The new academic year brings both excitement and promise for students, faculty and staff. The campus welcomed the largest freshmen class in the university's history while learning that the retention rate for students attending last year was among the highest ever as well. So, we are ‘student rich’ as they say and not just in numbers. Students in the College of Health and Human Services bring a special kind of commitment to their studies that energizes the classroom as well as their clinical, practicum, lab and internship sites.

While our budget resources have declined to some extent, the college retains enough in resources to meet our basic needs. We continue to seek out and develop new partnerships with alumni and friends of the college who share our vision of educating the next generation of health and human service professionals. It is especially gratifying to know that over 70% of our graduates remain in the Central San Joaquin Valley. I often hear from new students that they intend to return after graduation and work to make their hometowns a better place. Literally tens of thousands of health and human professionals have graduated and done just that, returned home and made a tremendous difference in our cities and counties.

I know you will enjoy reading about our students and faculty. Remember to get a little more sleep, skip the high calorie snacks and exercise at least 20 minutes per day. All the best for a wonderful fall.

Andrew Hoff, Dean
Faculty Spotlight

The College of Health and Human Services is pleased to introduce its newest faculty members.

Dr. Harsha Deoghare is an assistant professor in the Department of Physical Therapy. He received his Ph.D. in 2010 from the University of Florida, Gainesville, where he also most recently served as a postdoctoral fellow focusing on the function and plasticity of brainstem neural networks involved in cardiopulmonary control. Dr. Deoghare has expertise in the area of cardiopulmonary and exercise physiology and acute care practice. He has had several articles published and has additional publications submitted for review. He has presented at a number of national conferences as a copresenter.

In the Department of Public Health, Dr. Jaymin Kwon is an assistant professor teaching in the Environmental/Occupational Health and Safety Option. Dr. Kwon received his Ph.D. in 2005 from the Department of Environmental Sciences at Rutgers University in New Jersey. His doctoral training was in Human Exposure Sciences. Dr. Kwon worked as a postdoctoral fellow at Rutgers and the University of Texas, Houston. He has expertise in measuring, analyzing and characterizing personal exposures to air toxins in several large community-based studies. He plans to use this knowledge in his research related to identifying at-risk populations for prevention of disease. Dr. Kwon has served as a principal investigator on grants, has presented at international and national conferences and has authored and co-authored over 10 articles in peer reviewed journals and reports.
Alumni Spotlight

Meet Tim McCarthy – the 2011 CHHS Top Dog

Tim McCarthy was raised in the Sacramento area with his three brothers. He was an athlete, lettering in high school football, basketball and baseball. While attending Sacramento State for two years, McCarthy volunteered at hospitals, clinics and skilled nursing facilities, which inspired him to pursue a career in physical therapy.

He transferred to Fresno State because it was one of only three California universities that offered a PT program. He was a full-time student and worked part time for United Cerebral Palsy until he was awarded his degree in 1978.

Following graduation, McCarthy interned at St. Bernadine’s in San Bernadino, Cottage Hospital in Santa Barbara and the Easter Seals Society in Sacramento, where he began his career as a staff therapist treating stroke, head injury and arthritic patients.

Later, at American River Hospital in Carmichael, McCarthy rose to senior therapist and out-patient department manager, while volunteering as a PT trainer for local high schools. He initiated a two-year orthopedic manual therapy (OMT) instruction continuing education program. He left the hospital for an OMT residency at Folsom Physical Therapy and was certified in that specialty. McCarthy became one of the first full fellows of the American Academy of Orthopedic Manual Physical Therapists.

Today, McCarthy owns McCarthy Physical Therapy in Roseville which offers services for orthopedic/neurological injuries and youth sports management. He continues to volunteer as a PT trainer in the Sacramento area. He has been married for 32 years to Fresno State alumna Jill Binsacca. They and their children, Meghan and Matthew, enjoy fishing and the splendor of the Sierra every chance they get.
House of Angels:

Caregivers for the Disabled and Seniors

Professor Emerita, Department of Communicative Disorders and Deaf Studies, Susan Shanks, Ph. D. faced many challenges during her lifetime. In 1949, she recovered from a severe bout with polio only with partial use of her arms. Since then, she has been completely dependent on caregivers. After teaching 22 plus years, Susan retired to organize a plan to find caregivers for herself and her aging mother. Susan's unique, loving and practical approach lead her to write a wonderful book entitled House of Angels, which provides the disabled, aging baby boomers and seniors a thoughtful way to enjoy an independent and active life. Featured in the Senior Section of the Fresno Bee, copies of House of Angels are available at the Kennel Bookstore and Bullard Drugs.

