dentists pose in 1997 with their mentors (from left) Dr. Arthur Gage, Dr. David Junn, Dr. Leif Bakland, Dr. Mahmoud Torabinejad, Dr. Shahrokh Shabahang, and Dr. Randall Garland.

REBUILDING LIVES

## Camp Good Grief special victims program helps adolescents refocus and rebuild after a murder or suicide in the family

By James Ponder

Late in the afternoon of a warm winter day, four adolescent girls gather in the lodge of Camp Cedar Falls to talk about what it's like to survive the loss of a loved one.

The girls came to this woodsy outpost in the San Bernardino Mountains the first weekend in March for the special victims program (SVP) of

Camp Good Grief, a therapeutic outreach of Loma Linda University Children's Hospital (LLUCH).

According to Dorothy Clark Brooks, the LLUCH child life specialist who serves as coordinator for the event, SVP differs from the November session of Camp Good Grief by focusing on the needs of young people who have lost a family member to murder or suicide.

The girls—Audriana, Shamara, Verenna, and Emily—sit in a semi-circle and share their insights. Audriana, an energetic 10-year-old who says to call her Yaya, recalls how she felt after learning that her brother Tom had been killed.

"I didn't really want to talk to nobody," she recalls. "It took me like a day to get over that, and I've been talking ever since that day."



Christian Villegran credits the special victims program offered by Loma Linda University at Camp Cedar Falls with helping him learn to cope with the difficult emotions he felt after his father passed away in 2007.

Shamara agrees that learning to talk about conflicted emotions is essential. "It's important not to bottle your feelings inside," the 12-year-old sixth grader says. She first came to camp after her brother Christopher was killed three years ago.

"The best thing I've learned is that you should trust people," she shares. "You've got to have people to talk to. Not everybody, but people who can keep a secret."

Verenna, who was 10 when her brother Marvin was murdered in 2009, agrees. "You have to have somebody to talk to or you'll just explode. The best thing I've learned at camp is how to handle my emotions and that it's OK to cry."

Emily agrees. The 12-year-old seventh-grader suffered the loss of brothers Daniel and David in a 2008 murder/suicide. Two years later, her sister Janina sustained major brain trauma in a horrifying auto accident.

"What helped me the most," Emily remembers, "was learning that it's OK to cry and it's OK not to cry. It's also OK to talk about it."

The girls aren't alone. A total of 36 young people have come to the mountains for the special victims program this year. For every one of them, the experience of learning to heal is an ongoing journey.

Christian was 12 years old when his father passed away in 2007. He can't recall if 2011 marks his fifth or sixth SVP session, but is emphatic on how he feels about being here.

"It's a great, great, great, great, great, GREAT camp!" he beams. "It's great because you're with people who had the same situations happen; they know what you're growing through, and you understand them. We're all going through the same thing."

Brother and sister Joselyn and Kim say the camp has been vital in helping reclaim their equilibrium. After their father Luis was killed in 2004, the siblings could hardly cope. When a friend of their Aunt Patricia heard about the special victims program, Joselyn decided to see if it might do some good.

"After he died, I was pretty much depressed all the time," 18-year-old Joselyn remembers. "I felt mad, sad; I just felt bad in general."

"I felt pretty sad after he died, too," 12-year-old  
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EDUCATIONAL PARTNERSHIP

## First 15 dental hygienists graduate from joint LLU/SRRSH program in China

By James Ponder

Thanks to an innovative project of Loma Linda University (LLU) and Sir Run Run Shaw Hospital (SRRSH), 15 graduates recently completed the first-ever dental hygienist training program in the city of Hangzhou, China.

According to Claudine Stevenson, MPH, an LLU Global Service Scholarship recipient and dental hygiene instructor at SRRSH, there are very few dental hygienists in China, but the need for their services can hardly be overstated. More than 90 percent of Chinese adults exhibit periodontal disease, yet less than two percent receive periodic exams and cleanings. This new program is designed to change that.

“The dental hygiene program at SRRSH is a giant step forward for health care in the People’s Republic of China,” notes R. Leslie Arnett, DDS, MS, professor of periodontics at Loma Linda University School of Dentistry (LLUSD).

To highlight LLU’s role in promoting health

internationally, two ambassadors of the LLU-sponsored program at SRRSH traveled to Nashville, Tennessee, in June for the 88th annual session of the American Dental Hygienists Association (ADHA).

The pair—Ms. Stevenson and Xu Xin, a member of the first graduating class in dental hygiene at SRRSH—presented a poster titled “Improving Oral Health in China: A Dental Hygienist Training Program in Hangzhou,” at the meeting. At the conference, Ms. Xu went by her English name of Ella.

Ms. Stevenson says the presentation was a big hit with attendees.

“The poster presentation turned out really well!” she notes. “Ella got a chance to practice speaking English, but the audience also wanted to hear her speak her native language, so there was a time when she spoke in Mandarin. The four-by-eight-foot poster fit just fine in the overhead bin during the flight to Nashville. Many people were interested in it and hoped that we might be able to present another on it as a follow-up of the program. They seem to be really interested in China.”



Claudine Stevenson, MPH, (left), and Ella Xu Xin, proudly display a giant poster introducing the dental hygienist training program recently unveiled as a joint venture between Loma Linda University and Sir Run Run Shaw Hospital of Hangzhou, China. The photo was taken at the 88th annual session of the American Dental Hygienists Association in Nashville, Tennessee, where the women talked about the new program and its impact on dental health in China.

To help Ms. Stevenson and Ms. Xu prepare for their presentation at the ADHA meeting, Mo O’Reilly, MBA, project manager in the Global

Health Institute at LLU, advised them on every aspect of the event, including their attire.

Continued next page

STUDENT OUTREACH

## Students invite community to help Horn of Africa by attending forum fundraiser

By Heather Reifsnnyder

The Africa Network, a student-led group that began in 2008 as a social support system for LLU students from the African continent, is expanding its vision to make an even wider impact.

The group, AfriNet for short, will host a forum October 9 aiming to raise awareness, action, and funds toward the current famine crisis in the Horn of Africa.

“This year we are trying to grow professionally and learn to be part of the solutions to crises affecting the continent,” says Pamela Mukaire, current president of AfriNet and a student in the Loma Linda University School of Public Health, which is hosting the event.

“AfriNet is aware of the 12.4 million people who are currently affected by the famine in Eastern Africa, and the thousands of children that are dying every day,” Ms. Mukaire adds.

The event discussions will not only center on the current food crisis, but will also focus on ideas for sustainable growth and security in Sub-Saharan Africa.

AfriNet is lining up community and student advocates, representatives of nonprofit organizations, and educational leaders to participate.

“These individuals will engage in strengthening and supporting partnerships pursuing sustainable development alongside social justice, particularly the eradication of hunger and poverty in Africa,” adds Ms. Mukaire.

The forum is meant to draw in the wider community, including students from other

colleges such as the University of California, Riverside, the University of California, San Bernardino, and La Sierra University.

Admission to the event is \$10 to cover expenses, including a light dinner. Guests are also encouraged to offer an additional donation to support famine relief efforts—a suggested \$30 per person, \$50 for couples, and \$10 for students. No donation is requested on behalf of children under age 5.

