“Heap high the board with plenteous cheer, and gather to the feast, and toast the sturdy Pilgrim band whose courage never ceased.”

—Alice W. Brothertown, The First Thanksgiving Day

Thanksgiving is the time of celebrating the strength of our forefathers (and mothers) who had the courage to strike out to a new land for a better life and the right to religious freedom. The Pilgrims lead the way for our country to be formed, (at least in the northeast region of our country). Thanksgiving is a joyous toast and a feast to celebrate relentless courage despite adversity.

The economy is improving but many of us have faced a year of challenges with financial losses, job losses and the losses of friends and family that are a part of life. Yet, like the Pilgrims we should be thankful for what we have and celebrate our courage to see the beauty of the future.

SHRP, like many institutions of higher education, have shifted into institutions that are much more tuition dependent. Thus, our students are paying a larger part of the cost of their education. I see our students sacrificing to continue their education. I encourage all of us to include SHRP student scholarships as part of our charitable contributions.

Now let’s celebrate a few firsts at SHRP. Adam Perlman, Chair of the Department of Primary Care received our first R01 grant and Eugene Tunik, faculty in the Department of Rehabilitation and Movement Science received our first K award. Our new M.S. in Clinical Trial Sciences started in Fall 2009. Fifteen dietetic faculty, alumni and students presented at the annual Food and Nutrition Conference and Exhibition. Across the school, the faculty and students are hard at work advancing allied health and improving patient care.

Last week at the Association of Schools of Allied Health Professions (ASAHP) in San Antonio, one speaker estimated that we need 8 allied health professionals for every medical doctor. I believe that and that the future holds more allied health students providing health care to reduce medical costs.

I encourage you to be “sturdy” health professionals and have the courage to promote quality, affordable health care to improve patient/client care. If the country succeeds in reforming health care, we should cheer, toast and feast.

Happy Thanksgiving! Enjoy the treats of puddings, stuffing and pumpkin pies.

Regards,

Julie O'Sullivan Maillet, PhD, FASAHP

Happy Thanksgiving!
Allied Health Week Celebration—November 1—7, 2009

The UMDNJ – School of Health Related Professions celebrates Allied Health Professions Week November 1 - 7. Take time to celebrate the accomplishments of those allied health professionals that have gone before us and who brought awareness to others who have yet to learn about the wonderful efforts and careers afforded by allied health.

Allied Health Professions Week is celebrated nationally each year to honor health care providers. Allied Health Professionals constitute about 60 percent of all health care providers who greatly influence health care delivery by supporting, facilitating, and complementing the roles of physicians and other health care specialists. This collaboration enhances the quality of care.

Allied health includes all of the health-related disciplines with the exception of medicine, nursing, osteopathy, dentistry, veterinary medicine, optometry, pharmacy, and podiatry. Allied health professionals are involved with the delivery of health related services pertaining to the identification, evaluation, and prevention of diseases and disorders; dietary and nutritional services; rehabilitation and health systems management, among others.

To learn more about allied health careers, go to the SHRP website http://shrp.umdnj.edu/index.html. For a listing of programs offered by SHRP: http://shrp.umdnj.edu/admissions/admissions05_brochures.html

Learn more about the allied health professions by going to: http://www.asahp.org/

‘Why I chose to study Physical Therapy’
by: Amanda C. McDonald/ DPT Program Class of 2011
1st place winner of the Allied Health Week Essay Contest

A career as a physical therapist will be my claim to fame. It will provide me with the essential tools to participate in the care for family, friends and more importantly, it will be the driving force for my patients to reach their fullest potential during rehabilitation.

My passion for healthcare was challenged during my first year of undergraduate studies at Howard University. My initial mission was to become a medical doctor specializing in obstetrics and gynecology, however, those plans were quickly changed in December 2005. My mother who is a fifteen year employee here at UMDNJ was involved in a traumatic car accident, fracturing her lumbar vertebrae (L3 through L5). This left her very dependent on family and I was faced with making a decision to withdraw from school and stay at home to personally care for her, or return to school and continue my educational journey. I have always been my mother’s driving force and her efforts consisted of ensuring that I had a college education, and now I was dealt this hand in life.

During my mother’s inpatient stay at University Hospital, I had the pleasure of meeting Ms. Marcia Downing, a physical therapist and graduate of UMDNJ’s physical therapy program. I was very impressed with Ms. Downing’s skills as a therapist and the compassion and dedication she showed to get my mother back to a normal lifestyle. It was a very rigorous plan of care and it made me eager to participate, however, I felt handicapped by my lack of knowledge and training. It was then that I really received an overall snapshot of a good physical therapist. As a result of my mother’s injury, my decision was made in spring 2006 to change my major to pre-physical therapy and apply to UMDNJ’s Doctor of Physical Therapy program upon graduation.

