Greetings! I hope each of you enjoyed the beauty of the snow in February without much burden and with some fun. I got to sit for 2 hours with candlelight and just chat with my husband. Now I get to watch the snow continue as I type this message. Later I will cross country ski and enjoy the outdoors.

March is national nutrition month; a great time to start thinking about your health and trying to make a small change or two to improve your health. Most of us know what we would like to change but become overwhelmed, especially in stressful times. Selecting a small change can be much more reasonable and successful. Most of us need at least another serving of fruits or vegetables; carrying some carrots, celery, peppers, cucumbers or a piece of fruit to snack on at work could achieve that goal. Not getting enough calcium, you could add a yogurt to your lunch or make a fruit milkshake as an evening snack. Are you trying to lose a few pounds? You could switch from regular soda or sports drinks to diet soda, seltzer or water. You could switch to a low calorie salad dressing or mayonnaise instead of the calorie rich varieties. Adding a little more activity always helps. Maybe you can take the stairs or take a walk with a friend rather than taking a coffee break. Small changes will add up. Below are two websites to provide you more suggestions, the first is for our Institute for Nutrition Interventions and the second a part of healthy New Jersey.

http://shrp.umdnj.edu/programs/INI/Health/index.htm
http://www.healthynj.org/health-wellness/nutrition/main.htm

Our nutrition faculty and their students have agreed to answer your questions about nutrition in celebration of nutrition month. Please use our SHRP suggestion box to submit your questions, the site is. http://shrpnet.umdnj.edu/suggstbx/suggestion_intro.cfm.

If you want in-depth nutrition counseling to help you eat right, I suggest you visit the American Dietetic Association website at http://eatright.org and click on find a registered dietitian on the top right, to find a credentialed nutrition provider near you.

Daylight savings time starts in two weeks. Enjoy the transition to spring. As always, we appreciate hearing your accomplishments and thank you for being a part of the UMDNJ-SHRP community. I wish you success in improving your health.

Sincerely,

Julie O'Sullivan Maillet, Ph.D., R.D.
Interim Dean

“He that takes medicine and neglects diet wastes the skills of the physician.”
– Chinese proverb
Department Highlight:
INTERDISCIPLINARY STUDIES (IDS)

Enhancing the career opportunities for health care professionals is the major goal of the programs within the Department of Interdisciplinary Studies. The programs in the Department range from baccalaureate degree programs all the way through the Ph.D. Regardless of one’s current educational background - associate degree/professional certificate, bachelor’s or master’s degree, there is a program in this Department designed to expand the skill sets for health care professionals. Therefore,

<table>
<thead>
<tr>
<th>If you have earned a(an):</th>
<th>You may interested in the:</th>
<th>Featuring:</th>
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<tbody>
<tr>
<td>Associate degree or professional certificate in a health profession</td>
<td>Bachelor of Science in Health Sciences</td>
<td>Health Care Education and Management</td>
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<td></td>
<td></td>
<td>Allied Dental Education</td>
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<td></td>
<td>Dietetics</td>
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<td>Medical Imaging Sciences</td>
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<tr>
<td>Bachelor's Degree in a health profession, or possess a health profession’s credential and a bachelor’s degree</td>
<td>Master of Science in Health Systems: A Health Services Management Program</td>
<td>Health Care Management and Leadership</td>
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<td>Informatics (students may apply the credits from the Informatics Certificate)</td>
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<td>Disease Management and Pharmaceutical Management (with the Certified Medical Representatives Institute (CMRI))</td>
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<tr>
<td>Bachelor's Degree in a health profession, or possess a health profession’s credential and a bachelor’s degree</td>
<td>Master of Science in Health Sciences</td>
<td>Clinical Laboratory Sciences</td>
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<td>Aging</td>
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<td>Health Professions Education</td>
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<td>Integrative Medicine</td>
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<td>Individually Tailored Track</td>
</tr>
<tr>
<td>Bachelor's Degree in a health profession, or possess a health profession’s credential and a bachelor’s degree</td>
<td>Graduate Certificate (credits from graduate certificates may be applied to graduate degree programs of the department)</td>
<td>Aging</td>
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<td>Health Professions Education</td>
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<td>Clinical Systems Management</td>
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<tr>
<td>Master's Degree in a health profession, or possess a health profession’s credential and a master’s degree</td>
<td>Ph.D. in Health Sciences</td>
<td>Interdisciplinary Studies</td>
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<td>Movement Science</td>
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<td>Nutritional Sciences</td>
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<td>Tailored Track (e.g., Integrative Medicine)</td>
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</tbody>
</table>

