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GRADUATION CEREMONIES

Loma Linda University prepares to graduate more than 1,300 students

By Larry Kidder

A total of 1,335 graduates will receive their diplomas for degrees ranging from certificates to doctorates during eight commencement ceremonies planned for two Sundays, May 29 and June 12, 2011.

Eighty-seven countries, including the United States, are represented by the graduates.

Ceremonies for the Loma Linda University School of Medicine, School of Pharmacy, and School of Dentistry will be held on Sunday, May 29, on the central campus mall, just west of the School of Dentistry's Prince Hall and east of the LLU Church.

The remaining ceremonies will take place on June 12 at LLU Drayson Center. Commencement ceremonies will be held for the School of Science and Technology, as well as the School of Religion, first thing on Sunday morning. Ceremonies will follow throughout the day for the School of Nursing, the School of Allied Health Professions physical therapy programs, the rest of the School of Allied Health Professions, and the School of Public Health.

Nine individuals will be honored by Loma Linda University for their service and contributions to the university and/or in other arenas. The individual schools will honor an additional 14 individuals for their contributions academically and professionally.

During the School of Medicine graduation ceremony, the 10,000th medical school graduate will cross the stage, representing the most graduates of any medical school in Southern California and placing the school among an elite few in the nation.



Scott C. Nelson, MD ... LLUSM

The identity of the fortunate graduate, one of 176, will not be revealed until the very moment that he or she receives his or her diploma.

The LLU School of Medicine also holds the distinction of being the longest continuously accredited medical school on the West Coast.

The School of Medicine commencement speaker will be Scott C. Nelson, MD, assistant professor in the department of orthopedic surgery, School of Medicine. He will speak on the topic "A New Era of Service."

Dr. Nelson was serving in the neighboring Dominican Republic just prior to the major earthquake in Haiti.

He spent six months in Haiti immediately following the earthquake, serving at Hopital Adventiste d'Haiti, the Adventist hospital located in the capital of Port-au-Prince, where he helped to organize a national orthopedic



Lucinda L. Maine, PhD ... LLUSP

referral hospital that continues to serve victims of the earthquake.

Speaking to 58 School of Pharmacy graduates will be Lucinda L. Maine, PhD, who is CEO and executive vice president of the American Association of Colleges of Pharmacy. In addition, she currently serves as president of the Federation of Associations of Schools of the Health Professions. Her topic will be "Discerning Our Path Forward."

A published researcher, her research interests include aging, pharmacy manpower, and pharmacy-based immunizations.

Addressing 201 School of Dentistry graduates will be Chester W. Douglass, DMD, PhD, whose distinguished career has helped to advance oral health education excellence, translational research, and exemplary patient care and service. He will talk about "Successful Dental Practice in a Changing World."



Chester W. Douglass, DMD, PhD ... LLUSD

Dr. Douglass currently chairs the DentaQuest Foundation Board of Directors and is an alumnus of the Robert Wood Johnson Health Policy Fellowship program. From 1979 to 2009, he served as chair of the department of oral health policy and epidemiology at the Harvard School of Dental Medicine.

Jesse Harris, PhD, MSW, dean emeritus and professor at the School of Social Work, University of Maryland, Baltimore, will address the question "How Will Your Next Chapter Read?" for 137 School of Science and Technology and seven School of Religion graduates.

Dr. Harris began his career as a U.S. Army social worker and served for more than three decades in that capacity, which culminated with an appointment as chief of social services and consultant to the Army Surgeon General.

He retired from the military in 1990 with the

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Jesse Harris, PhD, MSW ... LLUSST/SR



Nancy E. Donaldson, DNSc, MSN ... LLUSN



Eric G. Walsh, MD, DrPH ... LLUSAHP



Chris Blake, MA ... LLUSPH

## MEDIA EXCELLENCE

**'Loma Linda 360' nominated for eight Emmys**

By Dustin R. Jones

The National Academy of Television Arts and Sciences, Pacific southwest chapter, announced eight Emmy nominations for season 3 of Loma Linda University and Loma Linda University Medical Center's television show, "Loma Linda 360," on April 26, 2011.

The show is entirely produced by the office of university relations.

"This accomplishment rests in line with our vision and strategy for promoting LLU through a broadcast show," says Patricia Thio, associate director of PR video. "Through collaboration within our office, we dive deep into Loma Linda's most compelling subjects in order to

execute a valuable public relations program to advance this institution into the national arena."

Season three featured gripping documentary footage taken just minutes following the 2010 Haiti earthquake, the story of Baby Fae who captured the hearts of the nation 25 years ago, and other documentaries that took place at home and around the globe.

"What makes our team unique is that we all have a background in both storytelling and production," explains Ms. Thio. "We form a close relationship with our subjects and unveil stories of the human spirit prevailing through hardship. In the end, our goal is to inspire viewers to make a positive difference, just like Loma Linda."

The show aired last year on the PBS affiliates KVCR and KVCRDC.

It currently airs on Hope Channel and can be viewed on the Internet at <llu.edu/360>, <youtube.com/lomalinda360>, and <vimeo.com/channels/ll360>.

This is the show's third year to receive Emmy nominations. Last year, LLU swept its categories by bringing home three Emmy Awards. The 37th Annual Pacific Southwest Emmy Awards will take place on June 18, 2011.

The nominations include:

*Health/Science: Program or Special*  
• "Loma Linda 360," episode 2—"Stephanie's

Heart: Part 1," Michael Wolcott, Larry Kidder, Loma Linda University  
• "Loma Linda 360," episode 3—"Stephanie's Heart: Part 2," Michael Wolcott, Larry Kidder, Loma Linda University  
• "Basotholand," Maranatha Hay, Loma Linda University

*Magazine Program*

• "Loma Linda 360," episode 5, Patricia Thio, Maranatha Hay, Cosmin Cosma, Loma Linda University  
• "Loma Linda 360," episode 4, Cosmin Cosma, Michael Wolcott, Maranatha Hay, Patricia Thio, Loma Linda University

*Public/Current/Community Affairs: Program or Special*

• "Loma Linda 360," episode 1—"Out of the Rubble," Michael Wolcott, Cosmin Cosma, Loma Linda University

Continued next page

## HEALTH RESEARCH

**Connection between mental and physical health suggested by Biopsychosocial Religion and Health Study**

By Larry Kidder

A substudy of the long-term epidemiological Adventist Healthy Study II (AHS II) has shown a connection between mental and physical health and has been submitted for publication in the journal *Psychology of Religion and Spirituality*.