While pursing my doctorate degree here at UMDNJ – School of Health Related Professions, I have met experienced professors who are very knowledgeable in the field. I have had the opportunity to apply what I have learned in the classroom and clinical setting to a second injury my mother encountered during a weekly family and friends kickball game which left her immobilized for four months. This time around her recovery will be a lot easier and it makes me proud to be able to assist her without any reservations.

Life has really been a roller coaster ride, but without the guidance from my mother, professors and extended family, none of this would be possible. I can say with great confidence that my academic progress indicates dedication, perseverance, and commitment to my career goals. I am looking forward to practice as a physical therapist so that I may improve the quality of life of all those I touch through evidence-based practice, clinical expertise, and excellence in patient care.
Foundation of UMDNJ

Over the past eight years, the Foundation of UMDNJ has more than tripled the number of scholarships we manage on behalf of UMDNJ. In 2008, almost $1.3 million in scholarships were awarded to students throughout UMDNJ’s eight schools, from both our endowed funds and from the annual gifts of alumni and other donors who want to support excellence in education at UMDNJ.

One of the first scholarships established at SHRP was the W. Paul Stillman Endowed Trust Fund, which was created in 1994 through a bequest from Mr. Stillman, who was chairman of the former Mutual Benefit Life Insurance Company and First National State Bank, both now part of Wachovia Bank. Mr. Stillman died in 1989 and left a will which gave his estate to a trust for the benefit of his wife during her lifetime, with all of the funds to go to charity after her death. Mrs. Stillman died in December, 1992. After her death, the Stillman estate gave a total $1 million to SHRP, which was used to establish a teaching laboratory and the endowed scholarship fund.

This fall, the Foundation of UMDNJ is beginning a new drive on behalf of SHRP to raise scholarship dollars for the School’s allied health students throughout its 33 programs. As the demand for highly-skilled professionals in the allied health continues to grow, the generosity of SHRP alumni, faculty and staff, and others play a crucial role in helping students afford their educations, especially during this challenging economy. Scholarship donations to the Foundation of UMDNJ can be designated to any SHRP program and are tax deductible.

For more information, please contact Regina Beleckas Kelly, Director of Development for SHRP, at 908-731-6594 or rkelly@njhf.org.
Upcoming Events

Institute for Complementary & Alternative Medicine (ICAM)
Co-sponsored by:
UMDNJ - School of Nursing and NJMS Center for Humanism and Medicine


presented by Mark Hyman, MD

Friday, November 6, 2009, 12:00 - 1:00 p.m.
Medical Science Building - Rm B552

In this lecture, Dr. Hyman will:
* explore policies for health reform that address causes of chronic disease that affect 78% of our population and accounts for $2.1 trillion in costs.
* share his observations on the process of policy change and strategies for effective health reform.

***CE Credit Available and Lunch Provided

3rd Annual Nutrition and Supplements in Clinical Practice Conference

Sponsored by: Atlantic Health and the Foundation for Integrated Medicine in conjunction with the Institute for Complementary and Alternative Medicine of UMDNJ

Friday, November 6, 2009
Morristown Memorial Hospital, Malcolm Forbes Amphitheater

For more information and to register:
http://shrp.umdnj.edu/news_events/community/documents/ICAM_Nutraceuticals_09_10_02.pdf

Second Annual UMDNJ-wide Global Health Fair

Wednesday, December 2 — 6pm - 9pm
Clinical Academic Building, New Brunswick

The event will consist of poster presentations by students and faculty highlighting efforts by the UMDNJ Community to increase awareness, research and health care from a global perspective. The fair will also include keynote speakers from organizations committed to improving global health issues including clinical care and environmental issues. The Global Health Fair was developed through a small grant from the Paul Ambrose scholars program awarded to Purvi Shah, Physician Assistant Class of 2010. This year’s Global Health Fair will be coordinated through a partnership between the SHRP-Physician Assistant Program and Robert Wood Johnson Medical School Office of Global Health.

SHRP students or faculty who wish to participate in the poster session should contact Claire O’Connell by November 9, 2009 (oconnecb@umdnj.edu). All faculty, staff, and students are encouraged to attend this eye-opening event.

