

From the Dean



At the School of Health Sciences, we take advantage of every opportunity to improve health care and encourage healthy living. Whether we are participating in health fairs, conducting research projects, or educating a new generation of health care providers, we are working to enhance the quality of life for people in our community.

To that end, I am pleased to announce that Quinnipiac University and the School of Health Sciences is forming a partnership with Masonic Healthcare Center in Wallingford, Conn., to develop "smart apartments." Our faculty will assist in incorporating technology into existing Masonicare apartments to help seniors live safely and independently for a longer period of time. These technologies include anything from wall sensors that determine if a person needs assistance in walking to alarms that warn residents of a safety hazard.

This partnership offers the school an unprecedented opportunity to conduct significant long-term research on the benefits of these "smart apartments" over the next three decades. Faculty from across the health sciences departments are eager to participate in this research, which may result in new ways to help our senior population, as well as those entrusted to care for them.

We also have a number of exciting endeavors taking place in the school. As you can see in the pages of this newsletter, our faculty members are undertaking many research projects. We are developing new educational programs. In the fall, we began offering a master's degree in cardiovascular perfusion, which previously was a certificate program. Our radiologist assistant program begins this summer. With the help of Betsey Smith '79 PhD, who joins the school as the new associate dean, we also are planning a move to our new home on the University's North Haven Campus.

We have held several successful alumni events this year. I enjoyed seeing familiar faces of alumni who share in our goals. I look forward to seeing more of you in the future.

Edward R. O'Connor

Edward R. O'Connor
Dean, School of Health Sciences

IN THE COMMUNITY

In an effort to help promote healthy living, the National Institute for Community Health Education at Quinnipiac University teamed with health providers this spring to hold two public health awareness events on the Mount Carmel Campus.

- In February, NICHE held "Healthy Bones for a Healthier You," which featured a speech by Dr. Brian Peck, medical director of the Arthritis Center of Connecticut, and offered free vitamin D level and heel bone density screenings for those in attendance.
- In March, NICHE held "Your Healthy Kidney," which featured a speech by Dr. John D'Avella, medical director of Hartford Hospital Dialysis Unit, and offered free kidney health screenings for those in attendance.

Occupational therapy making a mark



OT Professor Tara Glennon '85, who received an award for developing an assessment tool for children, advises Chrissy Furka, MOT '09, on how to use a swing to encourage brain development in children who have developmental or learning disabilities.

Quinnipiac's occupational therapy department is defining itself as an educational leader on a national level. The department sent a record nine students and eight faculty members to the American Occupational Therapy Association national conference in Long Beach, Calif., in April. While students have attended in the past, for the first time seven were selected to present, says Kim Hartmann '76, MHS '82, chair of the occupational therapy department.

The students who presented, all January '08 graduates of the MOT program, were: Lauren Bonnaci, Sarah DeFreitas, Christopher Guarneiri, Stephanie Langford, Jeremy Roseman, Ryan Rottman and Kristen Yip. Juniors Judith Kappes and Nicole Sawyer attended as student representatives. The presentations, with topics ranging from how pain affects people with rheumatoid arthritis to the use of occupational therapy to help overweight children, originated as capstone projects.

"Because students are educated on the most up-to-date strategies, equipment and approaches to health care, their capstone projects tend to be cutting edge," says Professor Tara Glennon '85, who made several presentations at the conference. Glennon and two colleagues at other universities also received the AOTA's Recognition of Achievement Award for developing a new assessment tool called the Sensory Processing Measure.

While most assessment tools look at what a child cannot do, Glennon's evaluates the child's social participation, sensory systems and motor planning in a variety of environments.

"Collaborative research between faculty, students and the community can provide a powerful base of knowledge on human occupation and its impact on a person's quality of life," says Hartmann, who chairs the AOTA's Technology Special Interest Section. Assistant Professor Salvador Bondoc chairs the physical disabilities special interest section and Assistant Professor Signian McGeary '75 is second alternate to the World Federation of Occupational Therapy.