“The timing is now for everyone to come together so that famine and drought becomes a concern of the past,” says Rebekah Ngewa, vice president of AfriNet and a School of Public Health student.

Other concerns needing future attention are increasing accountability of local African governments to the international community, reducing donor fatigue, and engaging more African youth to plan for a better future on the continent.

Reservations for the event are required by October 4. Visit <llu.edu/public-health/afriNet/index.page> to register. The event itself will take place October 9 at 5:00 p.m. in the Councilors Student Pavilion, 24945 Mound Street.

For more information, contact Ms. Mukaire by e-mail at <pmukaire@llu.edu> or Ms. Ngewa at <rngewa@llu.edu> or call them, respectively, at (202) 250-9241 and (714) 325-5060.

“We hope the forum will provide students, advocates, leaders, institutions, and organizations with the opportunity to highlight feasible solutions and address barriers to prevent one more African child, in particular, from dying of hunger,” they say.

HEALTH RESEARCH

## Contrary to earlier findings, excess body fat in elderly decreases life expectancy

By Jennifer Frehn

While some past studies have shown that persons carrying a few extra pounds in their 70s live longer than their thinner counterparts, a new Loma Linda study that measured subjects’ weight at multiple points over a longer period of time reveals the opposite.

Research from Adventist Health Studies recently published in the *Journal of the American Geriatrics Society* showed that men over 75 with a body mass index (BMI) greater than 22.3 had a 3.7-year shorter life expectancy, and women over 75 with a BMI greater than 27.4 had a 2.1-year shorter life expectancy. Generally, a BMI between 18.5 and 24.9 is considered normal weight, and a BMI of 25 to 29.9 is considered overweight. A BMI of 30 or more is considered obese.

Previous work in this area by others found a protective association for a high body weight among the elderly. Pramil N. Singh, DrPH, lead author of the paper and an associate professor in the School of Public Health, says the data from many past studies is problematic because only a single baseline measure of weight was taken, which does not account for weight changes or how these weight changes affect life expectancy. Additionally, most past studies had mortality surveillance of fewer than 19 years, which analyses have shown to be an inadequate amount of time to study risks associated with weight.

“We had a unique opportunity to do 29 years of follow-up with a cohort that was also followed for mortality outcomes,” Dr. Singh says. “Across this long period of time, we had multiple measures of body weight, which provided a more accurate assessment.”

The study looked at 6,030 adults who never smoked and who were free of major chronic diseases at enrollment. It then examined only those adults who maintained a stable weight.

This was done in an effort to exclude individuals who, for example, were in the normal weight category because they experienced significant weight loss due to a disease. Therefore their death would not have been related to their normal weight, but rather to the disease that caused them to reach normal weight.

“When you control for confounding by disease-related weight loss, overweight and obesity remain a risk for persons over the age of 75,” Dr. Singh says. “This suggests that elderly individuals of normal weight should continue to maintain their weight.”

Researchers noted a difference between genders in that men had a higher sensitivity to body fat than women. Men started to experience a greater risk of mortality at a BMI of 22.3, while this risk did not appear for women until a BMI of 27.4. One possible reason for the difference between genders, Dr. Singh says, is that body fat is the primary source of estrogen in postmenopausal females, and a minimum level of estrogen in those years can be protective against heart disease and hip fractures.

“This is not to say that extra weight is good for women over 75,” Dr. Singh says, “but rather that the negative effects of extra weight in women over 75 appear at a higher weight than in males.”

The study population itself is unique in that all were Seventh-day Adventists, who, because of church recommendations, are typically lifelong non-smokers, consume little if any alcohol, are more physically active, and consume less meat than the general population. This means those who maintained a lower BMI did so intentionally with healthy lifestyle choices, rather than as a result of smoking for weight control or as a result of poverty-related factors. Dr. Singh says further studies are needed to understand the positive and negative effects of lifestyle patterns that help individuals maintain low body weight over long periods of time.

Continued from previous page

"I did some research on poster presentations and what I learned was that you should try to look like your poster. So Claudine and Ella dressed in traditional Chinese style. Ella got a dress with lotus leaves on it," Ms. O'Reilly shares. "She was very proud of that dress."

Claudine Stevenson, who took over from Amy Bergman, the original instructor who started the program in 2009, plans to return to the United States in 2012. She says that ideally, the next instructor should plan on staying in Hangzhou two full years in order to cover the entire term of the program and provide continuity for the students.

"In most of China," she explains, "people are

reluctant to try dental hygiene, but at Sir Run Run Shaw Hospital, they are excited."

Ms. Xu agrees. "I'm excited about learning how to give better health care for my patients," she adds. She cites deep cleaning and periodontal charting as her two favorite aspects of the program.

Ms. Stevenson points out that job prospects for dental hygienists are much better at SRRSH than in other parts of the People's Republic of China.

"At SRRSH, dental hygienists are very respected," she says. "But if they go to other clinics, they might not get the respect they would as dental hygienists here."

Dr. Arnett notes that while the dental hygiene program is off to a good start at SRRSH, there is still a ways to go.

"It is only one step in a journey, which may take years to complete," he says. "It has ramifications extending into areas of general medical care in preparation of patients for organ transplant and orthopedic prosthetic procedures. The goal now is to continue in its growth, maturation, and dissemination. 'A journey of a thousand miles begins with a single step.' This program is that first step."

When the next step will be taken has not been determined at this point.

"We are just now starting a new class of 15

students," Ms. Stevenson says. "We need to get the word out about the program. Also, we're waiting for another instructor to come here. The backup plan would be for Ella and her classmates to teach dental assistants how to be dental hygienists if a new instructor has not arrived when I leave China at the end of my term."

The new class will contain a different mix of students than the one before. This time, 10 of the 15 students will be dentists who just graduated (in China, they are considered dental interns until they have completed a one-year postgraduate internship). Eight of the 10 dentists will be transferring to other hospitals which, unlike SRRSH, do not have dental assis-

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## Camp Good Grief special victims program helps adolescents refocus and rebuild after a murder or suicide in the family ...

Continued from page 3

Kim concurs. But after attending the special victims program for the first time in 2009, she began to feel better about life. "You can get rid of your fears," she says.

For Josclyn, the biggest benefit was learning how to cope with grief. "You can just let it out," he shares. "You don't have to feel bad about it."

For others, something else mattered the most.

"For me, it was the interaction with peers,"

Christian says. "They supported me in everything I said."

"The ropes course," Yaya shares. "It was lots of fun."

The ropes course is actually divided into three separate activities called pirate crossing, leap of faith, and the multi-vine, or Tarzan, traverse. The course provides campers with opportunities to challenge themselves by taking risks designed to overcome fear and build confidence.

Kim also enjoyed the ropes course. "It's kind of fun," she insists. "It's kind of scary at first jumping off the ropes, but afterwards you feel really good about it."

"The group sessions," Shamara adds.

"Being able to see my friends," Verenna notes. "I've got a whole bunch of friends that I made at camp, and I enjoy talking to them."

Emily agrees. "I enjoy free time the most. You can make friends really quick here. I like the parties in the hallways."