Each program consists of an interdisciplinary core of courses and multiple specialization tracks which are collaboratively offered by a variety of SHRP Departments. This interprofessional collaboration provides students with opportunities to interact with health professionals from multiple disciplines thereby enhancing their perspective of the health care team. The design of the programs allows health professionals to choose from a variety of academic options to meet their career needs.

Distance Education

As a leader and innovator in distance education, the Department was one of the first departments of the School and University to offer courses, certificates, and programs fully online. Since 1997, working health care professionals, no matter where they live and work, have been able to advance their education at UMDNJ - SHRP. Courses are available 24/7. The current course management system utilized by the University is ANGEL Learning Systems.

To meet the workforce needs of New Jersey, the programs of the Department have been created to meet the demands of the global workforce. Therefore, enrolled students come not only from New Jersey but from many regions of the United States. Regardless of a student’s chosen program, the benefits are numerous. While learning valuable new career enhancement skills, students have the opportunity to interact on a one-on-one basis with faculty and colleagues from all over the world. In addition to this global networking opportunity, students have the opportunity to:

✦ participate in flexible programming and diverse opportunities to earn degrees;
✦ apply coursework and course projects directly to the work environment;
✦ enhance information technology skills;

Contd. On page 3
pay in-state tuition no matter where a student lives. In addition, tuition reimbursements from a student’s employer may apply; and,

- earn academic credits or a degree from the largest, fully accredited health sciences center of its kind in the nation.

Flexible Credit Options
Unique to the program are multiple options available for meeting the specialization/elective course requirements. The flexible approaches include:
- Portfolio assessment which enables students to be awarded college credit for learning outside the classroom
- Pre-approved registration at other regionally accredited colleges or universities (including accredited on-line courses).
- Transfer credit

The amount of credit allowed for these flexible credit options varies by program.

Accelerate Completion of Your Degree
New in the Summer 2010 will be several courses that will be offered over shortened time frames. For the first time, select courses will be offered over eight (8) week blocks, thereby giving students an opportunity to focus on one course at a time while completing multiple courses over one semester. Offering a 15 week course over 8 weeks will require a more intense commitment of the students. We will continue to offer courses during the traditional 15 week block. Now a student will be able to combine 8 week courses with 15 week courses, thereby accelerating degree completion. Check the SHRP summer and fall course schedule when it is posted in March!

Outstanding Value
The programs in the Department have a superb reputation for helping graduates be effective leaders in many facets of health care. This is made possible through the faculty’s content expertise and commitment to excellence in education. Coupled with affordability of state university tuition, this translates into an outstanding value for health care professionals seeking to advance their careers.

Students Care!
Students in the BSHS program participated in an online community service event by sending over 200 Valentine’s Day cards and crafts to brighten the lives of children with cancer who have been admitted to hospitals all over the country. This was coordinated by Project Angel Hugs in Plymouth, Wisconsin.

Departmental Faculty
Like the Department’s name, the faculty represent an interdisciplinary mix of health care professionals whose primary mission is to enhance the career opportunities for all health care professionals. All have advanced degrees with most having earned the doctorate. This Spring, Dr. Al Heuer joined the current faculty of Ms. Cheryl Bellamy, Ms. Suzanne D’Anna, Dr. Robert Denmark, Dr. Robin Eubanks, Mr. Ted Kelley, Dr. Margaret Kilduff, Dr. Craig Scanlan, and Dr. Ann Tucker. Welcome Dr. Heuer!
Clinical Laboratory Science Dept. ~ Haiti Relief Project
By Deborah Josko, Ph.D.