More Info: http://shrp.umdnj.edu/news_events/community/index.html#8

11/06—ICAM’s Distinguished Lecture Series—see page 3
11/30—Professional Development Webinar—see page 6
12/02—2nd Annual Global Health Fair; CAB; 6pm to 9pm
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

2009—2010 Colloquium Series

Many interesting and informative topics. Each colloquium will be broadcast live from Scotch Plains to Newark and Stratford. For more information, go to:
http://shrp.umdnj.edu/news_events/community/index.html#21

UMDNJ TOASTMASTERS

~ A Communication and Leadership Group ~

Read more at:
http://umdnj.freetoasthost.info /

Meeting: 2nd and 4th
Wednesday,
5pm - UBHC Room 1425,
Newark

Meeting: 1st and 3rd
Thursday,
12 Noon - SSB Room 503,
Newark
2009 Employee Charitable Campaign (ECC)

As outlined in Dr. Owen's memorandum concerning the 2009 Employee Charitable Campaign (ECC) we are reminded that: ‘As an academic health center, our core mission is to help others...... Our professional commitment to act charitably sets us apart as clinicians, educators, researchers, administrators and staff.’

The ECC represents an opportunity to demonstrate our commitment to our local and global community and our generosity of spirit. The campaign solicitation period will run from Oct 27 through to Dec 7, 2009. Once again, e-pledging is available as a method of contributing. For those interested in e-pledging, please click on: http://uwgmc2k. umgmc.org/UMDNJ and follow the directions.

PLEASE, PLEASE, PLEASE NOTE:
If you are interested in pledging to support SHRP Scholarships through the Foundation of UMDNJ, please use pledge cards.

Blank pledge cards will be forwarded to all who contributed through the Foundation last year. As this campaign has ‘gone green,’ pre-printed pledge cards have been eliminated; therefore blank ones have been requested for SHRP's who have a history of contributing and there are oodles more available for anyone else who wants to contribute to SHRP Scholarships through the Foundation.

Although e-pledging works well for contributing to all the other charities listed, pledging to the Foundation for SHRP scholarships requires a print-out be made & then ‘SHRP Scholarships’ be hand-written on the print out, therefore the advice re: using the pledge cards instead.

To use the pledge cards for contributing to the Foundation of UMDNJ for SHRP Scholarships:
1. Fill in all the pertinent info re: yourself
2. List the recipient as the Foundation of UMDNJ (# 6527)
3. Then write-in ‘SHRP SCHOLARSHIPS’

Once you have completed the card, please send it back to: Ted Kelley, EdM, Associate Dean, Scotch Plains campus

If you have any questions or need assistance please contact: (Tel: 908-889-2499) kelleyed@umdnj.edu

Food Donations: Thanksgiving is Almost Here!

With Thanksgiving right around the corner, and many without a warm meal have you wondered how you can help?

Here's one way! Help ** Forleasadon Harper **, an employee in SHRP’s Nutritional Science Department - Rutgers/UMDNJ’s Supplemental Nutrition Assistance Program (SNAP-Ed), to feed the many that she increasingly does on Lyons Ave., Newark annually.

To read more about this go to: http://shrpnet.umdnj.edu/monthroprt/0910Newsletter.pdf

You could best support this program as you have for the past several years by providing non-perishable items on her list. For the perishable items, please send/bring a Shoprite or Pathmark gift certificate to the Dean’s office in Newark. *See across for the list.

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

Food Donation Requests

Items requested:
15 Turkeys
3 Hams
20 boxes elbow macaroni
25 lbs of white rice
50 lb. red potatoes
50 lb. cabbage
6 rest. size cans of string beans
1 large jar honey
6 rest. size cans of collards
5 dozen eggs
24 boxes stuffing mix
24 cans evaporated milk
1 large jar Saucy Susan
(2) 5-lb bags cheddar cheese
26 lbs butter
(2) 5-lb logs of Velveeta
20 lbs smoked turkey butts
300 dinner rolls
6 rest. size cans sweet potatoes
Alumni Highlights

Stephen Kanter, MSPT '99, DPT '04, alumni, Rehabilitation and Movement Sciences, appeared in the publication Media Planet, Multiple Sclerosis, discussing approaches to treating foot drop in individuals with multiple sclerosis.

The following alumni from the Department of Nutritional Sciences presented on the American Dietetic Association's Food and Nutrition Conference and Exhibition in Denver, Colorado on October 17-20.

Susan Stankorb, presented, “The professional practices of nutrition focused physical examination among registered dietitians” on October 18th.

Therese Regan, presented, “Knowledge, perceptions and practices of registered dietitians in the dietetic practice group, consultant dietitians in health care facilities, regarding the american dietetic association’s standardized language to document the nutrition care process”, on October 18th.

Rian Sutherland, presented, “Insulin pump therapy for children and adolescents with Type 1 Diabetes Mellitus: A description of the changes in quality of life, and metabolic parameters and BMI percentile prior to and post initiation of insulin pump therapy,” on October 18th.

