



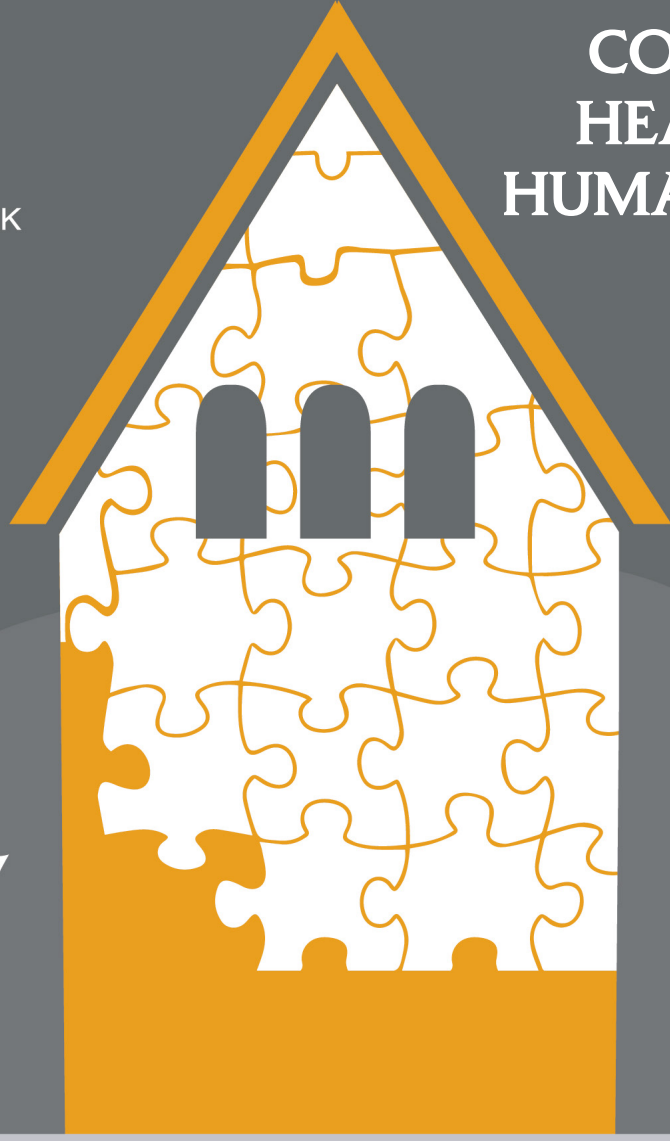
HEALTH & WELLNESS WEEK

SJSU

COLLEGE OF
HEALTH AND
HUMAN SCIENCES



BODY



MIND

SPIRIT



FALL 2018
NEWSLETTER

DEAN'S MESSAGE

NEW NAME, NEW IDENTITY

Welcome to the College of Health and Human Sciences Fall 2018 newsletter. This issue is packed with the accomplishments of faculty, staff and students. Perhaps the college's largest accomplishment was to initiate and implement a name change from College of Applied Sciences and Arts to College of Health and Human Sciences. Because our college has many departments and schools that feature health and wellness, we feel this name better defines our focus.

The College of Health and Human Sciences (CHHS) has long viewed wellness as a complex and multifaceted construct that underpins activities at all levels. Human Sciences aims to expand our understanding of the human world through a broad interdisciplinary approach. The Wellness Model (see the diagram p.16) illustrates our vision for ways in which the synergy from our unified programs provides a collaborative, and innovative approach to health and human sciences, advancing a holistic, interdisciplinary approach to teaching, service, and research aimed at impacting the health and wellness of the Silicon Valley region and beyond. Our Vision is that the College of Health and Human Sciences is home to applied and professional disciplines serving dynamic societal needs and dedicated to promoting a healthy, ethical, and enlightened global community through innovative application of knowledge and scholarship.

Initial comments from community, students, and new faculty (welcomed in this issue) indicate that this name more clearly highlights our purpose and our role on campus and in the community. The sampling of accomplishments in this newsletter really reflect the breadth and depth of our college's activities related to our vision. Our service awardees are a reminder of our commitment to serve others and welcoming our new faculty while celebrating our emeriti faculty is a testament to the enduring legacy of our college's name. We are also featuring the activity of our student organization Hospitality Financial and Technology Professionals, highlighting our clinical work as we inaugurate our Ostomy clinic, and sharing a legacy in the form of an art sculpture honoring the legacy of nursing.