"I liked learning how to control my anger," Josclyn adds. "Also, learning that what happened was not my fault."

Since grief affects people on mental, physical, spiritual, and emotional levels, the special victims program integrates all four elements into grief sessions designed to help participants come to terms with their emotions. Sometimes they have to learn to deal with erroneous advice from well-meaning, but uninformed friends.

"Don't think about it' is the wrong thing to say," Christian asserts. "The first couple of years I was super sad all the time, but I allowed myself to feel sad and to cry, and over time, I did get over it."

At first glance, the ropes course—a series of three separate outdoor exercises designed to build trust—seems more intimidating than therapeutic. In one activity, the aptly named "leap of faith," a camper scampers up metal toeholds in the trunk of a large pine to a platform approximately 30 feet above the ground. Then he or she is instructed to leap out and try to grab a metal bar hanging by a braided wire stretching across to another giant tree.

Since the camper is secured in a harness, the process is safe. Even so, it takes guts to climb that high and leap into space to grab the bar. Those who make it hang on for a short ride to a platform at the other end of the wire. Those who don't are gently lowered to the ground. Either way, they return to earth exhilarated at going beyond their comfort zone and conquering a primal fear.

That's what the special victims program does for grieving kids. They come to camp hurt, confused, and isolated. They leave with bolstered confidence and a bunch of new friends who know exactly how they feel. It doesn't erase the pain and loss, but it does help them heal and get on with their lives.

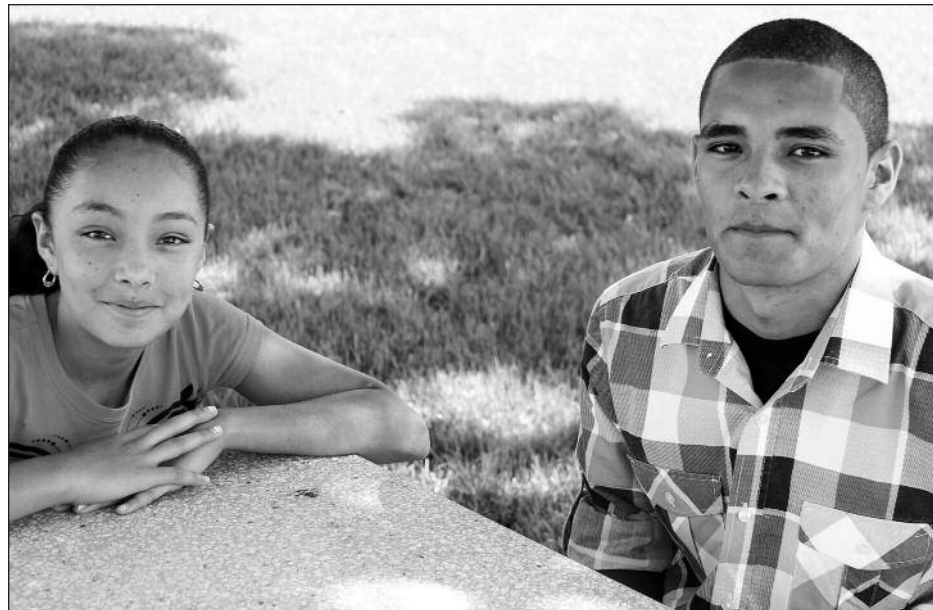
"You never get over it," Christian concludes. "You just have less pressure on you. You don't really say goodbye; it's like 'See you later.' There's like an infinity of 'See you later.' You never stop saying that."



Learning to adjust to life after losing a relative to murder or suicide is a lot like taking a flying leap through the trees, as this camper from the special victims program at Camp Cedar Falls skillfully demonstrates. The leap of faith is part of a special ropes course designed to give campers a break from grief sessions at the camp.



The girls in white shirts—Verenna, Emily, Shamara, and Audriana (from left)—attended a special session of Camp Good Grief at Camp Cedar Falls in the San Bernardino Mountains this March. Known as the special victims program, the weekend retreat—an outreach of Loma Linda University Children's Hospital—is designed to help adolescents and teens who lost a family member to murder or suicide regain a sense of emotional equilibrium. Camp staffers Sherri Peters (far left) and Amber Welte (far right) flank the girls in the photograph.



Siblings Kim and Josclyn heard about the special victims program—a Loma Linda University Children's Hospital outreach designed to help young people who have lost a family member to murder or suicide—from a friend of their Aunt Patricia after their father was killed in 2004. "After he died, I was pretty much depressed all the time," Josclyn notes. Kim says the most helpful thing she learned at the weekend camp was not to bottle her emotions inside. "You can get rid of your fears," she says. "I liked learning how to control my anger," Josclyn notes. "Also, learning that what happened was not my fault."

DISASTER READINESS

Safety coordinators learn about disasters

By James Ponder

Planners usually get upset if you call their event a disaster, but creators of a recent program in the Chen Fong Conference Center at Loma Linda University's Centennial Complex seemingly embraced the metaphor with open arms.

A poster in the lobby explained why. Emblazoned across an image of post-apocalyptic wasteland replete with shattered buildings and abandoned cars, a group of shivered block letters announced the theme of the first-ever "Safety Coordinators Disaster Fair" at Loma Linda University (LLU).

According to Donna Gurule, MPH, director of environmental health and safety, the need for

disaster preparation can scarcely be overstated in this age of earthquakes, terrorist attacks, and tsunamis. That's why environmental health and safety officials at LLU maintain an active education and monitoring program to ensure the campus is ready for anything.

"In addition to safety coordinators from LLU," Ms. Gurule says, "there were vendors and presenters from state and local agencies, as well as guests from other facilities who were looking to see how this works so they could go back and duplicate it at their locations. Altogether, there were about 150 attendees. Our goal was to create an awareness of disaster preparedness issues and resources."

Inside the conference room, visitors encountered a variety of colorful exhibits:

- A large yellow and white emergency tent became a temporary clinical headquarters, complete with plastic dummies on stretchers and chairs;
- Television screens displayed movies and videos on a variety of safety and disaster preparedness issues;
- A small camping tent showcased a family-sized disaster center that could easily be operated from the backyard;
- An impromptu lecture held three rows of

- chairs for presentations by the visiting experts;
- Row after row of vendors offered everything from drinking water in a can to first aid kits, emergency food packets, and privacy tents for totable commodes; and
- Tables and chairs afforded comfortable places to eat lunch, which was provided courtesy of the department of risk management.

Despite the fact that there were free emergency  
Please turn to page 9



Safety coordinators from numerous Loma Linda University entities and departments applaud a presentation on earthquake safety during the recent Safety Coordinators Disaster Fair. Safety coordinators volunteer to make sure their departments are prepared to face any emergency. Approximately 150 people attended the fair.

First 15 dental hygienists graduate from joint LLU/SRRSH program in China ...

Continued from page 5

tants or hygienists to perform cleanings, so they will learn dental hygiene and help spread the word to other hospitals and clinics.

Jan Zumwalt, MBA, associate director of the Global Health Institute at LLU, says the exciting part about the "plan to train some young dentists is that other China dental clinics will benefit from the knowledge and emphasis related to the importance of cleaning your teeth, both personally as well as having them cleaned and checked by a professional periodically."

