October, the month of cool breezes, warm sun, colorful leaves and the anticipation of Halloween. In class, October moves us to mid-term exams or papers. Time speeds by. When I was a program director, the major student coping issues were between Columbus Day and Veteran's Day. I wish all of our students well and encourage them to discuss strategies to succeed with their classmates, faculty or the Office of Student Services. Professional education is much more intense than undergraduate general education and that adjustment predominantly occurs now when the ability to work and/or deal with family and personal obligations runs up against the need to study and study hard.

We as alumni, preceptors, faculty, staff and friends of SHRP can help relieve some of the pressure on the students. How you might ask? You could sign up for mentoring or tutoring students through our Office of Student Services or you could contribute to scholarships. Yesterday, I saw and heard 9 students thank the faculty and staff for providing them with small scholarships. Their messages were simple and to the point. They were thankful for a scholarship rather than a loan they need to pay back. The scholarship eases the burden of their financing their own education, paying for a career change, or reducing debt accumulation when they still have college deferred debt.

Tuition and fees have escalated over the past decade as State support continues to be a smaller contributor to the dollars available to pay for the education system. This increases the burden on the students. You can see our tuition and fees at http://shrp.umdnj.edu/registrar/registr_04_tuition_fee.html. You can help whether you contribute $25 or $25,000. You can contribute to our SHRP student endowment to help students for years to come or contribute to the scholarships to be distributed in 2010. You can also target the money to full-time or part-time students, to only those with financial need or to the program you have the most affinity toward. There are so many unmet needs.

Now if you are a new graduate, you may not have much money to give but you may be able to contribute the price of a dinner. For the last several years, the previous dean, Dave Gibson and now me, have given a donation to the scholarship fund in lieu of gifts for the person who needs nothing.

Take this as a message to consider giving to our students as one of the charities you support. But money is only one way of giving back, many of you give time, our most valuable resource, and we thank you for doing so. Others may want to give time, tutoring/mentoring which is also a great contribution. If you are interested in tutoring/mentoring, contact our Assistant Dean for Enrollment Services at 973-972-6870 or better yet e-mail him at lomnado@umdnj.edu and he will work with Student Services and our program directors to indicate your availability. Interested in financially giving, please click on: http://www.umdnj.edu/foundweb/gift/gift_donation.htm and specify SHRP and the program name if applicable.

SHRP is 1393 students strong this fall, a new high. Many of these students need assistance. Thank you for caring about our students. I wish you a colorful, beautiful autumn season.

Regards,

Julie O'Sullivan Mailet, PhD, FASAHP
“It looks simple—just wave the wand over the patient. How hard could it be? You just have to know if it’s a boy or a girl.” These statements are heard everyday. The TRUTH? It is not SIMPLE, it is HARD. A quote from a seasoned financial advisor who has recently changed her career focus, “I am humbled by this profession. There is another world in medicine; I never knew there could be so much to learn, let alone the skill that this takes…” What profession are we speaking of? Sonography, Ultrasound, Diagnostic Medical Sonography. Difficult to learn, difficult to read, and difficult to do.

THE REALITY - It’s not just “Is it a boy or a girl?” BUT, are the lungs and limbs, brain and bladder, spine, heart & kidneys healthy & free of pathology? These are just some of the areas of the fetus that we need to meticulously examine. AND what about the REST: The breast and the thyroid, the testicles, prostate, liver, gallbladder, spleen, pancreas, kidneys, uterus and ovaries—just to mention a few other significant organs in the body that we examine and must understand all the disease processes associated with each organ. Likewise, another area that is examined utilizing sonography are the blood vessels throughout the body. These examinations are performed primarily by a Vascular Technologist who utilizes both direct and indirect technologies to perform and evaluate vessels.

Quality of life was what a young diabetic was hoping to enhance when he entered the vascular surgeon’s office. Having been diagnosed with Type I diabetes at age 13, he’d been living for three decades with good kidney function until he received the news that kidney failure left him with no alternative but to begin hemodialysis. The surgeon offered him a procedure that’s been proven to ease dialysis access: he would create an arterio-venous fistula. The first step, however, was for the patient to see the vascular technologist who mapped out, via ultrasound, viable veins and arteries necessary for the procedure. The vascular technologist’s findings may help the dialysis patient remain comfortable and complication-free for the long haul.