"Other researchers have found a direct connection between religion and physical health," explains Kelly Morton, PhD, associate professor of psychology, School of Science and Technology, and associate research professor of family medicine, School of Medicine.

"However, it is clear in our model that the link to religion, following early childhood risky family exposure, is through mental health to physical health," Dr. Morton continues.

The substudy, better known as the Biopsychosocial Religion and Health Study (BRHS), was based on the hypothesis that manifestations of religion impact allostatic load—the cumulative burden of acute and chronic stress—to ultimately affect physical health.

When this load becomes too great, the body systems begin to deteriorate, and physical health typically declines for individuals.

"A high allostatic load earlier in adulthood is likely related to chronic exposure and subsequent fight or flight responses," Dr. Morton shares. "This state of emotional arousal causes hormones to ramp up and produces wear and tear on the organ systems."

A heightened allostatic load is a predictor of future decline in mental and physical health, the findings suggest. The research team will examine these effects on memory and physical function in another study over the next year.

"A primary factor for a dramatically increased allostatic load is depression," Dr. Morton clarifies. "Negative emotions, such as hostility, cynicism, and irritability, take a major toll on physical stress responses and eventually erode physical health."

Religion can help diminish or exacerbate the factors that lead to depression, Dr. Morton

points out. "Some religious beliefs can lead to optimism, comfort, and hope, while others may lead to fear and anger."

Dr. Morton and her research team see three possible hypotheses to test: religion leads to better lifestyle choices and fewer high-risk behaviors, such as alcohol abuse and smoking; organized religious activity provides social support; and/or religious beliefs provide strength, comfort, and positive coping to lead to positive emotions and better mental health.

"Why and how does religion impact health?" Dr. Morton asks. "It is my belief that religion likely works in multiple ways, such as encouraging a better lifestyle, better mental health, and stronger social support."

The study is based on five waves of data, beginning with the original AHS II questionnaire in 2003, with 96,000 Seventh-day Adventists responding.

In 2004, the questionnaire was followed up by a hospitalization survey. In 2007, the BRHS survey was answered by 10,988 randomly selected AHS II respondents. A 2009 hospitalization survey and 2010 follow-up BRHS survey followed.

"We have an amazing amount of data on these individuals," Dr. Morton grants. "Adventists tend to have better overall mental health, when compared with the general population, so we can follow them for some time."

"There is a major connection between a difficult childhood and depression in adulthood," Dr. Morton adds. "Children who have been sexually abused may actually believe as adults that God is punishing them."

Interestingly, childhood poverty has been shown to often lead to a more religious adulthood, implying an inverse relationship between material wealth and religious fervor.

The idea for a study of the possible connection between religion and health began in 2003, when Gary Fraser, MBChB, PhD, professor of epidemiology and biostatistics, School of Public Health, and professor of medicine and preventive medicine, School of Medicine, and James

Walters, PhD, associate scholar, Center for Christian Bioethics, and professor of religion and ethical studies, School of Religion, began gathering a group of scholars and researchers to carry out the study.

The team presently working on the BRHS includes Drs. Fraser, Walters, and Morton; Jerry Lee, PhD, professor of health promotion and education, School of Public Health; Chris Ellison, PhD, from the University of Texas, at Austin; and Mark Haviland, PhD, professor of psychiatry, LLU School of Medicine.

"People should carefully evaluate their life structure," Dr. Morton advises. "Taking advantage of the Sabbath rest, exercising more, working toward more loving and supportive relationships, and seeking treatment for depression—when needed—are ways to reduce the allostatic load, leading to better health."

**LLU prepares to graduate more than 1,300 students ...**

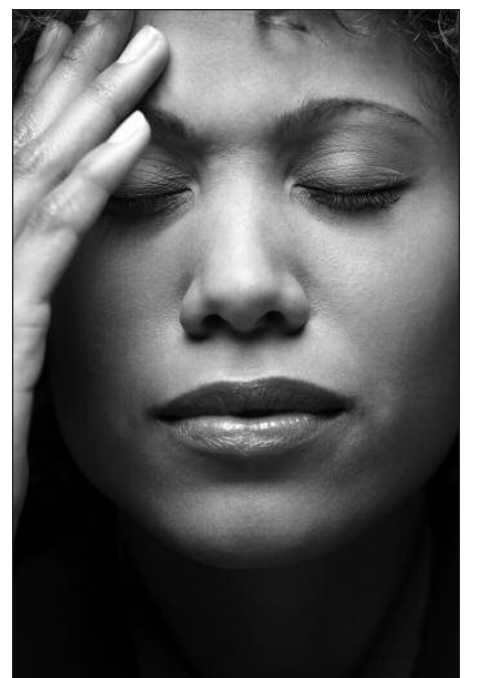
Continued from page 1

rank of colonel, joining the faculty in the School of Social Work at the University of Maryland, Baltimore. A year later, he took over as dean of the school, where he served for the next 15 years.

During that time, he introduced new curricula, as well as innovative community service opportunities—such as the Social Work Community Outreach Service—which allowed faculty and students to target the needs of some of Baltimore's most underserved communities.

School of Nursing graduates, numbering 197, will hear Nancy E. Donaldson, DNSc, MSN, founding director of the University of California, San Francisco's (UCSF) Stanford Center for Nursing Research & Innovation, and clinical professor in the UCSF School of Nursing department of psychological nursing, present the topic "Transformation in Action" during their graduation ceremony.

For close to two decades, Dr. Donaldson has made important professional contributions as a nurse researcher embedded in clinical practice, with an investigative focus on translational research and evidence-based practice capacity development.



New research suggests a direct connection between mental and physical health. A heavy allostatic load can serve as a predictor of declining memory and physical health.

Eric G. Walsh, MD, DrPH, medical director for the Pasadena Public Health Department, will give an address titled "Peeking Into the Promised Land" during both the physical therapy and general School of Allied Health Professions commencement ceremonies.

The relationship of health disparities to allostatic load—the cumulative biological burden exacted on the body as a result of attempts to adapt to life's burdens—is an area of research interest to Dr. Walsh, who shares his findings through professional publications and presentations.

The final graduation speaker for the day, Chris Blake, MA, associate professor of English and communication, Union College, Lincoln, Nebraska, will speak on the topic "Creating the Future of Public Health."