Highlights of Giving

Meet the SIM Family!

Dad, Mom, Junior and Baby SIM moved in to their new home in the Knorr Simulation Laboratory this past May. They are our newest and most high tech Bulldog fans who spend their day training Fresno State up and coming nursing students. The state of the art Knorr Simulation Laboratory is one of the most advanced facilities in the Central Valley providing the latest in simulation mannequins (2 adults, 1 junior and 1 baby). Mr. and Mrs. SIM are “expecting” and plans are underway to add a newborn to the family.
They have been busy settling in to their new home and hope to keep in touch with new family members (letters from camp, back to school photos, etc.) With a brother, a great aunt and a few cousins already added to the growing family, Junior penned his first letter from summer camp. Are you part of the SIM Family Tree? The SIM Family Campaign is a fun and unique annual fund campaign designed to support the “education fund” (maintenance, upgrades and lab support) for our SIM Family.

You can become a branch on the SIM Family Tree for as little as $35 per year or leave something special for the family in your estate plans. Plans are underway for the Big SIM Family Reunion in 2012. Will you be there?

$25,000 Parents (naming rights with 4 year pledge)
$1,500 Grandparents
$300 Sisters and Brothers
$150 Aunts and Uncles
$75 Great Aunts and Uncles
$35 First Cousins

For more information or to become a member of the family, contact Dana Lucka at 559-278-5590 or danaz@csufresno.edu. You can also give online by visiting www.supportfresnostate.com/give-now.php and entering “SIM” in the box marked “Other.” The SIM Family Campaign is a fun and unique annual campaign designed to support the "education fund" (maintenance, upgrades and lab support) for our SIM Family.

You can become a member of the SIM Family for as little as $35 per year or leave something special for the SIM Family in your estate plans. The Big SIM Family Reunion is slated for Spring 2012. Will you be there? For more information or to become a member of the family, contact Dana Lucka at 559-278-5590 or danaz@csufresno.edu.
Communicative Disorders and Deaf Studies

**Reflections on the Silent Weekend**

The Deaf Education Personnel Preparation project (DEPP), funded by the U.S. Department of Education, provides approximately $3,400 each semester in scholarship assistance for Fresno State students who are preparing to be teachers working with Deaf and hard of hearing children. DEPP scholars receive financial assistance in exchange for service as a teacher in a deaf education setting following completion of the Education Specialist: Deaf and hard of hearing credential. As part of the DEPP grant, Deaf Studies faculty in the Communicative Disorders and Deaf Studies (CDDS) Department, Nan Barker, Rosemary Diaz, Chantel Cox, and Annette Klein, provided a Silent Weekend for Deaf Education students to experience sign language immersion with Deaf community members at Sequoia Lake YMCA Camp Gaines. Deaf Education students (juniors, seniors, graduate students, and two recent graduates) participated in weekend camp with seven Deaf mentors, Keith, Lisa, and Chad Catron, James McQuire, Angelica Medina Borsema, Priyanka Nijhawan, and Shane Frazel. Through typical camp experiences, students, faculty, and Deaf mentors had the opportunity to communicate only using American Sign Language (ASL) throughout the weekend. One recent graduate reflected on the weekend:

“The second I stepped out of the car this weekend, I was hit by a wave of fresh mountain air and a wave of panic. I want to go home, I signed to my friend. She laughed. Could I really do this? Could I really meet a bunch of new Deaf people, socialize with peers still in the program, impress my teachers now that I’m a ‘professional’?”
It turns out, I could. It also turns out, I could have a blast doing it.

