



College of Health and Human Services

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The College of Health and Human Services at IUP has over 3,100 students enrolled in nine departments, centers, and institutes. Visit us at iup.edu/healthhumanserv.

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Meet & Greet Event

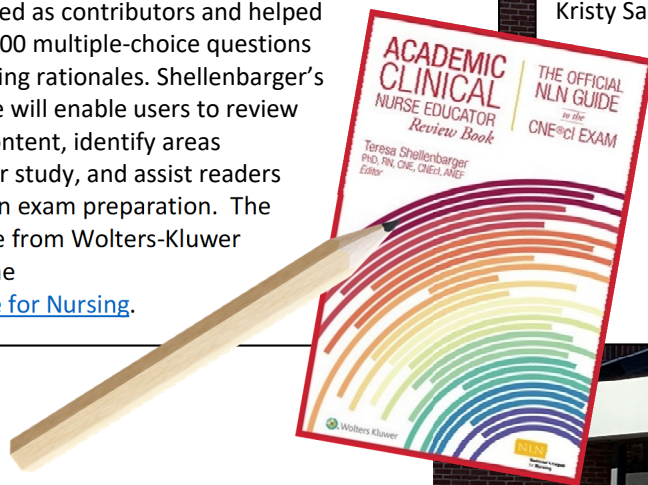
On February 2, Punxsutawney Phil did NOT see his shadow, predicting an early Spring. The Members of the Ice Carving Club at the Academy of Culinary Arts delighted and amazed the crowd who stopped by on their way to Gobbler’s Knob. The club sponsors are Chefs Barnes, Harber, and Blake.



Nursing Faculty Publishes the Official NLN Guide to the CNE®cl Exam

Teresa Shellenbarger, Distinguished University Professor and Nursing Doctoral Program coordinator, recently published a book titled *Academic Clinical Nurse Educator Review Book: The Official NLN Guide to the CNE®cl Exam*. The book, designed for preparation and review for the National League for Nursing Certified Academic Clinical Nurse Educator Examination (CNE®cl), aligns with the NLN core competencies for academic clinical nurse educators and the test blueprint. IUP PhD nursing candidates, alumni, and faculty served as contributors and helped to create over 500 multiple-choice questions and accompanying rationales. Shellenbarger's invaluable guide will enable users to review essential test content, identify areas requiring further study, and assist readers with certification exam preparation. The book is available from Wolters-Kluwer publishing or the [National League for Nursing](http://www.nln.org).

Contributors to the book included IUP Nursing PhD Candidates (Jennifer Chicca, MS, RN; Kaitlin Cobourne, MSNEd, RN; Jenna Davis, MSN, RNC-NIC; Joan Krug, MSN, RN, CCRN, CNE®-cl; Katherine Raker, MSN, RN, CNM; Maren Reinholdt, MSN, RN; *Lauren Succeralli, MS, RN; and Phillip Timcheck, MSN, MBA, RN), IUP Nursing Alumni (Nicole Custer, PhD, RN, CCRN-K; *Taylor Edwards, PhD, RN; Megan Gross, PhD, MPH, RN; Donna McDermott, PhD, RN, CHSE; Cristina Perez, PhD, RN; *Meigan Robb, PhD, RN; Kristy Sands, PhD, RN; Aaron Sebach, PhD, DNP, MBA, AGACNP-BC, FN BC, NP-C, RN, CEN, CPEN, FHM; Amy Stoker, PhD, RN; Meagan White, PhD, RNC-MNN; and *Heather Zonts, PhD, RN), and IUP Faculty (*Kristy Chunta, PhD, RN, ACNS, BC, Professor; Susan Poorman, PhD, RN, CNS-BC, ANEF, Professor emeritus; and *Teresa Shellenbarger, PhD, RN, CNE, CNEcl, ANEF, Distinguished University Professor and Doctoral Nursing Program coordinator). *designates IUP faculty



Safety Sciences' PA OSHA Consultation Keeps Workers Safe & Healthy

Small businesses across the United States experience a disproportionate number of serious workplace injuries and fatalities. The Bureau of Labor Statistics reports 68.6% of occupational fatalities in 2017 occurred in U.S. workplaces with less than 99 workers. The federal Occupational Safety and Health Administration, better known as

During 2019, PA OSHA Consultation:

- Conducted 649 no-cost, onsite compliance assistance visits to businesses across the state.
- Identified 4,000 safety and health hazards.
- Provided formal and informal safety and health compliance training to over 3,000 workers.
- Removed nearly 118,000 Pennsylvania workers from risk.