Marion Winkler, PhD, presented, “2009 Lenna Frances Memorial Cooper Lecture—Living with enteral and parenteral nutrition: how food and eating contribute to quality of life,” on October 18th.

Lisa Silberman, presented, “The impact of an enteral nutrition continuing education program for intensive care unit nurses on their knowledge of enteral nutrition and the enteral nutrition protocol at an acute care, community, level-two trauma hospital,” on October 18th.

Nikki Clark, presented, “The effect of peer nutrition counseling in a health and wellness 100-level course on anthropometric, dietary and physical activity outcomes,” on October 19th.

Cindy Atwell, presented, “Body image self perception,” on October 20th.

Ivonne Anglero, presented, “Clinical outcomes of medical nutrition therapy implemented by a licensed dietitian to hispanic female patients with type 2 diabetes mellitus living in Puerto Rico,” on October 20th.

Rachael Brauer, presented, “Obesity prevalence, perceived needs and preferred modalities for nutrition education among parent/child dyads in an urban pediatric primary care clinic: an exploratory needs assessment,” on October 20th.

Laurice Wong, presented, “Perceived needs, interests, and practices in weight management of faculty, staff, and students from an academic health science center,” October 20th.

Alberta Scruggs, presented, “The diabetes obesity wellness opportunity program,” on October 20th.

Student Highlights

Presentations

Carrie King, student at the Department of Nutritional Sciences, presented “Needs assessment of instructional resources for implementation of research competency in dietetics supervised practice programs,” at the American Dietetic Association's Food and Nutrition Conference and Exhibition in Denver, Colorado on October 17-20.

Claire DiVito, student at the Department of Nutritional Sciences, presented “Effect of medical nutrition therapy on health related quality of life among overweight/obese older adults: a pilot study,” at the American Dietetic Association’s Food and Nutrition Conference and Exhibition in Denver, Colorado on October 17-20.

Nancy Rosivack, student of Health Information Management Program, volunteered to at the Haunted Halloween Trail at Children's Specialized Hospital in Mountainside.
Community Outreach

Barbara Manger, MPA, Associate Professor, Health Informatics; Program Director, Health Information Management and Edmund Manger, MAS, Adjunct Assistant Professor, Health Informatics volunteered to work at the Haunted Halloween Trail at Children’s Specialized Hospital in Mountainside. The hospital converted two levels of the parking deck into a haunted trail with spooky characters and animated displays for their patients and guests.

Publications

The faculty from the Department of Psychiatric Rehabilitation and Counseling Professions have the following publications:

Kenneth Gill, PhD, Professor and Chair; Ann A. Murphy, MA, Assistant Professor; William Burns-Lynch, MA, Assistant Professor; Margaret Swarbrick, PhD, Clinical Assistant Professor. “Delineation of a job role.” Journal of Rehabilitation (75), 23-31. 2009.

Kenneth Gill, PhD, Professor and Chair; Ann A. Murphy, MA, Assistant Professor; Amy Spagnolo, MS, Assistant Professor & Program Director, MS in Psychiatric Rehabilitation; Michelle Zechner, MS, Instructor, Margaret Swarbrick, PhD, Clinical Assistant Professor. “Co-morbid psychiatric and medical disorders: challenges and strategies.” Journal of Rehabilitation (75), 32-40. 2009.

Margaret Swarbrick, PhD, Clinical Assistant Professor; Carlos Pratt, PhD, Professor & Program Director, Psychiatric Rehabilitation; Schmidt, L. “Peer run self-help centers: the impact of the social environment on member empowerment and satisfaction.” Journal of Psychosocial Nursing (47), 40-47. 2009.

Margaret Swarbrick, PhD, Clinical Assistant Professor; Francine Bates, MS, Assistant Professor; Melissa Roberts, PhD, Professor & Program Director, Integrated Employment Institute. “Peer employment support: a model created through collaboration between a peer-operated service and university.” Occupational Therapy in Mental Health, (25), 325-334. 2009.

Margaret Swarbrick, PhD, Clinical Assistant Professor. “Historical perspective: from institution to community.” Occupational Therapy in Mental Health, (25), 201-223. 2009.

Margaret Swarbrick, PhD, Clinical Assistant Professor. “Collaborative support programs of New Jersey.” Occupational Therapy in Mental Health, (25), 224-238. 2009.

Margaret Swarbrick, PhD, Clinical Assistant Professor. “A wellness and recovery model for state hospitals.” Occupational Therapy in Mental Health, (25), 252-299. 2009.