CHHS hosted the second annual Health and Wellness Week where our committee of faculty, students and staff harnessed the health and wellness based activity on campus into a weeklong celebration. The week of events aligned with both the mission of CHHS to intentionally promote health, global awareness, social justice and innovation as well as the university's participation in the Centers for Disease Control's Healthy Campus 2020 initiative. The opportunity to leverage this initiative with a celebration of health-based community partnerships that focuses both on internal as well as external wellness initiatives is what the college is all about.

This semester, the college was fortunate to have two outstanding speakers. Michele Lew, CEO, Health Trust, spoke about access to healthcare in Silicon Valley and Jim Acosta, CNN Chief White House Correspondent, recipient of the William Randolph Hearst Award spoke about truth in journalism. Both talks were compelling and timely. This is really what the college is seeking to do, positively impact the health and wellness of our communities. I hope that you enjoy these stories and that you agree with me that our new name is reflective of what we strive do in the college.

Sincerely,



Dr. Mary C. Schutten

Dean, College of Applied Sciences and Arts



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HEALTH AND W

SJSU's campus was all abuzz with the second annual Health and Wellness Week, October 22-26. Led by committee chairs BJ Grosvenor, Health, Science and Recreation, and Eddie Jimenez, CHHS Dean's Office, over 16 events were held throughout the week that included classes, challenges and health testing to encourage students, faculty and staff to Be Well.

Just about every morning, during the Wash Away Disease and Under Pressure demonstrations, students, faculty and staff learned about washing away disease and actually could see how many germs hand sanitizer can remove.

On October 22, one of the very popular classes of the week was the Mindfulness Interlude. Attendees were guided through a meditation exercise where they were instructed to close their eyes while reclining on the floor and were then led through different breathing techniques. "I felt so at ease during our meditation, that I actually forgot where I was for a second," says Tina Paredes, public relations student. "This event inspired me to start meditating on my own because it really helped me calm my mind and feel less stressed."

If you were walking by El Paseo de Cesar Chavez, October 23, between noon and 1 p.m., you had a chance to say hello to Felicity and the Canine Companion booth. Felicity is SJSU's facility dog and was accompanied by Dr. Glogoski, her human partner. Participants had an opportunity to learn that pets have the ability to calm people and provide a sense of security. Canines like Felicity are expertly trained and used in many health care fields. Everyone who stopped by the booth experienced a warm feeling as they spent a few minutes petting Felicity.

From 11 a.m. to 2 p.m., October 24, students were stationed outside El Paseo De Caesar Chavez in order to generate awareness on a very important food group: veggies! The Know Your Veggies booth included colorful and informative poster boards meant to educate everyone on the health benefits and nutritional value of various vegetables. Students even handed out free samples of salsa as a way for everyone to understand that vegetables are diverse and delicious. Many on campus stopped by for a quick snack and

to hear about the benefits of eating vegetables.

Under the direction of committee member Jessica Chin, Kinesiology, there was an open gym with tennis and badminton, weight training, basketball, and swimming. And, on Friday afternoon there was a table tennis tournament.

"This week would not have been possible without all the planning and executing from our Committee," says BJ Grosvenor. "Not to mention the expert planning by Eddie Jimenez, of the CHHS Dean's Office."

The Health and Wellness Committee included: BJ Grosvenor, Joshua Bauer, and Monica Allen, Department of Health Science & Recreation; Christine Di Salvo and Halima Kazem-Stojanovic, School of Journalism and Mass Communications; Jessica Chin, Department of Kinesiology; Jamie Kubota, Department of Nutrition, Food Science and Packaging; Alice Butzlaff, The Valley Foundation School of Nursing; Deborah Bolding, Occupational Therapy; Eddie Jimenez, CHHS Dean's Office; and Laurie Morgan, Student Health Center.