The program is also expected to get a boost in the arm later this year when Shirley Lee, MS, assistant professor of dental hygiene at LLUSD, travels to SRRSH to assist the hospital's dental clinic in planning for an expanded role for dental hygienists in the future.

Leif K. Bakland, DDS, who recently took over as liaison between LLUSD and SRRSH, is optimistic about the future of the program.

"This is a unique achievement," he says, "and an opportunity for Sir Run Run Shaw Hospital International Dental Clinic to continue to be a leader in providing dental care in the Hangzhou area."

He continues, "These new dental hygienists will be able to educate many dental patients about

the importance of oral hygiene while skillfully serving an otherwise unmet need. One would hope," he concludes, "that this would be a model that other dental educational institutions in China might want to copy."



INNERWEAVE:  
The Wholeness Story

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

A part of growing elderly is not being very sleepily when first getting into bed at the end of waning days. Without bemoaning my too tired wakefulness I share with you a Celtic prayer which I find quite quieting :

For the darkness of the night  
enveloping the earth  
enclosing the day's labour  
thanks be to you, O God.

For the quiet that surrounds me  
and your promise of peace deep within me  
for the stillness of sleep for my body  
and the hope for healing for my soul  
thanks be to You.

I bring not only my own weariness  
but the tiredness of people who struggle this night.  
I bring not only my own pain  
but the sufferings of those who cry out.

Hear my soul's prayer for rest, O God,  
hear my heart's plea for healing.

Celtic Benediction

President Richard H. Hart and Chief Executive Officer, Ruthita J. Fike  
Cordially invite you to the unveiling and dedication of the

Centennial Pathway

Wednesday, October 5, 2011  
12 Noon at the Centennial Pathway

Loma Linda University Campus  
24760 Stewart Street, Loma Linda, CA 92354  
(Across the street from the Centennial Complex)

## Drayson Center holds rededication program and honors donors



During a special rededication program held Saturday evening, September 17, a number of individuals spoke of the value of Loma Linda University Drayson Center to students, employees, and the community. Among them were Delmon Dunston (left), a paraplegic who plays rugby at Drayson Center and works out on equipment designed for the disabled, and Jill Payne (center, speaking), director of community development and outreach at Loma Linda University East Campus Hospital. Mr. Dunston has become a spokesperson for the PossAbilities Program, under the direction of Ms. Payne. Looking on is Rachelle Bussell (right), senior vice president for advancement, Loma Linda University, who emceed the program.



Delmer Holbrook, EdD, retired director of the Home Study Institute—now Home Study International—shares his experiences as a member of Drayson Center's senior wellness program, which has more than 1,000 members 55 years of age and older. Dr. Holbrook works out several days a week and appreciates not only the facility, but the recreational and fitness programs available to seniors in the community. Senior members enjoy the facility during the hours of 7:00 a.m. and 3:00 p.m. weekdays, and all day Sunday, and represent the second largest membership category. Dr. Holbrook is in his 80s, meaning that his membership at Drayson Center is free. Looking on is Richard Hart, MD, DrPH (left), president of Loma Linda University, and Ms. Bussell.



Don Sease, MBA, director

Donald Sease, MBA, director of Drayson Center, shares some interesting facts about the more than 50,000 people who utilize the center during a typical week as a conference, sports, fitness, or recreational facility. The center became a reality because of the vision of B. Lyn Behrens, MBBS, past president of Loma Linda University; Donald Pursley, DBA, past financial vice president; and Donald Prior, past vice president for advancement. A generous donation by Ronald and Grace Drayson made the center a reality back in 1995. Under the leadership of Mr. Sease, the center has far exceeded the original vision of a facility primarily for student use.

## MEDICAL DENTAL RETREAT

### Leoni Meadows medical dental retreat combines learning, fun, and fellowship

By Kathleen Moore, MHIS

The fifth annual medical dental retreat at Leoni Meadows was a great success, with 28 oral health professionals and their families enjoying continuing education programs, fellowship, and worship services, not to mention activities such as the zip line and the giant swing.

The venue was a camp and retreat center with great facilities and food. Noel Bixel, DDS (dental class of 1964), reports, "I had a much better time than I anticipated. The lecturers were first class, presenting very meaningful things to take home to our practices. I highly recommend the whole program."

George Chen, DDS (dental class of 1991), reported that "it was wonderful seeing old friends and classmates again. Leoni Meadows is the ideal location to have a retreat that is fun for the whole family—with go-carts, horses, zip lines, crafts, and tractor rodeo. Where else can you get all that?"

And it's true. While the courses were in progress, families literally ran from one activity to the next, all coordinated by the staff at Leoni Meadows.

Randy Boyd, DDS (dental class of 1986), brought his family. "The chance to combine a

family vacation with continuing education, where there is an opportunity for everyone to have fun, is priceless. The people, the staff, the activities, the Christian atmosphere, and the continuing education, are exceptional. This is a vacation we look forward to all year."

Alumni of all ages from both the School of Medicine and the School of Dentistry gathered for five days. Families that crossed the borders of both schools ate together, learned together, played together, and worshiped together.

Competition was strong during the heavy equipment rodeo, where E. Jan Davidian, DDS, MS (dental class of 1963), reports that "if you really want to 'feel the power,' then you need to drive the big 'Cat.' If you make a little mistake, you can dig up a half a ton of dirt in no time!" Physicians, dentists, nurses, and dental hygienists all vied for an opportunity to control the earthmovers, crush old cars, and finesse the movement of logs and old tires.

The sixth annual medical dental retreat at Leoni Meadows will take place August 7 to 12, 2012. Track your mail and the <dentistry.llu.edu> website for continuing education topics and more information. Bring the whole family, including your siblings, children, aunts, and uncles from the School of Medicine.



Lane Thomsen, DDS, MS (dentistry class of 1965), assists a young camper with her woodworking project. Dr. Thomsen brings his equipment to Leoni Meadows each year, where woodworking has become a highlight for the medical and dental alumni and their families.

## Upcoming business seminar to feature big names

By James Ponder

**Want to get motivated?** The GET MOTIVATED! Business Seminar is coming to Citizens Business Bank Arena in Ontario on Tuesday, November 1, 2011, from 8:00 a.m. to 4:45 p.m. Speakers include Colin Powell, Joe Montana, Rudy Giuliani, Bill Cosby, and others.

Admission starts at just \$1.95 per person or \$9.95 for a group of 10. A 124-page *Get Motivated* workbook is available for only \$4.99 if purchased at the time of registration, or \$20 at the door. There will be a drawing for \$10,000 cash and huge door prizes, and everyone who wins will receive free bonus gifts valued at \$159.

To purchase seats or learn more about the seminar, call Amy at (800) 710-1753, go online at <getmotivated.com/video> to watch a video, or direct questions about the seminar to <Amy.Collotta@GetMotivated.com>.



EDUCATIONAL EXCELLENCE

## School of Medicine receives accreditation with commendation for continuing medical education

By James Ponder

Loma Linda University School of Medicine (LLUSM) recently learned that its application for accreditation from the Accreditation Council for Continuing Medical Education (ACCME) received the organization's highest honor.

