

# Still

*magazine*

*Keep  
choosing*  
**JOY**

ATSU speaks out  
about self-care and  
avoiding burnout

- 125th anniversary community projects 23
- Gold medal expertise Q&A with Dr. Sheri Walters 26
- ATSU's immersive simulation experience 28





## Our point of **view**

Local children attend ATSU-ASDOH's 13th annual Give Kids A Smile event in Mesa, Arizona. Learn more about the event on Page 7.



Dr. Phelps chats with students on the Mesa, Arizona, campus.

## Prioritizing self-care

ATSU is bustling with activity, and this issue of *Still Magazine* captures some of the highlights from the University community. ATSU schools are completing their 125th anniversary projects. Faculty and staff are using knowledge and skills in unique ways, locally and internationally. Alumni are making important contributions in their communities, and ATSU's technology and innovation never cease to amaze.

With changes happening around us every day, it can be difficult to keep our focus and take care of ourselves. In this issue's cover story, alumni and faculty discuss the importance of avoiding and overcoming burnout and keeping their joy. While the article focuses on healthcare providers, burnout is a universal topic extending beyond healthcare to all professions.

Personally, I find joy in time spent with my family. Professionally, I find joy in seeing our students grow and learn. It's always satisfying to see them achieve their goals and leave ATSU equipped for their journey in healthcare. My hope is alumni, of all ages, will reconnect with the reasons they chose healthcare and make self-care a top priority.

Yours in service,

Craig M. Phelps, DO, '84, president

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## Our mission

A.T. Still University of Health Sciences serves as a learning-centered university dedicated to preparing highly competent professionals through innovative academic programs with a commitment to continue its osteopathic heritage and focus on whole person healthcare, scholarship, community health, interprofessional education, diversity, and underserved populations.

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Gail Doss  
Photography by  
Kelly Rogers

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A.T. Still University (ATSU) is a graduate health sciences university comprised of six schools/colleges:

- Arizona School of Dentistry & Oral Health (ATSU-ASDOH)
- Arizona School of Health Sciences (ATSU-ASHS)
- College of Graduate Health Studies (ATSU-CGHS)
- Kirksville College of Osteopathic Medicine (ATSU-KCOM)
- Missouri School of Dentistry & Oral Health (ATSU-MOSDOH)
- School of Osteopathic Medicine in Arizona (ATSU-SOMA)



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*Still Magazine* strengthens and extends the positive connections of alumni, faculty, staff, and students to the University and each other by informing, entertaining, and engendering pride in a shared experience and University mission. The magazine focuses on a variety of academic, social, political, cultural, scientific, and artistic issues through the lens of alumni and student achievements, scholarly activity, and institutional news.

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# Founder's Day 2018

Arizona campus  
Friday, Oct. 19

Missouri campus  
Thursday-Saturday  
Oct. 25-27

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ATSU

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\*Please note that you may replace the University with a specific college at ATSU. Colleges include Kirksville College of Osteopathic Medicine, School of Osteopathic Medicine in Arizona, College of Graduate Health Studies, Arizona School of Dentistry & Oral Health, Arizona School of Health Sciences, and Missouri School of Dentistry & Oral Health.



Bats and mats

Osteopathic tenure

Maker of dreams

Home sweet bootheel

Family first

Healing ear

# Inspiration

## Healthy kids

*ATSU-ASDOH holds annual Give Kids A Smile event*

ATSU-ASDOH hosted its 13th annual Give Kids A Smile (GKAS) event on the Arizona campus in February. In partnership with the Arizona Dental Foundation, more than 250 uninsured children ages 6-12 received free dental care. Students, faculty, alumni, and local dentists volunteered to provide cleanings, fillings, sealants, and extractions.

In addition to providing dental care and reinforcing healthy habits, the event featured activities including carnival games and face painting. Many dental students dressed as superheroes and fictional characters to help put kids at ease as they received care.

"I have volunteered as a provider every year post graduation from ATSU-ASDOH," says Brodie Cook, DMD, '15. "As long as there are kids in need, I will be continuing to contribute to GKAS in any manner that I am needed!"

Rachel Lederman, D1, and 600 other volunteers participate in the annual GKAS event.

# Baseball bats and Pilates mats

By Amanda Martinez

**T**he Chicago Cubs, Arizona Diamondbacks, Chinese national baseball team, Texas Rangers, and March Matness Pilates movement. It's an impressive resume for Ed Yong, MS, '08, who began his fitness career as a personal trainer while pursuing his undergraduate degree.

"My first fitness-related job was as a personal trainer during my senior year of college," Yong says. "Although I enjoyed all of my clients, I felt the need to pursue something more."

He sent resumes to a few baseball teams during Spring Training, and only one replied: the Chicago Cubs. After a 36-day unpaid internship with the Cubs, Yong was hooked on the world of baseball.

In 2004, Yong was hired by the Arizona Diamondbacks and worked with all levels of their minor league system for the next four seasons as a strength coach. Following his time with the Diamondbacks, Yong worked with the Chinese national baseball team in preparation for the 2008 Summer Olympics in Beijing as the strength and conditioning coach.

In between working for Major League Baseball teams and coaching Olympians, Yong felt the need to advance his educa-

tion in the strength and conditioning field. He enrolled in the Human Movement program at ATSU.

"I was able to perform the work at my convenience, which was during my baseball season in Tucson, Arizona, in 2007 and Beijing in 2008," Yong says. "It was great because I could be on the road in a hotel room or in my office in the stadium and still get all of the required classwork done."

Since 2009, Yong has been a strength and conditioning coach with the Texas Rangers organization, currently with their minor league affiliate, the Spokane Indians.

Yong's athleticism isn't limited to the field, however. During the 2011 offseason, Yong started doing Pilates as a way to find other means of improving his body "out of boredom." In 2015, Yong started seeing March Matness photos online. March Matness, created by renowned Pilates instructor Benjamin Degenhardt, features one exercise per day in the month of March, with many participants sharing photos of their pose of the day on social media. Yong's daughter, Kyra, was 3 years old at the time.

"Every time Kyra sees me doing Pilates, she will stop what she's doing and hop in," Yong says.

Yong started using her for added resistance, and his wife, Tammie, took photos. Yong's son, Braydon, also joined in on the fun. The Pilates world took notice of the cute additions to Yong's March Matness photos. Some photos had more than 500 likes on Facebook.

Yong has woven together his loves for Pilates and baseball conditioning. He is responsible for leading yoga and Pilates sessions with his players.

Although Yong works with many talented athletes, his March Matness photos clearly show his kids are the real MVPs. Whether he's on or off the field, Yong is committed to making fitness fun with a little help from his family.



Yong's daughter adds resistance to his Pilates workouts.

**T**he “Kirksville experience” is a term of endearment used to describe a person’s tenure in Kirksville, Missouri. People who come to this educational hot spot are able to embrace a small-town lifestyle in a cultural hub of rural America. Dixie Tooke-Rawlins, DO, FACP, ’80, was fortunate to experience Kirksville three times.

Originally from a rural town in south-east Missouri, Dr. Tooke-Rawlins began her career pursuing nursing. As an undergraduate student, she worked for Richard Gayle, DO, ’67, and David Gayle, DO, ’69, in a busy rural family practice. The doctors encouraged her to pursue medicine instead. A year later, she changed her major to premed and transferred to Truman State University in Kirksville, preparing for ATSU-KCOM.

After graduating from ATSU-KCOM and completing postgraduate training, Dr. Tooke-Rawlins became board certified in family medicine and emergency medicine and spent her first eight years working in southeast Missouri. Shifting her focus to family medicine and academics, she came back to Kirksville in the early ’90s as an ATSU-KCOM faculty member while her husband, Frederic Rawlins II, DO, ’95, was earning his medical degree.

A few years later, the couple and their two sons moved to Michigan and then to Pennsylvania. While he finished his clinical training, she served as a residency director and then a director of medical education. The family found its way back to Kirksville again in the late ’90s when Dr. Tooke-Rawlins accepted the position of associate dean of clinical affairs at ATSU-KCOM. One and a

# An osteopathic tenure

By Katie Hubbard

half years later, she stepped into the role of interim dean – the first female to hold the position.

Through each experience in Kirksville, she propelled her career to the next level. While interim dean, Dr. Tooke-Rawlins was recruited to Edward Via College of Osteopathic Medicine (VCOM) and became the founding dean. Today, she serves as VCOM’s president and provost, overseeing three campuses in Virginia, the Carolinas, and Alabama, along with international rotation sites. Of her many roles and responsibilities, she enjoys mentoring students most, watching their excitement in learning medicine and caring for patients.

“I get to see students’ faces when they cross the stage at graduation, when they

get their first white coat and how excited they are,” she says. “Those are the things that make it worth coming in every day.”

Like anyone, Dr. Tooke-Rawlins faced her share of challenges, but with her family always by her side, she was able to follow her ambitions. She has received many awards including the Kirksville Osteopathic Alumni Association’s Distinguished Service Award, American Osteopathic Foundation Educator of the Year, and American College of Osteopathic Family Physicians’ Lifetime Achievement Award, which she received this year.

“As a DO, all of us have a responsibility to ensure we do the right things for those who come after us,” says Dr. Tooke-Rawlins. “We have to be advocates for the osteopathic profession.”



**Dr. Tooke-Rawlins (center) is proud of her family. Her husband (back, center) is an ER physician and works in academic medicine as a leader in healthcare simulation.**

**Both of her sons became DOs. One son is an Air Force critical care physician who just returned from deployment, and the other is an internist with the National Health Service Corps in Virginia.**



Dr. Haase is committed to increasing representation of American Indians in dentistry.

# Dream maker

By Anne Ackroyd

**C**ristin Haase, DMD, MPH, '17, grew up in a small town in North Dakota. She is of the Lakota people and a member of the Cheyenne River Sioux Tribe. Last year, she graduated from ATSU-ASDOH and became one of fewer than 300 American Indian dentists serving a population of 5.2 million.

As a tribal member, Dr. Haase is committed to serving American Indian com-

munities. She knew from a young age she wanted to be a dentist. She also is keenly aware of the challenges American Indians face in accessing oral healthcare.

"Growing up, I started to understand the need for providers in Indian country, as well as the unique health issues that our people face, in contrast to nonnative people," she says.

Dr. Haase received a scholarship to ATSU-ASDOH from the Indian Health Ser-

vice on the condition she would practice in a tribal community when she graduated. She now works as a general dentist at a tribal health facility in Chiloquin, Oregon, serving the Klamath Tribes.

Like many American Indian youth who share her aspirations, Dr. Haase faced obstacles along the path to dental school. Because so few American Indians become dentists, it is difficult for young people to find a mentor in the field. As

an undergraduate student, Dr. Haase was fortunate to connect with a network of supportive leaders in the Society of American Indian Dentists through a summer dental program. This network helped her navigate the complicated process of applying to dental school.

"It's pretty rocky if you don't know the ins and outs of the application," says Dr. Haase. "Native Americans are the most underrepresented group in dentistry, by far. Most don't have parents or family members to shadow who can teach them about dentistry and guide them through the process of applying to school."

This lack of representation negatively affects the oral health of American Indian communities across the country. American Indian children are four times more likely to have tooth decay than white, non-Hispanic children, while American Indian adults experience untreated tooth decay at twice the rate of all adults in the U.S.

Dr. Haase is confident the solution to the oral health crises in American Indian communities is a greater number of American Indian dentists. Underrepresented minorities who become health-care providers are more likely to work in underserved communities that reflect their own racial and ethnic background. In fact, underrepresented minority status is the strongest predictor that a health-care professional will work with underserved populations.

To address the provider shortage, Dr. Haase and ATSU-ASDOH are breaking down barriers for American Indian youth considering a career in dentistry. As a second-year dental student, Dr. Haase was encouraged to apply for a Dreamstarter™ grant through Running Strong for American Indian Youth, an organization that funds community programs spearheaded by Native youth. With the support of her mentors at the University, including George Blue Spruce, DDS, MPH, assistant dean, American Indian affairs, Dr. Haase was determined to build sustainable solutions.

Pre-dental students in PAW get hands-on experience with dentistry in ATSU-ASDOH's dental simulation lab.

"The original idea was to propose a basic oral health outreach program, giving out toothbrushes to kids," says Dr. Haase. "I read the application and realized that if we really wanted to make an impact, we needed more Native dentists. Why not use the money to help students get the resources they need, so they're prepared to apply to dental school?"

The result of her proposal was the American Indian and Alaskan Native Pre-dental Admission Workshop (PAW), a three-day program designed to help undergraduate students navigate the dental school application process and expand their professional networks. PAW participants also get hands-on experience in the dental simulation lab, one-on-one time with current dental students, and a tour of the School. The University even provides the aspiring dentists with professional headshots.

Although it is not a requirement, many PAW participants plan to practice in the communities where they grew up.

In addition to increasing access to quality dental care for American Indians, the program has some unintended benefits.

"We ended up educating even our faculty and staff about issues in Native American communities because we had faculty helping with the workshop," says Dr. Haase. "It also has raised awareness in my classmates and colleagues about oral health issues for Natives."

ATSU-ASDOH has hosted the workshop for three years now, funded in part by Dreamstarter™ grants. Although she is no longer a student, Dr. Haase remains committed to the program. She attended this year's workshop as a presenter and mentor.