In 1986, Mr. Blake became editor of the Review and Herald Publishing Association's *Insight* magazine, overseeing 400 issues during his seven-year tenure. He has won national awards as an editor and writer through the years. In addition, he developed Youth Summits, produced special issues such as "The Jesus Series," helped conceive Maranatha's annual "Ultimate Workout for Teens," and directed Darrel Tank's "Expressions of Jesus" prints.

Continued from previous page

Human Interest: Single Story or Series

• "Crossing Out Fear," Patricia Thio, Cosmin Cosma, Loma Linda University

Documentary: Topical

• "Baby Blue," Maranatha Hay, Loma Linda University



Two San Bernardino residents work in a community garden at the Central City Lutheran Mission in San Bernardino. Loma Linda University graduate Ricardo A. Forbes helped to start the garden. A future "Loma Linda 360" episode will focus on obesity, poverty, and food access.

COMMUNITY RESEARCH

## Counseling and family sciences department conducts study for Housing Authority

By Larry Kidder

Faculty and students in the School of Science and Technology's department of counseling and family sciences recently completed a needs assessment study of San Bernardino residents, in partnership with the San Bernardino County Housing Authority.

The study, led by Brian Distelberg, PhD, assistant professor of counseling and family sciences, showed that San Bernardino residents living in Housing Authority communities are often isolated and unaware of available services.

"The residents in these communities tend to live behind locked windows and doors," says Dr. Distelberg. "Many of them don't know their own neighbors." Dr. Distelberg was initially attracted to Loma Linda University because of the institution's focus on mission service.

"Then I looked out my window and realized we have a huge mission field just a few miles away in San Bernardino," Dr. Distelberg relates. "This study has provided a tool for me to begin looking for ways to involve our students in mission service in our local communities."

The San Bernardino County Housing Authority (HA), the local administrator of federal Housing and Urban Development funds, provides subsidized housing for low-income residents in San Bernardino.

The local Housing Authority is authorized to distribute resources through a program associated with the "home choice voucher," where federal dollars are available not only for rent support, but also to provide support services linking community residents to existing services, such as career education, English as a second language classes, medical and dental care, and a host of other important services.

"We found that many HA residents were unaware of the services available," Dr. Distelberg continues. "We believe their isolation contributes to their lack of access of the available services."

Two focus groups represented the general population. Four focus groups were made up of specific segments of the population, such as residents with disabilities, young children, teens, and non-English speaking residents.

The demographics of the HA community showed that more than 50 percent of the population comprised single-parent homes, most of which are single mothers.

In order of reducing percentages, the rest of the households contained married, divorced, separated, widowed, or cohabiting adults.

In terms of ethnicity, 37 percent reported a Hispanic background, 36 percent African-American, 9 percent Asian, 5 percent Caucasian, and 4 percent Native American.

The majority of residents reported receiving at least a high school degree or equivalent GED.

"Our study was primarily interested in looking at interactions between the community resi-



A needs assessment study of a San Bernardino Housing Authority neighborhood showed that many residents don't even know their neighbors because they are afraid to leave their homes. The study was conducted by faculty and students in the department of counseling and family sciences, part of the LLU School of Science and Technology.

MEDICAL SIMULATION

## First annual medical simulation conference



Daniel Raemer, PhD (left photo), director of research and development for the Center for Medical Simulation at Harvard Medical School, led off the day-long first annual Loma Linda University Medical Simulation Conference on May 6. More than 125 health care professionals attended. The conference ended with a presentation by Suzan Kardong-Edgren, PhD (right photo), assistant professor of nursing at Washington State University, located in Pullman.



dents, as well as their access to services," Dr. Distelberg explains.

Two significant findings include: residents reported little connection to a religious community, missing the opportunities and benefits that many other similar communities enjoy from religious connections, such as community, and spiritual and emotional support, as well as a network of resources; and residents had a somewhat negative view of the Housing Authority's handling of property repairs and the control of crime, though they also expressed confusion about how to access related services. This may lead to residents feeling unsafe or unwilling to reach out to local law enforcement for help or with concerns.

The SBC Housing Authority interacts with the residents on a case-by-case basis, with approximately 300 residents assigned to each caseworker. Monthly meetings provide an avenue for contact between the HA administration and the community residents. However, 80 percent of the residents rarely attend these meetings.

"We suggested that a ratio of caseworkers to residents closer to one to 25 or 30 might be more affective," Dr. Distelberg points out. "That would allow for more contact with the residents, as well as educating residents about

access to services, and providing the medium for community building."

The Housing Authority was very responsive to this issue, and in collaboration with Dr. Distelberg, has implemented many new programs aimed at improving the HA to resident ratio. Additionally the HA recently helped create a not for profit (KEYS; Knowledge and Education for Your Success) of which Dr. Distelberg is chair of the board of directors.

"This program will help the HA residents, through case management, identify resources and skills that will lead them to sustainable housing," says Dr. Distelberg.

Additionally, the top three needs identified by parents for their children included school supplies, clothing, and tutoring. While regular health care generally was not considered a need, dental and eye care were specifically mentioned as needs.

Unemployment was high, with more than 60 percent of households having no employed adult. Resulting debt was reported as a major problem, with nearly 50 percent of residents reporting they were behind on their utility bills. A number of other issues were also identified in the needs assessment study.

A second study of a different HA community is planned for the near future, according to Dr. Distelberg, as well as a five-year longitudinal study of HA residents within the greater San Bernardino County area.

"What excites me most are the possibilities for our students at Loma Linda to become involved in reaching out to these communities," Dr. Distelberg shares. "For instance, we can help cover the stacks of cases the understaffed Housing Authority has to manage."

Tutoring, mentoring, education, career development, and counseling are just some ways that LLU students impact the community. The benefits for the students—professionally, personally, and spiritually—are immeasurable.

"To me, this fits well within the mission of outreach at Loma Linda," Dr. Distelberg adds. "Without traveling thousands of miles, we have so many opportunities for community service right here in San Bernardino."

ADMINISTRATIVE CHANGES

## Loma Linda University Medical Center announces administrative reorganization

By James Ponder

Ruthita J. Fike, MA, chief executive officer of Loma Linda University Medical Center (LLUMC), recently announced a major realignment of the medical center administrative team to enable it to better fulfill its mission.