While at Quinnipiac, OT students have great educational opportunities both locally and abroad. In December, Nicole Trowbridge '09 and graduate students Heather Hoffman and Kristina Armer joined McGeary to survey four health care facilities in South Africa, including a tuberculosis treatment center. Faculty members plan to develop more of these international opportunities. After graduation, alumni continue to contribute new information to the field. Wendy (Kaplan) Stav '91 served as guest editor of the March/April issue of the *American Journal of Occupational Therapy* and wrote two articles. She is an assistant professor of occupational therapy at Towson University.

Faculty members help students publish research in professional publications. Under the guidance of Associate Professor Donna Latella, Langford published a paper in *OT Practice*, investigating the effects of hippotherapy on balance in two children with cerebral palsy. Today, she works in acute care therapy at Christiana Hospital in Wilmington, Del. She enjoys the flexibility of the field.

"You can go from working with horses, to working in a hospital, to working with schoolchildren," says Langford of OT. Noting the availability of jobs, she says, "We're definitely needed right now."

“ Collaborative research between faculty, students and the community can provide a powerful base of knowledge on human occupation and its impact on a person's quality of life.”
—Kim Hartmann

Making a healthier you



NICHE's "Healthy Bones" event gave faculty and students a chance to conduct research on the value of heel bone density and vitamin D level screening tests. Fifty event participants agreed to allow Quinnipiac students to conduct a survey of their physicians to determine if the screenings encouraged the doctors to take actions, such as requesting additional tests, recommending calcium-rich foods or encouraging weight-bearing exercise. Assistant Professors Richard Pope, Cynthia Lord and Rosemary Wood advised students. "Bone Health receives some attention from primary care physicians, but in today's busy primary practice environment, this important health maintenance discussion does not happen enough," Pope says.

Cynthia Barrere, associate professor of nursing, researched the effects of a spiritual CD on cardiac patients' anxiety and spirituality.

Ronald Beckett, professor of respiratory care, and **Gerald Conlogue MHS '77**, professor of diagnostic imaging, teamed up to write "Paleoimaging: The Use of Radiography, Magnetic Resonance and Endoscopy to Examine Mummified Remains" in the *Journal of Radiology Nursing*, 2008. Beckett and Conlogue, co-directors of the Bioanthropology Research Institute, presented at the 34th Annual North American Paleopathology Association Meeting in Philadelphia, Pa., and at the VI World Congress on Mummy Studies in Tegui-Lanzarote, Canary Islands, Spain, in 2007. They also delivered the keynote presentation at the Connecticut Science Teachers Association Annual Meeting in New Britain, Conn., in October 2007.

Lisa A.E. Kaplan, associate professor of biology, was one of the authors of "Winter Flounder Larval Genetic Population Structure in Narragansett Bay, R.I.," which will appear in the June issue of *Estuaries and Coasts*.

Lennart Johns, professor of physical therapy, and **Stephen Straub**, associate professor of physical therapy, were authors of several papers published in 2007 including: "The Role of Quantitative Schlieren Assessment of Physiotherapy Ultrasound Fields in Describing Variations Between Tissue Heating Rates of Different Transducers," in *Ultrasound in Medicine and Biology*; "Intramuscular Heating Rates During a 1MHz Ultrasound Treatment are Different Between Transducers from the Same Manufacturer," in the *Journal of Sport Rehabilitation*; "At 3MHz, New Ultrasound Transducers from Multiple Manufacturers Show Variability in ERA and Power Output," in the *Journal of Athletic Training*; and "Analysis of ERA, Power, Intensity and Field Characteristics of Ultrasound Transducers" in the *Archives of Physical Medicine and Rehabilitation*. Johns also was an author of "Blisters on Anterior Shin in Three Research Subjects after a 1MHz, 1.5 W/cm², Continuous Ultrasound Treatment," which appeared in the *Journal of Athletic Training*.

Susan Norkus, associate professor of physical therapy, was an author of "The Influence of Various Factors on High School Football Helmet Face Mask Removal: A Retrospective Cross-Sectional Analysis," published in the *Journal of Athletic Training*, 42(1): 11-19, 2007.

Edward O'Connor, dean, presented "Forging Partnerships: Addressing Workforce Shortages in Healthcare" in March at the Greater New Haven Chamber of Commerce Health Care Council.

Roseanna Tufano '80, assistant professor of occupational therapy, co-authored *Applied Theories in Occupational Therapy: A Practical Approach*, which was published by Slack Inc. in December 2007.