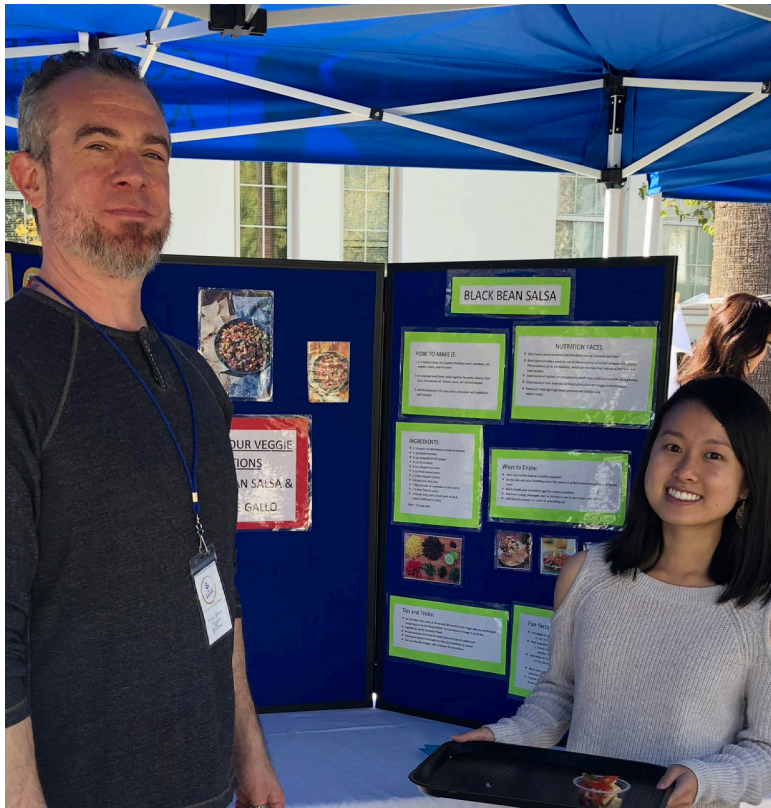
The promotions and public relations activities were led by students from the School of Journalism and Mass Communications student advertising and public relations agency Dwight Bentel and Hall Communications that included: Tina Paredes, Rennie Chan, Alexis Conway, Jasmine Dhillon, Bailey Faustina, Jasmine Lozano and Miranda Perry.

"Overall, we are so proud of CHHS's Health and Wellness Committee who coordinated all of the activities," says BJ. "It was an excellent opportunity for the SJSU community to learn more about one's health and wellbeing. And, all we can say is Be Well!"





WELLNESS WEEK



Congratulations to the 2018 College of Health and Human Sciences Service Awards Recipients

LEAH OLAIVAR

Analyst
Department of Nutrition,
Food Science and Packaging



Leah received the CHHS Administrative and Professional Service Award. This award is given for outstanding college, university, and/or professional service that goes beyond the expectations and responsibilities of the staff member's position.

SANG KIL

Associate Professor
Department of
Justice Studies



Sang received the CHHS Lifetime Faculty Service Award. This award is given for a career of ongoing outstanding service to the college, the university, the community, and/or the profession spanning a period of the past 10 years or more.

ALISON GEORGE

Lecturer
Department of
Occupational Therapy



Alison received the CHHS Annual Faculty Service Award for Lecturer. This award is awarded for outstanding unit, college, university, community, and/or professional service during the previous academic year.

WINIFRED SCHULTZ-KROHN

Professor and Chair
Department of
Occupational Therapy



Winifred received the CHHS Annual Faculty Service Award for Tenure/Tenure-Track Faculty Award. This award is given for outstanding unit, college, university, community, and/or professional service during the previous academic year.



Michele Lew, CEO of The Health Trust, gave a presentation on “Building Health Equity in Silicon Valley” following the awards ceremony.

You can watch the CHHS Service Awards here: <https://bit.ly/2BD8JCa>





CNN Chief White House Correspondent, Jim Acosta, Presented with the William Randolph Hearst Award



On Thursday, October 25, the School of Journalism and Mass Communications presented CNN Chief White House Correspondent Jim Acosta with the 2018 William Randolph Hearst Award for excellence in professional journalism.

Bob Rucker, Broadcast Journalism, not only coordinated the event but served as the master of ceremonies for the evening as well. The approximately 150 faculty, staff, students and community members were welcomed to the event by SJSU President Mary Papazian. Acosta was presented a City of San José commendation declaring October 25 as Jim Acosta Day in San José.

“I’m humbled by this award and I would like to dedicate this award to all the talented folks at CNN,” said Acosta. “I would not be here without all the support of the producers, assignment editors and managers.” Acosta then delivered remarks in celebration of the First Amendment right of freedom of the press, the importance of free speech and media ethics. Following his remarks, Acosta was then interviewed on stage by Halima Kazem-Stojanovic, Journalism, and Shaun Fletcher, Public Relations.