This illustrates just one aspect of how the vascular technologist can improve lives—in fact, vascular techs may literally save life and limb. Everyday, vascular techs help diagnose life-threatening pathologies like deep vein thrombosis and aortic aneurysm, as well as help prevent stroke and spare patients the trauma and risk of limb amputation. While the vascular field continues to evolve, UMDNJ’s Vascular Technology Program’s graduates continue to meet the needs of an aging population.

Diagnostic Medical Sonographers and Vascular Technologists are highly skilled professionals. Through a strong science and medicine emphasis, the student acquires skills to carry out sonographic examinations and gains the ability to recognize normal and abnormal sonographic patterns. These experiences are provided in a wide variety of health care settings with varied populations.
Nuclear Medicine, Vascular Technology, Diagnostic Imaging Technologies (CT, MRI and Mammography) and Radiology Assistant Programs, Diagnostic Medical Sonography and Vascular Technology are only two of the imaging modalities professional programs offered in the Department of Medical Imaging Sciences. The department consists of 5 programs: Diagnostic Medical Sonography, So what about Nuclear Medicine?? For most people, the word nuclear conjures up images of mushroom clouds and power plants, however, without nuclear or radioactive material the field of nuclear medicine would not exist. Nuclear medicine to most is confusing if not unknown, but it provides very specific diagnostic information on many diseases and physical ailments. Nuclear medicine is part of diagnostic radiology, but the difference between it and X-ray is that all of the radiation comes from the patient. Technologists in Nuclear Medicine administer small amounts of radioactive pharmaceuticals to their patients which is absorbed or metabolized by specific organs. The radiation from these pharmaceuticals, known as gamma rays, leaves the patients body where it is seen by detectors. Computers attached to the detectors then generate images of the distribution of radioactive material in the patient’s body. Images of almost any body part can be made in this manner. Nuclear medicine can give information to the physician about how well an organ is functioning as well as what it looks like.

Graduates of these 3 post-professional programs can receive either a certificate or a Bachelors of Science in Allied Health Technologies degree.

The department offers advanced professional programs that are designed for Licensed Radiographers. The Diagnostic Imaging Technologies (DIT) program offers a Bachelors Degree in Health Sciences and Radiology Assistant program which is a Master’s level program.

When most people hear the word “radiation” thoughts of genetic mutations, hair loss and other images are evoked. However, this is not the case in the field of medical radiology. Radiographers are highly skilled individuals that utilize ionizing radiation (X-rays) with highest principles of radiation protection. They create images of the body to provide physicians with diagnostic information. They use advanced technology, highly developed skills in human anatomy, physics and quality radiologic care. Radiographers also have the opportunity to branch into other imaging disciplines such as Magnetic Resonance Imaging (MRI), Computed Tomography (CT) and Mammography which are the specialty areas offered in the DIT program. Medical MRI technologists utilize magnetic resonance imaging scanners which do not utilize ionizing radiation, but the principles of magnetism to demonstrate anatomy and produce a diagnosis. A Computerized Imaging technologist utilizes computerized tomography (CT) scanners to produce cross-section images of patients’ internal organs and tissues. CT scanners, unlike MRI scanners utilize radiation for the diagnosis of medical issues. In Mammography, radiation is utilized to produce images of the breast for screening or for the detection of breast disease. A new and exciting career ladder is now available for radiographers, known as the radiologist assistant. The radiologist assistant enhances patient care by extending the capacity of the radiologist in the diagnostic imaging environment. The radiologist assistant performs patient assessment, patient management, fluoroscopy and other radiology procedures. They also make initial observations of diagnostic images, but do not provide an official interpretation. Radiologist assistants can provide their service in a variety of medical settings where the radiologist is responsible for the interpretation of the procedures.

All the programs within the department require a high level of physics (MRI, Ultrasound, Nuclear Medicine and Radiation physics) as well as Anatomy, Physiology and Pathophysiology. What else do we have in common? Barbara Herbert and Christie Tragno, our two industrious secretaries. They are the glue that holds these individual programs together. We all share something else - COMPASSION- because without that, these would just be regular jobs.
Upcoming Events

4th Annual Education in Health Careers Fair

Wednesday, October 21, 2009
5:00 pm–7:00 pm

Academic Center, One Medical Center Drive, Stratford, NJ

Learn how you can further your education and career at the School of Health Related Professions and other Schools of UMDNJ.