I am a firm believer in seeking life-long learning. It took a bit of courage to return to a university program after I had technically left it, but it gave me so much more than confidence. It gave me another dose of passion for the work I do. This weekend brought together every aspect of deaf education: mentoring by professionals in the field, collaboration with peers, mentoring future professionals, understanding the importance of deaf role models, developing and improving sign language skills, attempting to understand the world our students live in, and finding teachable moments.

The idea for this weekend was such a wonderful one, and I am so grateful to all the professors in my program that cared enough about us to take a weekend out of their lives to spend sleeping on a small, hard bunk bed, fight off strange bugs, troop through wilderness, and eat camp food, because I am quite certain there were a lot of other things they would rather be doing. However, they all were there to give us a focused experience that they knew we deserved. Just this simple action of actually putting together the camp was so encouraging to me. Furthermore, they went above and beyond in creating well thought through activities and support to make sure that we were allowing ourselves to get everything out of the experience possible. I know as a college student, I could be so exhausted and under-confident that I was my own worst enemy in terms of learning. But knowing my professors were experiencing everything with me caused me to become very determined that I put forth my best effort to learn as much as I could. The advice and support of all the professionals weaved throughout all the different aspects of the camp was inspiring and comforting.

As a rule, either by necessity or fate, all the students in our program at Fresno State develop a family dynamic. Sure, there may be many times where we end up in a poor advisor’s office, sobbing about what he said/she said, but more often we are calling each other for encouragement, assistance, validation, or simply a much needed laugh. This bond was further solidified through this experience. Everyone worked hard to communicate with everyone else, developing their own communication skills further with a challenging partner, or using their own input to coax a friend up to a higher level. The teamwork during the activities was natural and positive, and the deep laughter during cheesy skits created a “you-had-to-be-there” connection between us that will last past our university years. We learned how to help each other along the way, because
although we may all be at different parts of the path, we all have the same heart for our students. This weekend caused that link between us to become very visible and, therefore, very hard to ever ignore again. I hope that all of us will continue to respect and support each other for years to come.

As an aspiring teacher, I have a natural nurturing way about me. This makes me very motivated to encourage and support other students who are earlier in the program. This weekend was a perfect opportunity to do so. I remembered being totally mortified when I missed a signed conversation. However, the conversational activities this weekend allowed for me to be able to show other students that it’s okay to admit when you miss something because if you pretend you understand when you don’t, you’ll never improve. It gave me the opportunity to impart advice about trying to get the entire message and context from a sign conversation versus being stuck on a word I didn’t know and missing the rest of the exchange. I think that the sign activities with Deaf mentors and working with students at different points in the program was one of my favorite experiences of the weekend.

The Deaf participants of this weekend were just amazing individuals. They were friendly, patient, encouraging, and not afraid to point out our errors! It was so nice to be able to interact with them and be allowed a glimpse into their culture. I loved that they shared stories, jokes, songs, ideas with us freely and allowed us to explore the beauty of their culture. It really made me humbled to see how important Deaf adults are for my students and how beneficial and essential the fixture of Deaf role models are in their lives, whether they sign or not.

The deaf education world can be very scary at the beginning. I remember feeling like I would never be able to get to where I wanted to be. I remembered that I would never be confident or competent enough to go three days only signing. This weekend proved for all of us that we can function in that world and encouraged us to not just function, but thrive in it. The members of the Deaf community did such a wonderful job engaging us, being patient, corrective, and supportive. For the first time in my life, I really felt a bond with members of the Deaf community and I really felt supported for my efforts. I felt that they had come to make sure the children of their community were taken care of, and they realized their role and power in the proper education of young Deaf students. It was so uplifting for me because I felt their support and encouragement surround and
strengthen me. I easily tried new signs I hadn’t before and picked up new skills I had never been exposed to before. It was wonderful.

The challenge of having to live a weekend relying only on sign language really opened my eyes to the experience of my students. Having to navigate with activities built for people who are hearing and interacting with people who are hearing and have no knowledge of what to do in this situation, really changed my perspective on how important it is to develop the social skills of my students. The staff this weekend was so wonderful working with us and adapted really well to all the changes in their own world. I realized that part of my role as a Deaf and hard of hearing teacher is not to expect my students to always adapt to the world around them, but also to educate those around them to open their minds to worlds that exist right under their noses.