On Tuesday, February 2, 2010, twenty-four Medical Laboratory Science students sold lunch and dessert items on the Newark campus in order to collect money for the Haitian Relief Fund. Within four hours, all home baked items, desserts, and beverages sold out bringing in an astounding $1000.00! The students designed posters and set up two tables at two locations on the Newark campus – one in the Stanley S. Bergen Building – GA level and the other at the New Jersey Dental School, B-level. Students, faculty, and staff visited their tables and bought a variety of ethnic dishes made by the students and finished their lunch with a delicious dessert. The MLS students had a wonderful and gratifying experience and wish to thank all those who contributed for making this fundraiser such a triumphant event. All proceeds collected will go to the American Red Cross. Kudos to Paul Hanna and Karan Sayal, two Medical Laboratory Science students and SHRP Student Leadership representatives for organizing such a successful and rewarding event!

Holiday Toy Drive
By Deborah Josko, Ph.D.

On December 18, 2009, UMDNJ-SHRP Medical Laboratory Science students visited the pediatric unit at St. Joseph’s Hospital in Paterson, NJ bringing over 60 gifts collected on both the Newark and Scotch Plains campus. Paul Hanna dressed up as Santa Claus and went into each room with an MLS student while the student brought an age appropriate toy for each child. Although in the hospital during the holidays, each child had a smile on their face as they received their gift and visit from Santa Claus. The parents were also grateful to the students who took time out of their busy schedule to collect and donate toys and deliver them in person. It was a perfect opportunity to promote the Clinical Laboratory Sciences and the UMDNJ-SHRP community. Kudos to Paul Hanna and Karan Sayal, two Medical Laboratory Science students and SHRP Student Leadership representatives for organizing such a successful and rewarding event!
Save these Dates!

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

04/25—Komen Race for the Cure (see page 9)

04/26—EIT Presentation by Dr. Deborah Josko. See below

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

ICAM’s News!

For ICAM’s Winter 2009-2010 newsletter, go to:


UMDNJ TOASTMASTERS

~ A Communication and Leadership Group ~

Read more at:

http://umdnj.freetoasthost.info/

Faculty Development Presentation

SHRP’s Faculty Development Committee presents Deborah Josko, PhD one of the 2009 Excellence in Teaching (EIT) Awards recipients who will discuss Lyme disease and related vector illnesses on April 26th from 12:30 until 1:30 (faculty meeting follows at 2 pm). More Information to follow.

SAVE THE DATE!

Positions Available

The Orthopedic Institute of New Jersey located in Hackettstown, NJ. is seeking a Physical Therapist, a Physical Therapy Aide and a Physician’s Assistant. Fax resumes to 908 684-3301. Call 908 684-3005 with questions.

Black History Month Event

Black History month events for this year culminated with a visit from Aunt Sarah at age 106 with her niece and author Caryl Lucas. Ms. Lucas is the author of "Aunt Sarah’s Recipes for a Long and Spirit-Filled Life," an inspirational book that includes Aunt Sarah’s favorite scriptures, stories and recipes. With coverage and direction from Terri Guess of Public Affairs, UMDNJ, this story was covered by WNBC, WNJN and WMBC.

Featured to the right is a presentation made to Armani Financial Services, Platinum Sponsors of the African American Heritage Committee’s Black History Month events.

View the clip from New Jersey Network:
http://www.njn.net/television/webcast/njnnnews/wednesday.html
http://www.nbcnewyork.com/station/as-seen-on/Honoring_Newark_s_Aunt_Sarah_New_York.html

Aunt Sarah and Caryl Lucas

KUDOS to the Radiologist Assistant Program

The Radiologist Assistant program received accreditation for another 5 years!