“The biggest issues this new organizational structure addresses,” Ms. Fike explains, “are the coordination of faithful, patient-centered care, and regional growth. Because more of my own time is shifting to important external relationships, and because we are growing—adding two additional facilities in the past two years—I realized we need additional support on our operations.”

Under the terms of the reorganization, which became effective on April 15, the additional support Ms. Fike envisioned comes from two key moves:

- Zareh Sarrafian, MBA, assumed new responsibilities as chief operating officer (COO) of LLUMC while continuing to serve as administrator of LLU Children’s Hospital (LLUCH). In his new position, Mr. Sarrafian oversees four hospitals under a single license.
- Daniel Fontoura, MBA, has been named senior vice president for adult services at three LLUMC entities: Loma Linda University Hospital, LLUMC East Campus, and LLU Heart & Surgical Hospital.

Ms. Fike says both Mr. Sarrafian and Mr. Fontoura are very well qualified to provide the leadership and inspiration the new responsibilities demand.

“Although Zareh Sarrafian is the administrator of LLU Children’s Hospital, he has extensive experience working with adult hospitals and services,” she says. “I’ll be looking to him to balance the resources between our pediatric and adult care hospitals.

“We currently have three sites,” she continues, “that all serve adult patients. Mr. Fontoura’s role will make sure the hand-offs are as smooth as possible across that full continuum of care.”

Two LLUMC facilities, she points out, will not be affected by the reorganization. “The Behavioral Medicine Center and our new Murrieta facility will continue as direct reports to me.”

Mr. Sarrafian is looking forward to his new responsibilities.

“I am truly humbled and honored to continue my service at Loma Linda in this expanded capacity,” he reflects. “Our dedicated and prayerful leaders have developed an exciting vision and direction for our organizations, and I feel blessed to be part of the team that will work to bring it to fruition. We have an incredibly dedicated, mission-oriented team of physicians, nurses, health care providers, and supporting



Zareh Sarrafian, MBA

staff. They have answered the solemn call to come to work every day to make a difference in the lives of our patients.”

Mr. Fontoura, however, acknowledges mixed feelings about one aspect of the reorganization.

“My first response,” he says, “is one of being a bit conflicted because I’m really sorry to see Michael Jackson choose to retire. He’s done so much in the last few years, especially at East Campus. It’s become a very re-energized campus when compared to how it was when he arrived there five or six years ago.

“By the same token,” Mr. Fontoura continues, “I’m excited, and I look forward to working with the three adult hospitals at LLUMC. I’m also looking forward to working with our physicians to more effectively and efficiently live out the



Daniel Fontoura, MBA

mission and vision of LLUMC.”

In his new role as COO, Mr. Sarrafian is acutely aware of changes looming on the national health care horizon.

“There is no doubt that we are in tumultuous times, and the future seems both energizing and yet overwhelming,” he adds.

He finds reason for hope, however, in the Source where the founders of this faith-based organization discovered it more than a century ago.

“It is only through our complete reliance on our Heavenly Father,” he insists, “that we can move forward with confidence and fulfill our mission of being the extension of Christ’s healing ministry to bring hope and healing to those that we faithfully serve.”

WOMEN’S HEALTH

## Large crowd attends Women’s Works at LLU Heart & Surgical Hospital

By James Ponder

An afternoon seminar, titled “Women’s Works: Tools for a Healthier You,” attracted a larger-than-anticipated turnout on Sunday, May 1, at Loma Linda University Heart & Surgical Hospital.

According to Beverly Rigsby, MBA, service line development director for women’s gynecology, urology, and ear, nose, and throat services, the response was surprising.

“We were encouraged at the turnout,” Ms. Rigsby notes. “This was a huge success! I was expecting maybe 50 or 60 people. We had to stop accepting reservations at 130.”

Several health experts were on hand at the event to help attendees stay healthy and recognize and understand changes that happen to women’s bodies as they mature. Guests also had the opportunity to learn how certain new technologies—including minimally invasive surgery and robotics—are impacting women’s health in positive ways.

The event offered free health screenings and breakout sessions with physicians on a variety of women’s health issues. Topics for the sessions—which were intended as small-group presentations, but turned into standing-room-only events—included:

- “How to Fix What Kegels Can’t,” with urogynecologist Sam Siddighi, MD

- “Fibroids, Fertility, and Freedom!” with gynecologist Danielle Mason, MD
- “Your Bladder Matters: Treatment for Overactive Bladder Problems,” with urologist Andrea Staack, MD, PhD
- “Minimally Invasive Surgery for Women’s Cancer,” with gynecologic oncologist Ron Swensen, MD

“There were also spa stations, free giveaways, and refreshments,” Ms. Rigsby adds, “and demonstrations of the da Vinci robot. I was



The department of plastic surgery at Loma Linda University Health Care was one of several vendors offering health information to attendees at an afternoon seminar on Sunday, May 1, at Loma Linda University Heart & Surgical Hospital. Titled “Women’s Works: Tools for a Healthier You,” the event offered physician-led breakout sessions on a variety of health topics in addition to tours of the new da Vinci robotic surgery work station, free giveaways, and refreshments.

surprised at how many women wanted to see it. Technology and screening options are constantly evolving, especially when it comes to treating some common issues facing women over the age of 40.”

Ms. Rigsby says the idea for Women’s Works grew out of the much larger Speaking of Women’s Health conference, an annual event that typically attracts 750 people.

Jesse Mock, MA, administrator of the Heart & Surgical Hospital, was gratified by the interest in Women’s Works.

“It is a privilege to serve our community with health education and health services for busy women,” he says. “Based on the event interest and attendance, it is clear that women want to understand their options and choices. We have

wonderful physicians and staff who enjoy sharing their expertise in these areas. There is so much interest in the da Vinci robot and how this technology can decrease pain, and reduce blood loss and overall length of the hospital stay.”

Mr. Mock concludes by saying, “We look forward to hosting more events like this in the future in order to help fulfill our mission of ‘continuing the healing and teaching ministry of Jesus Christ.’”



Many of the 130 women who attended the “Women’s Works: Tools for a Healthier You” seminar at Loma Linda University Heart & Surgical Hospital took advantage of the opportunity to enjoy a relaxing and therapeutic massage. The seminar was held on Sunday, May 1. Attendees also learned about a variety of new options and technologies for improving their health.