This weekend was full of new experiences and a wealth of information that it will really take me much longer than just this reflection to process. However, I feel that those teachable moments don’t just pop up in a spectacular environment such as the one this weekend, but can be found in even the bleakest classroom. It is my job to find these teachable moments everywhere, and to find teachable moments for my students, their families, their friends, and myself. I want to thank everyone who participated in this weekend because it gave me tools I needed to become a better teacher. Now, it’s my job to go out and be one.”

For more information about the Deaf Education Professional Preparation Program grant, email deppinfo@mail.fresnostate.edu.

Department of Kinesiology

The Department of Kinesiology is happy to announce the completion of the new campus Aquatics Center and proud to introduce you to Justine McAlpine. Justine is an outstanding faculty member in the Kinesiology Department and was instrumental in helping with the planning of the new facility.

Construction of the new $7.5 million outdoor Aquatics Center began in February of 2010. The three pools
that make up the new swimming venue were plastered and filled in August of 2011 (http://www.youtube.com/watch?v=-9zRv3RUBUE). The Aquatics Center has a 926,432 gallon competition pool with a movable bulkhead. There are configurations for 8 lanes of long-course swimming and 19 lanes of short-course swimming. Another 68,313 gallon pool is located just adjacent to the competition pool and will be used largely by Kinesiology students. The Aquatics Center also has a small “warm pool.” In addition, the Aquatics Center has 1- and 3-meter springboards, a 333 seat spectator area, and locker room facilities. The Aquatics Center is located just east of Bulldog Diamond, south of Barstow Avenue. The old pool, located in the North Gym, was drained and permanently retired from use in June of 2011.

Justine McAlpine, our aquatics director, joined the Department of Kinesiology in 2000. She holds a master’s degree in Adapted Physical Education and a bachelor’s degree in Athletic Training, in addition to two California Teaching Credentials. She has been a certified water aerobics instructor for 19 years, and also holds certifications as a Personal Trainer, Aquatic Personal Trainer, and as a Pre- and Post-Natal Exercise Specialist. In addition to her work in the Kinesiology Department, Justine also works as an Instructor Trainer for the American Red Cross and the United States Water Fitness Association, as well as hosting in-service trainings for Fresno and Sanger Unified School Districts. Justine takes great pride in teaching teachers and does an outstanding job.

On campus, Justine serves on the President’s Committee on Disability and the Occupational Health, Safety and Wellness committee. This summer, in her role as aquatics director of a local swim school, Justine helped break a Guinness World Record by being a host facility for the World’s Largest Swimming Lesson to promote water safety and the vital need for swim lessons for all children. She also appears regularly on the Great Day morning television show as their water safety expert. Justine and her husband, Ed, who is also an aquatics instructor in the Kinesiology Department, discovered this summer that their 8-month old daughter, Fiona, loves to swim!
Dr. Jenna Sawdon-Bea, from the Department of Physical Therapy, and her team of graduate students, are out to Get Hip! Get Hip is a unique research project showcased this spring proving that home exercise improves strength and balance in postmenopausal women with low bone mass. Dr. Sawdon-Bea pointed out that one of two women will have an osteoporosis related fracture in her lifetime. These fractures are associated with gait impairments, decreased functional independence, and increased morbidity and mortality rates. The purpose of this study was to determine the effects of a ten-week lower extremity strengthening home exercise program, appropriately entitled Get Hip, on lower extremity strength, balance performance, and balance confidence in postmenopausal women with low bone mass.

Twenty-three local Get Hip participants completed a ten-week home exercise program consisting of lower extremity strengthening exercises using resistive bands and their body weight. Participants were asked to complete prescribed exercises three times per week, and returned at 5 weeks for exercise check/progression. Participants in the control group were requested not to initiate a new exercise routine prior to re-test at 10 weeks.