SHRP Offers:
- Doctorate in Physical Therapy
- MS in Psychiatric Rehabilitation
- MS in Rehabilitation Counseling
- AAS in Respiratory Therapy

Online programs include:
- PhD in Health Sciences
- Doctorate in Clinical Nutrition
- MS in Health Sciences
- MS in Health Systems
- BS in Health Sciences

Colloquium Series

Each colloquium will be broadcast live from Scotch Plains to Newark and Stratford. For full details go to: More Info

October 8, 2009 6:00-8:00 PM
Mark Chae, Ph.D.—Relationship of Multidimensional Perfectionism, Procrastination, and Self-efficacy among a Diverse College Population

October 9, 2009 10:00 AM -12:00 Noon
Peter Basto, M.S.; *Doctoral Dissertation Colloquium*
The Impact of Self-Help Center Characteristics on the Satisfaction and Empowerment of People with Serious Mental Illness

December 10, 2009 6:00-8:00 PM
Amy Spagnolo, Ph.D.—Examining the Effect of Anti-Stigma Messages on the Attitudes of Early Adolescents

February 11, 2010, 6:00-8:00 PM
Carlos Pratt, Ph.D. and Russ Smith, M.S.—Report on Psychiatric Rehabilitation in Pakistan Project

March 25, 2010, 6:00-8:00 PM
Peggy Swarbrick, Ph.D., Amy Spagnolo, PhD, Michelle Zechner, MSW, Ann Murphy, MA
Peer Wellness Coach

May 6, 2010, 6:00-8:00 PM
Melissa Roberts, Ph.D.—Social Cognitive Career Theory

June 24, 2010, 6:00-8:00 PM
Annette Backs, M.S.W. and Peter Basto, M.S.—Engagement Strategies for Undergraduate Psychiatric Rehabilitation Web-Adverse Students

For more information please contact Lia Lewis, 908-889-2535, lewisel@umdnj.edu or our website: http://shrp.umdnj.edu/smi/

10/20—Scotch Plains Campus
Flu Shots available

10/23—President’s Lecture Series:
The Wounds of War: Healthcare on the Battlefied and Beyond
11am-NJDS Oral Health Pavilion, Rm B961 & B963

10/26—Faculty Orientation—Part II

03/11—President’s Lecture Series:
Immigration policy and its Impact on Academic Health Centers; 1pm, location TBA

04/06—Lives We’ve Changed
(in conjunction with CINJ); 2pm, New Brunswick, location TBA

Latino Heritage Month

Closing Celebration
Thursday, October 15, 2009
12noon—2pm, Oral Health Pavilion, NJDS

“A Perspective on the status of health care for Latino children” by Arturo Brito, MD, MPH

Cultural Display: Cultural artifacts, books and more on display now through the end of October in MSB, Glass Case on B-Level behind B-552.

Read about the Medical Imaging Sciences Programs on page 2 & 3
**Elluminate Live! Training at SHRP**

As part of our goal to expand the use of Elluminate Live! to the SHRP community, we will be conducting training sessions for all faculty and staff who desire to use Elluminate Live! for on-line instruction and/or web conferencing needs.


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**Changes in Employee Reimbursements**

As previously announced in the September 11, 2009, UMDNJ Advancement and Communications 'This Week at UMDNJ', effective October 1, 2009, employee reimbursements will no longer be processed via petty cash. In order to better serve the UMDNJ community while ensuring strong internal controls, all employee payments will be paid through your biweekly payroll check/direct deposit as a non-taxable reimbursement.

Employees should continue requesting payments using the travel advance (TA), travel expense (TE) and request for check (RFC) forms available through the [https://my.umdnj.edu](https://my.umdnj.edu) portal and submitting the completed and approved forms to Accounts Payable. After submitting the form, you will receive an email on the Monday prior to payday advising you of the reimbursement in your paycheck. The notice will include the TA/TE/RFC number and amount. You will be able to see this reimbursement by clicking on the 'View Paystub' link in the Banner Self-Service channel at [https://my.umdnj.edu](https://my.umdnj.edu).

If you have any questions, email accountspayable@umdnj.edu or contact Gary Kucsan, Accounts Payable Manager, at 732-235-9146.

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**MindSafe: Self-Defense Class**

**Attention SHRP Students!**

The Domestic Violence Awareness Group will be putting on a self defense class called MindSafe and would like your input! Please click on the link provided below to let the group know which techniques and situations you would like to learn more about. This program is taught by NJMS students who have experience in martial arts/self defense as well as members of the UMDNJ Department of Public Safety. Please take advantage of this wonderful opportunity!