Betsey Smith '79



Betsey Smith '79, PhD, returned to Quinnipiac this spring as the associate dean of the School of Health Sciences.

"I am happy to be back on campus," says Smith, who remembers fondly her time as an undergraduate at Quinnipiac.

"These are thrilling and challenging times. It's exciting to be part of the planning and designing of the North Haven Campus. I also look forward to contributing to the implementation of strategic initiatives that will enhance the programs we offer in the School of Health Sciences."

Smith comes to Quinnipiac from the University of Hartford, where she was a full-time tenured faculty member in the Department of Health Sciences. She also served as chair of the occupational therapy department and as interim associate dean of the school's College of Education, Nursing and Health Professions.

In addition to earning a BS in occupational therapy from Quinnipiac, Smith earned an MA in allied health and a PhD in professional higher education administration from the University of Connecticut.

Seniors in balance with Yoga



Kathleen Zettergren (right) helps Phyllis Wellerson of Ashlar Village with yoga positions.

Yoga beginners may lose their balance when they first attempt the positions, but Kathleen Zettergren says practicing yoga actually helps seniors gain balance and avoid falling.

Falls are a serious concern for our aging population—a third of those over 65 fall at least once a year, says Zettergren. Each subsequent fall is more dangerous, and treating related injuries costs billions of dollars.

Zettergren, a certified yoga instructor and associate professor of physical therapy, investigated the benefits of yoga for people 65 and older. She taught yoga to eight residents of the Ashlar Village retirement community in Wallingford, Conn., for eight weeks in summer 2007. She found that yoga not only improved balance, but also was enjoyable for seniors, who appreciated its physical, mental and spiritual components.

"The best thing about yoga is that it's not just exercise," Zettergren explains. "It involves the whole body." Yoga increases muscle strength, flexibility and balance with smooth controlled movements and poses. It also focuses on breathing and meditation. It's easily adaptable for seniors who may have health problems such as arthritis.

Before introducing yoga, Zettergren conducted several tests to determine each participant's level of functional balance, including measurement of gait, postural sway (the amount a person moves while standing), and the floor to stand test (the time it takes a person to move from the floor to a standing position). She collected the data with the assistance of Juan Garbalosa, director of the Motion Analysis Laboratory at Quinnipiac. The participants' test scores improved and they gained a better outlook.

"They told me they felt better and they had more confidence walking down stairs and in stores. They really loved it," says Zettergren, who earned her certification from the Kripalu Center for Yoga and Health in Lenox, Mass. She owns the Yoga Center of Cheshire. Zettergren hopes her research will encourage more independent living communities to add yoga to their activities.

The Ashlar Village residents also have become interested in learning about the spiritual aspect of yoga, which Zettergren hopes to research next. "As people nearing the end of their lives, they become interested in connecting to something bigger," explains Zettergren. Yoga offers that connection.

In Development | Crystal Neuhauser

Encountering dynamic alumni

In the brief time that I have been a member of the Quinnipiac community, I have had a chance to meet with a truly dynamic group of alumni and parents who work to make a difference in a variety of patient care and science professions. For instance, I met Dr. Catherine M. Shaer '74 in Maryland and learned about her 19-year passion of working with children with spina bifida. Nuhar Jaleel '98, PT, who has a Pilates center in New York, returned to campus and led an interactive presentation on the intersection of Pilates and physical therapy with our students.

While visiting in Virginia, I was delighted to chat with Ellen M. Scroth-Lovins '76, whose food safety company continues to offer critical training and programs in the greater Washington, D.C., area. School of Health Sciences advisory board member Salvatore Infantino and his wife Patricia, parents of a current senior in diagnostic imaging, hosted an informative roundtable session with Dean Edward O'Connor for fellow School of Health Sciences parents at their New Jersey home.

The successes of our alumni influence our society in positive ways and serve as a constant reminder of how the school continues to change lives. I will continue to create gatherings and small group forums to convey how we are building a framework for academic excellence for the School of Health Sciences. As I contact alumni and friends, I hope you will share your experiences and wisdom for the future of our school.

Crystal Neuhauser is the director of development and alumni affairs for the School of Health Sciences.