Margaret Swarbrick, PhD, Clinical Assistant Professor. “A wellness and recovery model for state hospitals.” Occupational Therapy in Mental Health, (25), 343-351.

Margaret Swarbrick, PhD, Clinical Assistant Professor. “Does supportive housing impact quality of life?” Occupational Therapy in Mental Health, (25), 352-366.

Margaret Swarbrick, PhD, Clinical Assistant Professor; Stahl, P. “Wellness and recovery through asset building services.” Occupational Therapy in Mental Health, (25), 335-342. 2009.

Margaret Swarbrick, PhD, Clinical Assistant Professor; Jay Yudof, MS, alumni. “Words of wellness.” Occupational Therapy in Mental Health, (25), 367-412. 2009.

Faculty Highlights

Professional Development Webinars (To: All SHRP Faculty)

A Collaborative Initiative from SHRP’s Faculty Development Committee and the ANGEL Faculty Advisory Task Force Presents:

“Professional Development Webinars Using Online Discussions To Enhance Teaching”

Monday, November 30th @ 2 PM

To join the session, please click on the link below within 30 minutes of the session start time.

http://www.tinyurl.com/SHRPAngelWeb

For information contact: Joseph Schwenkler, MD; Chair, Faculty Development Committee: schwenjo@umdnj.edu

For information contact: Joseph Schwenkler, MD; Chair, Faculty Development Committee: schwenjo@umdnj.edu
**Publications**

**Margaret Swarbrick, PhD,** Clinical Assistant Professor, Psychiatric Rehabilitation and Counseling Professions, 

**David N. Roe, PhD,** Adjunct Associate Professor, Psychiatric Rehabilitation and Counseling Professions, **Jay Yudof, MS,** alumni; Zisman, Y. “Participant perceptions of a peer wellness and recovery education program.” *Occupational Therapy in Mental Health,* (25), 312-324. 2009.

**David N. Roe, PhD,** Adjunct Associate Professor, Psychiatric Rehabilitation and Counseling Professions, Goldblatt, H., Baloush-Klienman, V., **Margaret Swarbrick, PhD,** Clinical Assistant Professor, Psychiatric Rehabilitation and Counseling Professions; Davidson, L. “Why and how do people with a serious mental illness decide to stop taking their medication: exploring the subjective process of making and activating a choice?” *Psychiatric Rehabilitation Journal* (33), 366-374. 2009.

**Mark H. Chae, PhD,** Associate Professor, Psychiatric Rehabilitation and Counseling Professions, co-authored, “The patient medication list: can we get patients more involved in their medical care?” *Journal of the American Board of Family Medicine,* Vol. 22 (6), 1-9, 2009.


**Presentations**

**Laura Byham Gray, PhD,** Associate Professor, Nutritional Sciences; Program Director, MS in Clinical Nutrition, presented, “Insulin pump therapy for children and adolescents with Type 1 Diabetes Mellitus: A description of the changes in quality of life, and metabolic parameters and BMI percentile prior to and post initiation of insulin pump therapy,” on October 18th.

**Maureen Huhmann, DCN,** Assistant Professor, Nutritional Sciences; **David August, MD,** Clinical Associate Professor, Nutritional Sciences, presented, “Revised guidelines for enteral and parenteral nutrition for cancer patients,” at the American Dietetic Association's Food and Nutrition Conference and Exhibition in Denver, Colorado on October 17-20.

**Diane Rigassio Radler, PhD,** Associate Professor, Nutritional Sciences, presented, “Nutrition focused physical assessment skills as part of the nutrition assessment and diagnosis framework,” at the American Dietetic Association's Food and Nutrition Conference and Exhibition in Denver, Colorado on October 17-20.

**Riva Touger Decker, PhD,** Professor and Chair, Nutritional Sciences, presented, “Knowledge, perceptions and practices of registered dietitians in the dietetic practice group, consultant dietitians in health care facilities, regarding the american dietetic association's standardized language to document the nutrition care process”, at the American Dietetic Association's Food and Nutrition Conference and Exhibition in Denver, Colorado on October 17-20.

**Jane Ziegler, DCN,** Assistant Professor, Nutritional Sciences, presented, “Advanced practice clinical nutrition residency,” at the American Dietetic Association's Food and Nutrition Conference and Exhibition in Denver, Colorado on October 17-20.

**Rita Turkall, PhD,** Emeritus Professor, Clinical Laboratory Sciences., presented, “Assessment of oral and dermal exposure to benzene from contaminated soils,” at the 25th Annual International Conference on Soils, Sediments, Water and Energy in University of Massachusetts, Amherst, MA on October 19—22, 2009.