The oral health challenges facing rural American Indian communities are significant, but they are no match for the passion, energy, and talent of young dentists like Dr. Haase. She is taking matters into her own hands and creating opportunities for young American Indians dreaming of careers in dentistry.



# Boot-healing

An ATSU-MOSDOH alumnus returns to the Bootheel to serve his community.

By Kit Avanzado

**N**ot many health professionals start their career while on a hunting trip. For Luke Fowler, DMD, '17, that's exactly how it all began.

Born and raised in Kennett, Missouri, Dr. Fowler always knew coming home was the goal in whatever profession he pursued. Kennett has a population of roughly 10,000 people and is located in the southeast corner of Missouri, often called the "Bootheel" because of its shape.

One of Dr. Fowler's favorite pastimes is hunting. Several years ago, while on a hunting trip with a dentist friend, Dr. Fowler inquired about the field of dentistry and how much of an influence he could make in his community. Immediately in that conversation, he knew he wanted to pursue a career in dentistry.

Prior to attending ATSU-MOSDOH, Dr. Fowler was a Medical Service Corps officer in the Army with three hospitals under his command. He always had an interest in medicine, in addition to spending time with his family, hunting, and serving his community. Dentistry provided the perfect opportunity for him to follow his interests and provide a service his hometown desperately needed.

"Everybody knows everybody," Dr. Fowler says of his hometown. "It's great taking care of people you know. If they can't reach me by phone, they'll probably just show up at my house."

Dr. Fowler's return to his hometown had an immediate effect on the community. Since joining Burcham Dental Arts, production increased 74 percent from last year. He attributes much of his success to the training and education he received at ATSU-MOSDOH.

"Confidence makes a difference," says Dr. Fowler. "I've seen a lot of patients here who had similar cases to those I experienced while I was on rotations in St. Louis."

Dr. Fowler loves his new practice and staff family. While he stays busy, he is no stranger to balancing his work and personal life. Dr. Fowler started his pursuit of dentistry at age 33. He had three kids prior to applying to ATSU-MOSDOH, and while he was a second-year dental student in Kirksville, he and his wife welcomed a fourth child. They both knew it would be a challenge, but they knew they could make it work. Now, Dr. Fowler is giving back to a community that has given so much to him from the moment he was born.

"We knew the Bootheel was home when we got back," says Dr. Fowler. "It just felt right."



# Family first

By Kit Avanzado

**F**or many people, foster care can be a challenging experience. For Timothy Lemaire, DO, '16, it was life-changing. Dr. Lemaire, a Nevada native, was raised in a home where family values were everything. His parents knew the importance of providing a happy, safe, and healthy home for their many kids.

From high school until he left for college, Dr. Lemaire's parents took in more than 80 foster children. Their house had as many as five additional children at a time. It created a relatively hectic environment, but being able to stabilize the children's lives for even a brief moment in time meant the world to the Lemaire family.

"My parents focused primarily on bringing in infants and toddlers," says Dr. Lemaire. "They took care of a lot of kids with high-level medical needs."

Dr. Lemaire's upbringing inspired him to do the same thing once he was able to start a family of his own. He cared for

eight children ranging from 3-12 years old. What Dr. Lemaire saw while he cared for those children completely changed his professional outlook.

"These children had little to no medical care to begin with and very little follow-up," says Dr. Lemaire. "I took them to the same physician, and I knew what I wanted to do for the rest of my life."

At 28 years old, Dr. Lemaire went back to school full time to take the required science courses. After discovering ATSU and learning about the mission, he knew exactly where he wanted to attend medical school. Balancing class work and family was difficult at times, but he stayed focused on the idea of making a difference for his future patients.

During his time at ATSU-SOMA, Dr. Lemaire served as class president his first year and was elected to a national board position for Student Government Council his third year. He also helped revamp the rotation site process to benefit future medical students. One of Dr. Lemaire's

favorite initiatives at the School was his Street Medicine Project. It centered on providing care to the homeless population in the Mesa, Arizona, area. Not only did the project provide medical care, it also provided programs that would assist with mental healthcare.

Upon graduation, Dr. Lemaire matched into a family medicine program in Anchorage, Alaska. Despite the distance from his home state, Dr. Lemaire felt as though he could have a greater influence in Alaska and help its underserved populations.

"There's such a need for medical care here," says Dr. Lemaire. "We travel from village to village providing care for people who are sometimes stranded with nowhere else to go."

Even though he's further from home than any other time in his life, Dr. Lemaire feels as though he's in the perfect place. He has always put his family first. Now, he also puts his patients first because he considers them family, too.

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**A**ccording to the Centers for Disease Control and Prevention, nearly three out of every 1,000 children in the United States are born with a detectable level of hearing loss in one or both ears. Kathleen Favor, AuD, '14, was one of those children. She has firsthand experience with the challenges and successes of growing up with hearing loss and navigating through adulthood.

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# An ear for healing

By Laurie Trowbridge

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As a child from Dublin, California, Dr. Favor and her parents were referred to the Hearing and Speech Center of Northern California (HSCNC). The center confirmed her hearing loss, and she was fitted with her first pair of hearing aids. Dr. Favor's family provided her with the support to treat her hearing loss while ensuring access to the tools necessary to be successful academically. Even with all the love and encouragement as a child, Dr. Favor had not yet encountered another individual with hearing loss.

"I remember as a young child that I just felt different from everyone else and yearned to make a connection with someone outside of my family who also had hearing loss like me," says Dr. Favor.

Over time, she began to meet people with hearing loss, which strengthened her self-esteem. By the time she reached middle school, Dr. Favor began imagining her career as a teacher, wanting to fulfill a desire to help others. One day, Dr. Favor's school teacher suggested she help others with hearing loss, just like herself.

"At the time, it never dawned on me that someone with hearing loss could help other people with hearing losses," says Dr. Favor. "I just assumed an audiologist had to have normal hearing. Once the realization sunk in, I was more inclined and determined to pursue the audiology profession."

During her time in the Doctor of Audiology program at ATSU, Dr. Favor applied for and was accepted to a clinical

externship at HSCNC, the same center she visited as a child years before. Following graduation, she was offered a full-time position there.


Today at HSCNC, she works with patients who are 6 months and older, conducting diagnostic audiologic evaluations, hearing aid fittings and checks, and aural rehabilitation. She has incredibly appreciative clients with whom she offers

her services and shares her personal experiences. Her greatest joy comes from witnessing patients' reactions to the first time their hearing aid is turned on.

"I am reminded frequently why I pursued my doctorate in audiology," she says. "I want my patients to know that I am there for them and will support them to the best of my ability."







Keeping joy

Community projects

The gold standard

Reality immersion

Keep in mind

# Features

## **Cultural Diffusion**

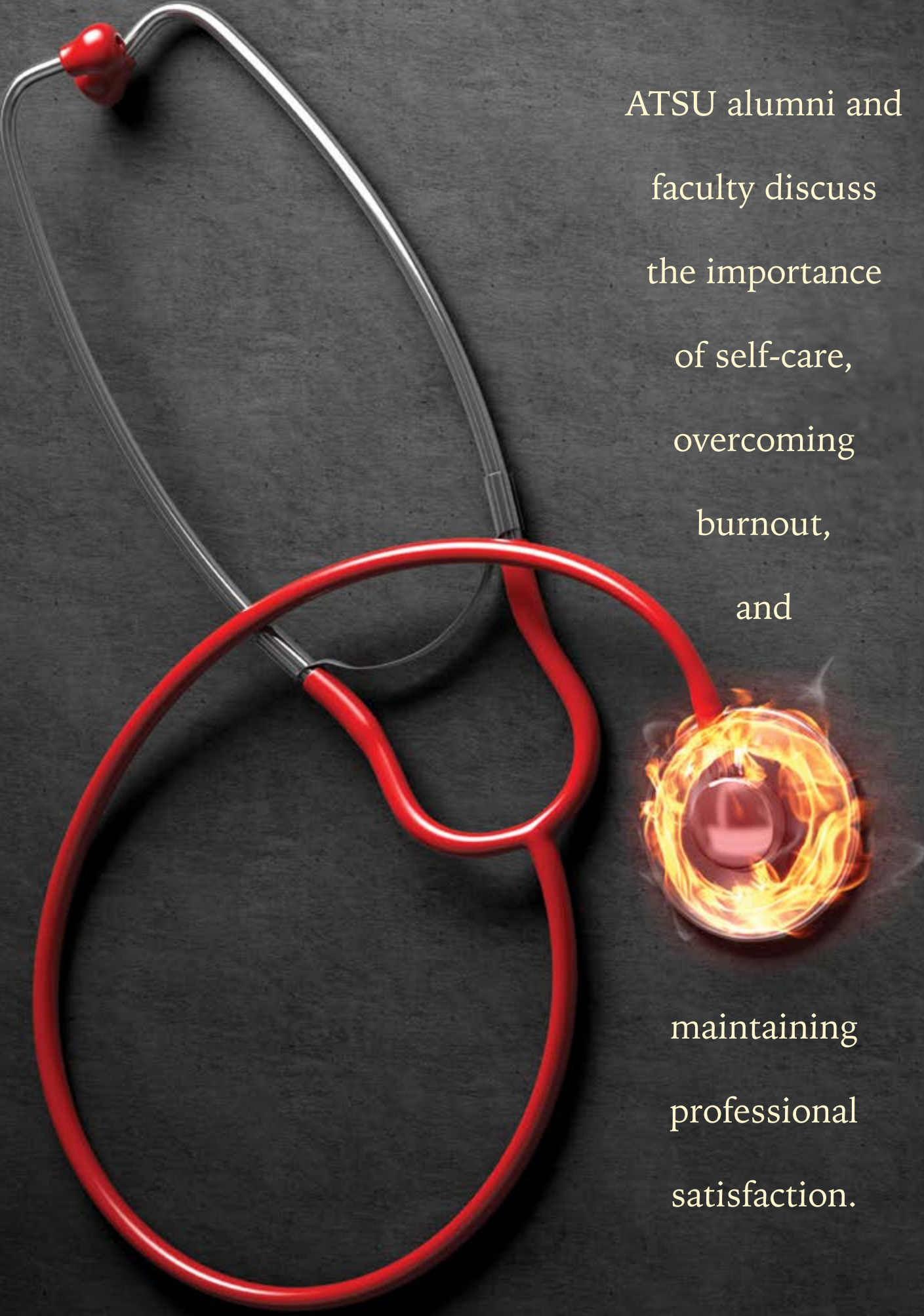
*Student National Medical Association holds cultural event*

The Student National Medical Association held its annual Cultural Diffusion show on Friday, Jan. 26. ATSU students, faculty, and staff, along with community members and Truman State University students, enjoyed an evening of fun on the Missouri campus.

This year's show featured a variety of performances with dancing, singing, circus hand balancing, stand-up comedy, and music. The evening concluded with a fashion show of models displaying outfits from countries including China, Germany, Ghana, Guatemala, India, Nepal, Nigeria, and Vietnam.

"Cultural Diffusion provides an opportunity to celebrate the extensive diversity of the students, faculty, and staff on the Missouri campus," says Lori Haxton, MA, vice president, student affairs. "Whether it is through music, dance, clothing, humor, dialogue, food, or language, this showcase brings us all together to share and appreciate our unique differences and shared similarities!"

Maurice Dale, OMS II, serves as vice president of ATSU-KCOM's Student National Medical Association.



ATSU alumni and  
faculty discuss  
the importance  
of self-care,  
overcoming  
burnout,  
and

maintaining  
professional  
satisfaction.

*Stacie Segebart, PT, '00, DPT, '05, loves helping people. Helping people is the reason she chose a career in healthcare. For 18 years, she has helped her patients, passed along knowledge, and fixed some broken smiles.*

*After a time in her practice, she began to question her career path. She needed direction and wanted answers that no one seemed to have. Her inner struggle consumed her thoughts, and her joy for helping people began to fade.*

*"I kept thinking, 'What is going on with me?'" recalls Dr. Segebart. "I felt shameful."*

*Dr. Segebart eventually realized she was struggling with burnout.*

Dr. Segebart's situation is not unique. Burnout is a common problem for healthcare providers from all disciplines. It is defined as exhaustion of physical or emotional strength or motivation, usually because of prolonged stress or frustration.

Many providers will experience burnout at some point in their careers. The good news is those who experience burnout will likely overcome it. However, if left unrecognized or untreated, burnout can lead to mental health issues including depression and suicide, as well as negative patient outcomes. As the discussion surrounding burnout and its consequences becomes more popular, ATSU alumni and faculty speak with *Still Magazine* about the importance of self-care, overcoming burnout, and maintaining professional joy.

*Keep choosing*

JOY

By Katie Hubbard

## The struggle is real

The phrase, "You cannot give what you do not have," is heard regularly around ATSU. It seems natural that healthcare providers, who commit their professional lives to caring for others, should care for themselves first. All too often, however, providers have difficulty maintaining proper self-care. When self-care takes a back seat, the doors open for burnout to set in.

David Goldman, DO, JD, '91, is an associate professor in ATSU-KCOM's Neurobehavioral Sciences department and is medical director at Mark Twain Behavioral Health in Hannibal, Missouri. A frequent lecturer on mental health, he says many factors may contribute to burnout, and the causes vary for each person. Causes may include too many bureaucratic tasks, too many hours at work, increased computerization, loss of autonomy, too many appointments in a day, lack of professional fulfillment, inability to keep up with research, compassion fatigue, vicarious trauma, etc.