OSHA, helps fund offices in each state to provide no-cost, confidential safety and health compliance assistance specifically for these at-risk small employers.

Together OSHA and Pennsylvania's Bureau of Workers Compensation, housed within the Department of Labor & Industry, fund PA OSHA Consultation. The purpose of this grant-funded project is to provide no-cost, onsite confidential OSHA

safety and health compliance assistance

to high-hazard small Pennsylvania businesses. Few at IUP may know our faculty in Safety Sciences have operated this sole agency for the commonwealth right here on campus since 1983.

Currently PA OSHA Consultation has 11 faculty members and 2 staff assistants. Since 1983, PA OSHA Consultation performed over 25,000 free onsite safety and health visits to

small employers across Pennsylvania. Assisting only Pennsylvania companies who voluntarily seek help by requesting this **free service** through IUP's website, IUP's Safety Sciences full-time temporary faculty in PA OSHA Consultation have identified and helped business owners and managers correct several hundred thousand safety and health hazards during the past 38 years. Because of its close affiliation with IUP's Department of Safety Sciences, PA OSHA Consultation is routinely touted as the premier OSHA Consultation project in the United States. Each year the grant-funded project experiences a large backlog of requests which is currently six months long. A safe and healthy workforce is an economically strong workforce!



Serving Nutrition to IUP Students and Community Members

A perfect partnership between the Food and Nutrition Department and the Center for Health and Well-being provides free nutrition services to IUP students, campus members, and Indiana community members.

The fall 2019 was a record-breaking semester for the Nutrition Connection Services. Dr. Nicole

Clark and Mrs. Jodie Seybold, Directors and Registered

Dietitians, report that 102 individuals received nutrition related services in the fall 2019 semester. The purpose of Nutrition Connection is to provide preprofessional training in nutrition intervention to junior/senior dietetics

majors and IUP Dietetic Interns who provide the IUP/Indiana community with information about nutrition for

a variety of personal concerns. The overall goal of Nutrition Connection is to promote healthy eating with nutrition recommendations tailored to meet individual needs, preferences, and goals.

The services continue to expand with a newly implemented referral system between the Center for Health and Well-being, the Counseling Center,

and Nutrition Connection.

Dr. Clark confirmed, "This expansion would not be possible without the dedicated work of the Graduate Student Manager, Andrea Marshall.

The services are all housed in the

Center for Health and Well-Being in the Suites on Maple East, but never had a clear system for referring

students to Nutrition Connections."

With the referral system also came the need to hold monthly patient care meetings. Jodie Seybold added, "This has provided a better continuity of care for the students receiving services at the Center."

The services are free to all IUP students, staff, faculty and Indiana County community members. To make an appointment email nutrition-connection@iup.edu with your name, phone number, and/or email.

"This has provided a better continuity of care for the students receiving services at the Center."



The "Elves" at the Culinary Institute Keep Busy

The Academy of Culinary Arts Chef's partnered with the American Culinary Federation (ACF) Groundhog Chapter to sell Holiday Cookie Boxes in December to raise money for an Endowed Scholarship. Nearly 500 dozen cookies were tested, developed, baked, checked, and packaged to fill 110 pre-ordered boxes for the holidays. All proceeds went directly to the scholarship account to be available for incoming students from ACF Accredited schools and/or students who participated in ACF. The Holiday Cookie Boxes were so successful that it will likely be an annual event. Stay tuned for news on future scholarship fundraisers!



Hospitality Students and Professionals Network Over Dinner

Stephen Shiring and Yasong Wang escorted Hospitality Management students Morgan Solter, Alec Coveli, Shelby Bepler, and Ashley Guyaux to the Springfield Grille Restaurant in Mars, Pennsylvania, to meet with Dan Miller, Director of Operations and Managing Partner; Karen Mong, Director of Food and Beverage; Sheila Nuth, Director of Training and Guest Services; and Nick Mileto, Corporate Chef. The group was invited by the Springfield Restaurant Group to dinner for employment and **networking** opportunities.

