



College of Health and Human Services

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The College of Health and Human Services at IUP has over 3,000 students enrolled in nine departments, centers, and institutes.

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Happy Holidays!

Comments, suggestions, and questions can be sent to the editor at beverly.mastalski@iup.edu.

NAHP's Lora Hromadik Receives Award

The 2020 Generating Evidence for Nursing Education Practice Award, presented by the Sigma Theta Tau International Honor Society of Nursing (Sigma) and the National League for Nursing, was co-awarded to Professor Lora Hromadik, PhD, RN, in the Nursing and Allied Health Professions Department. The abstract titled "Student Perceptions of Just Culture in Nursing Education Programs: A Multi-Site Study" was submitted by Nina P. Barkell of Oakland Community College in Bloomfield Hills, MI. Danielle Walker was Principal Investigator, and additional team members included Gerry Altmiller, Teri Boyd, Michelle Compton, Pamela Cook, Mariane Curia, Randi Flexner, Deana Hays, Lora Hromadik, Janet Jordan, Vicki Jowell, Edna Magpantay-Monroe, Rebecca D. Toothaker, Beth Vottero, and Sharon Wallace.

The award-winning abstract is available on the [Sigma Repository](#).

Chevron Continues to Support Safety Sciences

The Chevron Corporation has been a large supporter of the IUP [Safety Sciences](#) program, donating nearly \$200,000 to the program since 2004. Donations given by Chevron are earmarked for student scholarships, equipment enhancements in our laboratories, and financial support for two of our student groups, our student section of the [American Society of Safety Professionals](#) (ASSP) and [Ladies of Safety](#). Chevron's support will be recognized on a donor board to be installed in the Safety Sciences Department in Johnson Hall. A very special thank you to Chevron for their continued support.

For information on how to be recognized on our donor wall, contact Dr. Tracey Cekada, Chairperson of the Safety Sciences Department, at CekadaT@iup.edu.



Walking and Running for the Food Pantry

Earlier this month, the College of Health and Human Services' Service Committee and the Office of Alumni and Friends co-hosted a virtual walk/run 5K. Participants could choose to run or walk the 5K at any location of their choice, and all proceeds, \$1265.00, benefitted the IUP Food Pantry.

Thank you to all who helped raise \$1,265.00!

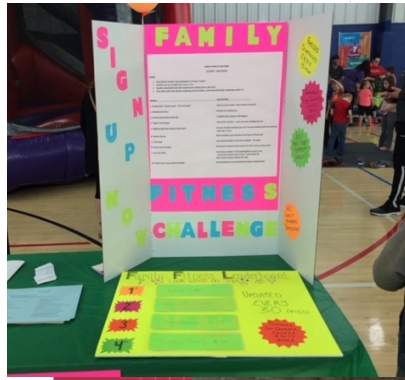


Exercise Science Club Teams with Indiana YMCA

The [Exercise Science Club](#), in partnership with Indiana County WalkWorks and Decathlon Event, has participated in the YMCA Healthy Kids Day event for the past five years. In the past, club members have designed and hosted the “Family Fitness Challenge” at the Indiana County YMCA, consisting of timed fitness obstacle courses for families. At the end of the event, “Indiana’s Fittest Family” was recognized.

This year's event in April 2021 will be virtual, and the Exercise Science Club officers are spearheading the charge to convert the obstacle course to an online version. Dr. Leslie Stenger (club advisor and faculty in [Kinesiology, Health, and Sport Science](#)) is working with Alyssa Trudniak, Emily Leonard, and Kori Keffer to redesign the course so families can duplicate the course at home. To assure that any family can participate, the exercise science students are working to adapt the course so families will have the necessary tools and supplies in their homes without any additional expense to the family. The course will have ten (decathlon) stations, and each will focus on either a primary or secondary fitness component as well as activities appropriate for children ages 3 – 15 and their caregivers and/or parents and grandparents. On the day of the event, families will compete by filming their completion of the course to upload to the YMCA website.

We encourage any family living in Indiana County to enter the YMCA Family Fitness Challenge. Do you have the Fittest Family?



NKBA and ASID hold pumpkin painting contest

To help bring students together socially and to have some fun, the student chapters of the National Kitchen and Bath Association ([NKBA](#)) and the American Society of Interior Designers ([ASID](#)) held a pumpkin painting contest for their student members. A great group of students turned out for the event, both in-person and virtually. Photos of the painted pumpkins were sent via Qualtrics survey to all students and faculty in the interior design program to vote on their favorite pumpkin. The cash prize was awarded to student Karlee Salmon for her winning “Pinocchio” pumpkin. It was a good time by all! If you are interested in information about our student organizations, contact [Mrs. Nuth Sloboda](#) for details.