Burnout doesn't stop with providers. It's also a problem for students, interns, and residents. According to a University of Pennsylvania study, rates of intern burnout soared from 4.3 percent to 55.3 percent over the course of their first year of training. Causes of burnout in young professionals may include too many commitments, pressure to perform well, adjusting to new environments, financial burdens, and lack of mentoring, among others.

Dr. Goldman notes the Maslach Burnout Inventory (MBI) is a tool commonly used to assess an individual's risk of burnout. Developed by social psychologists Christina Maslach and Susan Jackson, MBI measures three dimensions of burnout: emotional exhaustion, cynicism, and inefficacy or inefficiency.

These three dimensions outline symptoms for healthcare professionals to watch for and recognize if they occur. Emotional exhaustion includes feeling drained after the workday, being unable to recharge even after time off, and decreasing energy levels. Cynicism describes feelings of detachment from patients and loathing their problems. Inefficacy or inefficiency refers to providers questioning their quality of care and doubting the importance of their work.

While conversations about burnout reach national levels, individuals are still reluctant to talk about their issues or seek mental health services. According to the same University of Pennsylvania study, reasons for avoidance include lack of time, lack of confidentiality, a desire to manage their mental health independently, and professional stigma.

"Threat of judgment from other providers serves as one of the largest roadblocks to seeking psychiatric care," Dr. Goldman says. "And yet, no one would ever want a colleague to suffer."

Dr. Goldman performs a magic trick with students during Founder's Day 2016.







Asking for help  
shows strength,  
rather than weakness.”

— *Dr. Brian Vesce*



Dr. Segebart enjoys a variety of outdoor activities. She’s a world-class shotgun shooter, winning first place in World Cup Ladies and third place in World Cup General.

## *A dose of self-care*

While many providers have experienced burnout, many have also recovered from it. Just as the causes of burnout are unique to each person, so are the strategies for building resiliency and keeping the joy intact.

“Professional joy is the satisfaction and fulfillment we receive from those we serve, those we lead, and the accomplishments we achieve through the work we choose to do,” says Brian Vesce, DAT, ATC, ’17.

Dr. Vesce is a senior athletic trainer and traumatic brain injury specialist at Northwestern University. He has maintained joy by changing his environment or changing his expectations. When he struggled with burnout in the past, he discovered a lack of excitement and satisfaction in his work. He then identified aspects of his work he did not enjoy and found opportunities for change.

“I have always embraced proactivity and change,” he says. “At various points in my career, those changes included moving to a new city, changing jobs, or changing roles within a particular job.”

Paul Frizelle, PT, DPT, MS, OCS, MTC, CSCS, ’09, is an adjunct professor of kinesiology at ATSU-CGHS and is an outpatient physical therapy clinic director. He has become more mindful of his time, and he considers the full effect of taking on an additional task before agreeing to it.

“Early in my career, I found myself taking on too many things,” Dr. Frizelle says. “I lost the enjoyment of what I was doing and began to lose time for what was important to me as a person.”

Faith Polkey, MD, MPH, FAAP, is ATSU-SOMA’s regional director of medical education at Beaufort-Jasper-Hampton Comprehensive Health Services Inc. in South Carolina. At times, she questioned her work and wondered if she wanted to continue on her career path. Her approach to keeping the joy is to remain open to new possibilities and to seize opportunities to do something new or different.

“I always keep the bigger picture in mind of why I’m here on this earth,” Dr. Polkey says. “That connects me and keeps me grounded.”

As for Dr. Segebart, she turned to life coaching as a way to get back on track. She is now a life coach for others in addition to being a physical therapist. Her joy comes from helping patients as well as other professionals. She even created her own burnout workshop to help fellow physical therapists.

“Physical therapists sometimes need physical therapists,” Dr. Segebart says. “Doctors sometimes need doctors.”

Drs. Vesce, Frizelle, Polkey, and Segebart each make time to take breaks from work and recharge. Like many people from the ATSU community, they choose to spend quality time with family and friends and stay active through exercise. They also have some unique interests. Dr. Polkey works on art projects with her daughter. Dr. Segebart is a competitive shotgun shooter – and is a world champion. Dr. Goldman, too, has a unique pastime. He has been a magician for 57 years and incorporates magic tricks into his lectures and his patient visits.

“I wrote a paper on Harry Houdini magic in fourth grade, and I was hooked,” Dr. Goldman says. “My goal is for my students and patients to enjoy it.”

## Have the conversation

Mental health issues are plaguing providers across the healthcare spectrum, and the causes of overwhelming stress and frustration suggest the healthcare system is the primary culprit for increased levels of burnout. According to Dr. Goldman, the best way to enact healthy behavior changes in patients is to initiate a dialogue. If that's the case, conversations taking place across the country may indicate changes to the healthcare system are coming.

"The younger generation is asking for something different," Dr. Polkey says. "They want to practice and serve, but they also want to have a family life."

Dr. Polkey has worked with ATSU students since 2008 and has been a mentor to those who have struggled. She credits ATSU-SOMA's education model for allowing her to give individualized attention to those students.

"I have seen students who struggled and wouldn't have become doctors," Dr. Polkey says. "Those students needed to be doctors."

ATSU takes several proactive measures to help students avoid burnout and other issues. Mental health wellness counselors are available on the Arizona and Missouri campuses, and their services are confidential and free of charge. The Still-Well Student Wellness Program was created in the early 1990s to encourage students' health and wellness throughout their education and into practice. Each year, the program offers activities and events encompassing different areas of wellness.

"If students are able to build skills and resilience to handle causes of burnout, they will be able to use those skills later in their careers," says mental health wellness counselor Sarah Thomas, MSW, LCSW, who also offers a mindfulness-based stress reduction course.

Dr. Frizelle says expanding academic curricula to teach self-care and stress management for all health disciplines is one possible solution. Dr. Vesce believes another solution may be effective mentoring. He says young professionals need guidance through times of transition.



For her extraordinary mentorship and role modeling to students, Dr. Polkey (center) was named the 2017 Juan Carlos Olivares Home-town Scholar Advocate of the Year.

"Lack of direction during those times can lead to an imbalance between expectations and reality," Dr. Vesce says. "It may lead to hasty decision-making."

Making well-thought-out career decisions is critical. With so much changing in healthcare, Dr. Goldman says it is most important for professionals to choose the area of practice that brings the most joy.

"When you do what you enjoy, you do it well," Dr. Goldman says.

"I have seen students who struggled and wouldn't have become doctors."

— *Dr. Faith Polkey* on importance of mentorship



## Choose health, choose joy

For those experiencing burnout, it is important to know they are not alone. Resources are available, and action should be taken quickly.

“Burnout is professional depression,” Dr. Goldman says. “Each of us has a responsibility to ourselves and to each other.”

For residential students, mental health wellness counselors are readily available. The counselors are also able to provide national resources and referral information for online students and faculty and staff members.

“Reaching out to ask for help is a good thing,” says Dr. Vesci. “It actually shows strength, rather than weakness.”

Providers who choose to keep joy in their work are less likely to experience burnout. Those who ignore their burnout or delay seeking care may be putting themselves and their patients at risk. If positive patient outcomes are the ultimate professional goal, then patients should receive care from healthcare professionals who enjoy what they do.

“We need to keep our professions healthy,” Dr. Segebart says. “How are we going to provide health if we aren’t healthy?” 🌱



Each of us has  
a responsibility  
to ourselves and to  
each other.”

— *Dr. David Goldman*

## Keep sharing the joy!

What brings you joy? Keep the conversation going by emailing your notes and photos to [stillmagazine@atsu.edu](mailto:stillmagazine@atsu.edu). Submissions may be included in the next issue.

## Wellness & safety resources

### National helplines

#### *Mental health crisis 24/7*

National Suicide Prevention Lifeline

800.273.8255

TTY: 800.799.4889

#### *Treatment referral and information 24/7*

SAMHSA's National Helpline

800.622.4357

TTY: 800.487.4889

#### *Support and information 24/7*

Crisis Text Line

Text HOME to 741741

### On-campus resources

#### *Arizona campus*

Art Davalos-Matthews, MA, LPC

Mental Health Wellness Counselor

Building 5845, Second Floor Suite 213

Email: [amatthews@atsu.edu](mailto:amatthews@atsu.edu)

Phone: 480.219.6170

#### *Missouri campus*

Thom Van Vleck, MA, LPC

Mental Health Wellness Counselor

ATSU Gutensohn Clinic, Third Floor Room 304

Email: [tvanvleck@atsu.edu](mailto:tvanvleck@atsu.edu)

Phone: 660.626.2138

Sarah Thomas, MSW, LCSW

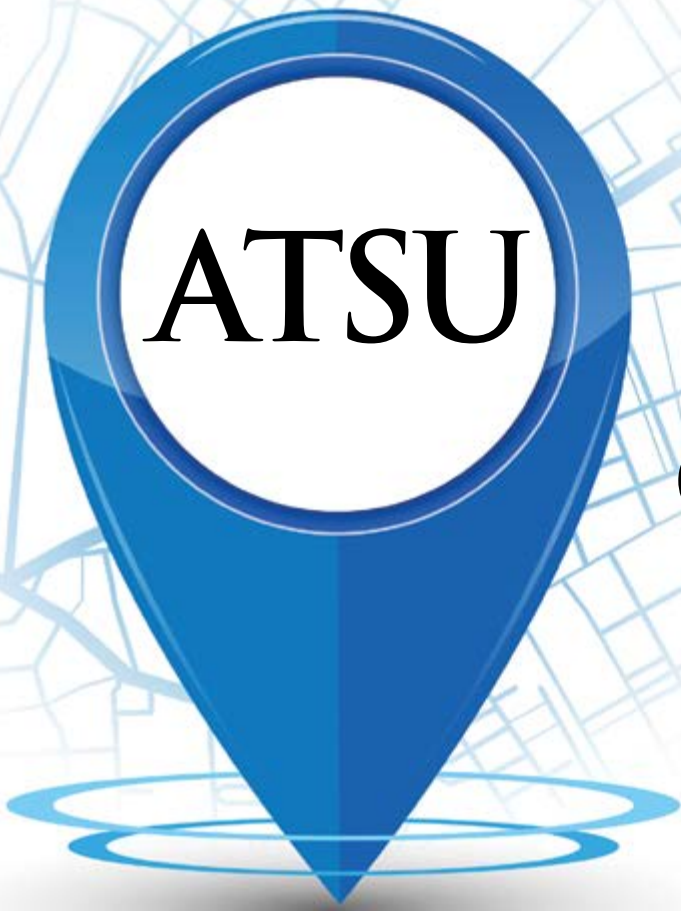
Mental Health Wellness Counselor

ATSU Gutensohn Clinic, Third Floor Room 304

Email: [snthomas@atsu.edu](mailto:snthomas@atsu.edu)

Phone: 660.626.2751





# community projects

By Anne Ackroyd

In honor of ATSU's 125th anniversary, each of its six schools planned a service project to address the most pressing healthcare needs of surrounding communities. The projects have been implemented throughout the 2017-18 academic year. In the last issue, *Still Magazine* covered projects led by ATSU-KCOM, ATSU-CGHS, and ATSU-MOSDOH. Since then, ATSU-ASDOH, ATSU-ASHS, and ATSU-SOMA have carried out projects to give back to their communities.

## ATSU-ASDOH

### Community dental event with CARE Partnership

In keeping with ATSU's mission, ATSU-ASDOH's project was designed to meet the needs of the community's underserved residents. The School joined forces with CARE Partnership, a local nonprofit organization, to provide free dental services to Mesa, Arizona, families who would not otherwise have access to care. More than 200 people received preventive dental services and education at the event, provided by



ATSU-ASDOH students provide free care to community members through their community service project.

85 volunteers from ATSU-ASDOH. The event was hosted at CARE Partnership's Mesa location on Saturday, Nov. 11.

ATSU-ASDOH volunteers provided dental screenings, cleanings, sealants, and fluoride varnish applications. In total, treatment provided at the event was valued at \$30,923. Pacific Dental Services provided restorative care, including X-rays, and the Mesa Fire and Medical Department offered free flu shots.



ATSU-ASDOH student Mark Vincent Donato demonstrates proper toothbrush technique.



In addition to meeting a critical need in the community, dental students gained valuable experience working with a diverse patient population. ATSU-ASDOH strives to prepare its students for careers in service. According to the co-directors of ATSU's Dentistry in the Community, Heather Johnson, MEd, RDH, and Yvette Thornton, MPH, RDH, the event was a wonderful experience for students and patients alike.

"We are grateful for the opportunity to serve a population of families who otherwise would not have received much-needed dental services," says Johnson.

"The event truly embodied the mission of ATSU," Thornton adds.

## ATSU-ASHS

### Ramping up quality of life

For someone with mobility issues, something as simple as leaving the house to run an errand can be very difficult. ATSU-ASHS' service project opened up a world of possibilities for one Mesa resident with chronic obstructive pulmonary disease (COPD). In partnership with Rebuilding Together Valley of the Sun, ATSU-ASHS students built an accessibility ramp at Christine Vanek's home on Saturday, Nov. 11. Vanek suffers from limited mobility due to COPD.