Acosta currently covers the Trump administration and previously covered the Obama administration from the White House and around the world. He regularly covers presidential press conferences, visits by heads of state, and issues impacting the Executive Branch of the federal



government. In addition, Acosta reported from the 2016 campaign trail following Republican presidential candidate Donald Trump.

Earlier in the day, a student only event was held at the Hammer Theatre from 1-2 p.m. With over 200 SJSU students in attendance, Acosta was interviewed on stage by Journalism students Elizabeth Rodriguez and Trevin Smith. The questions ranged from why Acosta decided on journalism as a career to if he would do it again. “These student moderators did an outstanding job,” says Rucker.

“President Papazian, the Interim Provost Joan Ficke, and many others told me they were most impressed by what the School of Journalism and Mass Communications did for the SJSU campus community by bringing such a high profile and respected national media figure to SJSU,” says Rucker.

“I was very proud of the strong and positive impression we left on Jim Acosta by both our students and faculty. I asked him what we could do for him while he was here and he had one request, In-N-Out burgers. He was elated when public relations students delivered In-N-Out cheese burgers and fries to his hotel room that afternoon.”



NEW FACULTY

Yoshitaka Iwasaki **Department Chair**

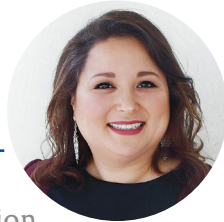


Department of
Health Science and Recreation

Research Interests:

Community-engaged research and education, knowledge mobilization, and capacity-building through addressing social justice issues which include poverty, empowerment and mental health.

Vicky Gomez **Assistant Professor**



Department of
Health Science and Recreation

Research Interests:

Community-developed digital storytelling intervention for increasing colorectal cancer screening intention among Latinos.

Deborah Hicks **Assistant Professor**



School of Information

Research Interests:

Professional identity of information professionals and how this informs the work they do, the organizations they run, and the relationships and communities they build.

Michele Villagran **Assistant Professor**



School of Information

Research Interests:

Cultural intelligence, diversity, inclusion, community and equity, serving disabled populations, serving multicultural populations, social justice in library and information science, implicit bias and microaggressions, and faculty of color.

Shaun Fletcher **Assistant Professor**



School of Journalism and
Mass Communications

Research Interests:

Diversity problems within the tech industry, health communication among underserved/underrepresented communities, political discourse and rhetoric of social protest.

Nisha Garud **Assistant Professor**



School of Journalism and
Mass Communications

Research Interests:

Interaction between digital content and new media technologies, communication mediated via social media and its influence on political and social factors and relationships between different entities such as global events that are still evolving and are likely to influence international relations.

Ted Hayduk **Assistant Professor**



Department of Kinesiology

Research Interests:

Entrepreneurship, innovation, technology adoption and analytics.

Alex Feng **Assistant Professor**



Department of Nutrition,
Food Science and Packaging

Research Interests:

Food chemistry, with emphasis on functional food, food flavors, food processing technologies and preservation.

Michelle Hampton
Associate Professor



The Valley Foundation
School of Nursing

Research Interests:

Trauma, racial/ethnic disparities in mental health care, and issues pertaining to doctoral education in nursing such as scholarly writing.

Dorothy Moore
Assistant Professor



The Valley Foundation
School of Nursing

Research Interests:

Opioid addiction: nurse practitioners using suboxone to treat patients with opioid use disorder; stigma around addiction and medically assisted treatment.

April Wood
Assistant Professor



The Valley Foundation
School of Nursing

Research Interests:

Clinical simulation, exploring levels of student engagement and transfer of knowledge before, during and after observing a clinical simulation scenario. Cross-cultural health beliefs and practices, especially as they relate to the lifelong care of children and adults with developmental disabilities such as autism.

Luis Arabit
Assistant Professor



Department of
Occupational Therapy

Research Interests:

Caregiving, healthy aging advocacy in occupational therapy, occupations of travel, neurological and orthopedic shoulder injuries, preventive healthcare, mentoring, and professional development in occupational therapy.

Chiao-Ju Fang
Assistant Professor



Department of
Occupational Therapy

Research Interests:

Outcomes measurement for cross-cultural research, advanced technologies using robots and smart homes, the use of computer-based interventions such as virtual reality, and leadership, marketing, and management in occupational therapy.



Enjoying Retirement

Emeritus and Retired Faculty Luncheon

The College of Health and Human Sciences held its annual Emeritus Retired Faculty Luncheon, Thursday, November 1, at Flames Eatery in downtown San José.

We were so happy to see our retired faculty who look so relaxed and refreshed!