Information regarding date/time/location will be provided shortly. If you have any questions, please feel free to contact either myself (edwardd1@umdnj.edu) or Amy Chen (njmsdvag@gmail.com) the NJMS Student Council President who is coordinating this event. Thank you!

- Dana Edwards
  Student Senate Secretary

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**Student Writing Competition in Legal Medicine and Bioethics**

Every year, the American College of Legal Medicine (ACLM) presents a $1,000 award for the outstanding original paper on Legal Medicine in various categories and up to $1,000 for three outstanding original papers written by law or health professions students on topics in Bioethics.

**Information & Application Criteria on Writing Competition**

Information and Application Criteria for Bioethics Student Writing Competition

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**UMDNJ TOASTMASTERS**

~ A Communication and Leadership Group ~

**The Answer to Your Communication Needs**

Read more at: [http://umdnj.freetoasthost.info/](http://umdnj.freetoasthost.info/)

**Meeting: Wednesday, October 14, 2009**

5pm - UBHC Room 1425, Newark

**Meeting: Thursday, October 22, 2009**

12 Noon - SSB Room 332* (Computer Lab), Newark

*Please note change in date/room for this month only
A Woman’s Tale: Feeding the Hungry

Forleasadon Harper is a single mother of 3 young children and part-time employee of the Rutgers/UMDNJ Supplemental Nutrition Assistance Program grant (SNAP-Ed). SNAP-Ed functions under SHRP-Nutritional Sciences Department. Ms. Harper is also a great cook and brings that talent to Lyons Avenue, Newark each Thanksgiving.

Six years ago, she had a dream in which she was instructed to feed those less fortunate. The dream dictated the place, to ask for donations from friends and family, and to cook the food herself. So she did. The first year, about 90 families were fed. This past year, that number was up to 250. A tent is set up with tables to serve from. Weather conditions do not matter – they have seen rain, sun, and frigid cold conditions. If they are there, the people come, no matter what.

A typical menu includes roast turkey with gravy, glazed ham, collard greens and cabbage, string beans, baked macaroni and cheese, glazed yams, stuffing, yellow rice, black-eyed peas, potato salad, dinner rolls, and a variety of cakes and pies for dessert. Food is distributed in styrofoam containers in a plastic carrying bag complete with plastic utensils, napkin, salt and pepper. Everything is cooked by Ms. Harper.

Items needed for that day:

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>15 Turkeys</td>
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<tr>
<td>20 boxes elbow macaroni</td>
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<tr>
<td>50 lb. red potatoes</td>
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<tr>
<td>6 restaurant-size cans of string beans</td>
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<tr>
<td>6 restaurant-size cans of collards</td>
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<tr>
<td>24 boxes stuffing mix</td>
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<tr>
<td>1 large jar Saucy Susan</td>
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<tr>
<td>26 lbs butter</td>
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<tr>
<td>20 lbs smoked turkey butts</td>
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<tr>
<td>6 restaurant-size cans of sweet potatoes</td>
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<tr>
<td>3 Hams</td>
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<tr>
<td>25 lbs of white rice</td>
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<tr>
<td>50 lb. cabbage</td>
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<tr>
<td>1 large jar honey</td>
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<tr>
<td>5 dozen eggs</td>
<td></td>
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<tr>
<td>24 cans evaporated milk</td>
<td></td>
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<tr>
<td>(2) 5-lb bags of shredded cheddar cheese</td>
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<tr>
<td>(2) 5-lb logs of Velveeta</td>
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<tr>
<td>20 lbs smoked turkey butts</td>
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<tr>
<td>20 lbs of white rice</td>
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<tr>
<td>6 restaurant-size cans of sweet potatoes</td>
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<tr>
<td>300 dinner rolls</td>
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<tr>
<td>6 restaurant-size cans of sweet potatoes</td>
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Between October 12th and November 20th, SHRP will be collecting the above items. For perishable items, please consider a Pathmark or Shoprite gift certificates. Items/ certificates are being collected by the Dean’s office on the respective campuses and the Program Director’s office on the Piscataway campus.

(L-R) Malikita Wright, Debra Hagan and Devon Harper serving the food.

(L-R) Morris Jones and Forleasadon Harper serving the food.