PERSONAL MILESTONES

LLUMC East Campus Hospital administrator transitions to active retirement

By James Ponder

Michael Jackson, MPH, the recently retired administrator of Loma Linda University Medical Center East Campus, has a clear vision of what he wants for the future. To the surprise of hardly anyone who knows him well, it's all written down.

"I work from a life vision," Mr. Jackson explains. "This goes back 30 years or so when I wrote a personal vision statement of the kind of person I'm seeking to be. Having a clearly defined life vision empowers a person to move toward a positive future. My vision statement includes the spiritual, intellectual, social, and physical dimensions of life."

While he acknowledges that his methodical approach may seem a bit formidable, he insists that having a clear vision of what he wants to do at this important juncture of his life fuels his passion for living.

"I like spontaneity," he says, "but I'm a planner by nature. When I put my personal vision statement together, I took time to think of specific actions that I wanted to accomplish in each area.

"Years ago, I was fortunate to participate in a seminar conducted with Peter Senge, an MIT professor whose focus was leadership and life mastery," he says.

"Among other things I learned that if you've got a compelling vision for the future, you will overcome barriers and find a way to bring it to life. Amazing things happen when people are passionate about what they seek to do with their lives and decide to go for it!

"I also read several books on retirement," he continues. "One important insight is that your income level and your level of happiness are not necessarily related. After basic needs are met, a person on Social Security can be just as happy as a billionaire. The key is to think beyond yourself and be in service to God and others.



At his retirement party on Thursday, May 5, Michael Jackson, administrator of Loma Linda University Medical Center East Campus, told colleagues and friends not to worry that he won't have enough to do. "I work from a life vision," he said. "I have more things to accomplish than I'll have time to do."

Happiness is so much more than money."

Unlike a rigid agenda, a vision statement allows for flexibility and adaptation. In Mr. Jackson's case, it invigorates him and creates the energy that drives his dreams.

"Using this approach has shown me that I'm going to have more things to do than time to do them," he adds.

To start with, he intends to see more of his family. "I have such a great family!" he exclaims. "Most of my kids are within a hundred miles of here in San Diego, Studio City, Redlands, and Yucaipa. The exception is my daughter in North Carolina. It will be nice to see them all more often. I'm blessed to have such a loving and supportive family.

"I also have great friends here," he says. "They're not just colleagues; they're friends for eternity, and we will continue those relationships."

To nurture his spirituality and intellectual life, Mr. Jackson plans to be involved in service to others. "Service is an important part of my vision statement," he says. "I've been connected with PossAbilities over the years. I would like to continue to help in some way and see it grow. Conceiving of PossAbilities and seeing the whole program carried out has been very rewarding. I've had many participants tell me how much it means to them. One father said to me recently, 'My son wouldn't be alive today if it weren't for PossAbilities!'

"I would also like to become involved in furthering my knowledge of the Bible and joining others in sharing the good news of the gospel," he says.

"Of course, I like golf," he continues. "My best friend is the former CEO of the VA hospital across the street from the East Campus. I'm not a bad golfer—my handicap is 12—but he's a really good golfer. We plan to get together and have fun on a regular basis. And I'd like to see more of the United States."

The visioning process helped Mr. Jackson and the employees, physicians, and leadership group of East Campus envision and create the beautiful and award-winning healing environment on their grounds.

"I wrote a vision statement for East Campus several years ago that we have faithfully followed," he says. "I wanted people not to just hear about it; I wanted them to see it and internalize it. I am thankful for the opportunity to build out the healing environment here at East Campus, and its interior and exterior architecture has brought my team and me a lot of joy. The environment is not only beautiful to view, but it is having a profound impact on the recovery of patients and families."

When asked to recount the highlights of his career, Mr. Jackson says he has a lot to be thankful for.

"God has blessed me with an amazing career," he says. "He has allowed me to serve in a leadership role at critical moments in the development of San Diego Children's Hospital, White Memorial, Glendale Adventist, Adventist



Surrounded by friends and colleagues, Michael Jackson—who retired as administrator of Loma Linda University Medical Center East Campus on Thursday, May 5—laughed, smiled, and reflected on this important juncture in his life. "God has blessed me with an amazing career," he said. "I am grateful to Him for guiding and directing me in such a loving and caring manner throughout my life."

Health, and Loma Linda University Medical Center. I am grateful to Him for guiding and directing me in such a loving and caring manner throughout my life.

"I have especially enjoyed my work at the East Campus," he adds. "We have an outstanding, very trusting relationship between administration and the medical staff at East Campus. It's the best I've ever encountered in my entire career. Dr. Austin Colohan is an amazing medical director and friend, as are Dr. Gary Botimer, who heads our orthopedics department, and Dr. Murray Brandstater, who leads the rehabilitation program. The entire clinical council has worked tirelessly to support the East Campus vision and growth."

There are others to thank as well. "Our East Campus leadership team is first rate," he insists. "Because we enjoy our work and one another, we have consistently received world-class management team and employee satisfaction scores, according to the Gallup organization.

"Most importantly, God has called us to this work and given us a heart for those we serve. As we know, He is the one who gives us faith and empowers us to do His work. Because of Him, we derive satisfaction, joy, and gratitude as we

serve Him and our patients, families, and staff. We are here to glorify Him, as we carry out His healing ministry to those in need. What could be better?"

Ironically, even though Mr. Jackson wants to see more of the U.S., the first trip he plans to take is to a place he's been many times before.

"Melanie and I will start at Santa Barbara," he explains. "Then we'll go up San Marcos Pass and on to Morro Bay, Cambria, and the Big Sur. It's beautiful up there! We'll wind up in Carmel and Monterey, and then loop back to Santa Barbara and Ojai."

When asked what he will miss the most about East Campus, Mr. Jackson smiles. "The relationships I've built here," he answers without missing a beat. "Not seeing everybody every day is really hard on me."

He pauses a moment, then concludes with a pensive observation.

"People seem to have a lot of anxiety about the issue of retirement. They don't have to feel like their lives have just ended. God has a plan and a purpose for our lives that can be trusted. It's really a time of new beginnings!"

CHILDREN'S HEALTH

Child life seminar looks at hospitalized children and their unique needs



Christie Shine, chaplain at Loma Linda University Children's Hospital, was the final speaker for a day-long seminar focusing on the needs of hospitalized children. The seminar was attended by more than 50 health professionals and students interested in the subtleties of pediatric patient care and was organized by Michelle Minyard-Widmann, MS, assistant professor of counseling and family sciences, School of Science and Technology, and director of the division of child life programs in the department of counseling and family sciences.