The Radiologist Assistant student pass rate for the national examination is 100%.

CONGRATULATIONS!
Krzysztof Galka

Upcoming Events

Save these Dates!

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

04/25—Komen Race for the Cure (see page 9)

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~ A Communication and Leadership Group ~

Read more at:

http://umdnj.freetoasthost.info/
**Alumni Highlight**

**Note From an Alumna:**

I just wanted to let you know that I have been in London for less then two weeks and today I found out that I was hired for my first full time sonography job. It was my first interview in London and it lasted 4 days, including a trial period where I actually worked and did scanning. I want to thank you again for everything and also wanted you to know so that you could tell future students that you have taught people that have gone to Europe and for work there as well as sonographers! Also if anyone from the program is looking for a job the recruiter who helped set up this interview for me indicated that there are huge shortages for sonographers in Australia and Dubai at the moment. That could be a lot of fun and a great experience.
--
Tamara Kurland, Class of 2009
Diagnostic Medical Sonography Program
Dept. of Medical Imaging Sciences

Note: Ms. Kurland graduated in December 2009 and was hired within the first 2 weeks of her move.

**Student Highlights**

**Karen Horan MS, RD, CDE,** Pre Doctoral Fellow, Department of Nutritional Sciences was interviewed by Joanna Buckley from WMBC-TV on “Healthy Options for Super Bowl Snacks” and “Preventing Winter Weight Gain/Obesity”. The super bowl segment was aired on February 5th on WMBC-TV and the segment on obesity on Monday, February 8th.

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**Lifetime Celebrates Remarkable Women**

**Nadine Jenkins**
Heart Disease Survivor and Spokesperson for WomenHeart

Nadine Jenkins, a 45-year-old mother of four, is a heart disease survivor and spokesperson for WomenHeart and the American Heart Association. Nadine is a doctoral student in pursuit of a PhD in Health Science here at SHRP.

When she was 18 she was told that she had mitral valve prolapse and was advised to take antibiotics when having any surgery or dental procedures. While she always felt palpitations or the sensation of an irregular heartbeat, it was not until 1999 — when she was stuck in atrial fibrillation for several days — that she realized something was truly wrong. At just 34 years of age, doctors found evidence that at some point in time she had suffered a silent heart attack; even though it had permanently damaged her heart, she never even noticed the symptoms.

With no known risk factors, she was given beta-blockers and continued to do well. Then, in late summer 2003, she fainted. This resulted in more testing and a diagnosis of ventricular fibrillation. Five years later at age 37, she had a cardiac defibrillator implanted to regulate her abnormal heart rhythm.

Jenkins is proud of the steps she’s taken to become a heart-disease survivor. “Remember, you can be young and beautiful and still have heart disease, so know your risk factors, eat right, exercise and always love your heart,” she says.

ICAM Offers New Course

This spring, the Institute for Complementary and Alternative Medicine (ICAM) is pleased to offer a new short Continuing Education course titled "Introduction to Integrative Health Coaching and Self-Care"

Come learn health coaching skills and techniques to improve the quality of life of your clients/patients, as well as yourself. In this course, you will learn how to empower yourself and your clients/patients to integrate behavioral and lifestyle changes such as exercise, nutrition, stress management and spirituality into daily life. Initial assessment, identification of challenges, development of action plan, elements of healthy lifestyle, implementation of and supporting change, assessment of progress, and group process are explored.

Dates: Saturday March 13 and Saturday March 27, 2010
Credits: 16 Continuing Education Credits
Cost: $275

Location: Rosemary Gellene Room, Medical Science Building, New Jersey Medical School 185 South Orange Avenue, Newark NJ07101-1709

Further information: Karen Malone at malonek1@umdnj.edu or 973 972 8640
Norma Svedosh at svedosn1@umdnj.edu or 609 683 0077

Saint Peter's & SHRP Offers Joint B.S. in Health Information Management

Saint Peter's College and the University of Medicine and Dentistry of New Jersey (UMDNJ) will launch a joint Bachelor of Science degree program in health information management, effective with the start of the spring 2010 semester. The program prepares students to manage patient information and medical records, as well as understand the coding of medical diagnoses and procedures. They will also acquire the knowledge and skills necessary to administrate computer information systems, which house and transmit electronic health records.