Health Sciences alumni by regions

U.S. Northeast	8,048
U.S. South	946
U.S. Midwest	206
U.S. West	459
International	30
Total Alumni	9,689

PT alumni mingle in Nashville



Alumni and friends gathered at the Quinnipiac Physical Therapy Alumni Reception in Nashville, Tenn., at the national meeting of the American Physical Therapy Association in February. Donald Kowalsky '77, chair of the Department of Physical Therapy, shared plans for the new graduate campus in North Haven. Alumni, including Rose Ann Milano and Angelo J. Rizzo, members of the 1974 charter physical therapy class at Quinnipiac, mingled with current students. In the photo from top, left: Emily Hayworth '09, Jennifer Zaleski '09, Rizzo, Kowalsky and Elizabeth Briand '10; and from bottom, left, Katheryn Hanlon '09 and Milano.

Campers to explore science

Bristol-Myers Squibb Center for Science Teaching and Learning at Quinnipiac University received a \$78,345 state grant to offer two summer camps and a video lecture series to engage area high school students in the sciences, technology and nursing. Tomorrow's Nurses: An Exploratory Nursing Camp for High School Students and QUEST: Quinnipiac University's Engineering, Science and Technology Camp will be held July 14-18 for students from Middlesex and New Haven school districts. The grant will fund 25 scholarships based on financial need.

Price honored

Lynn Price, associate professor of **nursing**, received the Agnes Ohlson Award for Outstanding Contributions to Nursing through Political Action at the annual convention of the Connecticut Nurses' Association in October 2007. Price has served as government chairperson of the Connecticut Advanced Practice Nurse Society for several years.

Students introduced to Nicaragua

Seven **nursing** and seven **physical therapy** students gained an introduction to the health care system in Leon, Nicaragua, during a January intersession trip. Janice Thompson MSN '05, professor and chair of nursing; Cory Boyd, assistant professor of nursing; Don Kowalsky '77, associate professor and chair of physical therapy; and Juan Garbalosa, director of QU's Motion Analysis Lab, went on the trip, which was coordinated by the Albert Schweitzer Institute at Quinnipiac.

Cuchara takes "Editors Pick"

Lisa Cuchara, associate professor of **biomedical sciences**, had her article "The Great Horned Owl That Took Over the Osprey Nest" and several photographs published in the Feb. 8 issue of *Nature Photographers Network*.



Cuchara won a *Nature Photographers Network* Editor's Pick Award in the macro/closeup section for her photograph of a bee on a flower. Cuchara also won the Honor Award from the Photographic Society of America.

PAs encourage reading and service

The **Physician Assistant** program received a \$2,500 grant from the U.S. Department of Health and Human Services in September 2007 to continue its annual reading project, which donates new books to the Hospital of St. Raphael. Once a month, PA students read to children at the hospital's clinic and give each child a new book.

PA students also partnered with UConn students on projects to help underserved populations. The PA Class of 2009 collaborated with UConn students to organize 13 health fairs in underserved areas and senior centers. In March, Quinnipiac and UConn students joined the Hartford Area Health Education Consortium to host a health fair to raise awareness about the health issues of seniors. Other service activities this year included holding blood pressure screenings, organizing a Christmas dinner at the Grand Avenue men's shelter in New Haven and supporting several Christmas parties for children in need.

PT Professor contributes to Medicaid expo

Chris Kasinskas, assistant professor of **physical therapy**, worked with Advocates for Medicaid Choice to host the Let Families Choose Expo on Feb. 14 in Waterbury, Conn.

ATSM students take top spots

Athletic training and sports medicine student John Angus '08 received the first place undergraduate oral presentation award for "Ankle Injury in a Division I Men's Ice Hockey Athlete" at the Eastern Athletic Trainers' Association 60th annual meeting in Valley Forge, Penn., in January. Megan Finn '08 received the first place undergraduate poster presentation award for "Elbow Trauma to a High School Football Player."

Bob Moore '83 coaching winners

Teaming up with Connecticut's baseball great Bobby Valentine and business partner Mitch Hoffman, Bob Moore '83 hopes to hit another home run in business. Moore, a physical therapist, has already tasted success as the owner of Moore Rehabilitation Center, which offers a host of services, from physical therapy and fitness programs to ergonomic consulting and elite sports camps at six centers in Connecticut and New York.