"This means the world to me," says Vanek. "I can get in and out of my house without worrying about falling."

Vanek has always been an active person but has been stuck inside for two years. The ramp allows her to enter and exit her home safely using a walker. It also allows her the opportunity to get out of the house and socialize. A former social worker, Vanek is impressed by ATSU's commitment to the community.

"I'm thrilled to see that young people are getting involved and trying to help others," she says. "It's so refreshing to see that happen."

Alexander Yaladoo, a third-year dental student at ATSU-ASDOH, enjoyed giving back to the community in a different way.



A group of ATSU volunteers worked together to build an accessibility ramp for community member Christine Vanek.



ATSU-ASHS students Jackie Galarza and Annoushka Ranaraja secure the new ramp.

“The opportunity to build a ramp and improve the quality of life for an individual in need is priceless,” he says. “This experience reminds me that I can help people in many ways, in and out of a healthcare setting.”

## ATSU-SOMA

### Nutrition and health awareness

ATSU-SOMA focused its efforts on health education, preparing children to make healthy choices throughout their lives. The School partnered with nearby Superstition Springs Elementary School, where 120 fourth-graders attended the Nutrition and Health Awareness (NHA) program led by ATSU-SOMA student volunteers.

NHA teaches children about exercise, nutrition, and healthy lifestyles at the elementary level. The community health program was designed to promote whole person wellness by reaching children when they are beginning to make their own healthy lifestyle choices. The interactive lessons included physically engaging games to reinforce concepts and model the body's functions. The health professions students who led the classes acted as mentors, influencing youth participants in a positive way.

“The NHA program is an opportunity for ATSU students to get involved in hands-on community work, spreading the University's mission of service,” says Kate Whelihan, MPH, CPH, faculty adviser to the service project. “By empowering children to understand their own health, we hope to inspire wellness throughout our communities.”



As part of its community project, the School held its ATSU Family FitFEST on Friday, May 18, on the Arizona campus. Students in ATSU's medical, dental, and health professions programs taught nutrition and health lessons for children of all ages.

PyeongChang  
2018

# Gold medal expertise

Q&A with Dr. Sheri Walters

By Anne Ackroyd



feature story

Dr. Walters celebrates with twins Monique Lamoureux-Morando (left), who scored the equalizer that sent the game into overtime, and Jocelyne Lamoureux-Davidson (right), who scored the game-winning goal.

Far right: Dr. Walters assists the team's goalie.





Sheri Walters, PT, PhD(c), DPT, SCS, ATC/L, CSCS, is an assistant professor of kinesiology at ATSU-CGHS. She's also an athletic trainer for U.S. Women's Hockey, gold medal winners at the 2018 Winter Olympics. Here, Dr. Walters describes her experience in Pyeongchang and her team's thrilling 3-2 win over Canada.

Tell us about your role with U.S. Women's Hockey.

My official title is athletic trainer, but I believe I was brought on because of my background in performance physical therapy at EXOS – Athletes' Performance. I also have experience with long-term rehab and corrective exercise programs to help reduce injury risk and enhance performance.

How did you get connected with the team?

I have worked with U.S. Paralympics Track and Field since 2011. One of the team physicians told me about an opportunity to move into residency with the team in the lead up to the games. She suggested I apply. I interviewed with the director of women's hockey, and she invited me to some camps for a trial run. I was then named to the 2017 World Championship team that defeated Canada for the gold. This was after the women boycotted USA Hockey to obtain equitable funding and treatment.

What is most exciting about working with Olympic athletes?

The most exciting part of working with this team has been watching them put in so much effort day in and day out, on and off the ice, to achieve their goal of winning an Olympic gold medal (six members of this team have two silver medals), and to grow the game of women's hockey. I have had the opportunity to work with many professional, elite, and Olympic athletes in my career. This team, as a whole, is unparalleled, in terms of their team-first mindset. They lift each other up daily. They help their staff daily. For example, I have never had so many athletes offer to carry my bags, or just take them without asking. They are great athletes, but they are even better people. That is what has made this experience so fun and rewarding.

How did it feel to watch your team win the final game?

It's hard to describe. I have never been so nervous, but at the same time, there was a sense of calm on the bench like, 'We got this.' Coming out of the locker room before overtime, one of the players made a joke, thanking one of the coaches for a conditioning drill from residency. That made everyone laugh. The U.S. then dominated overtime, even though they didn't score. Going into the shootout, Maddie Rooney, the goalie, was smiling. She was very relaxed. When Jocelyne Lamoureux went out to take her shot, you could just see it in her eyes. I've seen the Lamoureux twins practice those shots countless times after practice. The whole bench just felt this was their time.

Does your experience working with Olympic athletes carry over into your teaching?

As a clinician, I treat all my clients the same, whether they are elite athletes or weekend warriors. What carries over to my teaching from these experiences is the knowledge gained from the clinicians I meet all over the world. On a daily basis, I get to work closely with and learn from other U.S. medical professionals. Together, we travel and meet medical professionals from all over the world and grow from those experiences. This knowledge, and the network built from these experiences, are all brought back to my work at ATSU.

What advice would you give someone who is thinking about following your career path?

In my experience, to get offered these opportunities, you need to have both a growth and team mindset. You have to be open to new ideas and to learning and working with others. While I'm a licensed healthcare professional and certified in many different areas, I still carry bags, help load and unload the bus, take out trash, and do laundry. It's just part of it. Countries and teams are limited in the number of people who can live in the Olympic Village and have access to the venues, so everyone has to help. Ultimately, it's about the athletes and whatever it takes for them to perform their best. 🇺🇸



Imagine a packed football stadium, a deafening noise level with fans and cheerleaders chanting loudly, and sounds of play action on the field. Then imagine in the midst of the chaos, a player goes down on the sideline with a severe asthma attack. The game and chaos continue, and you are the healthcare professional who springs into action to save a life.

ATSU students no longer need to imagine this scenario. Now, students can participate in an immersive clinical simulation experience. In fall 2017, the University introduced an immersion simulation room within the Drabing Human Patient Simulation Center on the Kirksville, Missouri, campus.

"Simulation-based learning has enhanced our learning process in a controlled, safe environment," says Lisa Archer, RN, BSN, director, simulation & performance assessment.

At ATSU, human patient simulators, or manikins, are widely used as an education modality to improve student learning outcomes, competencies, and patient care. The simulated environment allows learning and re-learning as often as required to correct mistakes, perfect steps, and fine-tune skills to optimize clinical outcomes.

"By placing students in an immersive simulation experience, faculty can introduce techniques to replace and replicate substantial aspects of a real-world scenario, such as sounds, visuals, or other sensory influencers," says Archer.

The sports-related immersion scenario is only one example of the varied immersive scenarios ATSU plans to develop and offer its students. Additional scenarios will include a military extraction site, emergency room, accident scene, and more. Each scenario is replicated meticulously to develop health professionals' knowledge, skills, and response.

"The simulation lab provides a safe, unique opportunity for students to integrate classroom material and apply it to scenarios we will likely be responsible for in the future," says Jessica Clark, OMS II. "Each time I step into the lab, the hands-on approach provides a memorable learning experience that cannot be replicated by a flashcard." ■

By Virginia Halterman

# Immersed





Immersed in a football game simulation, ATSU-KCOM medical education fellows Brianne Haggard (left), Nichole Norgard (center), and Kyle Baum (right) help a player suffering from an asthma attack.

**D**ementia can be a heartbreaking diagnosis for older adults and their loved ones. Because it is a degenerative condition, people often feel hopeless and fearful of the serious consequences ahead. On a national level, dementia has become a major concern as the overall population is aging. In Missouri and Arizona, the states where ATSU's campuses are located, it is one of the top leading causes of death. But, there is hope for those with mild to moderate dementia to manage the condition and maintain quality of life.

Dementia itself is not a specific disease. Rather, it is an umbrella term that describes a decline in mental ability, severe enough to interfere with daily life. Dementia has many forms, with the most common being Alzheimer's disease. While medications are available to control some symptoms, pharmacological interventions have not proven effective in improving outcomes of people with dementia. The lack of curative medicines has led people to search for non-pharmacological alternatives or therapies.

### **Cognitive Stimulation Therapy**

Cognitive Stimulation Therapy (CST) is an evidence-based intervention program for individuals with mild to moderate dementia. The non-pharmacological therapy was developed and standardized in the United Kingdom by a team from the University College London. The purpose behind CST is to keep individuals with dementia engaged cognitively, socially, and physically.

CST takes three delivery approaches: Standard CST, Maintenance CST (MCST), and Individual CST (iCST). Each of the three CST programs has a printed manual, which features a session-by-session curriculum for group facilitators and caregivers.

### **Types of CST**

#### **Standard CST**

14-session class that takes place in a group setting, ideally with participants who are in similar stages of dementia

#### **MCST**

24 sessions for individuals who have completed the Standard CST class

#### **iCST**

75 sessions that take place one-on-one with the participant and his or her caregiver, usually in the participant's home



# Mindful





In addition, each CST manual features key principles that are essential to delivering the curriculum successfully.

A few years ago, the U.K. creators of CST collaborated with Saint Louis University (SLU) to take the program across the pond and into America's heartland. SLU's Geriatric Education Center developed a variety of training materials for healthcare professionals in the U.S. Currently, three entities are delivering CST in their communities: SLU, ATSU, and Perry County Memorial Hospital in Perryville, Missouri.

### **CST in Missouri**

ATSU began offering CST in 2016 through its Area Health Education Center (ATSU AHEC) on the Kirksville, Missouri, campus. Debra Blessing, ATSU AHEC's Geriatric Workforce Enhancement Program coordinator, was trained by faculty and staff from SLU and Perry County Memorial Hospital to deliver CST. She offers the program in Kirksville and surrounding communities free of charge to participants.

Standard CST classes begin with a welcome, introduction, and orientation session. Each following session is structured to include components such as introductions, music, discussion about the weather and current events, a group activity, exercise, and a recap of the day's session. While facilitators may tailor the session's activities to the individual group, it is essential for them to follow the key principles of person-centered care.

"By the sixth or seventh session, you can really see the participants take ownership of their group," says Blessing, who has facili-

tated more than 300 Standard CST, MCST, and iCST sessions. "They name their group, and they pick their own group song."

In January 2017, ATSU began offering iCST as an elective for DO students at ATSU-KCOM. Blessing coordinates student teams, usually two students per participant, and sessions are held in participants' homes or care facilities. Students spend 10 hours training before facilitating iCST on their own.

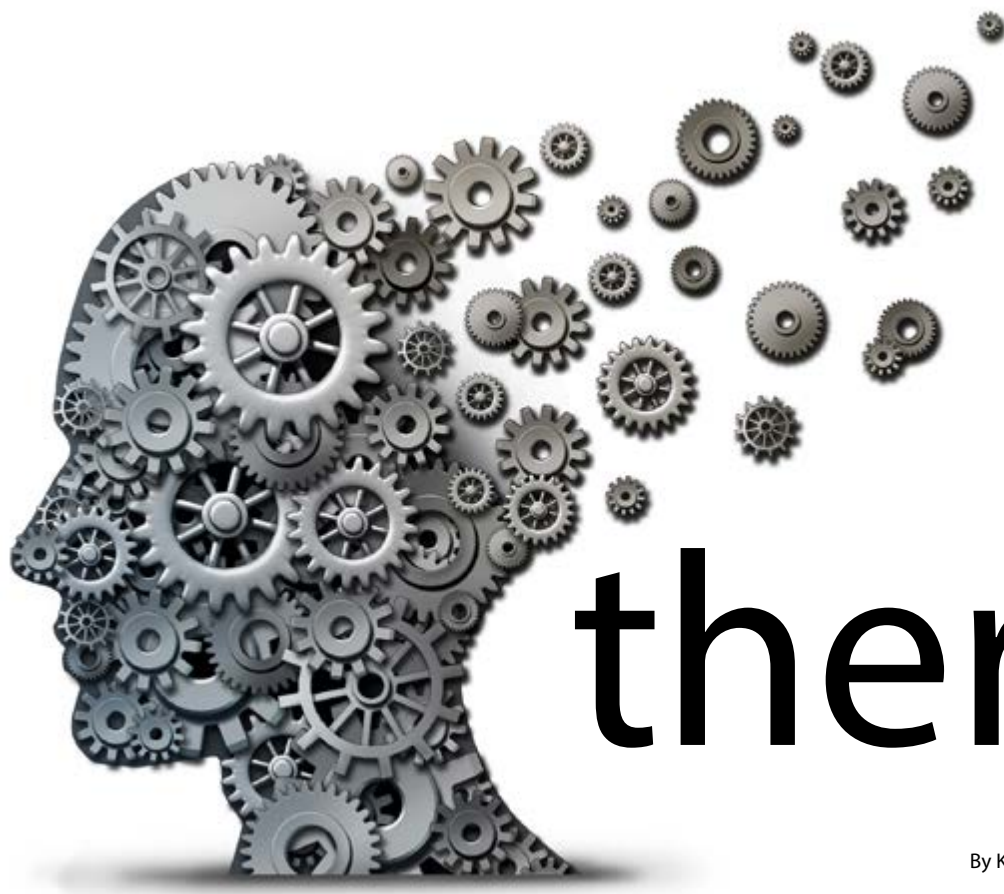
"I don't know what I expected when I signed up, but this wasn't it," says Adam Russell, OMS I. "This experience has been really enjoyable."