Shiring said, “Students who express an interest in the employment and management careers with the Springfield Restaurant Group were invited to meet the Executive Team. Being able to meet, network, and dialog with the Executive Management Team of the Springfield Restaurant Group is amazing. The Hospitality Management students are required to take our **upscale** dining food and beverage course in the Allenwood, HOSP 413 Restaurant Food Production and Service. Chef Jeffrey Santicola’s course perfectly mirrors the operational environment of the Springfield Grille, so our students are completely comfortable in making the transition from college student to restaurant manager. Not only do our students complete internship opportunities within their restaurant group, but they hire our graduates into meaningful career management positions offering professional growth and development.”

“The partnership the Department of Hospitality Management has with the Springfield Restaurant Group continues to mature,” said Wang. “Corporate Chef Nick Mileto serves as a member of the department’s industry advisory board. Both Sheila Nuth and Chef Mileto visit our classes each academic year to speak to the students. In addition, they also attend our annual

department career fair each fall. Nicole Buse covers **dining etiquette** in our HOSP 310 Professional Development course; therefore, the students were very comfortable in this setting. This was a great opportunity for the hospitality management students to see the front

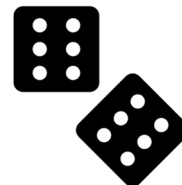
and back of the house of a restaurant operation.” Established in 1979, the Springfield Restaurant Group is comprised of the Hickory Bar & Grille, Iron Bridge Inn, Log Cabin Inn, Rachel’s Roadhouse, and Springfield Grille with locations in Western Pennsylvania and Eastern Ohio.



“This was a great opportunity for the hospitality management students to see the front and back of the house of a restaurant operation.”

HDFID Mentoring Program Game Day

Kalani Palmer (HDFS/FCSE) coordinates the Human Development, Fashion, and Interior Design Department Mentoring program to connect students to others in the department. Junior and senior students are paired with freshmen and transfer students to help shape their experiences as they begin their journey at IUP. The mentors/mentees connect monthly to build their relationship. Mentors provide registration help – where mentors are available as drop-in assistance for students who need help registering for classes. The Department hosted an end-of-the-semester game day with pizza and cookies for the mentors, mentees, and faculty. Everyone had a fun time relaxing and learning some new games during a stressful time of the semester!



Men in Teal Reaching Out

IUP's American Association for Men in Nursing (AAMN) presented to students at the Marion Center High School (PA) information on healthcare careers, nursing, and our IUP nursing program. Both junior and senior high school students were invited, and everyone who attended shared in a good exchange of information. AAMN will continue with their planned outreach efforts to other local schools to spark interest in nursing as a career choice.



Congratulations!

Dr. David Wachob (Kinesiology, Health, and Sport Science) was awarded the University Physical Education Teacher of the Year at the annual PSAHPERD (The Pennsylvania State Association for Health, Physical Education, Recreation, & Dance) conference in Lancaster, PA, in December. He was recognized for his work with ESL students, his public school research in active classrooms, and other commitments to the profession.



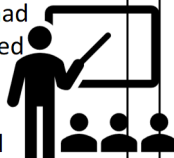
Congratulations!

At the annual PSAHPERD (The Pennsylvania State Association for Health, Physical Education, Recreation, & Dance) conference in Lancaster, PA, in December, Dr. David Lorenzi was awarded the Elmer B. Cottrell Award, the highest award given by PSAHPERD. This award recognizes exceptional service and leadership to PSAHPERD and to the profession. Lorenzi has served as president, executive board member, and journal editor for PSAHPERD in recent years.

Banner Year for Criminology Doctoral Students

For several current and former doctoral students in the Department of Criminology and Criminal Justice, 2019 was a very good year.