The Get Hip group demonstrated significant improvements in all 16 strength variables and balance also greatly improved in the Get Hip group compared to a control group. This research clearly indicated that a home-based exercise program is feasible, safe, and effective for significantly strengthening lower extremity musculature and increasing functional balance in postmenopausal women with low bone mass. From a clinical point of view, the Get Hip program would reduce the risk of fracture in postmenopausal women with low bone mass.
California State University, Fresno’s Department of Nursing is excited to be the lead campus for the newly created joint Doctor of Nursing Practice program. Fresno State and San José State University will offer a joint post-master’s Doctor of Nursing Practice program which is scheduled to begin admitting students in fall of 2012 pending approval by the Western Association of Schools and Colleges and the California State University Chancellor’s Office.

Since its inception, Fresno State’s Department of Nursing has been on the cutting edge of innovative nursing education. The Doctor of Nursing Practice (DNP) is a practice degree designed to prepare nurse leaders and advanced practice nurses in leadership, and educational roles. The American Association of Colleges of Nursing has set the standard that the DNP will be required for an advanced practice nurse as of 2015.

The program will be primarily offered in an online format with occasional intensive sessions held alternatively on the Fresno State and San Jose campuses. The program will follow the cohort model and is designed to be a 5 semester, 37-unit program which can be completed in 21 months of full-time study. The culminating experience for this program is a doctoral project, rather than a dissertation. Applications are now available.

For more information about the doctoral program, please contact Dr. Mary “Cricket” Barakzai at maryb@csufresno.edu or (559) 278-2041.
Department of Physical Therapy

SAFE: Central Valley Coalition

As technology and medical knowledge increase, so does human life expectancy. However, a longer lifespan presents new challenges for both older adults and health providers. Among older adults, falls are the leading cause of injury deaths and the most common cause of hospital admissions due to injury; however, current research shows that falls are preventable. In June of 2011, Dr. Peggy Trueblood, director of the Gait, Balance and Mobility Research, Education, and Training Center, joined with other agencies to form an interdisciplinary coalition to fill a void in the community. The SAFE (Senior Awareness & Fall Education): Central Valley Coalition officially launched at the Senior Health and Leisure Fair at the Fresno Convention Center.

The idea for forming SAFE stemmed from similar fall prevention coalitions in Northern and Southern California as well as a growing number of older adults in the Central Valley. With approximately 19,000 seniors over the age of 65 in Fresno, Madera, Kings, Tulare, Merced, and Mariposa counties, the need for fall prevention programs is critical. According to CDC research, one out of three adults age 65 and older falls each year and the risk increases with age and other common risk factors (vision loss, use of an assistive device and chronic disease). SAFE coalition members believe that through collaboration, bringing together health care providers, community service providers, community leaders and older adults, they can effectively expand resources and address this growing public health concern in the Central Valley.

SAFE’s mission is to be the one stop resource “to reduce falls among older adults by raising awareness, establishing a network of services and advocating on their behalf.” They currently offer educational materials, balance screenings, home safety information, referrals to services, and are planning much more. The formation of SAFE was initially funded by The California Wellness Foundation and SAFE serves Fresno, Madera, Kings, Tulare, Merced, and Mariposa counties. Currently exploring its sustainability, SAFE always welcomes new coalition members and SAFE friends. Are you SAFE?
Department of Public Health

Department Hosts Sally Casanova Pre-Doctoral Scholar Student

The Department of Public Health is hosting a Sally Casanova Pre-Doctoral Scholar, Brittany Chambers. Ms. Chambers, a master of public health student, said that with support from the Pre-Doctoral funds, she plans to attend the American Public Health Association conference in Washington, D.C., this year as well as visit UCLA and UC Berkeley.

Sally Casanova Pre-Doctoral Scholars are exposed to unique opportunities to explore and prepare to succeed in doctoral programs. The opportunities include working closely with faculty, participating in a summer research internship, visits to doctoral-granting institutions, travel to national symposia or professional meetings, membership in professional organizations, journal subscriptions, and funds to pay for graduate school application and test fees.