Russell and classmate Kristina Grant, OMS I, teamed up to work with Kirksville resident Janet Snyder. Snyder, who lives independently with weekly assistance, sometimes has difficulty remembering and concentrating. Because of the flexibility the iCST curriculum offers, Russell and Grant are able to adjust the level of difficulty to challenge her appropriately.

"We've found that we enjoy reading articles," says Grant. "I like that the program is informal, and we are able to have a normal conversation."

The low-stress setting removes anxiety and pressure and allows discussion to flow freely. Snyder says she likes sharing stories and laughing with Russell and Grant, and she looks forward to seeing them. The sessions are a nice change of pace for students, too, as they are able to take a break from the rigors of classes and studying.

"Sometimes in our conversations, it will bring up a memory that I had forgotten about," says Snyder. "These students make me young at heart."



**ATSU takes a new approach to managing mild to moderate dementia.**

# therapy

By Katie Hubbard

### CST in Arizona

CST was shared with the Mesa, Arizona, campus, and Brandi Buchanan, OTD, OTR/L, program researcher and adjunct associate professor, began facilitating Standard CST classes in spring 2017. With funding from a Tempe Community Grant, Dr. Buchanan and interdisciplinary clinicians have been providing CST at no cost to participants.

Arizona facilitators have held five Standard CST classes in three different locations throughout Tempe. The unique locations include a day club for people with disabilities, a large residential facility for individuals needing all types of care, and a senior center. Following the CST curriculum and key principles, facilitators have tailored activities to each group's needs and preferences.

For instance, one participant was quite advanced in his dementia diagnosis. He was a musician and mathematician by trade, but he developed aphasia and had difficulty communicating. Dr. Buchanan and the facilitators incorporated music into his group's activities and allowed him opportunities to talk about his work with numbers.

"By presenting some activities and asking questions we knew would tap into his past memories, he was then able to engage," Dr. Buchanan says. "You could see him add stories and come to life."

Another memorable moment for Dr. Buchanan was at the end of one Standard CST class. The participants posted a signup sheet, and they shared phone numbers and email addresses with each other to keep in touch. One participant planned to invite the group to her own house for a holiday party.

"None of these individuals knew each other when they walked in the room, and after seven weeks, they developed a friendship," Dr. Buchanan says.

Beginning spring 2018, the Arizona campus will pilot iCST. Taking a slightly different approach from the Missouri campus, Dr. Buchanan and other facilitators will train caregivers on how to engage in iCST. The goal with this approach is to improve the communication and overall relationship between the participant and his or her caregiver, which can improve moods and quality of life for both parties.

"CST gives participants hope," says Dr. Buchanan. "They realize there are things they can do to stay engaged and mentally active, rather than focusing on what they can't do."

### CST outcomes

All participants are assessed on their cognition before and after any CST program. The pre- and post-cognition scores are compared to see how cognition changed over the course of the program.



ATSU-KCOM students Adam Russell (left) and Kristina Grant (right) facilitate iCST for Kirksville resident Janet Snyder.

To evaluate participants, both campuses have been using the Saint Louis University Mental Status exam.

The facilitators reported some participants' scores continued to decline, but overall, many participants improved or stayed the same. In treating people with dementia, CST is considered successful even if participants' scores stay the same, meaning the inevitable cognitive decline is slowing. Because dementia typically occurs in adults 65 and older, that age group is already subject to a variety of health factors. Issues not related to dementia may play a role in outcomes and cognition scores.

So far, data from ATSU's CST programs has been collected and reviewed primarily to find the most effective, cost-efficient way to deliver CST to those in need. Feedback from participants and families has been positive, and both campuses are compiling what works best in each community. One point of interest for Dr. Buchanan is the high number of older adults who showed concern about memory loss but did not have a dementia diagnosis. She notes the importance of education and resources for those with dementia and for those hoping to prevent dementia.

"Some of the reasons individuals with memory issues decline can be addressed with socialization, with mental stimulation, in a setting that feels safe," says Janet Head, EdD, MS, RN, co-director, ATSU AHEC.

### Minding the future

Older adults are becoming increasingly concerned about dementia, and those who have it are searching for help. While nothing is available to reverse the course of dementia, CST can help reduce some of the major difficulties caused by understimulation, withdrawal, depression, and anxiety.

"There isn't a magic pill for dementia," Dr. Buchanan says. "CST arms people with ideas on how to continue to keep their minds healthy."

Blessing notes it is important to consider the costs associated with care and management of the condition. According to America's Health Rankings Senior Report 2017, seniors with cognitive impairments have more hospitalizations and higher healthcare costs than those without cognitive impairments. Furthermore, Alzheimer's disease is the most expensive disease, beating out heart disease and cancer. Blessing also points out the U.S. has 15 million family caregivers, and the amount of data on caregiver burnout is overwhelming.

"After learning about CST, I knew we had to do this," says Dr. Head. "Having lived and dealt with my mom's cognitive decline, I saw how much different I could've been for her."

ATSU is leading the way in changing how dementia is treated. The looming implications of this pervasive issue emphasize the importance of better communication between individuals with dementia and their caregivers, and helping them maintain function as long as possible. Until a cure is available, the University is providing its communities non-pharmacological options for a healthier future. ■

**ATSU is the first university in the nation to offer iCST as an elective course for medical students.**





Reconnect

Class notes

Faculty & staff news

In memoriam

Parting shot

# Connections

## **Tots and teddy bears**

*ATSU-KCOM holds annual Teddy Bear Clinic*

ATSU-KCOM's Alpha Phi Omega hosted its annual Teddy Bear Clinic on the Missouri campus in February. The service fraternity teamed up with volunteers from ATSU-MOSDOH and Truman State University. The event teaches children what to expect when they visit different providers, while exposing them to healthcare settings in a positive way.

Local children brought their favorite stuffed animals to the clinic and learned about various tools they may encounter during an appointment. They were escorted through eight stations where the stuffed animals received physical exams, dental care, shots, casting for broken bones, and other medical treatment.

"This event is a great way for ATSU students and children to connect in a fun, meaningful way," says Jessica Clark, OMS II, who helped coordinate the event. "ATSU students are able to apply the information they've learned in an interactive environment that promotes health and wellness in our community."

A local boy learns to use a stethoscope on his favorite teddy bear.

# Reconnect



Mesa, Arizona | Nov. 18

## Physical Therapy Continuing Education

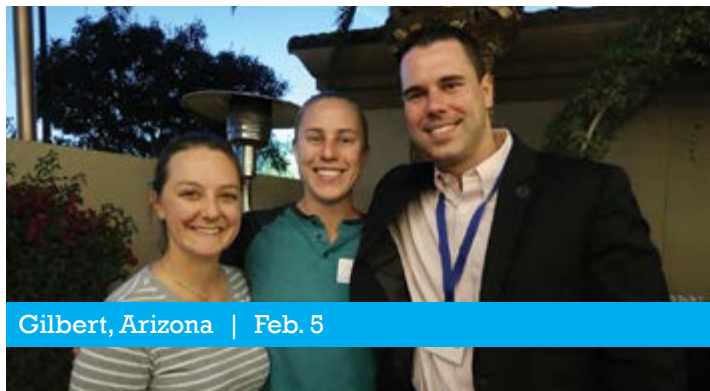
Alumni gathered to participate in Dr. Hefferon's continuing education course on soft tissue dysfunction and to celebrate the 10-year anniversary of the class of 2007. Pictured: Tami Hefferon, PT, DPT, '07, and Deanne Fay, PT, DPT, '07.



Ridgedale, Missouri | Nov. 30

## Doctor of Osteopathic Medicine Alumni & Friends Reception

ATSU alumni gathered to participate in a continuing education course and enjoyed an alumni and friends social gathering at Big Cedar Lodge on Table Rock Lake.



Gilbert, Arizona | Feb. 5



Arizona campus | Feb. 16-17



## ATSU-ASDOH Alumni Weekend

Honoring the classes of 2008 and 2013, the ATSU-ASDOH Alumni Weekend highlights included 35 alumni volunteers providing care to 250 children at Give Kids A Smile; recognizing Emily Nieto, DMD, '14, MPH, '13, with the Public Health Dentistry Award and Roy Hoxea, DDS, with the Living Tribute Award; and continuing education courses in caries risk management, managing difficult patients, and restorative materials.

## Doctor of Athletic Training Winter Institute

While DAT students came together during their Winter Institute, athletic training alumni in the Phoenix area were invited to the networking reception to facilitate connections between the doctoral and master's programs. Pictured: Jodie Darnell; Lisa Stobierski, DAT, '17, MS, ATC, '15; and Brian Vescei, DAT, ATC, '17.

alumni relations



Gilbert, Arizona | Feb. 19

### Doctor of Health Sciences Winter Institute

Alumni and students joined ATSU-CGHS Dean Don Altman, DDS, DHSc, EdD, MPH, MBA, MA, '12, and Doctor of Health Sciences Chair Kate DiCaprio, PhD, for a networking reception at the annual Winter Institute.



New Orleans, Louisiana | Feb. 22

### American Physical Therapy Association Combined Sections Meeting (APTA CSM)

Updates shared at the alumni and students reception included Perry's Passion for Service and Mason Vig Scholarships; Tara McIsaac, PT, PhD, earning a National Institutes of Health grant; Jim Roush, PT, PhD, ATC, ATL, receiving the Outstanding Service Award from the Federation of State Boards of Physical Therapy; and Cynthia Cruz, PT, DPT, '15, being recognized as the Distinguished Service Award recipient for her contributions to advancing the field of physical therapy in Puerto Rico.



Prescott, Arizona | March 9



Dallas, Texas | March 23

### American Academy of Osteopathy (AAO) Convocation

Alumni, students, and friends shared time together during an ATSU alumni and friends reception held in conjunction with the AAO 2018 Convocation. Faculty hosts Karen Snider, DO, FAAO, FNAOME, C-NMM/OMM, professor and assistant dean, ATSU-KCOM, and David Shoup, DO, associate professor, ATSU-SOMA, shared updates from their respective colleges.



Austin, Texas | March 23

### American College of Osteopathic Family Physicians (ACOF) Convention

Alumni and students reconnected at the annual ACOFP convention and spent time reminiscing during an ATSU alumni, students, and friends reception. Co-hosts Margaret Wilson, DO, '82, dean, ATSU-KCOM, and Susan Steffans, DO, assistant professor, ATSU-SOMA, shared news and fun facts from their respective colleges.

*More reconnections on next page*

### Arizona State Association of Physician Assistants (ASAPA) Conference

Alumni and students learned from ATSU-ASHS Dean Randy Danielsen, PhD, PA-C emeritus, and Physician Assistant Studies Chair Bert Simon, DHSc, PA-C, that Jessica Cvetic, MS, PA-C, '18, was honored as PA Student of the Year and that more than 80 percent of ATSU's physician assistant graduates are working in health professional shortage areas.



Tucson, Arizona | March 29

### Tucson Alumni, Students, & Friends Reception

Don Altman, DDS, DHSc, EdD, MPH, MBA, MA, '12; Wayne Cottam, DMD, MS; Randy Danielsen, PhD, PA-C emeritus; Jeffrey Morgan, DO, MA; Robert Trombly, DDS, JD; and Shaun Sommerer, PhD, hosted alumni, students, and friends from all ATSU schools for an annual regional reception.



Scottsdale, Arizona | April 12

### Arizona Osteopathic Medical Association (AOMA) Convention

Jeffrey Morgan, DO, MA, dean, ATSU-SOMA, and Robert Ligorsky, DO, regional dean, ATSU-KCOM, hosted a reception for ATSU's DO alumni and students, informing them about both schools continuing to have large numbers of applicants, outstanding residency match rates, and numerous opportunities for students to provide health education to their communities.

Kirkville, Missouri | April 13

### ATSU's Kirkville Osteopathic Alumni Association (KOAA) & ATSU-KCOM Student Words of Wisdom

Each spring, KOAA board members engage with ATSU-KCOM students to provide mentorship and guidance on timely topics. This year, they discussed debt management and student loan repayment. After the presentation and discussion, alumni and students enjoyed an informal reception.

# UPCOMING alumni events

Visit [atsu.edu/alumni/events](http://atsu.edu/alumni/events) for current event information, or contact [alumni@atsu.edu](mailto:alumni@atsu.edu) to learn more. Registration for conferences is not required to attend ATSU alumni events. All ATSU alumni in the area are always invited to attend, even if an event is in conjunction with a different profession's conference.

Aug. 20

**Kinesiology Alumni & Students Reception**  
Mesa, Arizona

Oct. 6-8

**ATSU Alumni, Students, & Friends Reception & Booth (AOA-OMED)**  
San Diego, California

Oct. 20

**Dental Alumni & Students Reception (ADA)**  
Honolulu, Hawaii

Oct. 25-27

**Missouri campus Founder's Day**  
Kirkville, Missouri



Check out our alumni Facebook page at [facebook.com/atsu.alumni](https://facebook.com/atsu.alumni) for more event photos and updates, and like us while you're there!