Now a New, Free Ostomy Clinic on SJSU's Campus

There is a new Free Ostomy Clinic on SJSU's campus. The ostomy clinic is a subdivision of the Wound and Ostomy Education Program at The Valley Foundation School of Nursing, which offers access to specialty education in wound and ostomy care and is one of only a few such programs in the country. An ostomy is a surgically created opening in the abdomen that allows waste to leave the body.

At present, the clinic provides ostomy care to adults and children who cannot obtain this service elsewhere. In the future, the clinic will provide partial clinical hours for students attending the Ostomy Course and a clinical site for students in related majors, such as nursing, occupational therapy, and nutrition.

The Ostomy Clinic provides the following services:

- Education on stoma management (lifestyle changes, dietary modification, etc.)
- Problem-solving on peristomal skin issues
- Managing pouching problems

Clinic hours are most Fridays, 1:30-7:00 p.m., by appointment only. The clinic is located in the Occupational Therapy (OT) clinic in the Health Building, room 204A and is wheelchair accessible. The clinic is staffed by certified ostomy nurses.

San José State University
The Valley Foundation School of Nursing

Free Ostomy Clinic

Where: San José State University Campus

When: Most Friday afternoons

Time: By Appointment Only

Phone: (510) 924-3422 for Appointment

The ostomy clinic is staffed by certified ostomy nurses. We provide free services to clients who have ostomy issues.



Students Gain Hands-On Experience as Members of HFTP Student Chapter



The Hospitality Financial and Technology Professionals (HFTP) student chapter at SJSU was established in 2012. HFTP is an international society for financial and technology professionals who work in the hospitality industry with titles such as general manager, controller, consultant, Director of IT, and accountant. The student chapter at SJSU gives students access to connect with over 4,500 industry professionals in the areas of hotels, clubs, resorts, restaurants and more.

The student chapter organizes industry guest talks, field study at hospitality technology companies, professional training, and job seeking assistance. Student members benefit from financial support to attend professional development conferences and events. In addition, student members have access to benefits that keep them up-to-date with today's business practices and help them address challenges specific to hospitality finance and technology.

Recently, the SJSU HFTP Chapter was selected as the Student Chapter of the Year, under the direction of advisor Michelle Huang, for the second year in a row. Congratulations HFTP!





Life Started in the Ocean

If you are passing by the recently renovated Health Building make sure you take a look inside. A generous donation by Dr. Manfred Eberhardt, chemist, author, and artist, has filled the foyer with a 6 foot white Italian marble sculpture. Dr. Eberhardt donated *Life Started in the Ocean* as a memorial to his wife Marlowe Lenz. She was a 1962 graduate of SJSU's nursing program. Dr. Eberhardt's generosity extends beyond the statue and includes a nursing scholarship bequest in memory of Ms. Lenz.

The sculpture, although somewhat resembling a woman's body, is actually inspired by a piece of coral he found on the beach in Puerto Rico after it tumbled along in the ocean.

Originally from Germany, Manfred Eberhardt has a doctorate in chemistry from the University of Tübingen, Germany. He worked at a variety of notable United States universities, but spent the last 30 years of his career at the University of Puerto Rico School of Medicine, Department of Pathology, as a grant funded pharmaceutical researcher. He has received several awards for his work, including a certificate honoring his 60-year membership in the American Chemical Society. He retired in 2000 and began sculpting in Italian marble, as well as bronze. He has over 40 amazing sculptures throughout his San José backyard and home.

Marlowe Lenz (1928-2012) graduated from Abraham Lincoln High School and San Jose State University with a Bachelor of Science degree in Nursing. Her early nursing career was at Stanford Medical Center as head nurse on the medical



teaching unit. Later she took a position with the Santa Clara County Department of Public Health where she enjoyed a long and interesting career as a Public Health Nurse for over 32 years, serving patients in the community. In 1988, she received the outstanding employee award. *Readers Digest* featured her work in an article titled, *A Day in the Life of a Public Health Nurse*.

Ms. Lenz travelled extensively throughout her life making over 25 trips to Europe as well as China, Turkey, Central America, the United States and Canada and explored nearly all of the Caribbean islands. She especially loved the long winter vacations in Puerto Rico. She was a long time member of the Church of the Valley and served on the Board of Directors of Valley Village Retirement Community in Santa Clara. She also served on the Advisory Council of the Salvation Army Adult Rehabilitation Center for many years. In 1992 she received the prestigious 'OTHER' award. She also was a member of Santa Clara Chapter #195 Order of the Eastern Star. She had an extensive circle of friends, meeting regularly with her nursing school classmates and fellow employees of the Santa Clara County Health Department. Thank you, Manfred and Marlowe, for your lasting SJSU legacy.