Read More: http://www.spc.edu/pages/719.asp?item=7776

UMDNJ FIRST YEAR PA STUDENTS PRESENTS A FUNDRAISER EVENT: URBAN ARTS FESTIVAL

FOR BROADWAY HOUSE

THURSDAY, MARCH 4, 2010 AT 6PM. CLICK HERE FOR MORE DETAILS AND TICKET PURCHASES.
Keep In Touch

Join the SHRP Alumni Association
For more information contact Douglas Lomonaco at lomonado@umdnj.edu

News from the Foundation of UMDNJ
Regina Beleckas Kelly, at 908-731-6594 or rkelly@njhf.org.

SHRP’s partnerships with preceptors play an important role in the educational excellence that the School offers to its students, providing on-site experience for future professionals in various allied health fields. Many preceptors—including hospitals, nursing and assisted living facilities, medical and dental offices, testing laboratories and other health-related businesses—go on to hire SHRP graduates, recognizing the exceptional quality of an SHRP education.

Recently, a number of employers have let us know that their SHRP graduates are held in high professional regard, and because of this have given generously to scholarship funds for SHRP students. The Foundation of UMDNJ values the investment of time by SHRP preceptors and welcomes the opportunity to strengthen our relationship with SHRP preceptor companies and organizations by establishing annual or endowed scholarship funds in their names.

The financial investment in education from the business community is vital to attracting and maintaining highly skilled allied health professionals. If your company or organization is interested learning more about establishing a named scholarship, please contact me at rkelly@njhf.org or at 908-731-6594.

Enclosed is my gift for the SHRP Alumni/Scholarship Fund.

☐ $ 2,500 ☐ $ 1,000 ☐ $ 500 ☐ $ 250 ☐ $ 100 ☐ Other $___________

☐ My gift will be matched by my employer, ______________________________________

Enclosed is the matching gift form.

Payment Method

☐ Check enclosed, made payable to Foundation of UMDNJ.

☐ Charge my credit card: ☐ Visa ☐ Mastercard ☐ American Express

Card# ______________________ Exp. date________________

Signature ________________________________________________________________

Name__________________________________________________________Graduation Year________________________

Email Address________________________________________________SHRP Program__________________________

Address__________________________________________________________

City________________________State________________________County_________Zip__________

Home Phone________________________Business Phone_________________________

I would like to receive: ☐ Monthly SHRP News
☐ Department/Faculty news from: Department __________________Program________________________

SHRP is proud of you! Please share your education or career news.

____________________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________

SHRP is proud of you!
### Faculty Highlights

<table>
<thead>
<tr>
<th>Publication</th>
<th>Recognition</th>
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<tbody>
<tr>
<td><strong>Adam Perlman, MD, MPH</strong>, Chair, Department of Primary Care writes an editorial. See page 4: <a href="http://shrp.umdnj.edu/news_events/community/documents/Adam_Permant_Ltrs_to_Editor_Feb2010.pdf">http://shrp.umdnj.edu/news_events/community/documents/Adam_Permant_Ltrs_to_Editor_Feb2010.pdf</a></td>
<td>On February 17, 2010, Evan Cohen, Assistant Professor in the Doctor of Physical Therapy Program in Stratford, successfully completed the oral defense of his doctoral dissertation, titled “The Effect of Location of Attentional Focus on Temporospatial Parameters of Gait”. Evan will be graduating from Touro University International with a Doctor of Philosophy degree in Health Sciences.</td>
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</table>

### Will Science Take the Field?

*By DEBORAH BLUM-Published: February 4, 2010*

Mentions **Dr. Harrison Martland**

The Bergen Building, formally called the Martland Building was named for Dr. Harrison Martland.