An excerpt from Ernest E. "Tuck" Tucker, DO, 1903

*A young woman had asked me to help her get a picture of the Old Doctor.*

*We had found him seated on a truck on the sunny side of the Infirmary, and had asked to take his picture.*

*"Get Tuck in too" – was his answer.*

*When she was ready, he turned to me and lifted his long finger into proximity with my nose and addressed me as above. "Elder, do you really enjoy being a fool, or do you only act that way?"*

*Later Dr. Still said, "I just wanted to make you look natural." That natural look proved to be one grin unlimited.*

# Dr. Still as a Nutritionist

Museum of Osteopathic Medicine, Kirksville, Missouri [1994.29.06]



While ATSU does not have the photo from Dr. Tucker's passage, an image turned up recently of Drs. A.T. Still and Alice Patterson, a longtime friend and faculty member for women's health. Judging from the expressions, it looks like Dr. Still is playing the fool with Dr. Patterson, as she is suppressing a grin.

Museum of Osteopathic Medicine, Kirksville, Missouri [1980.444.26]



Dr. Still subtly grabs Dr. Fred Moore by the ear, while placing his arms around two alumnae. The smiles indicate it is all in fun.

# Upcoming **Continuing Education** programs

## Medical 2018

**Tan-Tar-A**  
**Primary Care Update**  
Aug. 3-5, 2018  
Tan-Tar-A | Osage Beach, Missouri

**ATSU Cuba CME Cruise**  
**Primary Care Update**  
Sept. 14-23, 2018  
Royal Caribbean – Empress of the Seas®  
Miami, Florida (cruise departure)

**Founder's Day**  
**Find It, Fix It, and Let It Be Known**  
Oct. 25-27, 2018  
Missouri campus | Kirksville, Missouri

**Big Cedar**  
Pre-conference | Nov. 29, 2018  
**Primary Care Update**  
Nov. 29-Dec. 1, 2018  
Big Cedar Lodge | Ridgedale, Missouri

## 2019

**ATSU CME/CE Cruise**  
**Primary Care Update**  
Jan. 19-27, 2019  
Royal Caribbean - Adventure of the Seas®  
Fort Lauderdale, Florida (cruise departure)  
Eastern Caribbean

**Las Vegas**  
**Primary Care Update**  
Feb. 28-March 2, 2019  
Caesars Palace | Las Vegas, Nevada

**Founder's Day**  
**Manipulation Update**  
Oct. 2019 – Dates TBD  
Missouri campus | Kirksville, Missouri

**Big Cedar**  
Pre-conference | Dec. 5, 2019  
**Primary Care Update**  
Dec. 5-7, 2019  
Big Cedar Lodge | Ridgedale, Missouri

ATSU is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians.

A.T. STILL UNIVERSITY

ATSU



## Dental

**From Risk to Results:  
Periodontal Instrumentation for  
the Advanced Practitioner**  
Sept. 22, 2018  
Arizona campus | Mesa, Arizona

**Silver is the New Black:  
Improving Your Practice with  
Silver Diamine Fluoride**  
Oct. 6, 2018  
Arizona campus | Mesa, Arizona

**Clinical Evidence and Practice  
Management Every Orthodontist  
Should Know**  
*Postgraduate Orthodontic  
Program*  
*10-Year Anniversary Event*  
Nov. 2, 2018  
Sheraton Mesa Hotel at  
Wrigleyville West | Mesa, Arizona

**Being a Dental Detective:  
Diagnosing Non-odontogenic  
Toothaches**  
Nov. 3, 2018  
Arizona campus | Mesa, Arizona

## Physical Therapy

**Graston Technique  
Instrument-assisted soft tissue  
mobilization**  
July 14-15, 2018  
Oct. 27-28, 2018  
Visit [www.grastontechnique.com](http://www.grastontechnique.com) to  
register for course(s).

**Examination and Intervention  
Strategies for Common  
Orthopedic Conditions around  
the Elbow, Hand, and Wrist**  
Aug. 25, 2018  
Arizona campus | Mesa, Arizona

**Outcome Measures for Stroke  
and Traumatic Brain Injury –  
Practice and Application**  
Oct. 20-21, 2018  
Arizona campus | Mesa, Arizona

**Level One Clinical Instructor  
Education and Credentialing  
Course**  
Nov. 9-11, 2018  
Arizona campus | Mesa, Arizona

### ATSU Continuing Education

800 W. Jefferson St.  
Kirksville, MO 63501  
Phone: 660.626.2232  
Toll free: 866.626.2878, ext. 2232  
Fax: 660.626.2931  
[continuingeducation@atsu.edu](mailto:continuingeducation@atsu.edu)

Follow us on Twitter  
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Like us on Facebook  
[Facebook.com/ATSUcontinuingeducation](https://facebook.com/ATSUcontinuingeducation)

Visit [ce.atstu.edu](http://ce.atstu.edu) for additional course  
information and registration.



**CONTINUING  
EDUCATION**

## '50s



**Joseph Turcillo Jr., DO, MD, FACP, '59**, Malibu, California, was honored with the Humanitarian Award at the Meet Each Need with Dignity (MEND) Awards Gala in Los Angeles on March 21. For the past 14 years, Dr. Turcillo has served as a volunteer medical practitioner at MEND, a nonprofit organization that provides care to people living in poverty. In addition, he is a member of the Medical Education Committee of Saint Joseph Medical Center in Burbank and serves on the board of governors of City of Hope.

## '60s

**Keith D. Peterson, DO, '60**, Lacey, Washington, recently moved from Phoenix to be with family.



**Edward G. Stiles, DO, FAAO, '65**, Lexington, Kentucky, received the Distinguished Service Award from the Committee on Fellowship in the American Academy of Osteopathy on March 23 at the academy's annual convocation in Dallas.

**W. Hadley Hoyt, DO, '68**, Osage Beach, Missouri, celebrated his 50th year of practicing medicine. He is currently a physician at Jefferson City Medical Group ENT & Sinus Surgery Clinic.

## '70s

**Gary M. Kilian, DO, '73**, currently volunteers with church administration and a local stable. He enjoys bowhunting, canoeing/kayaking, and spending time with his 10 children and 15 grandchildren.

**Thomas N. Told, DO, FACFP dist., '73**, received the Lifetime Achievement Award from the American College of Osteopathic Family Physicians in March.

**Ernestina T. Agresti, DO, '75**, a family practitioner at Sierra Rose Family Physicians, affiliated with the Sutter Roseville Center, was named a 2018 Top Doctor in Roseville, California.

**Andrew B. Limbert, DO, '75**, Clarkston, Michigan, was re-certified in orthopedic surgery. He practices at Oakland Bone & Joint Surgery PC in Bloomfield Hills.

**Mark D. Schneider, DO, '76**, was named a 2017 Top Doctor in Downey, California. He was also recognized by Continental Who's Who as a Pinnacle Professional of the Year in the field of medicine. Currently, he serves as program director of the Family Medicine program at PIH Health – Downey Hospital. Dr. Schneider also holds academic positions with Western University College of Osteopathic Medicine of the Pacific as an associate professor of family medicine and Touro University College of Osteopathic Medicine in California and Nevada as an adjunct assistant professor of family medicine.

**Charles W. Craft, DO, '78**, joined Arkansas College of Osteopathic Medicine as adjunct assistant clinical professor of family medicine and Mercy Clinic Health System, Fort Smith, as a staff physician in fall 2017.

## '80s



**Dixie J. Tooke-Rawlins, DO, FACFP, '80**, was named the 2018 president of the American Osteopathic Foundation in January. In addition, she received the Lifetime Achievement Award from the American College of Osteopathic

**“The most rewarding times in my present practice are when I have been able to help relieve a patient’s vertigo or improve their hearing, particularly idiopathic sudden hearing loss.”**

– Dr. W. Hadley Hoyt

'68

Family Physicians in March. Learn more about Dr. Tooke-Rawlins on Page 9.

**Michael E. Murray, DO, '83**, retired from hair transplantation after 30 years. His current interests include golf, guns, art collection, and car collection.



**Catherine M. Kimball, DO, '85**, Waterville, Maine, was installed as the 2018-19 president of the American Academy of Osteopathy on March 24. Dr. Kimball has been in private practice for more than 30 years and has served as chief of staff for Inland Hospital since 2012. She is board certified in osteopathic manipulative medicine and family practice.



**David Bremer, DO, '89**, a family medicine physician, retired in December after 37 years of practice. He was a member of the medical staff at MidMichigan Medical Center – Clare and served as its chief of staff in 1995, 2003, 2011, and 2012. Dr. Bremer delivered several generations of babies in Clare and cared for thousands of area residents. He also served as the athletic physician for Clare Public Schools and as an advisory board member for Tendercare Inc.

## '90s

**Richard Tomczyk Jr., DO, '90**, joined Lehigh Valley Physician Group Obstetrics and Gynecology in Hazle Township, Pennsylvania. He is a fellow of the American College of Obstetrics and Gynecology and American College of Surgeons.



**Steven DeLee, DO, '96**, joined Hazel Dell Family Care at Riverview Health in Carmel, Indiana.

**Gregory Lakin, DO, JD, '98**, was named chief medical officer for the Kansas Department of Health and Environment (KDHE) in January. Dr. Lakin currently serves as medical director for Valley Hope Rehabilitation Center.

**Saroj Misra, DO, '98**, received the Osteopathic Family Physician of the Year award from the American College of Osteopathic Family Physicians in March.



**Kelly D. Burchett, DO, '99**, Centerville, Iowa, joined Mercy Medical Center-Centerville as an otolaryngology specialist. He is board certified by the American Osteopathic Board of Otolaryngology/Facial Plastic Surgery, American Academy of Cosmetic Surgery, and National Board of Osteopathic Medical Examiners.

## '00s

**Pedram Ilbeigi, DO, '00**, a urologist with the Urological Institute of High Desert, and affiliated with St. Mary Medical Center and Victor Valley Global Medical Center, was named a 2018 Top Doctor in Apple Valley, Colorado.

**“Healthcare has been my mission in life, and I look forward to bringing what I have learned from my years in the medical field to KDHE.”**

– **Dr. Gregory Lakin on becoming KDHE's chief medical officer**

'98

**Mona Sedrak, MS, PA-C, '00**, joined the University of Cincinnati Clermont College as the new associate dean of academic affairs in February. She previously served as senior associate dean of academic affairs in the School of Health & Medical Sciences at Seton Hall University in South Orange, New Jersey.



**Tonia L. Skakalski, DO, '00**, Sharon, Pennsylvania, joined Steward Medical Group as an OB-GYN physician in March. She is board certified and is a fellow with the American College of Obstetrics and Gynecology.

**Bret Ripley, DO, '01**, was appointed dean of Des Moines University's College of Osteopathic Medicine, effective Jan. 1. He served as chair of the college's Family and Internal Medicine department since 2013, as well as interim dean in 2015 and 2017.

**Michael D. Mauro, DO, '04**, is the new orthopedic spine surgery specialist at Healthpointe in Southern California. As a board-certified spine surgery specialist, Dr. Mauro specializes in general orthopedic disorders as well as cervical, thoracic, and lumbar spinal disorders.



**Robert C. Trotter, MS, PA-C, '04**, Sandpoint, Idaho, joined Kaniksu Health Services' Veterans Clinic specializing in family and emergency medicine. Trotter has been practicing medicine for 23 years, most of which has been in underserved areas of Alaska.

**Christopher J. Wolf, DO, '04**, Chesterfield, Missouri, joined Bluetail Medical Group as a sports medicine and regenerative orthopedic specialist in November. In addition to his role, Dr. Wolf is team physician for the North American Prospects Hockey League CarShield AAA Hockey teams in St. Louis.

**Jamie Moenster, DO, '05**, became a fellow of the American College of Surgeons during the convocation ceremony at the November 2017 annual Clinical Congress in San Diego. Dr. Moenster is currently practicing at Dermatology and Plastic Surgery of Arizona with offices in Tucson and Sierra Vista.

**Maj. Matthew D. Kuhnle, DO, '06**, was selected for promotion to lieutenant colonel. From November 2016 to May 2016, he was deployed as the Combined Joint Special Operations Task Force-Syria surgeon.



**Heather O'Laughlin, AuD, '06**, opened Lane Audiology Clinic, an affiliate of Lane Regional Medical Center in Zachary, Louisiana. She is licensed by the Louisiana Board of Examiners for Speech Pathologists and Audiologists and is certified in clinical competence by the American Speech and Hearing Association.

**Stella Turk, AuD, '06**, Poughkeepsie, New York, was appointed college registrar at State University of New York at New Paltz in January. She previously served as associate dean of the College of Liberal Arts & Sciences and chair of the Department of Communication Disorders.

**Katherine Tucker Whitfield, DO, '06**, joined Paris Women's Center in Paris, Tennessee, as an OB-GYN physician. She was previously a staff physician with the Blanchfield Army Community Hospital in Fort Campbell, Kentucky.

**Jonni McClure, AuD, '07**, joined Mimbres Valley Medical Group in Deming and Silver City, New Mexico.



**Denise Sheppard, AuD, '07**, Calhoun, Georgia, joined Gordon Hospital's Ear, Nose, & Throat clinic in January.

**Robin Pasquale Alverson, AuD, '08**, a practicing clinical audiologist, was reappointed to the Georgia State Board of Examiners for Speech and Language Pathology and Audiology.