Now, Moore is using Valentine and Hoffman's coaching curriculum, specifically designed for baseball. He's complementing the program with his own skeletal muscular component, which focuses on flexibility, strength, movement and timing.

"We are honored and privileged that Bobby and Mitch wanted to form a strategic alliance with us," says Moore. "It's a winning combination."

Moore literally stumbled on his career while at a basketball camp in high school. After the camp's athletic trainer wrapped his sprained ankle well enough for him to run back to the court, he decided to work with athletes. A mentor guided him to physical therapy, and he later earned a bachelor's degree from Quinnipiac. He worked in the field for five years, first at Middlesex Memorial Hospital, then later for a private clinic in Greenwich. He learned how to effectively run a business and manage employees, and added new PT skills. In 1990, he opened Moore Rehabilitation Center in a 3,000-square-foot building in Darien. Since then, he has added centers in Fairfield, Wilton, two in Stamford, and Saratoga, N.Y.

His first center offered only physical therapy, but he added services to bring in new clients, particularly as physical therapists faced declining insurance reimbursements and reduced fee schedules. The result was a whole-body approach to wellness and injury prevention. Over the years, the Moore Centers have helped more than 25,000 patients, from people in need of rehabilitation or nutritional and fitness guidance to Division I, Olympic and professional athletes eager to enhance their talents.

"In the future, we're going to see an emphasis on creating a total health package under one roof," he explains. He continues to work with clients and coach his staff, which is composed of 85 health care professionals.

"It's essential to be out in the clinics working shoulder-to-shoulder with our staff to make sure our patients and clients are getting results in a reasonable period of time and that they are very satisfied with our services," Moore says. Now that's how to coach a winning team.



Bob Moore '83 and business partner Mitch Hoffman pose near fitness equipment at a Moore Rehabilitation Center housed in the Bobby Valentine Sports Academy in Stamford.

Scott Cohen '95 follows family's path

Although he once considered a chiropractic career, Scott Cohen has found the shoe business a better fit.

Cohen, who graduated with a degree in health and science studies, is vice president and owner of Footprints in Newington, Conn., a 30,000-square-foot super shoe store that carries quality footwear in hard-to-find sizes, and a large selection of orthopedic shoes for men, women and children. The store, opened by his parents in 1979, also provides custom shoes for customers with foot problems caused by illness or injury; staff members have the ability to make custom molds on the premises.

"There was a time when the orthopedic shoe selection was extremely limited, and people envisioned a Frankenstein boot, but that's no longer the case," Cohen says. Some hallmarks of an orthopedic shoe include increased stability, extra depth to accommodate orthotics, added shock absorption, a wider toe box and breathability, achieved through the use of natural materials.

At work, Cohen usually wears his favorite brands—Allen Edmonds and Cole Haan. After work, though, he's apt to kick off his shoes and don a karate uniform. Cohen holds master level rank of Godan (5th-degree black belt) in jujitsu and is a fourth-degree black belt in karate. He has taught both for years and is an instructor at Big Sky Fitness in Newington. Until recently, he taught a jujitsu class as an adjunct professor of physical education at QU. He is married to Teresa and they have two children, Gabriella, 6, and Maximilian, 4. He plans to begin a children's martial arts class this spring and donate the proceeds to two children's charities. Cohen did not intend to follow in his family's footsteps when he entered Quinnipiac. During high school, he worked in a chiropractor's office part time and developed an interest. After following a prehealth professions curriculum at Quinnipiac, he attended the National College of Chiropractic in Chicago, Ill.

"While I was grateful for the experience, I discovered my interests actually ran to nutrition and fitness. I thought about owning a health club and decided to cut my teeth with a trial period in the family business," Cohen says. At the same time, the business was bursting at the seams and moving to a larger locale. Cohen discovered that he was passionate about growing with it. He handles marketing and administration with the general manager and a team of supervisors. Footprints prides itself on the service and education the sales staff of 80 provides to customers, many of whom have foot conditions, from bunions and plantar fasciitis to biomechanical problems of the foot. A certified pedorthist is available to address specific foot concerns. Cohen has observed that people who shop in self-service shoe stores often buy the wrong size. "Professional fitting with superior quality footwear can resolve many common foot problems," he says.