One thing these students had in common? Being mentored by CRIM faculty Dr. Bitna Kim. Collectively, Kim mentored and co-authored five manuscripts with five doctoral students/recent alumni that were published in peer-reviewed disciplinary journals during 2019. Nathan Kruis, Chunghyeon Seo, and



Kim published an article entitled, "Revisiting the empirical status of social learning theory on substance use: A systematic review and meta-analysis," in the journal *Substance Use & Misuse*. Matthew Hassett and Kim's article, "Attitudes toward concealed carry on campus: Results from a nationwide survey of criminologists," appeared in the *Journal of Crime and Justice*. Hassett and Seo had a second article published with Kim during 2019 entitled, "Attitudes toward

concealed carry of firearms on campus: A systematic review of the literature," in the *Journal of School Violence*. Kim and Hali Santiago's study, "Rape myth acceptance among prospective criminal justice professionals," appeared in *Women & Criminal Justice*. Lastly, Adam Matz and Kim published, "Working with the police: A positive outlook from a national sample of probation and parole officers," in the *Journal of Police and Criminal Psychology*.



KHSS Majors Club Supports Indiana County Children & Youth Services

The KHSS Majors Club members and faculty teamed with Indiana County Children and Youth Services to provide a Merry Christmas for eight children in need. Each child provided their Christmas wish list to the club. Children ranged in ages from 1.5 to 18 years of age and suggested three to eight gift ideas.

Donations were collected from KHSS Majors Club members and faculty in November. The club advisors, (Dr. Adam Katchmarchi, Dr. Keri Kulik, Mr. Ron Trenney, and Dr. Leslie Stenger) and select KHSS Majors Club members evenly distributed the total collection between the children and headed to the Indiana Walmart for a Christmas shopping extravaganza. With a little help from Santa's elves, all gift requests were fulfilled. Santa's workshop was set up in December to wrap the gifts which were delivered to Indiana County Children and Youth Services for distribution in the hopes of a Merry Christmas for all.



Culinary Alumnus Heating Things Up in Pittsburgh's Strip District

IUP Culinary Alumnus Peter Tolman '08 re-opens Iron Born Pizza in the Strip District. Pete originally opened Iron Born Pizza in 2017 at the Smallman Galley, a food hall and restaurant accelerator from the Galley Group in the Strip District. After spending a couple of years at that location, Pete re-opened his Detroit style pizza place at a new location at 1806 Smallman Street, just blocks from the original location. The new location offers a full bar, many varieties of pizza, house



made pastas, salads, and sandwiches for lunch and dessert.

Pete enlisted help from IUP Culinary Alumnus Ryan Peters '13 to develop the house-made pasta. Ryan is constantly trying out new pasta and bringing different flavors to the restaurant. Iron Born Pizza also has a take-out only location in Millvale. Check out the menu online at www.ironbornpizza.com.

Sigma Theta Tau International Honors Society of Nursing

In November, more than 2,000 STTI members and global leaders in nursing came together in Washington, DC, to celebrate, learn, and share information at the STTI 45th Biennial Convention. The call to action (*Connect. Collaborate. Catalyze.*) was reflected in over 800 oral and poster presentations including representatives of IUP's Department of Nursing and Allied Health Professions.



Dr. Elaine Little presented a poster entitled, "What Factors May Predict Nursing Students' Knowledge and Attitudes Toward Older Persons." She also served with Mrs. Patricia Hockensmith in the House of Delegates, Sigma's governing body. Drs. Elaine Little, Nicole Custer, Kristy Chunta, and Michele Gerwick presented a Podium Presentation entitled, "Promoting Academic Integrity and Professionalism

Within an Undergraduate and Graduate Nursing Program." Other IUP doctoral students and faculty who presented include Jennifer K. Chicca, Kristy Chunta, Nicole Custer, Riah Hoffman, Heather Zonts, Megan Gross, Elizabeth Hammond-Ritschard, Katherine Raker, Patricia Hockensmith, Kristy Sands, Ashley Singh, and Phillip M. Timcheck.



Elaine Little, Nicole Custer, Kristy Chunta, and Michele Gerwick



Jennifer Chicca and Teresa Shellenbarger



Elaine Little and Patricia Hockensmith

Criminology's Bitna Kim Invited to Speak in Thailand



Dr. Bitna Kim, a professor in the Department of Criminology & Criminal Justice, was an invited speaker at the 2019 Training on the Management of Women Prisoners for Senior Correctional Staff in the ASEAN Region, which took place in November in Bangkok, Thailand.