Return on Investment

The College of Health and Human Sciences has more than 52,000 alumni from our ten departments and schools. Alumni, family and friends have created and supported almost 200 funds, which provide scholarships, support research and allow for the purchase of new equipment and supplies.

Two of those scholarships, the Dean's International Scholarship and the Charlie Whitcomb Global Experience Scholarship, support student participation in faculty led programs spanning the globe (FLP). Students are studying in more than 30 countries while earning college credits toward their major or general education. How does this affect our students? Students say it best.

"I believe that traveling helps people become more sensitive and aware of cultural differences. Gaining a greater cultural awareness through my FLP trip will help me become a better professional, especially when I have the opportunity to work with people of different cultural backgrounds. I am excited to experience the healthcare system in Vietnam. The trip will enrich my life and help me become the best occupational therapist I can be." - P.W.

"I am so grateful for your support of students' education and your contributions to helping students such as myself fulfill our aspirations to immerse ourselves in learning in a different country. It will have a tremendous impact on the trajectory of my career." - S.D.

"I am very excited to experience Ireland's healthcare system and extraordinary culture and landscape. All of the knowledge and hands-on experience I gain will only serve to benefit me as a future nurse." - C.B.

"Your donation will assist me in attending an occupational therapy FLP program in Malta this summer. I am excited to see occupational therapy in a Mediterranean framework." - D.G.

Make a donation to the Dean's International Scholarship, or any of the other funds by writing a check to the Tower Foundation and note the fund name in the note section. Mail to SJSU University Advancement, One Washington Square, San Jose, CA 95192-0257. Or contribute online by going to giving.sjsu.edu. For more information contact Sonia R. Wright, CFRE, CSPG at 408-924-1328 or sonia.wright@sjsu.edu.



INTERNATIONAL EXPERIENCE

Your donation will help the College of Health and Human Sciences foster student success for years to come!

GOOD NEWS

Operations Flight Commander Award



Captain Patrick Grandsaert, Department of Aerospace Studies (Air Force ROTC), was recognized as the number 1 Air Force ROTC Operations Flight Commander out of 145 Detachments Nationwide for outstanding achievements during July 1, 2017 - June 30, 2018.

"I am humbled to receive this honor, and I attribute it to being surrounded by a fantastic team, both here at SJSU and at our headquarters in Texas and Alabama, who have been extremely supportive in my varied pursuits, regardless of how far-fetched they may seem, to help our cadets grow into future leaders for our Nation." - Captain Patrick Grandsaert

Justice Studies Distinguished Alumni Award



Judge Robert Rigsby, class of '83, was awarded the Distinguished Alumni Award from the Department of Justice Studies.

Judge Rigsby was nominated by President George W. Bush to be an Associate Judge of the District of Columbia Superior Court and was unanimously confirmed by the Senate on July 25, 2002.

School of Social Work Listed as Top 3 in California Rankings



Zippia, a career planning tool, placed the School of Social Work as number 3 on the list of the 7 Best Colleges for Social Work Majors in California for 2018.

See the full results here: <https://bit.ly/2B2OCMa>

Spartans at Harvard



Department of Health Science and Recreation students attended the 7th Annual Increasing Diversity in Mathematical Modeling and Public Health Conference at Harvard T.H. Chan School of Public Health. The annual event is for undergraduates or students in a post baccalaureate program from underrepresented groups who have an interest in public health and mathematical modeling, and are studying quantitative disciplines at their home institutions.



CONGRATULATIONS CLASS OF 2018



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HEALTH AND
HUMAN SCIENCES

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ORGANIZATION
U.S. POSTAGE
PAID
San José, CA
Permit NO. 816

We Are:
Applied in Nature
Community Focused
Interdisciplinary



We Promote:
Social Justice
Innovation
Global Awareness
Health as Wellness

SHARE YOUR NEWS WITH US

Are you a faculty member conducting exciting research or partnering with groups in the community? Are you a student who has recently received an award? Are you an alum who has exciting things happening in your career? We are interested in hearing from you for our college blog, social media site updates and newsletter. Share your news by sending an email to: health-human-sciences@sjsu.edu.



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