## LIFESTYLE MEDICINE

## New director comes to Loma Linda University Lifestyle Medicine Institute

By Heather Reifsnyder

Tricia Pennicook, MD, MPH, dean of the School of Public Health, has been appointed to an additional role as director of the university's Lifestyle Medicine Institute. In this capacity, she hopes to unite the entire Loma Linda University enterprise—including eight professional schools, six hospitals, and a faculty physician practice group—to improve health in Southern California through lifestyle education.

"Lifestyle impacts any number of medical conditions. But it's also about prevention and sustaining the level of health necessary for living life to the fullest," she says. "My vision is that everyone on this campus recognize how lifestyle medicine can contribute to their success both as individuals and health care providers."

Richard Hart, MD, DrPH, university presi-

dent, coordinated planning for the institute. "From its very inception, Loma Linda has espoused a healthy lifestyle for its faculty, staff, students, and patients," Dr. Hart stated in proposing the institute three years ago. "It is felt that the time has come for Loma Linda to refocus both its educational and service programs to more effectively promote the health principles for which it is so well known."

Dr. Pennicook envisions forming a unified whole out of the numerous separate avenues through which LLU has been promoting healthy lifestyle. She wants the Lifestyle Medicine Institute to meet the personal and professional needs of the university's students, faculty and staff, health care providers, and patients.

If an obese patient comes to a faculty physician office, for example, Dr. Pennicook would like that patient to receive a comprehensive kit of

the various resources available across campus for helping individuals achieve a healthy weight.

She also envisions that the lifestyle efforts of the university's Diabetes Treatment Center, Center for Health Promotion, Drayson Center fitness facility, and cardiac rehabilitation services be offered to patients who come to Loma Linda, since they are an integral part of the Lifestyle Medicine Institute.

Furthermore, Dr. Pennicook hopes to more fully integrate lifestyle medicine concepts into the curriculum for students across this health-sciences university to the point that LLU graduates become known as versed in applying lifestyle principles to their particular health profession.

Since the creation of the Lifestyle Medicine Institute, the university has formed the administrative structures necessary to successfully run it, according to Wayne Dysinger, MD, who directed the institute until stepping down in February 2011. This involved pulling together a large and diverse group of individuals across campus to form various working committees to help create and enact the institute's goals.

The groundwork has also been laid for a future Lifestyle Medicine Institute website, and a place for the institute to call home has been negotiated with the Drayson Center wellness facility, says Dr. Dysinger, who remains involved in the institute as associate director for clinical services.

"I'd like to see all physicians know the health habits of their patients," Dr. Dysinger says. "Many physicians, for example, don't know how their patients sleep or much about their diet."

One way that might happen is by incorporating lifestyle medicine tools into electronic medical records systems in order to make an individual's



Tricia Pennicook, MD, MPH

lifestyle habits easily accessible to health care providers across the LLU system. Other options include cooperating with an established nationwide lifestyle turnaround program, such as the well-regarded Coronary Health Improvement Project (CHIP), to offer its programming more regularly on the Loma Linda campus.

Also helping to lead the Lifestyle Medicine Institute is Serena Tonstad, MD, PhD, MPH, professor of health promotion and education, as well as preventive care. She serves as associate director for research.

One of the hoped-for values of having a diverse group of individuals across campus involved in the institute is so that areas traditionally separate on campus can find ways to work together.

During a recent meeting, for example, Dr. Tonstad and Olivia Moses, DrPH, director of the employee wellness program, brainstormed the idea of how the areas of lifestyle research and employee wellness could work together to mutually benefit the aims of both.

## HISTORICAL PRESENTATION

## Pepperdine professor speaks on George McCready Price and creationism

Contributed report

Edward Larson, PhD, JD, university professor of history, Pepperdine University, lectured at Loma Linda University on Saturday afternoon, May 21, on George McCready Price.

The lecture, "George McCready Price at the Crossroads of Creationism's History," was held at 3:00 p.m., in the Centennial Complex Damazo Amphitheater.

Mr. Price, a former professor at LLU (1907–1963), lived at Loma Linda the last 20 years of his 92 years, after a diverse career.

Born in Canada, Mr. Price was largely self-educated in geology—the field for which he became famous. His only formal scientific education—a few basic courses in the natural sciences, including some mineralogy—came from his one-year teacher-training course at the Provincial Normal School, New Brunswick, Canada. Mr. Price sold Adventist books, taught at elementary and high schools, and did evangelism in Canada until he was in his mid-30s. Meanwhile, he was studying geology as a layperson. Influenced by his faith, he concluded that the earth was young, and that geological scholars had misinterpreted their data.

Soon after immigrating to the United States, Mr. Price became a construction worker and handyman at the newly founded College of Medical Evangelists at Loma Linda. While at Loma Linda, Mr. Price was awarded a bachelor's degree and self-published his *Illogical Geology: The Weakest Point in the Evolution Theory*. This book and its successors made Mr. Price famous—to both detractors and to fundamentalist believers.

David Starr Jordan, PhD, LLD, president of Stanford University (1891-1913) and a leading expert of fossil fishes, reviewed *Illogical Geology*, stating that Mr. Price should not expect "any geologist to take [his book] seriously." Yale geologist C. Schuchert wrote in a review of a later

book, *The New Geology*, that Mr. Price was "harboring a geological nightmare."

On the other hand, William Jennings Bryan in the famous Scopes Trial of 1925 cited Mr. Price's work as authoritative. Fundamentalist Harry Rimmer welcomed Mr. Price's *The New Geology*, claiming that it was "a masterpiece of real science [that] explodes in a convincing manner some of the ancient fallacies of science 'falsely so called.'"

Mr. Price's ideas strongly influenced Henry M. Morris and John Witcomb in their book *The Genesis Flood*, published in 1961. Mr. Price taught at several Adventist institutions of higher learning: Pacific Union College, Emanuel Missionary College (now Andrews University), Walla Walla University, and Stanborough Missionary College in Watford, England.

Edward Larson's lecture focused on the pivotal role that Mr. Price played between early believers in a short chronology of earth's history

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Edward Larson, PhD, JD

## Two senior officers appointed by LLU Adventist Health Sciences Center ...

Continued from page 8

working to help the organization restructure several departments to meet the strategic demands of the future.