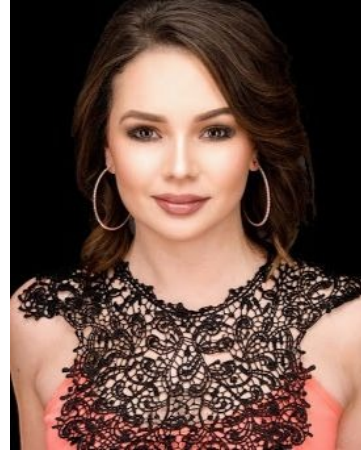
HOSP Graduate Chosen for International Women's Award

Brittany Scott, a 2011 [hospitality management](#) graduate, was selected as a Silver Winner by Women World Awards in its thirteenth annual 2020 Women in Business and the Professions World Awards. Judges representing a broad spectrum of industry voices from around the world participated.

The competitive annual awards program is designed to recognize the world's best in leadership, innovation, organizational performance, new products and services, and milestones from every major industry in the world. Organizations of all types and sizes are eligible to submit nominations.

Scott, currently living in Tampa Bay, was recognized in the Outstanding Female Professional of the Year in Sales/Business Development category. She is an experienced sales leader and entrepreneur and is vice president of SMB sales at [KnowBe4](#) (provider of the world's largest security awareness training and simulated phishing platform). Scott also founded a nonprofit organization called Gals4STEM, an outreach organization aimed at educating, inspiring, and mentoring girls and women about STEM (Science, Technology, Engineering, and Mathematics) careers and degrees. She also volunteers her time mentoring children through the Big Brother Big Sister Foundation and leads the board for the women in technology group at KnowBe4.

"I wouldn't be where I am without IUP and the professors in hospitality shaping me and showing me who I wanted to become," Scott said.



"The experiences IUP afforded me from the hospitality honor society and through the Disney internships program really gave me the confidence I needed. Those experiences and my professor's direction and care prepared me to become a professional executive at such a young age."

Scott remembers faculty member Linda Sullivan (HOSP) sharing her experience and stories of her career while teaching. The stories motivated Scott to work harder and strive to get out of her comfort zone, which in turn, made a lasting impression. While at IUP, she participated twice in the [Disney College Program](#) where she fell in love with work in sales.

"I really believe in supporting women and mentoring young colleagues to help them get into executive roles," Scott said. "I'm in technology and in our field, only 7 percent of CEOs are women. There's a stereotype that you have to be abrasive and cutthroat as a women leader, and it's just not true. I help other women to be themselves and find their confidence. For me, that trait was shaped by IUP."

Keeping the Learning “Applied” in Safety Sciences Amidst COVID

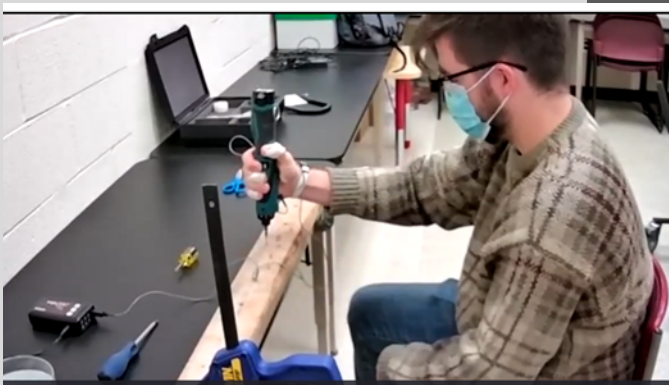
While the COVID-19 pandemic sent many of our students into the virtual environment for their academics, some Safety Sciences labs held to the true meaning of “applied.”

Faculty in the [Safety Sciences Department](#) found unique ways to provide students the hands-on experiences so instrumental in their learning, while protecting them during the international coronavirus pandemic. Students in Dr. Laura Rhodes’ SAFE 211 lab, Dr. Wanda Minnick’s SAFE 347 lab, and Mr. Bryan Seal’s SAFE 330 lab applied what they learned in the classroom to the real-world environment.