Known as accreditation with commendation, the award is issued to continuing medical education providers who demonstrate compliance in all 22 criteria and accreditation policies of the ACCME. Organizations who receive the coveted distinction are granted accreditation for six years, instead of the usual three.

"The ACCME congratulates you and commends your organization for not only meeting the ACCME's accreditation requirements, but for demonstrating that yours is a learning organization and a change agent for the physicians you serve," observed Murray Kopelow, MD, chief executive of ACCME, in a July 22 letter to Mindy Morrell, associate director for continuing medical education at LLUSM.

The award brought LLUSM's application process to a very satisfactory conclusion.

"We are very gratified to receive the highest level of accreditation from the ACCME," says Lawrence Loo, MD, assistant dean and director for continuing medical education.

"This represents the culmination of lots of hard work and dedication to providing excellent continuing medical education at Loma Linda,"

Dr. Loo continues. "CME is the educational process required after residency to maintain licensure. We are seeking to become part of the change process to improve patient outcomes at Loma Linda, and trying to promote faculty development, adult learning, and learner-centered education."

Dr. Loo and Ms. Morrell point out that Carol Heppel, senior administrative assistant in the office of continuing education, and Tammi Thomas, MD, associate dean for faculty development, were vital to the success of the effort.

They also cite a large number of CME physician champions and coordinators from the following departments for hours of dedicated service in helping the school throughout the accreditation process:

- Anesthesiology—Jason Gatling, MD, and Shiela Risley
- Alumni Postgraduate Convention—Laren Tan, MD, and Carolyn Weider
- Cancer Data Center/Tumor Boards: Judy Chatigny, MSN, Mark Reeves, MD, Janet Arias, and Linda Fine
- Cardiovascular and Thoracic Surgery: Alfredo Rasi, MD, and Kimberly Coberly
- Dermatology—Nancy Anderson, MD, and Ronald Lui
- Emergency Medicine—Tae Eung Kim, MD, and Darci Nevatt
- Family Medicine—Hobart Lee, MD
- General & Trauma Surgery—Maheswari Senthil, MD
- Medicine—Sergio Infante, MD, and Linda Carter
- Neurology—David Michelson, MD, and

- Monika Johnson
- Neurosurgery—Farbod Asgarzadie, MD, and Annette Brock
- Obstetrics/Gynecology—William Patton, MD, and Sandy McCoy
- Ophthalmology—Samantha Weller, MD, and Ana Polanco
- Orthopaedic Surgery—Wesley Phipatanakul, MD, and Mary Kolb
- Otolaryngology/Head and Neck—Dennis Chang, MD, Tina Noble, and Terry Foster
- Pathology and Human Anatomy—Craig

- Zuppan, MD, and Carol Hollstein
- Patton State Hospital—Wadsworth Murad, DO, William McGhee, MD, and Bobbie Harris
- Pediatrics—William Kennedy, MD, and Brenda Morgan
- Physical Medicine and Rehabilitation—Murray Brandstater, MD, and Zoe Lane
- Plastic and Reconstructive Surgery—Hahns Kim, MD, and Judy Rosaasen
- Preventive Medicine—Alfred Quansah, MD, and Celeste Dickinson
- Psychiatry—Timothy Lee, MD, and Priscilla Verales
- Radiation Medicine—James Slater, MD, and Judy Hansen

Continued next page



(From left) Roger Hadley, MD; Mindy Morrell; Lawrence Loo, MD; and Tamara Thomas, MD, get ready to do some serious celebrating in honor of the recent announcement by the Accreditation Council for Continuing Medical Education that Loma Linda University School of Medicine received the council's highest honor—accreditation with commendation. Organizations who receive the coveted distinction are granted six years of accreditation, instead of the usual three. They report that the process of winning the honor was a team effort requiring the assistance of many individuals.

STUDENT EXPERIENCES

## The dentistry class of 2015 embarks

By Doug Hackleman

The incoming School of Dentistry class of 2015 began its orientation on August 29 in Prince Hall's first-floor amphitheater, where several School of Dentistry administrators introduced them to the challenges, joys, opportunities, and responsibilities (academic, logistic, and ethical) that are integral to the doctor of dental surgery program at Loma Linda University.

Every matriculating dentistry class is a tapestry of interesting individuals with diverse origins, histories, and expectations. At the class of 2015's Monday morning orientation seminars, Fred Kasischke, DMin, associate dean, admissions and service learning, shared some of the statistics that describe the incoming freshmen class, among them the following:

With a cumulative grade point average of 3.5 (science, 3.4; non-science 3.6), the average

member of the class of 2015 is not average.

The mean age of the class is 26.3, with 21 of its 98 members married.

Twenty-six students from the class of 2015 arrived with educational backgrounds from seven countries outside the United States: 16 from Korea, five from Canada, and one each from China, Malaysia, the Philippines, Romania, and Taiwan.

Of the 72 who earned their undergraduate degrees in the United States, 50 received that

education in California. Eleven of the new class members are closely related to LLUSD alumni.

Dental admissions test scores for the class of 2015 are impressive. Its academic average (comprised of five scores rounded to the nearest whole number: quantitative reasoning, reading comprehension, biology, general chemistry, and organic chemistry) was 19.8.

The class averaged 20.88 on the perceptual ability test. And its total science score, based on the 100 questions in the biology, general chemistry, and organic chemistry tests, was 20.05.



The dentistry class of 2015 orients in a Prince Hall amphitheater.



Class members fill out their formal portrait ID tags.

## PHARMACY EDUCATION

## Medical center provides School of Pharmacy students with a complete clinical experience inside the pharmacy profession

By Steve Vodhanel, PhD

As soon as students enter the School of Pharmacy, experiential education at Loma

Linda University Medical Center (LLUMC) plays an important part of their learning.

"Introductory pharmacy practice experience

Continued from previous page

- Radiology—Beverly Wood, MD, and Jeanne Schulz
- Simulation Center—Kent Denmark, MD, and Lisa Marie Benanti
- Urology—Herbert Ruckle, MD, and Jasmine McNamara
- Quality Improvement & Patient Safety—James Pappas, MD

In acknowledging the distinctive honor from the ACCME, Roger Hadley, MD, dean of LLUMC, said that, "health care and medical sciences education is the foundation and purpose of Loma Linda University. Continuing medical education is integral in the broad

continuum of medical education that occurs on this campus."

Dr. Hadley concluded on a note of commendation for the people whose efforts brought this outcome to fruition.

"Dr. Larry Loo brings a wealth of experience to his position as assistant dean of CME," he said. "Congratulations and words of appreciation are well deserved for Dr. Loo and his team, who not only achieved a remarkable milestone by receiving the maximum years of accreditation, but also the very laudable and extraordinary commendation from the accrediting body."

and advanced pharmacy practice experience" (IPPE/APPE) generally are a student's first look into the many facets of the pharmacy profession, and the rich learning environments of clinical experiences at LLUMC often expose students to future career options.

For Ashlyn Davies, the pharmacy clinical rotations at LLUMC have provided a rich and important variety of experiences across the entire spectrum of the pharmacy profession. And it is this clinical experience provided by LLUMC that is helping shape Ms. Davies' future direction in the pharmacy profession.