"Loma Linda has recently been blessed with the addition of two new senior staff in advancement and philanthropy," Dr. Hart observed. "Ms. Bussell has accepted the task of integrating university relations, public affairs, marketing, and development across the entire campus. Rachelle's organizational skills and keen strategic insight are already evident. We look forward to this reorganization as a first step toward developing Loma Linda's national reputation as an institution of innovation and quality education."

"Mr. Possinger," Dr. Hart continues, "will assist Rachelle in coordinating our major gift officers across the campus. His responsibilities will be to nurture all those who believe in Loma Linda and want to be part of our incredible history and future. The energy and leadership brought by both Rachelle and Randy will transform our campus and take us to the next level in our communication and philanthropy strategies."

"One of my greatest joys in life is taking great things and making them better," Ms. Bussell declares.

From her background in the health care, education, and non-profit sectors, she brings expertise in leadership, administration, fundraising, and communications to her new position. Before joining LLUAHSC, Ms. Bussell managed a \$75

million campaign for the University of South Carolina School of Law, and she assisted that university in a \$1 billion campaign. Prior to that, she was a principal with Hamilton, Bussell & Associates, assisting health care, education, and non-profit organizations with philanthropy, strategic planning, and board leadership.

Mr. Possinger brings similar qualifications from his experience in the fields of health care and non-profit leadership. Prior to his arrival at LLU Medical Center, Mr. Possinger served the University of Redlands as director of development. He also directed the Greater Ottawa County United Way and Volunteer Center in Grand Haven, Michigan, for nearly a decade.

"We have significant goals ahead," Mr. Possinger observes, "in which transformational philanthropy will play an important part. I am extremely optimistic about where we are as an organization and about our future."

Despite the substantial challenges ahead of them, both Ms. Bussell and Mr. Possinger agree on the importance of continuing and expanding Loma Linda University's legacy of service.

"What inspired me to come here was the mission," Ms. Bussell shares. "Loma Linda touches so many lives in so many ways."

"It is a privilege," Mr. Possinger adds, "to be part of an institution that has had such a profound impact, not only on our region but across the world."

ALUMNI PHILANTHROPY

## Donors and friends celebrated during School of Nursing brunch

By Dustin R. Jones

The School of Nursing couldn't continue to prepare qualified nurses without the help of friends and supporters. Those individuals are celebrated each year with a special recognition brunch. This year, the Kathryn Jensen Nelson (KJN) Society Brunch was held on Sunday, April 10.

"This year, we had one of the best Kathryn Jensen Nelson Brunch programs we have ever had," says Carrie Bryner, MBA, director of development, School of Nursing. "As always, I am pleased to see our loyal School of Nursing

supporters and the honored alumni return to campus for this special event."

The KJN Society Brunch, named after one of the School of Nursing founders, honors those who give \$250 or more to the School of Nursing during the previous year. It is held annually on the Sunday following the LLUSN alumni weekend.

The morning brunch began with a welcome from Marilyn Herrmann, PhD, dean of the School of Nursing, along with Ms. Bryner.

Dynnette Hart, DrPH, associate dean of the

undergraduate program, offered prayer, and the guests were dismissed for brunch.

Following the meal, Zelne Zamora, DNP, assistant professor of nursing, accompanied by students Lee-Ann Dizon and Jenn Davis, played "Because He Lives" for the audience.

Dr. Herrmann gave a report of how the school has performed over the past year. She indicated that enrollment has increased for the school. In fact, Dr. Herrmann reported, the school has done such a great job in recruiting new students that Ms. Bryner has announced she will be transitioning from development into the field of nursing.

"It was a bittersweet time for me as I realized that I had just planned my last KJN Society Brunch," adds Ms. Bryner. "I am grateful for the opportunity to meet with everyone, honor those who support our school, and give a report on the school's progress. Thank you to all the Kathryn Jensen Nelson Society Brunch attendees and alumni that have made my job working for the School of Nursing some of the best years of my life."

Dr. Hart then took the stage and invited up undergraduate student Jacqueline Horn. Ms. Horn shared her personal story of how she decided to become a nurse and how her life was changed by choosing LLU School of Nursing.

"My spiritual life has been greatly influenced by the people here," Ms. Horn said. "I learned how to pray here."

Several students presented a special music piece titled "God of Justice." Leah Fawcett, Cambria Hunter, Niiang Mung, and Yusih Yulianinsigh provided vocals, while Jenn Davis played piano and Noella Keresoma accompanied with guitar.



Dolores Parks (left) and Joan Harding (right) share a moment with Marilyn Herrmann, PhD, dean of the School of Nursing, during the Kathryn Jensen Nelson Society Brunch.

Elizabeth Bossert, DNS, associate dean of the graduate program, then took the stage and interviewed a graduate student, Janice Palaganas. In addition to working toward her graduate degree in nursing, Ms. Palaganas is operations manager for the LLU Medical Simulation Center.

To close out the program, Ms. Palaganas shared with the audience a video tour of the Medical Simulation Center and how it helps all students on campus train for all kinds of possibilities. Ms. Palaganas hopes to use her doctoral degree to help encourage group training and team building among different groups on campus.

For information about joining the Kathryn Jensen Nelson Society, please contact the School of Nursing at (909) 558-9101.

STUDENT OUTREACH

## Public health student teaches kids about bullying prevention



School of Public Health doctoral student Fayomi Agboola teaches 118 students at Colton Middle School about bullying prevention on April 18 as part of Health Education Month. Bullying was defined as behaviors that are meant to hurt a person or persons and continue in spite of the victim(s)' distress. Bullying-related issues have been implicated in increased school absenteeism, relational problems among victims, and later psychosocial maladjustments in bullies. By the end of the sessions, the majority (89 percent) of the students in attendance were able to explain by writing in the post-presentation survey what the "Golden Rule" means in their own words. This rule—treating others as one would like to be treated—is an initial, non-punitive step to reduce bullying in school systems, according to Mr. Agboola.

## Five-year constituency report brings Loma Linda's vision to life ...

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The report was concluded by LLUAHSC officers Ruthita Fike, MA, executive vice president for hospital affairs; Roger Hadley, MD, executive vice president for medical affairs; Ronald Carter, PhD, senior vice president for educational affairs; and Kevin Lang, MBA, chief financial officer/executive vice president for finance and administration.