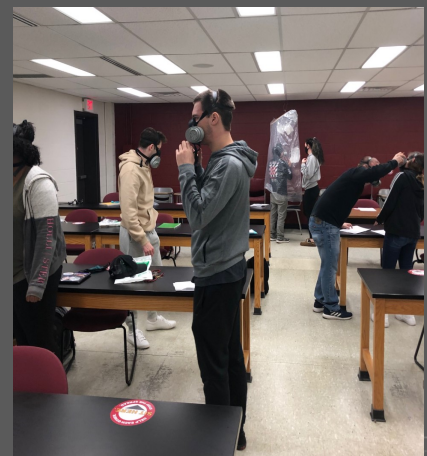
Students in Dr. Rhodes’ SAFE 211 construction lab determine sling tensions, assessed damaged equipment and created recommendations to prevent workplace accidents.



Students experienced work in a confined space and applied the practices for proper entry.



Dr. Minnick’s class offered students a chance to learn about pressure mapping.



Students in Mr. Seal’s SAFE 330 lab conducted respiratory fit testing.

Academy of Culinary Arts Alumna Baindu Squire

Culinary Arts and Baking and Pastry Arts alumna Baindu Squire '07, along with her team, competed in [Food Network's Holiday Wars](#), which aired Sunday nights at 8 pm.

She and her team faced different challenges each week, competing for a grand prize of \$25,000. Chef Squire's team struggled the first week and was not able to compete in the second round of competition; however, they bounced back the next week when the challenge was "Santa to the Rescue." Their challenge was to create cake and sugar art depicting Santa as the hero on a night other than Christmas. Chef Squire's team created Santa as a veterinarian and incorporated all their own pets into the display. The following week her team created a display of what it would look like if the holiday turkeys decided to make an escape on Thanksgiving!

After graduation, Chef Squire worked for a variety of places, including the Marriott, Facebook, and Google, but her most recent project is what brought her team to Food Network. Chef Squire owns her own business, [LadyB's](#), based in New Orleans, Louisiana, in business since 2017.

We wish Chef Squire the best of luck. Go team "Treat Yo Elf"!



Chef Squire is a 2007 graduate of the Culinary Arts and Baking and Pastry Arts programs, as well as a 2011 graduate of the Hospitality Management program.



Alumna Baindu Squire (second from left) with her "Treat Yo Elf" team members

Two Nursing Publications and Presentations

PhD in Nursing student Arley Henry and faculty member Dr. Teresa Shellenbarger recently published an article entitled "[To zoom or not to zoom: Choosing a videoconferencing platform](#)" in *Nurse Author and Editor*.

In December, Nursing Doctoral students Rodnita Davis and Jacqueline Mainwaring presented a poster at the American Association of Colleges of Nursing (AACN) Diversity Symposium. Their poster was titled "Impacting Diversity in Nursing Education Through Cultural Humility and Allyship."

HDFS/FCSE Faculty Presents Regionally on Innovative State Funded Project

Drs. [Kalani Palmer](#) (IUP's Human Development and Family Studies program) and [Tricia Shelton](#) (currently at Seton Hill University and previously at IUP's Department of Professional Studies in Education) presented at the Pennsylvania Association of Colleges and Teacher Educators (PAC-TE) conference on the new pathways to post-secondary attainment available at IUP for early childhood educators.



[PAC-TE](#) is a professional association that includes all those engaged in preparing and supporting the growth of professional educators in Pennsylvania. The conference, held virtually in October, featured the results of a community needs assessment, a proposal for nontraditional student orientation, an overview of the courses in two eighteen-credit certificates, and pathways to post-secondary attainment. Students can receive a post-secondary certificate within one to two semesters, and they can apply the coursework to an associate or bachelor's degree. Students who hold a nationally recognized credential in early childhood can receive up to six credits toward the certificate or a degree at IUP.

Additional faculty and early childhood professionals involved in the work included Dr. Sarah Brown (IUP), Dr. Jennifer Salaway (IUP), Mrs. Brianna Totty (IUP), Mr. Tom Yeager (YWCA Greater Pittsburgh), Mrs. Elisa Spadafora (Butler County Children's Center), and Ms. Tracey Fleegeer (Butler County Children's Center).

Hospitality Management Faculty Featured in Expert Panel

Dr. Stephen B. Shiring, Chairperson and Professor in the Department of [Hospitality Management](#), was featured as a member of an expert panel on the current job market trends for *Zippia*, *The Career Expert*, an online job search service.

Dr. Shiring provided his opinion on the current and short-term movement of the job market for recent graduates. Drawing upon data from IUP Hospitality Management seniors and their success in the current job market, Dr. Shiring discussed which skills will be most important, how technology will affect the job market, and how IUP graduates entering the market are well prepared; many have been hired for immediate employment in the current market.