**Mike Van Manen, DO, '08**, Pueblo, Colorado, joined Hanson Clinic in Pueblo West as a general orthopedic surgeon with an emphasis in tactical sports medicine. He previously served in the U.S. Navy for nine years, including a four-year tour at Naval Hospital Twenty-nine Palms in California.

**David Ballou, MS, '09**, is the new head strength and conditioning coach for Indiana Hoosiers football. A former Hoosier fullback, Ballou spent 2017 as University of Notre Dame's co-director of football strength and conditioning.

**“My passion for audiology comes from seeing the struggles of my younger brother after he was diagnosed with permanent hearing loss as a child.”**

– Dr. Heather O'Laughlin

'06

**'10s**

**Coty L. Richardson, MS, '10**, Eugene, Oregon, opened a fitness facility specializing in corrective exercise and performance enhancement.



**Michael G. Saper, DO, '10**, became an assistant professor in the University of Washington School of Medicine's Department of Orthopaedics and Sports Medicine in March 2017. He is the first DO in this department. His clinical responsibilities are at Seattle Children's Hospital as a dual fellowship-trained sports medicine and pediatric orthopedic surgeon. His subspecialty is pediatric and adolescent sports medicine.

**Adam T. Waterman, DO, '10**, joined The Corvallis Clinic's Immediate Care Center in Corvallis, Oregon, as a family medicine physician in November. He previously served at the Bangor Health Clinic at U.S. Naval Hospital Bremerton in Washington, where he practiced in 2016-17. He also practiced in the Family Medicine Department at U.S. Naval Hospital Guam from 2013-16.



**Sarah Coors, DO, '11**, completed a clinical fellowship in neonatal-perinatal medicine at Baylor College of Medicine/Texas Children's Hospital in June and started working as an attending neonatologist at The Woman's Hospital of Texas in Houston in July. She completed her residency in pediatrics at Baystate Medical Center in Springfield, Massachusetts.

Dr. Coors plans to move to South Asia in summer 2018 to

work as an academic neonatologist in a developing country, teaching and improving care for babies and children.



**Clarence R. Brackett, PT, DPT, OMT-C, '12**, Cowpens, South Carolina, has been a physical therapy clinician for 17 years. He currently works in an outpatient setting at a hospital in Spartanburg.

A 1999 graduate from the Master of Physical Therapy program at University of North Carolina at Chapel Hill, Dr. Brackett completed the Transitional Doctor of Physical Therapy program at ATSU in 2012 and a manual certification series from the Medical University of South Carolina in 2013. His work was recognized in the community newspaper by a former patient who received comprehensive care on her road to recovery.

Dr. Brackett has been a loyal supporter of the Mason Vig Memorial Scholarship in ATSU's Physical Therapy department. His passion for orthopedics allows him to strive for greater opportunities and more educational adventures in the future. Aspiring to teach one day in the profession, he hopes to gain additional manual skills, provide services to the sports environment, and encourage clinicians of the next generation.



**Allison Tims, DO, '12**, is a new family medicine physician with Dignity Health Medical Group – North State in Redding and Redd Bluff, California.



**J. Wyatt Lines, DMD, '13**, Silver City, New Mexico, was selected as Hidalgo Medical Services' (HMS) chief dental officer in February. He served as the primary dentist at the HMS Lordsburg Clinic since October 2015.

**Robert MacArthur IV, DMD, MPH, '13**, is the new dentist for Aleutian Family Dentistry Inc. in Unalaska, Alaska.



**Cynthia Cruz, PT, DPT, '15**, received the 2018 Distinguished Service Award from the ATSU-ASHS Alumni Chapter Board. The award honors graduates who have attained local, national, or international distinction. Dr. Cruz's contributions to her field include educating students, alumni, and clinical instructors about advanced degrees in physical therapy. She has encouraged more than 30 physical therapists in Puerto Rico to pursue a doctorate, elevating the profession and improving patient care.

**Matthew Nelson, DO, MPH, '15**, was named Outstanding Resident of the Year in Family Medicine by the American Osteopathic Foundation and American College of Osteopathic Family Physicians. The ATSU-SOMA alumnus is a third-year resident with an honors track in obstetrics at St. Mary's Medical Center in Grand Junction, Colorado.

**Lauren Boucher, OTD, '16, MS, OTR/L, '14**, Wharton, New Jersey, was selected as the 2017-18 Jefferson Township Public Schools Educator of the Year. She received her recognition and honors at the Chamber of Commerce dinner on April 12.

**Hareem Hasan, MS, '16**, and **Sarah Everman, PhD**, assistant professor, kinesiology, ATSU-CGHS, co-authored an article titled "Elevated Hemoglobin A1C is Significantly Associated with Decreased Post-Exercise Heart Rate Recovery in Patients with Diabetes Mellitus," which was published in November 2017 in the *International Journal of Diabetes and Clinical Research*.

**Veeve Holtz, MS, '17**, recently published her book, "FKS MedFit Presents: A Solution to Avoiding Falls in Older Adults: Aging Has Ups and Downs— Falls Shouldn't Have Anything to Do with Them!" The book relates to her passion for helping older adults improve their health and well-being, with the specific goal of helping them avoid falling.

Holtz is a graduate of ATSU-CGHS' Kinesiology program with concentrations in geriatric exercise science, corrective exercise, and orthopedic rehabilitation. During her time as a student, she was the first at the College to participate and become a master trainer for the Still Standing Fall Prevention Outreach Program.

**Kirsten Linaker, DMD, '17**, joined Davenport & Davenport Dental Practice in Tucson, Arizona.

**James Randolph, PT, DPT, '17**, and his wife, Amy Randolph, PT, wrote "B Is for Biceps: Anatomy for Children," an interactive rhyming book that uses the alphabet to teach children anatomical terms.

Submit class notes to  
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*All submissions are subject to editing for clarity and length.*

# faculty & staff news

ATSU

**Anne Ackroyd**, public relations specialist, communication & marketing, delivered a social media presentation in April at the Joint American Association of Colleges of Osteopathic Medicine and Association of Osteopathic Directors and Medical Educators 2018 Annual Conference in Washington, D.C.



**Amanda Anders**, executive assistant, president's office, participated in the Kirksville Leadership Institute through the Kirksville Area Chamber of Commerce.

**Miguel Castaneda**, general maintenance assistant, Arizona operations, received the Arizona campus Employee Excellence Award for the third quarter of 2017.

**Tonya Grimm**, controller – financial reporting, finance; **Courtney Bonnell**, director, finance; and **Richard Rieder, MBA, MM**, vice president for finance, presented "Innovative Budget Modeling: Responsibility Center Management & Zero-Based Budgeting" at the National Association of College and University Business Officers 2017 Planning & Budgeting Forum in San Diego, California, in September. In January, Grimm and Bonnell presented a webinar on budgeting innovation for financial executives, which was hosted by XLerant Inc.

In October, Grimm was appointed to the Missouri Higher Education Loan Authority.

**Deanna Hunsaker, DHEd**, was promoted to assistant vice president – enrollment services. She will oversee the Registrar's Office and Student Financial Aid.



**Michael Kronenfeld, MBA, MLS**, university librarian, and the team at A.T. Still Memorial Library received the 2018 Thomson Reuters/Rogers Information Advancement Award from the board of directors of the Medical Library Association.

**Whitney Marrs**, coordinator, enrollment services, ATSU, received the Missouri campus Employee Excellence Award for the third quarter of 2017.

**James Michael Menke, PhD**, associate director, A.T. Still Research Institute, received a Tier-A Pipeline to Proposal award of \$49,999 from the Patient-Centered Outcomes Research Institute. The funding will support Dr. Menke's research on traumatic brain injury, including patient needs, resources, and best treatment options for all patients including veterans.

In addition, Dr. Menke developed a more accurate screening tool for oral cancer, using fewer salivary biomarkers to determine the presence of the disease. His research paper was published in the November 2017 issue of *Biomarkers in Cancer*.

**Lisa Nonnenmacher**, clerical support, development, received the Arizona campus Employee Excellence Award for the fourth quarter of 2017.

**Nancy Parrish**, executive assistant, university advancement, received the Missouri campus Employee Excellence Award for the fourth quarter of 2017.

**Cathy Poyner, MS, CPA, CITP**, analyst, finance, published "Cybersecurity Risk Management: Summer Reading List" in the July-August 2017 issue of *The ASSET*, a publication of the Missouri Society of Certified Public Accounts.

**Ann Thielke, JD, RN**, was named senior vice president – compliance & administration for Legacy Community Health.

**Devon Williams** joined Communication & Marketing on the Missouri campus as a public relations specialist in April.

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**"I have been blessed to be surrounded by incredible people who supported my crazy ideas and joined in on the fun of implementing oral health initiatives."**

**– Dr. Mai-Ly Duong on her 10 Under 10 award**

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Dr. Brennan

**Jonny Brennan, DMD, '12, MD, MPH, '11**, became the new associate dean of innovation and curriculum last fall.

**Russell Crockett, DMD**, joined the School as an adjunct professor in November. Dr. Crockett completed his AEGD residency at ATSU.

**Jack Dillenberg, DDS, MPH**, dean emeritus, was honored with Oral Health America's Gala Tribute Award in Chicago on Feb. 21. The award recognizes individuals whose careers have influenced oral health on a regional or national level to achieve measurable change.



Dr. Duong

**Mai-Ly Duong, DMD, MPH, MAEd, '12**, assistant professor, was honored with the 10 Under 10 award from the American Dental Association. The award recognizes 10 new dentists who have made a significant impact on the field less than 10 years after graduating from dental school.

In addition, Dr. Duong was awarded fellowship to the Special Care Dentistry Association in April.

**Michele Fiore** was promoted to executive assistant in the Dean's Office. She previously served as senior administrative assistant to the vice dean.

**Scott Howell, DMD, MPH, '14**, assistant professor, was awarded fellowship to the Special Care Dentistry Association in April.

**Melissa Nieves, MBA**, joined ATSU-ASDOH as a clinical technology analyst in January.

**Jeff Parent, DDS**, joined the School as assistant dean for student clinical progress and success. He previously served at the University of Detroit Mercy School of Dentistry where he was a clinical associate professor and served as the interim director of admissions.

**Jae Park, DMD, PhD, MSD, MS**, professor and chair, postgraduate orthodontics, was selected for a fellowship in the American College of Dentists in October. Dr. Park is

# ASDOH

also the new American Board of Orthodontics director representing the Pacific Coast Society of Orthodontists.

In addition, Dr. Park's article, "Application of palatal plate for nonextraction treatment in an adolescent boy with severe overjet," which was co-authored by his colleagues at Catholic University of Korea, was selected Case of the Month in the December issue of the *American Journal of Orthodontics & Dentofacial Orthopedics*.

**Seena Patel, DMD, MPH, '10**, associate director, Advanced Care Clinic, was nominated for the American Dental Association's 10 Under 10 award, which recognizes 10 new dentists who have made a significant impact on the field less than 10 years after graduating from dental school.

**Diana Paz, DBH, MEd, RDH**, joined the School in October as an instructor.

**Maureen Perry, DDS, MPA, MAEd**, associate dean, spoke at the 19th annual education sessions on patients with special needs at the James B. Edwards College of Dental Medicine of the Medical University of South Carolina in Charleston on Sept. 29.

Dr. Perry and **Mai-Ly Duong, DMD, MPH, MAEd, '12**, assistant professor, developed a series of teaching modules for special needs dentistry in collaboration with the University of California San Diego School of Medicine. The 10 modules are free to access and offer dentists continuing education credits.

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**"These online modules were developed as a free resource for practitioners who want to work with people with various special needs."**

**– Dr. Maureen Perry on new teaching modules**

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**Ann E. Spolarich, PhD, RDH**, professor and director of research, co-authored a new textbook, "Prevention Across the Lifespan: A Review of Evidence-Based Interventions for Common Oral Conditions." Faculty members **S.D. Shanti, DDS, PhD, MPH**, and **Marc Shlossman, DDS, MS**, served as contributing writers.

**Lisa Tran, DDS, MS**, joined the School's periodontal faculty as an adjunct professor in February.

**Sharla Wilde, RDH**, joined the School as an instructor in November.

**Cailee Welch Bacon, PhD, ATC**, assistant professor, athletic training, received the National Athletic Trainers' Association Young Professional Committee's National Distinction Award.

**Elliott Charrow, MS, PA-C, '02**, adjunct professor, advanced physician assistant studies, retired after 15 years of teaching occupational medicine and family medicine.

**Randy Danielsen, PhD, PA-C emeritus**, dean, and faculty members **Gerry Keenan, MMS, PA-C**; **Sherron Cook, MS, PA-C, '08**; and **Jesse Thompson, NREMT**, were honored by USA Karate Arizona ASO in January for their "outstanding volunteerism and vital work in assuring competent medical services at karate tournaments and the State USA Olympic National Qualifier."

**Timothy Fearon, PT, DPT, FAAOMPT**, adjunct professor, physical therapy, received the 2017 Kaltenborn "Teach I Must" Award. He was recognized with this honor at the annual conference of the American Academy of Orthopedic Manual Physical Therapists in October.

**Tara McIsaac, PT, PhD**, associate professor, physical therapy, received a three-year, \$384,000 grant from the National Institutes of Health to support her research in neurosciences and neurological disorders.