Scott Cohen '95 found his passion in his family's business, Footprints.

SAVE THE DATE
National Athletic Trainers'
Association Annual
Meeting/Alumni Reception
St. Louis, Mo.
June 17-21, 2008

Career Corner | Cindy Christie

Career Building at Quinnipiac

Career services are provided within each individual school at Quinnipiac University to give students targeted, specialized information. We ensure that the career needs of students are being met. Some of our many programs and services include:



- Individual career counseling appointments
- Assistance with resume/cover letter writing and interviewing practice
- Workshops, speaker panels from diverse career fields, and career fairs
- QU Career Connections, our web site for job and internship listings
- Networking and strategy sessions
- Graduate school information

We aim to teach our students the practical career management skills necessary to succeed in today's marketplace. Through your vast experience, you can help young professionals achieve their goals. Here are just a few ways:

Post-employment or internship opportunities. Quinnipiac students and graduates bring a wealth of skills and knowledge to the workplace. We can help you find the best way to meet your needs.

Serve as a networking contact. Informational interviewing and networking are two of the most effective ways for students to learn about career fields. You can host a Quinnipiac student/group in your workplace, answer questions by email or phone, or meet with students.

Speak on campus. Sharing your knowledge is an invaluable way to give back to the Quinnipiac community. Topics can focus on specific industries, conducting a job search, networking and more.

If you are interested in participating in any of these programs, contact 203-582-3656 or cynthia.christie@quinnipiac.edu. To post job or internship opportunities, visit QU Career Connections at www.quinnipiac.edu/x2179.xml and register as an employer for access.

Cindy Christie is assistant dean for career services in the School of Health Sciences.

CATCH UP WITH QU

Join the Quinnipiac community at the following conferences and events:

May 19, 2008	"Alumni After Hours: Welcome Class of 2008" hosted by the Connecticut Alumni Chapters, 6 p.m., Aunt Chilada's, Hamden.
May 25, 2008	American Academy of Physician Assistants annual meeting and alumni reception in San Antonio, Texas.
July 21, 2008	Quinnipiac Classic Series Alumni Championship golf tournament hosted by the Quinnipiac University Alumni Association, Oak Lane Country Club, Woodbridge, Conn.



For more information or to RSVP, visit www.quinnipiac.edu/events.xml.

STUDENT SPOTLIGHT

Sarah DeFreitas '06, MOT '08, builds circles of support

Sarah DeFreitas '06, MOT '08 was intrigued by the idea of "circles of support"—social support networks typically used by people with physical disabilities. She knew the concept also could be a great tool for occupational therapists working with young people with developmental disabilities. It's one thing to know of a way to help people; it's another to actually put it to work. DeFreitas created as her capstone project a manual on how to implement circles of support by creating a network of people that can provide guidance and help to the individual at the center of the circle.



Dean Edward O'Connor and Sarah DeFreitas at the Charter Oak Society Event, where she was honored.

"They can help with everyday life strategies, from finding housing to finding activities. It fits in with the occupational therapy philosophy," explains DeFreitas, who graduated summa cum laude with a health and science studies degree and earned her master's degree in occupational therapy from Quinnipiac in January. She presented her manual at the American Occupational Therapy Association's annual conference in April.

She's already put her manual to work at ACES, a regional educational services agency, where she works as an occupational therapist for children in elementary and middle schools in the greater New Haven area.

In a single day, she may help one student with fine motor skills, another with organizational skills, and a third student with building relationships. "There's so much variety in my day, it's challenging," she says. "I definitely like a challenge."

DeFreitas is used to juggling activities. While at Quinnipiac, she ran on the cross country and track team, was inducted into Phi Theta Epsilon, the OT Honor Society, and volunteered for several community projects, including the Best Buddies Program. Her younger sister, Lisa, had special needs, so she grew up compassionate toward others who need help, she says. In addition, she was recognized as a Charter Oak Society Scholar at Quinnipiac for her accomplishments.

"I feel honored that I was recognized for doing something that I felt was good for me, good for the school and good for the community," DeFreitas says.