(L-R) Malikita Wright, Debra Hagan and Devon Harper Relatives and friends of Ms. Harper that assists her.
Alumni Highlights

Ilia Spaho, Cytotechnology Program graduate-Class of 2009 participated at the Poster Session of the 35th European Congress of Cytology in Lisbon, Portugal for September 27-30, 2009. The title of the poster is "Cytodiagnosis of Hyalinizing Trabecular Adenoma of the Thyroid".

Ilia Spaho, Cytotechnology Program graduate-Class of 2009 received the New Jersey Association of Cytology’s Antonin Kostecky Student of the Year Award on September 26, 2009 at the NJAC's annual workshop and meeting held at The Sheraton by the Hudson, Weehawken, New Jersey.

Faculty Highlights

Grants

Carolyn Breen, EdD, Professor and Chairperson, Allied Dental Education, was awarded $9,000.00 by the Foundation of UMDNJ, in support of Senior Care Dental Program. These funds are a result of the grant from Delta Dental of New Jersey Foundation.

Presentations


Mark H. Chae, PhD, Associate Professor, Psychiatric Rehabilitation and Counseling Professions, presented “Ethnic Identification, Spirituality, Acculturation and Quality of Life among Korean Americans” at the 117th Annual Convention of the American Psychological Association, Toronto, Canada, August 6, 2009.

Publication


Special Recognition

Cecilia Vallejo, MD, Associate Professor, Clinical Laboratory Sciences, Program Director, Cytotechnology Program participated at the Poster Session of the 35th European Congress of Cytology in Lisbon, Portugal from Sept. 27-30,2009. The title of the poster is "Cytodiagnosis of Hyalinizing Trabecular Adenoma of the Thyroid".

Cara DeNunzio, BS, BA, Clinical Instructor, Respiratory Care Program-North, received formal approval of her Master's thesis. On November 29, 2009, Cara will be conferred her Master's of Science in Public Health degree from Walden University. We congratulate Ms. DeNunzio for this outstanding accomplishment!
Dean’s Reception Highlights

2009 Scholarship Recipients

CHAMPIONS ENDOWED SCHOLARSHIP
Christian Spencer—Physician Assistant
Joel Summer—Physical Therapy

W.PAUL STILLMAN ENDOWED SCHOLARSHIP TRUST FUND
Sarah Nezworski—Physician Assistant
Molly Speight—Physician Assistant
Erin Mathedal—Physician Assistant
Erica Novack—Dietetic Internship
Elizabeth Coover—Dietetic Internship
Karolina Starczak—Dietetic Internship
Tiffany Lee—Physical Therapy
Justina Soltren—Physical Therapy
Nadege Nerette—Physician Assistant
Yusie Kim—Dietetic Internship
Onaney Ortiz—Coordinated Dietetics
Allison Perez—Dietetic Internship
Priya Prakash—Dietetic Internship
Michael D’Agati—Health Sciences
Glorimar Weaver—Physician Assistant

STUDENTS ASSISTANCE ENDOWMENT (FOUNDATION OF UMDNJ SCHOLARSHIP)
Sarah Oburi-Yeboah—Dental Hygiene

NEW JERSEY STATE EMPLOYEES CHARITABLE CAMPAIGN (NJSECC) - SHRP FACULTY AND STAFF SCHOLARSHIP
Rachael Cairns—Physical Therapy
Vanessa Wieszun—Physician Assistant
Devon Rutherford—Physician Assistant
Himabindu Venigalla—Biomedical Informatics

PHYSICAL THERAPY SCHOLARSHIP
Carolyn Craft—Physical Therapy
ELLEN C. ROSS ANNUAL SCHOLARSHIP
Karen Huhn—Physical Therapy

ANDREW MCCORMICK MEMORIAL SCHOLARSHIP
TBD

NUTRITION SCHOLARSHIP
Onaney Ortiz—Coordinated Dietetics
Cheryl Marsland—Clinical Nutrition

Service Recognition

10 Years of Service
Peter Basto
Ericka Heggins
Dinesh Mital
Masayuki Shibata
Joyce Ann O’Connor
Janice D. Oursler
David Kietrys
Laura Phillips
Susan Pitzel

15 Years of Service
Edward T. Kelley, II
Patricia Fay
Sylvia Pena
Lisa Rustemeyer

20 Years of Service
Nancy Kirsch
Marie Nardone

25 Years of Service
Alma Merians

35 Years of Service
Elaine Keohane

“The best way to find yourself is to lose yourself in the service of others.”
- Mahatma Gandhi (1869 –1948), political and spiritual leader of India