An admission by the N.F.L. that football-related concussions can cause long-term brain damage comes 80 years after the data.

Full story: [www.nytimes.com/2010/02/05/opinion/05blum.html?emc=eta1](http://www.nytimes.com/2010/02/05/opinion/05blum.html?emc=eta1)

### Newark Therapy Services: WALK FOR AUTISM SPEAKS

On October 18, 2009, faculty from Newark Therapy Services, a faculty practice within the Department of Rehabilitation and Movement Science, participated in North/Central New Jersey *Walk Now for Autism Speaks* in Cranford. Our team, co-coordinated by Julia Guzman and Nereida Meloi walkers raised $2,680 and were awarded a silver certificate. The seventh annual North/Central New Jersey *Walk* returned to Nomahegan Park. The Walk route takes is designed around a lake, through neighborhoods and along the main street.

"Autism Speaks' *Walk Now for Autism Speaks*, the nation’s largest grassroots autism walk program, is our signature fundraising and awareness event, taking place in communities across the United States, as well as in Canada and the United Kingdom." [http://www.autismspeaks.org/walk_events/index.php](http://www.autismspeaks.org/walk_events/index.php)

Left to Right: Nereida Meloi, Yajaira Rodriguez, Luz Ravines, teacher from Newark Schools, Jamesetta Horace, Julia Guzman, Jennifer Strasnick
Calling all runners and walkers!

Join Team UMDNJ at the 2010 Susan G. Komen Race for the Cure being held on **Sunday April 25th, 2010** at **8:45am** at Branchbrook Park in Newark.

Transportation will be available the morning of the race from UMDNJ/NJMS-UH Cancer Center to the park.

**TEAM UMDNJ FAST FACTS**

- TEAM UMDNJ will assemble at the UMDNJ Mobile Mammography Van for a team picture to be taken prior to the race. We will circulate the site plan for the 2010 race as soon as it becomes available in February.

- T-shirts for all members of TEAM UMDNJ and race registration materials will be available AT OUR TEAM ASSEMBLY SITE, as noted above, which will save you time on Race Day. We recommend you do NOT pay the extra $10 to have your shirt mailed!

- Our focus is on PARTICIPATION – we would like to increase our showing from over 200 walkers in 2008 and 2009- bring your family and friends!

- If you can not attend the day of the race, please consider a donation to our SHRP team. You can make your donation on our team page. Every dollar counts!

- TEAM UMDNJ is motivated by the tremendous contributions the University receives courtesy of the North Jersey affiliate of the Komen organization, which funds:
  - The Mobile Mammography program at NJMS/UH
  - The minority patient clinical navigator services NJMS/UH
  - Research and through other affiliates, projects on other UMDNJ campuses


Any questions? Send an Email to: Joyce O’Connor @ oconnoja@umdnj.edu or Jane Barracato @ barracj1@umdnj.edu
SHRP’s Thirtieth Convocation

Tuesday, May 25, 2010
6:00 p.m.
Pines Manor
Edison, New Jersey

Hotel Accommodations:
Available at the Crowne Plaza Hotel
(across from the Pines Manor)

Join Us!
Alumni—Make this a gathering of friends

Join Us!
Cheer for your program’s graduates
Ever considered applying for a Commission for the Army Medical Dept.?  

Pharmacists  
Physicians  
Dentists  
Nurses  

Health Care Professionals

If you have a Professional Health Care Degree you can apply for a Commission for the Office of the Surgeon General

Cash Bonuses Available for Critical specialties.  

Loan Repayment available if you qualify!

For specific questions or eligibility requirements please call us  
@ 877-225-4783  
SFC Green or SFC Cuellar  
or send us an Email at maria.green@usarec.army.mil  
santiago.cuellar@usarec.army.mil

If you have ever considered serving your country in uniform, now would be a great time to start.