The event aimed to promote awareness of international standards and norms related to the treatment of female prisoners and to equip correctional practitioners with the necessary knowledge and skills in the management of women in prisons. Kim's speech, entitled, "Working with Women Prisoners: The Roles of Prison Staff," was delivered to more than fifty leaders in the field of corrections from eleven countries.

The event, organized by the UN General Assembly and the Thailand government, was hosted by the Thailand Institute of Justice (TIJ).

Respiratory Care Major Alexsae Wyandt is Outstanding

Alexsae Wyandt, a senior Respiratory Care major at Indiana University of Pennsylvania, has been selected by the program faculty as the IUP “2019 Pennsylvania Society for Respiratory Care Outstanding Student of the Year.” She was recognized at the Pennsylvania Society for Respiratory Care Western Regional Conference, held earlier this fall. Wyandt, of Roaring Spring, is the daughter of Gregory Wyandt and Erin Wyandt. She is a 2016 graduate of Central High School. She serves as the president of the IUP Respiratory Care Club student organization. She volunteered to teach cadets in training at the IUP Police Academy on assessing vital signs and taught second grade students from Williamsburg Elementary School on the topic of healthy lungs. She also is a Ronald McDonald House volunteer. A dean’s list student, she is completing an internship this fall. Each year, the Pennsylvania Society for Respiratory Care recognizes students who have



demonstrated both academic and clinical excellence, and who will likely contribute greatly to the profession of respiratory care, both now and in the future. All respiratory therapy schools in the state of Pennsylvania that are fully accredited by the Commission on Accreditation for

Respiratory Care are eligible to present this award once each calendar year. Award winners receive a one-year membership renewal in the American Association for Respiratory Care, free registration to next year’s conference, and a certificate signed by the Pennsylvania Society for Respiratory Care president. Candidates for the award must exhibit academic excellence, commitment and dedication to the profession; excellence in clinical rotations and patient care; professionalism and be judged as most likely to contribute to the PSRC mission. “Alexsae has shown real leadership qualities, true interest in her profession, and academic discipline,” Kathryn Kinderman, assistant professor in the Department of Nursing and Allied Health Professions and director of IUP’s respiratory care program, said. “The faculty and I are very proud of her and our respiratory care students.” Congratulations, Alexsae!

Safety Sciences Major Taylor Pedmo Receives Scholarship

Safety Sciences senior, Taylor Pedmo, received the Mid-Atlantic Construction Safety Council Scholarship. This \$2,500 cash scholarship is given to an undergraduate student studying to be a safety or industrial hygiene professional. Winners are selected based on a submitted essay, grade point average, involvement in safety-related activities or organizations, and letters of



recommendations. Taylor completed a co-op over the summer with Granite Construction where she was part of a \$2.5 billion mega-reconstruction project. She has also accepted an internship position with Hensel Phelps for the upcoming summer. Taylor has her OSHA 30-hour card in General Industry and 10-hour card in Construction. Congratulations, Taylor!

People to Know and Something to Do



In the last issue, we asked readers to identify the last names of the educators that three IUP academic buildings (Wilson, Johnson, and Davis) were named after. After arranging the first letter of the last names and arranging them alphabetically, the initials of an IUP president were revealed! In this case, it was President David J. Werner (2010-2012).

The first winning response to last issue's contest was submitted by Samantha Bowman (Family and Consumer Science Education, Art Studio, and Culinary Arts/Baking & Pastry). A collection of IUP merchandise is on its way to thank Samantha for her participation!



INDIANA UNIVERSITY
OF PENNSYLVANIA

HEALTH AND HUMAN SERVICES

Students from the department of Human Development, Fashion, and Interior Design submitted t-shirt design ideas for the College of Health and Human Services. The winning submission, by Rina Kim, was printed on t-shirts and distributed to all CHHS members at the College Spring Welcome Event in January. Great job, Rina!



Answer a trivia question for this issue's contest:

What current IUP ambassador and HHS sophomore will ask a question on this season's "Hometown High Q"?

Send your answer via email to chhs-deans-office@iup.edu; include your name, IUP connection, and mailing address. The first correct response received will be the winner!



Happily Helping Students

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