ASHS

**Tamara Valovich McLeod, PhD, ATC, FNATA**, director, athletic training, developed an educational presentation focused on concussions, hydration and nutrition, heat illness, injury prevention, and dynamic warmups. The presentation will be delivered in conjunction with the Positive Play project, an initiative she developed in partnership with city of Mesa Parks and Recreation in 2013.

**Kathy Adler, DHA, FACHE**, completed peer reviewer training with the Higher Learning Commission. She was selected for Open and Standard Pathways reviews. She also completed Master Reviewer Certification through Quality Matters.

**Don Altman, DDS, DHSc, EdD, MPH, MBA, MA, '12**, dean, was appointed to the American Dental Association's new National Commission on Recognition of Dental Specialties and Certifying Boards, representing dental public health.

**Bethany Clatt** joined the College's academic advising team in December, working with public health students. Prior to joining ATSU-CGHS, Clatt was a member of the founding staff for ATSU-MOSDOH.

**Jack Daniels, PhD, MEd**, associate professor, kinesiology, was inducted into the Peninsula Sports Hall of Fame for his accomplishments as a 1956 and 1960 Olympic medalist in the modern pentathlon and his developments in state-of-the-art coaching techniques. He received Certificates of Recognition from the California House and Senate. He also received a Certificate of Recognition from the mayor of Redwood City, California, in recognition of his outstanding accomplishments in track and field.



NFL player Julian Edelman and Dr. Daniels

CGHS

**Paul Frizelle, PT, DPT, MS, OCS, MTC, CSCS, '09**, adjunct professor, kinesiology, completed Quality Matters training and is now a peer reviewer.



Dr. Gold

**Jaana Gold, DDS, PhD, MPH, CPH**, associate professor, public health, received the 2017 Evidence-Based Dentistry Mid-Career Faculty Award from the American Dental Association and American Association for Dental Research for her accomplishments in teaching and promoting evidence-

based dental practice and as an advocate for improving the oral health of citizens in Florida and beyond.

**Vera Mitchell, MBA**, joined the ATSU-CGHS academic advising team in January, working with health sciences students. She most recently served as academic counselor and clinical placement coordinator with Apollo Education.

**Keith Shah, MBA**, adjunct professor, health administration, is the new system vice president for data and analytics at Palmetto Health in South Carolina.

**Sheri Walters, PT, PhD(c), DPT, SCS, ATC/L, CSCS**, assistant professor, kinesiology, was the athletic trainer and physical therapist for the U.S. Women's Hockey team at the 2018 Winter Olympics in Pyeongchang. Learn more about Dr. Walters on Page 26.

**Ralph Boling, DO**, associate professor, surgery, was selected as COMAT Examination chair of obstetrics and gynecology for the National Board of Medical Examiners National Faculty commencing in 2018.

**Melissa Stuart, PhD**, was named chair of the Department of Microbiology/Immunology in May.



Dr. Wilson

**Margaret Wilson, DO, '82**, dean, was appointed chair of the American Association of Colleges of Osteopathic Medicine's (AACOM) new Task Force on Ethics and Professionalism. The group is charged with evaluating professional standards and ethics, assessing any changes in curriculum design, and making necessary recommendations to further strengthen the educational system and professional standards. Dr. Wilson also joined the Women's Health Council for the Missouri Department of Health and Senior Services.

In February, Dr. Wilson received the Black Diamond District Champion Volunteer Award and served as the keynote speaker at the Boy Scouts of America Black Diamond District banquet.

In addition, Dr. Wilson and several faculty and staff members from ATSU-KCOM were featured in the January/February 2018 edition of *Missouri Medicine*. Those featured include **Patricia Sexton, DHEd, FNAOME**, associate dean, curriculum; **Tatyana Kondrashova, MD, PhD**, associate professor, family medicine; **Peter Kondrashov, PhD**, chair, anatomy; **Jeremy Houser, PhD**, associate professor, anatomy; **Melissa Stuart, PhD**, chair, microbiology/immunology; **Benjamin Schrant, DO**, assistant professor, surgery; **Lisa Archer, RN, BSN**, director, simulation & performance assessment; and **Robert Long**, technician, curriculum.

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**“Integrity, ethical behavior, and professionalism are at the core of what makes us physicians.”**

– **Dr. Margaret Wilson on her appointment to AACOM's new task force**

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**Dale DeWan, DMD, MS**, returned to his position as director of integrated human sciences. In addition to teaching, Dr. DeWan will serve as a liaison between ATSU-KCOM and ATSU-MOSDOH faculty and help develop a curriculum that prepares students for the Integrated National Dental Board Examination from a biomedical standpoint.

MOSDOH



Dr. Musawi

**Ammar Musawi, MDS**, was appointed as the School's director of preclinical education and simulation clinic on the Missouri campus. Dr. Musawi served as interim director before accepting this position.

**Joy Lewis, DO, PhD, FACP**, professor, worked with the American Osteopathic Association and Centers for Disease Control and Prevention to develop an app that combats overuse of antibiotics. The app, called Prognosis SOMA: Antibiotics, uses a game to educate students and clinicians on appropriate prescription of antibiotics.

SOMA

In October, Dr. Lewis was one of three speakers in an American Medical Association webinar, which was the final part of a three-part series on improving medical education to enhance patient care. During her section, she spoke about how ATSU-SOMA integrates students into the community to be trained in identifying social and economic factors that affect a patient's health and wellness.

**“I look forward to serving in this role, and I will continue to have student learning as my top priority.”**

**– Dr. Ammar Musawi on becoming director of preclinical education and simulation clinic**



Drs. Cloud and Shanahan

**Catherine Shanahan, MD**, regional director of medical education, HealthSource of Ohio, was named the 2018 Juan Carlos Olivares Hometown Scholar Advocate of the Year. Hometown Scholars is an initiative of the National Association of Community Health Centers in partnership with ATSU.

**Bonnie Wong, DO, '12**, joined A.T. Still University Osteopathic Medicine Center Arizona in December.

Submit faculty & staff news to [stillmagazine@atsu.edu](mailto:stillmagazine@atsu.edu).

# Body, mind, spirit, and voice

By Erin Cole



board feature

Dr. Douglass, pictured fifth from left, and his fellow board members recite ATSU's mission at every meeting.

**A**s the son of a small-town, private practice dentist, Chester Douglass, DMD, PhD, MPH, was raised in a household dominated by community service. He frequently assisted his father in volunteer efforts at the Pennsylvania State Children's Hospital, where Dr. Douglass could be found passing dental instruments to his father, who provided dental care for children with polio, scoliosis, and traumatic injuries. His father also served as the community's school dentist, identifying and treating any children in need. His father took dentistry very seriously and instilled in Dr. Douglass the passion for satisfying the oral health needs of all members of his community.

"It seems to me that Dr. Still must have practiced the same way," says Dr. Douglass. "I cannot imagine Dr. Still would ever ask a patient, 'How are you going to pay for this treatment?'"

Dr. Douglass had big shoes to fill, and he accepted the challenge wholeheartedly. His career is almost entirely academic public health, with the exception of two years clinical service in the U.S. Navy during the Vietnam era. He is professor emeritus at Harvard University, where he created a department in oral health policy and epidemiology research. The most influential component of his academic dental public health career has been his ability to obtain training grants for graduate students in health services research, geriatric dentistry, preventive dentistry, and health policy.

Dr. Douglass joined ATSU's Board of Trustees in 2011. He was drawn to ATSU not just for its national prominence but

also because students are selected with the passion and intent of practicing in underserved areas.

"My favorite thing is reciting the mission statement of the University in unison with the entire Board of Trustees at every meeting," he says. "It commits the entire faculty and student body to whole person healthcare, and that really means it is couched in the goal of improving health of the entire community with special attention and effort to be inclusive of the underserved."

Growing up, Dr. Douglass was unaware of the osteopathic approach to medicine. His secondary passion for singing engrained him with the "body, mind, spirit, and voice" fundamentals, which properly outline the tools necessary for a healthy vocal technique.

"It takes a whole person to sing and rejoice," says Dr. Douglass. "These fundamentals are completely consistent with the osteopathic approach to medicine, regarding the body as an integrated whole."

The Board of Trustees at ATSU is wonderfully comprised of leaders who are especially diverse in skills, background, and expertise. With passionate individuals, such as Dr. Douglass, leading the way, ATSU's greatest contributions to total person healthcare may be yet to come.

Dr. Douglass says, "ATSU will continue to grow and emerge as the undisputed national leader in producing practitioners committed to community-based healthcare and total person, team-based primary care."

# In memoriam

## 1940s

**Paul Rieger, DO, '43**  
Nov. 7, 2017  
South Portland, Maine

## 1950s

**Robert J. Kromer, DO, '52**  
Jan. 22, 2018  
Jacksonville, Florida

**Richard H. Turner, DO, '52**  
April 17, 2016  
Portland, Oregon

**Charles A. Gard, DO, '54**  
Jan. 9, 2018  
Lake Worth, Florida

**James N. Johnstone, DO, '59**  
Oct. 25, 2014  
Orlando, Florida

## 1960s

**Robert J. Nemer, DO, '61**  
May 1, 2017  
Ashland, Missouri

**David L. Bruce, DO, '62**  
March 12, 2018  
Corpus Christi, Texas

**E. Wayne Harbinger, DO, '62**  
Dec. 25, 2017  
Albany, New York

**Don P. Gibson, DO, '64**  
March 8, 2018  
Winfield, Kansas

## 1970s

**Joseph S. Falkowski, DO, '70**  
Jan. 10, 2018  
Debary, Florida

**George K. Gardner Jr., DO, '70**  
Jan. 1, 2018  
Scarborough, Maine

**Thomas J. Havard III, DO, '74**  
Feb. 26, 2018  
Bedford, Texas

**Jonathan A. Schneider, DO, '74**  
March 27, 2018  
Fleming Island, Florida

**Robert M. Michaud, DO, '77**  
Dec. 18, 2017  
Mesa, Arizona

## 1980s

**Howard L. Thacker, DO, '80**  
Jan. 27, 2018  
Eldon, Missouri

**H. Dusty Rhodes, DO, '82**  
March 24, 2017  
Tarpon Springs, Florida

**Anthony J. Mattaline, DO, '85**  
Feb. 19, 2018  
Lake St. Louis, Missouri

## 1990s

**Girard S. Moline, DO, '95**  
Aug. 9, 2017  
Jefferson City, Missouri

## 2000s

**Robert J. Moss, AuD, '00**  
Dec. 14, 2017  
Kernersville, North Carolina

**Michael J. Chase, DO, '05**  
Jan. 9, 2018  
Eureka, Montana

**Linda S. Haverland, AuD, '05**  
June 14, 2006  
Tucson, Arizona

## 2010s

**Damon B. Fox, AuD, '15**  
Dec. 17, 2017  
Salt Lake City, Utah

## Friends

**Jennifer Crockett McDonagh, PhD, PT**  
Nov. 5, 2017  
Tucson, Arizona

**Lorraine C. Peissner-Bradshaw, PhD**  
Jan. 27, 2018  
Walnut Creek, California

Read full-length obituaries  
online at [stillmagazine.atsu.edu](http://stillmagazine.atsu.edu).



parting shot

SparkTank panelist Tisha R. Kice-Briggs, DDS, a local dentist and ATSU board member, asks Zach Headman and Marcus Matson about their project.

## Sparks catch fire

ATSU's Teaching and Learning Center hosted its second biannual SparkTank contests on the Kirksville, Missouri, and Mesa, Arizona, campuses. The Missouri campus competition was held Wednesday, Nov. 15, and featured five project proposals. The Arizona campus competition was held Thursday, Feb. 22, and featured six proposals.

Two projects from the Missouri campus were awarded \$5,000 grants for development and implementation. ATSU-KCOM fellow Caleb Marting, whose faculty mentor was Eric Snider, DO, chair,

osteopathic manipulative medicine (OMM), presented one of the winning projects titled "Dysfunction Dice." ATSU-KCOM second-year students Zach Headman and Marcus Matson presented the other winning project, "3-D Cervical and Lumbar Models for Epidural Placement Training." They were assisted by A.T. Still Memorial Library's Debra Loguda-Summers, manager, and faculty mentor Jean Sidwell, MALS, director.

Two projects from the Arizona campus also received \$5,000 grants. Cailee Welch Bacon, PhD, ATC, assistant

professor, ATSU-ASHS, and Kirsty Gaither, MA, distance support librarian, presented "Foundations of Competency Based Education: Building an Infrastructure to Promote a Learner-centered Experience." Fourth-year ATSU-SOMA students Uday Gulati and Abbas Charlie presented "Portable Ultrasonography," and their faculty mentor was Norma Villaneuva, MD, MPH, associate professor. In addition, John Olson, PhD, professor, ATSU-SOMA, received a \$350 grant for his project, "The Use of Collaborative Whiteboards in Interactive Education."



## Still Standing

*Fall Prevention Outreach  
celebrates 10 years*

On Wednesday, April 4, ATSU's Still Standing Fall Prevention Outreach program celebrated 10 years of helping older adults overcome the fear of falling. More than 6,000 participants have attended fall prevention classes led by ATSU students.

Left to right: Dr. Jeffrey Alexander, Patty League, Dr. Christopher Hanson, Dr. Rachel Schider, and Dr. Elton Bordenave