Zippia's vision is "every person should have access to all their career options and how those various paths will impact their professional lives."

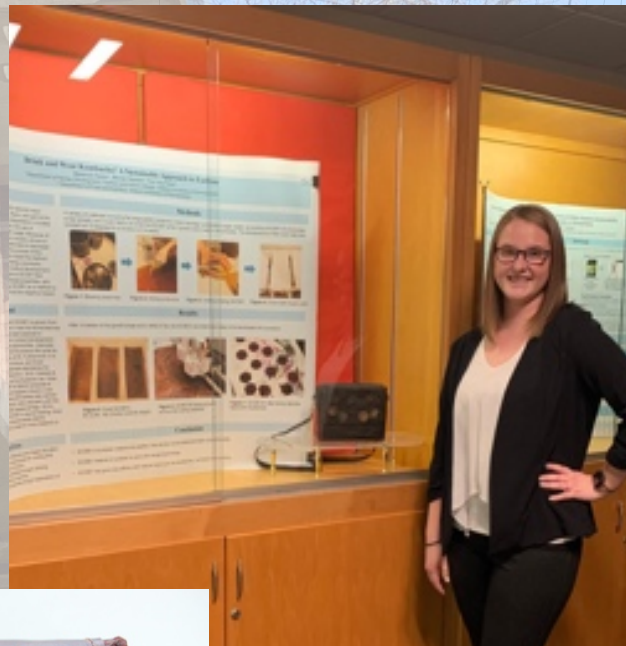
To read more about Dr. Shiring's views on job market trends, read his interview [here](#).

FCSE Makenzie Sayers Presents Fashion Research

Makenzie Sayers, a [Family and Consumer Science Education](#) undergraduate student, conducted research on sustainability in the fashion industry, culminating in a presentation titled, “Drink and Wear Kombucha? A Sustainable Approach to Fashion.”

Sayers, with the guidance of two faculty mentors, Dr. Mercan Derafshi ([Fashion Merchandising](#)) and Dr. Pao Ying Hsiao (Department of [Food and Nutrition](#)), conducted research, grew material from a symbiotic culture of bacteria and yeast (SCOBY), and designed and developed a small handbag using the biological material. Historically, the fashion industry is the world’s second major polluting industry. Furthermore, the industry strives to seek innovative ways to become more sustainable and minimize harm caused on the environment. The purpose of Sayers' research was to spread awareness about the impact the fashion industry has on the environment by promoting SCOBY material. Sayers explored the material’s physical and chemical properties through the use of natural dyes, a Cricut dye-cutting machine, and a conventional sewing machine. Incorporating a plethora of techniques contributed to the overall aesthetics of the handbag.

Sayers presented her research via poster session at the IUP’s [Scholars Forum](#) and submitted it to the annual conference for the International Textile and Apparel Association (ITAA), a global organization of textile and apparel scholars. Unfortunately, Sayers was unable to attend the conference due to COVID-19. Currently, Sayers' research poster and finished handbag are on display in the lobby of Ackerman Hall.



USDA Block Grant joins FNDDT with Farmers' Market

Senior Farmer's Market Nutrition Program (SFMNP) and Supplemental Nutrition Assistance Program (SNAP) participants will receive additional services and education focused on healthy foods, recipes, and meals when attending the Indiana County Farmers' Market, thanks to a \$20,000 Specialty Crop Block Grant from the USDA.

Jodie Seybold, MS, RDN, LDN, and Nicole Dann-Payne, MS, RDN, CSSD, LDN, CHWC, both faculty members in the [Department of Food and Nutrition](#), joined the [Indiana County Farmers' Market](#) management team to write a Specialty Crop Block Grant from the USDA to implement additional services and education focused on healthy foods, recipes, and meals for participants of SFMNP and SNAP.

Focused on participants of SFMNP and SNAP, this two-year block grant will provide more access to local farmers, along with access to nutrition professionals and nutrition students to help guide purchasing foods from the market and provide healthy eating education.

Students enrolled in the [Dietetic Internship Certificate Program](#) will work alongside nutrition faculty to learn education techniques, food demonstration, planning, and evaluation while providing a needed service to the Indiana Community.

Grant work is set to begin in January 2021.

Follow the links above for more information on our program or follow the FNDDT department on [Facebook](#) or the Indiana County Farmer's Market on [Facebook](#).