"The LLUMC experience is forming the mold of what type of pharmacist I'm going to be. They offer so much to you—things we don't see in the classroom. As a student in IPPE/APPE, you see just how much experienced pharmacists really know and how far, as a student, I have to go, and where my future interests might be," says Ms. Davies.

The clinical experience provided by LLUMC extends far beyond patient care and drug knowledge also by immersing students into the administrative responsibilities of clinical hospital practice. "The LLUMC experience has much administrative experience, policy, monitoring, responsibility management, the ins and outs of hospital work, the business end—more than I expected, the agencies and what they expect. But it's the hospital's action-type meetings where policies and procedures, current



Ashlyn Davies  
School of Pharmacy student

issues, new drugs to formulary, all the ideas finally come together, is a learning experience we can't get in the classroom," says Ms. Davies.

By having a close working relationship with LLUMC, the School of Pharmacy clinical experiences offered to students are as top-notch as any in the nation. "Student enter the doctor of pharmacy program with a narrow view of what opportunities are available to them as licensed pharmacists. Through hands-on experience in real-world settings, students come to appreciate the breadth of opportunities that the profession provides. We are fortunate to have a facility like LLUMC available to help open our eyes to the impact that pharmacists can have on the patients they serve," says Nancy Kawahara, PharmD, associate dean of assessment and professional affairs for the School of Pharmacy.

## Safety coordinators learn about disasters ...

Continued from page 6

kits, emergency clock radios, and other giveaways, there were surprisingly few printed handouts for visitors to take with them.

"We posted all kinds of printed handouts to the LLU VIP intranet home page," Ms. Gurule explains. "That way, visitors got to pick and choose only the topics they wanted. Actually, the handouts are still posted there."

She points out that anyone interested in helping their department or family prepare for emergencies can go to the VIP page, click under "departments" at the top of the page, scroll down to "LLUHS departments," and select "environmental health and safety." Then choose "safety coordinators" from the menu on the left, and pick from the menu of handouts available.

Ms. Gurule says her department plans four events—one per quarter—to train the 200 men and women who volunteer to serve as LLU's safety coordinators, and bring them the latest in safety information.

"In addition to the annual safety coordinators banquet in January," she says, "these other events let them know we appreciate what they do to ensure the health and safety of us all. The next event will be held in October. I'd like to do something like this again next year, maybe on a different topic. Perhaps a safety fair."

When asked how she feels about the disaster fair, Ms. Gurule says, "I think we succeeded. We always do an evaluation at the end of our programs, and we got wonderful, glowing comments about this one from both attendees and vendors."

She adds, "The vendors all said this was great. Our goal was to get people to think about how they can take this information back and apply it to their departments and to their lives."

Promptly at 11:07 a.m., the expert presentations began. Speaker after speaker took to the podium to inspire attendees to be prepared for all kinds of natural and man-made disasters. The lectures, fast-paced and interspersed with photos and



Donna Gurule, MPH, director of environmental health and safety for Loma Linda University, didn't hesitate to practice what she preaches when loud earthquake sounds began to blare from the public address system during the recent Safety Coordinators Disaster Fair in the Chen Fong Conference Center. Dropping to the floor, she covered her head with a chair, and held on until the simulated earthquake was over.

charts, were enthusiastically received.

They suddenly became interactive. As a speaker from The Great California ShakeOut earthquake preparedness group finished her discussion on the importance of the "Drop, Cover, and Hold" protocol, the podium began to shake as earthquake noises rumbled over the public address system.

In less time than it takes to tell, Ms. Gurule jumped out of her chair, dropped to the floor before the "earthquake" could knock her down, covered her head and torso, and held onto the chair until the noise subsided.

As her behavior clearly demonstrates, the best emergency preparation in the world isn't any good unless it's put into practice.

## NATURAL SCIENCES

## Spiders and snakes invade Loma Linda University Church

By James Ponder

They crept, they slithered, they conquered. The 'they' in question—spiders, snakes, turtles, birds, a rhinoceros iguana, and a tiger named Mishka—won the hearts of the estimated 1,500 kids of all ages who crowded to the front of the Loma Linda University Church the

afternoon of Saturday, April 16, to witness one of the most talked-about spectacles to hit Loma Linda in a long time.

Officially billed as "Spiders & Snakes and other Ambassadors of God," the program was designed to appeal to children, but judging from

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Carl Person's presentation on snakes and other reptiles at the Loma Linda University Church was so captivating that even hard-to-impress attendees like Rupert the Friendly Cobra sat up and paid attention. Mr. Person is a doctoral candidate in the department of earth and biological sciences at Loma Linda University; Rupert—a Pakistani Black Cobra (*Naja naja karachiensis*)—is one of the more colorful residents of the department's venomology laboratory.

SERVICE TO COUNTRY

# Four Loma Linda University graduates commissioned to U.S. Armed Forces

By Doug Hackleman

President Barack Obama signed a statement on August 9, 2011, that read in part, "Know ye that, reposing special trust and confidence in the patriotism, valor, fidelity, and abilities of Monserrat Jorden, I do appoint her a lieutenant commander United States Navy to rank as such from the sixteenth day of June two thousand and eleven."

Ten days later, with her right hand raised before recruiting officer Lieutenant Jason M. Boyce, commissioning officer Lieutenant Fernando Patron Jr. (medical corps), and friends and School of Dentistry co-workers, Monserrat Jorden, DMD, MS, associate professor, department of pediatric dentistry, swore to "support and defend the Constitution of the United States against all enemies, foreign and domestic," and that she would "well and faith-

fully discharge the duties of the office on which I am about to enter so help me God."

And so on August 19, 2011, Dr. Jorden was commissioned into the United States Navy as a lieutenant commander.

Dr. Jorden earned the doctor of dental surgery (CD) in 1994 as Monserrat Fernandez, graduating as class valedictorian from the Facultad de Odontologia at the Universidad Nacional Autonoma de Mexico, in Mexico City. Dr. Monserrat had attended Catholic schools her entire life, and dreamed of becoming a physician. But her chest surgeon father and internal medicine mother steered her into dentistry rather than encourage her to follow them into medicine.

With dental school behind her, the next year Dr. Fernandez completed a prosthodontic preceptorship at the University of Texas Health Science Center at San Antonio, where she met her then dental student husband-to-be, Navy Ensign Jeff Jorden.

After the preceptorship, Dr. Fernandez associated in private practice with a Mexico City prosthodontist. The long-distance romance and Jeff Jorden's dental school culminated (spring of 1998) in three, consecutive hectic days: regional boards, graduation, and a wedding.

For the first couple of years of their married life, the Doctors Jorden lived in Virginia and New Jersey, where Dr. Monserrat Jorden, lacking an American license to practice, worked as an expanded function dental assistant, earning the tuition to enter the advanced standing program at Tufts University School of Dental Medicine in Boston, from which she graduated with honors in 2002.

Dr. Jorden then worked as a general dentist for seven years wherever her husband was stationed—in Groton, Connecticut; San Antonio, Texas; and the U.S. Naval Hospital in Sigonella, Italy—before entering the advanced specialty education program in pediatric dentistry at Loma Linda University in 2009.