They highlighted everything from LLU Medical Center's status in the top 10 percent of United States teaching hospitals to the university's new outreach program with Sherman Indian High School designed to increase the number of Native Americans entering health care professions.

Board Chair Lowell Cooper, MDiv, MPH, had opened the constituency meeting by reiterating the philosophy behind the founding of Loma Linda University 106 years ago. He quoted Ellen White, a key individual in

starting the institution, to make his point:

"Christ stands before us as the pattern Man, the great Medical Missionary—an example for all who should come after," she said. "His love, pure and holy, blessed all who came within the sphere of its influence .... We are to do the same work that the great Medical Missionary undertook in our behalf."

Constituent Ella Simmons, EdD, made a comment at the end of the meeting indicating that this original purpose of Loma Linda University prevails even now.

"Based on everything I've heard today and my observations over the years, I commend the various Loma Linda entities for the ways in which they strive to combine faith and science, medicine and miracles, to the honor and glory of God," said Dr. Simmons, a general vice president of the Adventist Church and advisor to the Loma Linda Boards.



Friends of the School of Nursing (from left) Janice Ratzmer, Billie Jo Sammons, and Sylvia Ahn smile for the camera just prior to brunch.

## Pepperdine professor to speak on George McCready Price and creationism ...

Continued from page 6 and current believers in a young earth.

Dr. Larson is an American historian and legal scholar at Pepperdine University, where he also holds the Hugh and Hazel Darling Chair in Law. He received the 1998 Pulitzer Prize for history for his book, *Summer for the Gods: The Scopes Trial and America's Continuing Debate Over Science and Religion*. Dr. Larson received his law degree from Harvard University, and his PhD in the history of science from the University of Wisconsin-Madison. He has

received numerous awards and has written many articles in such journals as *Nature*, *Scientific American*, *The Nation*, *American History*, and *Time*, as well as various academic history and law journals. He has published more than a dozen books.

Responses to the lecture were given by Brian Bull, MD, professor and chair, department of pathology and human anatomy; Jonathan Butler, PhD, American church historian; and Ben Clausen, PhD, Geoscience Research Institute researcher.



CONSTITUENCY MEETINGS

## Five-year constituency report brings Loma Linda's vision to life

By Heather Reifsnnyder

Loma Linda University shared its story of transforming lives with about 130 leaders from the Seventh-day Adventist Church and the various LLU entities who gathered April 13 for the corporate membership (often referred to as constituency) meeting of LLU Adventist Health Sciences Center (LLUAHSC).

Occurring twice a decade, this meeting provides stakeholders in the Loma Linda mission to make man whole and its vision to transform lives with a report of what this flagship center of Adventist health care and education has accomplished in the previous five years.

Constituents expressed appreciation for the ways in which LLUAHSC has touched people's lives locally and globally. One such person was Ricardo Graham, DMin, president of the Pacific Union Conference of Seventh-day Adventists and an ex officio member of the Boards.

"I was re-impressed by the global scope and spiritual underpinnings of the work of LLUAHSC," he said following the meeting. "It made me humbly proud to be a Seventh-day Adventist."

His reaction was based on the comprehensive report administrators gave to constituents. The report painted a picture of LLUAHSC blending both facts and personal stories to show the depth of the institution's impact on students, patients, and members of the local and international community.

LLUAHSC—comprising eight professional schools, six hospitals, and nine institutes—is home to 4,359 students from the United States and about 80 other countries, some 13,000 employees, 674 medical residents, and 746

physicians from 67 specialties and subspecialties, according to LLU President Richard Hart, MD, DrPH. It accommodates 1.5 million patient visits annually.

But as Dr. Hart's subsequent points revealed, LLUAHSC's influence reaches far beyond numbers; the students educated and patients served at Loma Linda have their lives changed in ways that cannot be expressed quantitatively.

One example shown to constituents was a short documentary about Baby David, recipient of a heart transplant at Loma Linda that both saved his fragile life and brought new hope to his desperate parents. As another example, the PossAbilities program provides outreach to those with permanent physical disabilities; it currently has 2,300 members.

But even beyond the confines of Loma Linda, LLUAHSC works to extend its vision of transforming lives. For example, the institution helps support 87 international dental clinics. Clinicians and students alike left the comforts of Loma Linda to save lives and limbs in Haiti following the massive 2010 earthquake.

Closer to home, yet worlds away in terms of socioeconomic status, the university-affiliated Social Action Community Health System in San Bernardino serves many thousands of patients, 99 percent of whom live at 200 percent or more below the federal poverty level.

For 35 years, the university has run academic programs overseas to train students in many nations who then go on to help their fellow countrymen receive proper care. Additionally, LLU Medical Center clinicians serve as mentors to raise the skill level of visiting health care professionals from other countries. In 2010, for example, 78 professionals from 15 countries



Approximately 130 leaders of the various LLU entities and the Seventh-day Adventist Church attended the corporate membership meeting.



(From left) Richard Hart, MD, DrPH, president of Loma Linda University Adventist Health Sciences Center, and Lowell Cooper, MDiv, MPH, chair of the Board of Trustees, both spoke during the meeting.

came to Loma Linda for training. In recent years, heart surgeons from Alexandria, Egypt, have both come to Loma Linda and been visited in their home city by the LLU Overseas Heart Surgery Team. The survival rate for their patients with tetralogy of fallot subsequently rose from 20 percent to 90 percent.

people all over is through research, which ranges from HIV/AIDS antiviral agents, to gene therapy, to fetal development. In 2010, researchers received almost \$35 million in extramural awards. The institution also endeavors to bring greater understanding to issues of a more abstract nature, such as ethics, theology, and behavior.

Another way LLUAHSC strives to touch

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PHILANTHROPY

## Two senior officers appointed by LLU Adventist Health Sciences Center

By James Ponder and Nancy Yuen

Two new senior officers were recently appointed to the staff of Loma Linda University Adventist Health Sciences Center (LLUAHSC) by Richard H. Hart, MD, DrPH, president of the organization.

The new officers—Rachelle Bussell, CFRE, vice president for advancement at LLUAHSC, and Randy Possinger, MSA, executive director of philanthropy at LLU Medical Center, and executive director of the Loma Linda University Children's Hospital Foundation—are already

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Rachelle Bussell, CFRE



Randy Possinger, MSA



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