Ms. Chambers is currently studying Health Promotion. She plans to earn a Ph.D. in Maternal and Child Health with a focus on teen pregnancy. Ultimately, Ms. Chambers would like to teach at California State University, Fresno and lead a teen parenting program that would offer teens academic and emotional support as well as serve as a liaison between governmental programs and teens.
Department of Recreation Administration

Dr. Nancy Nisbett Named Chair

It’s official! Dr. Nancy Nisbett has been named chair of the Department of Recreation Administration. As an associate professor, she also serves as the coordinator of the Community Recreation and Youth Services Emphasis and the Therapeutic Recreation Emphasis, as well as serving as the coordinator for the Serving At-Risk Youth Certificate Program. She maintains certifications from the National Council for Therapeutic Recreation and the California Board of Recreation and Park Certification. Dr. Nisbett is the current president of the Recreation Therapy Section Board for the California Parks and Recreation Society, and she serves the Central Valley community extensively through her work with a variety of organizations.

Dr. Nisbett’s research interests include looking at the benefits of recreation for youth; recreation interventions for incarcerated youth and youth at-risk; inclusive recreation; professional ethics; curriculum and pedagogy. In her spare time, Dr. Nisbett enjoys traveling, the theater, hiking, college sports and other outdoor pursuits.
Dr. Virginia Rondero Hernandez Promoted to Professor

The Department of Social Work Education is pleased to announce that Dr. Virginia Rondero Hernandez has been promoted to professor. Dr. Rondero Hernandez is a highly qualified academic leader with diversified experience in higher education, policy research, program development and university-community partnerships. She is an acknowledged scholar in social, economic and health issues that affect residents of California’s San Joaquin Valley. Dr. Rondero Hernandez joined California State University, Fresno in 2002.

Along with her academic responsibilities, Dr. Rondero Hernandez also serves as a lead faculty researcher and program evaluator for The Central California Social Welfare Research, Evaluation and Training Center. She is a licensed clinical social worker and maintains certification in the Academy of Certified Social Workers. Please join the Department of Social Work Education in congratulating Dr. Virginia Rondero Hernandez for her outstanding accomplishment.

The Social Welfare Evaluation, Research and Training Center

Central California Training Academy Doubles in Size

The Central California Training Academy (CCTA) which serves a 12-county region of Central California will serve as the interim host of the Bay Area Academy (BAA) to
provide training services to newly hired and experienced child welfare staff, supervisors, and managers within the 12-Bay Area counties. David Foster, CCTA director will also serve as the interim director of the Bay Area Academy. “With the addition of the Bay Area Academy, CCTA nearly doubled overnight” said David Foster. The State Department of Social Services hopes to secure a local host for the Bay Area Academy by July of 2012. In the meantime, the Bay Area staff will continue to receive excellent training with large thanks to Dr. Jane Middleton, Dr. Andrew Hoff, the Office of Research and Sponsored Programs, the Foundation and the Social Welfare Evaluation, Research and Training Center (SWERT).

The mission of the Central California Training Academy is to enhance the ability of staff in public social service and child welfare agencies to protect children and to prevent placement whenever possible. Through the academy, child welfare workers will have greater access to current and state-of-the-art child welfare practices, thereby leading to more competent workers in the field. The academy has been adopted as a statewide model, allowing Fresno State to develop partnerships throughout the Valley and State and assess whether current social services are meeting the needs of California residents. For more information, please contact David Foster at davidfo@csufresno.edu.

Calendar of Events

11/5/2011 Two Cities Marathon - 2BU Challenge for Sign Language Interpreting (Learn More: 2BUTEAM@gmail.com)

1/30/2012 Spring Connections published

3/2/2012 Spring CHHS Emeriti/Retired Faculty Breakfast (Learn More: danaz@csufresno.edu)

3/2/2012 CDDS Alumni Chapter Conference - Addressing the Core Deficits of Autism Spectrum Disorder (Learn More: cmaul@csufresno.edu)

3/23/2012 2012 CHHS Community Heroes Awards

4/2012 Physical Therapy Alumni Golf Tournament
4/27/2012  Scholars Reception

5/2011  Central California Therapeutic Recreation Symposium (Learn More: nancyni@csufresno.edu)

5/12/2012  50th Anniversary - Department of Nursing

5/19/2012  Fresno State Commencement

5/30/2012  Summer Connections published