It was Dr. Jorden's professionalism in Sigonella



Lieutenant Fernando Patron Jr. swears in Dr. Monserrat Jorden as lieutenant commander of the United States Navy.

that was instrumental in acquiring her Navy commission, because she was recommended by a Navy officer who had appreciated her work as a civilian dentist to Navy personnel in Italy.

For the past two years, Commander Jeff Jorden has been a dentist to the crew of the aircraft carrier USS Nimitz, initially stationed out of San Diego and later from Seattle, Washington.

Monserrat Jorden's Navy commission will enable her to join Jeff in Japan where both will be doing dentistry for Navy personnel and their dependents. The United States Navy's gain is the School of Dentistry's loss.

Also recently commissioned as Navy lieutenants were three School of Dentistry graduates from the dentistry class of 2011—Donavon Yapshing, DDS; David Green, DDS; and Yamel Ramirez, DDS, sworn in at Randall Visitor Center by retired Brigadier General Michael Walter, MD, associate professor, LLU School of Medicine, on the morning of their May 28 graduation.

The high moment was witnessed by family, friends, and classmates, as well as Navy and Air Force veterans on the School of Dentistry faculty who welcomed the trio to the fraternity of their service.



Dr. and Lieutenant Commander Monserrat Jorden (center) stands with (from left) Daniel, Denice, Adriana, and Fernando Patron.



Dr. Monserrat holds her lieutenant commander's commission certificate as she stands with Lieutenant Jason M. Boyce and Lieutenant Fernando Patron Jr.



Pictured above are newly commissioned Navy lieutenants (and LLUSD 2011 graduates) Drs. Yamel Ramirez, David Green, and Donavon Yapshing.



New and current members of the U.S. Armed Forces include W. Patrick Naylor, DDS, MPH, MS, associate dean, advanced education (Air Force colonel); Wayne Tanaka, DDS, associate professor, department of oral and maxillofacial surgery (Air Force colonel); R. Leslie Arnett, DDS, MS, professor, department of periodontics (Navy lieutenant); Yamel Ramirez, DDS (Navy lieutenant); David Green DDS (Navy lieutenant); Donavon Yapshing, DDS (Navy lieutenant); Gary Golden, DDS, assistant professor, department of restorative dentistry (Air Force colonel); Clyde Roggenkamp, DDS, MSD, MPH, associate professor, department of restorative dentistry (Air Force lieutenant colonel); and Craig Ririe, DDS, MS, adjunct associate professor, department of periodontics (Air Force colonel).

## Spiders and snakes invade Loma Linda University Church ...

Continued from page 9

the behavior of the parents and grandparents in attendance, the sight of all those creepy crawlers ignited a childlike response in more than just the kids.

One of the first guests to join the critters onstage was Richard H. Hart, MD, DrPH, president of Loma Linda University. From the way he conducted himself around these often-maligned animals, it seemed apparent that Dr. Hart is no neophyte when it comes to handling reptiles. Not only did he accept Dr. Hayes' offer to hold a South Florida kingsnake without a

hint of the squeam many people exhibit around reptiles, he also got up close and personal with a three-foot rhinoceros iguana named Xan.

Members of the audience—especially the younger ones—found it impossible to stay in their seats while the animals were being displayed on stage, so they migrated en masse to the front of the church.

Event planners saved the biggest animal in the menagerie for last. An audible chorus of "Oohs," "Aahs," and "Wows!" arose across the sanctuary as the curtain lifted to reveal a beautiful female tiger in a large silver cage.

Mishka—the name means "Little Bear" in Russian—made an immediate and indelible impression on everyone. A hybrid between Siberian and Bengal tigers, Mishka was loaned to the school for the occasion by Forever Wild Exotic Animal Sanctuary in Phelan. The organization is a partner facility of the Center for Biodiversity and Conservation Studies at LLU, and is open to the public.

Looking back, Leonard Brand, PhD, chair of the department of earth and biological sciences at LLU, reflects on the value of the popular service.

"Programs like this share these fascinating animals with the public," Dr. Brand observes,

"and increase awareness of what the department offers in terms of understanding our environment, and the importance of protecting it. This sharing is beneficial to everyone."

As the event drew to a triumphant close, hundreds of people crowded the front of the stage for a closer look at Mishka. A few brave souls tried to get too close, but were quickly turned back by the staff. Most of the enthralled spectators didn't attempt to push the boundaries between man and nature. They were too busy snapping pictures as fast as they could.

To learn more about the Center for Biodiversity and Conservation Studies at LLU, go to <[www.lomalindabiodiversity.org](http://www.lomalindabiodiversity.org)>.

## Department of family medicine receives two new federal training grants ...

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investigator on the project, and Dr. Morton will serve as co-PI.

In discussing the first grant, Dr. Testerman explains that contrary to appearances, a patient-centered medical home is not a home in any literal sense, but serves as the home base for a patient's medical care.

"The name is used metaphorically to denote an innovative system that redesigns the way patient care is delivered," he notes. "It offers a comprehensive primary care approach based on partnerships between patients and their physicians and other care providers. If the patient desires, it can also involve family members."

He says the program requires a restructuring of the way care is typically delivered. "Under the current model of medical care, the patient, physician, and staff members are seen as independent units working in a system of limited overlap," he says. "But under the PCMH model, the patient, physician, and other members of the staff work together in an interactive format, which saves time for everyone involved and allows a number of significant advantages to the patient."

Dr. Osborn points out that the first grant is a

natural extension of the residency's previous work on the PCMH, and notes that LLU is one of 14 residencies participating in the P4 program (the acronym stands for preparing the personal physician for practice: a multicenter educational cohort trial on how to best ready family medicine residents to work in the redesigned medical home).

"In P4," she says, "we learned that when it comes to transformational change, the critical step is an identity shift. We have to stop thinking of ourselves as independent doctors giving advice to a patient. Instead, it's about us doing it together—delivering comprehensive services in an integrated team that is truly patient-centered."

The PCMH program involves seven unique components designed to streamline the patient care process through:

- Superb access to care;
- Patient engagement in care;
- Clinical information systems;
- Care coordination;
- Team care;
- Patient feedback;
- Publicly available information regarding quality of care and patient service.

In practical terms, Dr. Testerman says patients

will experience greater ease in setting appointments, as well as shorter wait times in the clinic, the convenience of e-mail and telephone consultations with care providers, and easy access to their own medical records and test results.

The second grant will train faculty, students, residents, and staff in the new roles and communication patterns the new models will necessitate.

"There is going to be a learning curve for all of us," he says. "The result will be a redesigned practice that is fast, user-friendly, and safe for patients, clinicians, and staff."

The need for redesigned care models grew out of studies which found that the average family care physician basically does not have time to do everything he or she needs to do in order to help his or her patients stay well and healthy.

"If the average family physician, caring for a base of around 200 patients, were to do all the preventive things he should be doing for all his patients, it would take a total of seven hours per day," Dr. Testerman shares. "If you add patients with chronic disease, it would require an additional 10 hours per day. That's a total of 17 hours per day! The new models will reduce the burden on physicians by empowering medical assistants, nurses, nurse practitioners, pharmacists, physician assistants, and other members of the patient care team to become more involved in the provision of care."

For example, Dr. Testerman points out that under the current system, the physician is the only person in the entire practice authorized to refill a prescription for a patient. In the meantime, patients often have to wait for hours until the physician can sign the order and call it in to the pharmacy. That will change once the new models are fully implemented.

"With the new model, a patient can call or email for a prescription refill and office staff will be able to access the patient's medication record electronically," he points out. "Members of the staff can refill the prescription under a protocol pre-approved by the physician and leave a note in the chart for the physician. The electronic medical record ties everything together. The physician is still the primary coordinator of care."

After explaining that receipt of the full amount of funds over the five-year term of the grants is dependent on yearly congressional appropriations to the federal Title VII grant program, Dr. Testerman observes that historically, continuing grants have been funded before new grant money is allocated.

He concludes by pointing out that the team is very happy to receive the grants.

"We were very surprised to have both our grants funded," he says, "especially at the full amount for which we asked. That has never happened to us before."

### Reportable crimes

The Crime Awareness and Campus Security Act of 1990 requires Loma Linda University to publish interim reports on campus crime activities. Listed below are the crimes reported for the months of June to August 2011:

Type of crime	Number of crimes	Place of crimes
Assault	7	Medical Center (4); Professional Plaza; BMC; East Campus
Burglary	1	Heart & Surgical Hospital
Vehicle burglary	7	Shepardson Lot; Lindsay Hall; Medical Center; Daniells Hall; Drayson Center (2); La Mesa
Fraud	1	Cape Cod Building
Grand Theft	2	Farm Building; Medical Center
Intoxication	1	Medical Center
Threats	2	Parking Structure; Professional Plaza
Trespassing	4	Medical Center (2); Parking Structure; Library

You can assist the Department of Security in maintaining a safe and secure environment by notifying security immediately at extension 911 if you see or know about a crime taking place.



Big smiles greet the news that the department of family medicine at Loma Linda University Medical Center recently received two grants totaling nearly \$2 million for resident and medical student training in new patient care models. Smiling are (from left) Sunny Pak, MD, chief resident in the combined family medicine/preventative medicine residency program; Jamie Osborn, MD, director of the family medicine residency; and John K. Testerman, MD, PhD, chair of the department and the Mark Keltner, MD, chair in family medicine.

PARALYMPICS AND POSSABILITIES

PossAbilities program wins grant from U.S. Olympic Committee

By Heather Reifsnyder

Paralympic hopefuls from Loma Linda University's PossAbilities program will intensify their preparations now that the U.S. Olympic Committee has awarded them a \$12,000 grant for additional sports equipment, training, competition travel expenses, and coaching. Their ultimate goal? London in 2012.

The PossAbilities Paralympic Sport Club is one of just three Paralympic programs nationwide to receive the Team USA grant. The winning organizations all demonstrate a commitment to spreading the Olympic values of excellence, friendship, and respect, according to Patrick Sandusky, an official with the U.S. Olympic Committee.

PossAbilities aims to offer disabled individuals activities, a sense of community, and practical help. It is part of the East Campus of LLU Medical Center. PossAbilities has qualified as a Paralympic Sport Club for almost four years.

"This grant is coming at just the right time because we are ready to take the next step in developing our Paralympic club," says Dr. Pedro Payne, manager of PossAbilities. "The news is phenomenal because it's going to allow us to support our athletes and fulfill their Olympic dreams. We couldn't be happier."

The grant is mainly geared toward developing the hand cycling program. But PossAbilities aims to expand its Paralympic activities to other sports such as rowing, canoeing, and wheelchair rugby.

Three PossAbilities athletes currently belong to the U.S. Paralympic Cycling Team: Harold Bostick, Carrie Finale, and Anjii Hanson. Additionally, Alvin Malave belongs to the team for national emerging talent.

Olympic trials to determine the members of Team USA going to the London games are ongoing through next July. The Paralympics will take place August 29–September 9, 2012.



PossAbilities members like Fernando Aranha have the opportunity to engage in challenging physical activities. Here, Mr. Aranha gets ready for an upcoming hand cycle race during last spring's Redlands Bicycle Classic.

RECREATIONAL INNOVATION

Drayson Center hosts human foosball

By Larry Kidder

When the old Gentry Gymnasium closed its doors for the last time and was officially demolished to make room for the new Centennial Complex, a number of floor hockey players were not particularly pleased, according to Ron Cronk, intramurals manager for Loma Linda University Drayson Center.

"We've been receiving inquiries about starting up a new floor hockey league ever since," Mr. Cronk says. "We tried a league on the Opsahl Gym floor, but the floor hockey sticks damaged the floor and we had to discontinue the league."

Mr. Cronk and his colleague, Edwin Jones, assistant intramurals manager, believe they've come up with a great alternative.

"Imagine, if you will, a giant foosball table with rows of players," he describes. "Instead of plastic players on metal rods, you have players who are free to roam within their 'zone' and move the ball toward the goal."

Mr. Cronk recently had the opportunity to try out his new idea for a recreational game, when the Loma Linda University Church, with 6,000-plus members, held its annual "Family Fun Night" on August 27.

Part of the evening featured a human foosball game between the pastors and the deacons—which the pastors won, by the way.

"We plan to develop human foosball leagues this fall," Mr. Cronk adds. "This is a great game for people of all athletic abilities."



Loma Linda University Church head deacon Larry Elsmann (left) battles for the ball with senior pastor Randy Roberts, DMin, in a spirited game of "human foosball," developed by Ron Cronk, manager of intramurals at LLU Drayson Center, and assistant intramurals manager Edwin Jones. The game will be part of the line up for the fall intramurals program. The church tested the new game during its annual "Family Fun Night," part of the campmeeting activities that take place in August of each year. The event took place Saturday night, August 27. (Photo courtesy of Michael Isidro).

PATIENT CARE INNOVATIONS

Department of family medicine receives two new federal training grants

By James Ponder

The Loma Linda University Medical Center department of family medicine was recently awarded two federal training grants for resident and medical student training in new models of patient care delivery.

According to John K. Testerman, MD, PhD, chair of the department, and the Mark Keltner, MD, Chair in Family Medicine, the award is for two federal Health Resources and Services Administration (HRSA) Title VII grants worth almost \$2 million combined over their five-year lifespan.

The first one—titled "From I to We: Teams Delivering Whole Person Care to Vulnerable Patients in a Residency PCMH"—will provide approximately \$235,000 per year for five years to help the department develop what is known as a patient-centered medical home.

Jamie Osborn, MD, director of the family medicine residency program, will serve as principal investigator (PI) on the project. Kelly Morton, PhD, research director, will serve as co-PI.

The second grant provides \$160,000 per year for five years to help the family medicine clinic in the Professional Plaza on Barton Road train faculty, residents, medical students, and staff in the new roles and communication patterns needed in a patient-centered care model.

The training and redesign of the practice will use innovative tools such as the Virginia Mason Clinic version of the Lean process improvement model, the Team STEPPS communication training, and the use of an onsite simulation module in the clinic office, as well as the Medical Simulation Center in the Centennial Complex. Dr. Testerman will serve as principal

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