

# JEFFERSON CHRONICLE

SPRING 2009



## *Dr. Carol M. Seavor's Legacy*

JCHS GOES GREEN

NEW JCHS ALUMNI  
E-COMMUNITIES

NEW SEAVOR SCHOLARSHIP

*JCHS*



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## About the Cover

DR. CAROL M. SEAVOR, PRESIDENT OF JEFFERSON COLLEGE OF HEALTH SCIENCES, IN HER OFFICE IN SPRING 2009. AFTER ALMOST SEVEN YEARS AS THE COLLEGE'S PRESIDENT, DR. SEAVOR WILL RETIRE AT THE END OF THE 2009 ACADEMIC YEAR. THROUGH HER LEADERSHIP, THE COLLEGE HAS EXPERIENCED A PERIOD OF UNPRECEDENTED GROWTH IN BOTH CURRICULUM AND ENROLLMENT. FOR MORE ON DR. SEAVOR'S LEGACY AT JCHS, SEE PAGE 8 OF THIS ISSUE OF THE *JEFFERSON CHRONICLE*.

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### PHOTOGRAPHY

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# JEFFERSON MATTERS

## JCHS *Goes Green*

THE "GO GREEN TEAM" WAS ADOPTED BY THE JCHS STUDENT SENATE AS THEIR SERVICE PROJECT IN SPRING 2009 AND IS A RECYCLING COLLABORATION WITH THE CITY OF ROANOKE. THE STUDENT SENATE, ADMINISTRATION AND THE OFFICE OF DEVELOPMENT AND ALUMNI RELATIONS ALLOCATED FUNDS FROM THEIR BUDGETS TO PURCHASE RECYCLING BINS THAT HAVE BEEN PLACED THROUGHOUT THE COLLEGE. TWENTY-FIVE JCHS STUDENTS SIGNED UP TO BE MEMBERS OF THE "GO GREEN TEAM."

OUR GOAL IS TO MAKE JCHS A CLEANER, GREENER COLLEGE AND TO LOWER THE COSTS OF SHREDDING

*JCHS student Cody Maddox helps JCHS Go Green*



## JCHS Receives Federal Grant to Establish *Violence Against Women Initiative*

Last fall, JCHS received a grant from the Office on Violence Against Women, a part of the federal Department of Justice. The grant, totaling \$235,201, will fund a three-year initiative of training, programming and physical improvements on the JCHS campus. Grant money will also cover speakers and educational programming. The initiative will be known as "VOICE: Violence On Individuals Can End."



"There were many faculty, staff and students involved in designing our grant application," says Jennifer Carlo, Dean for Student Affairs and one of the Project Co-Directors. "Since being awarded the grant, we've been working with a diverse group of people, on- and off-campus, to draw attention to these important issues."

In addition to Carlo, the other JCHS staff members who will serve as Project Co-Directors for the grant are: Susan L. Booth, Physical Plant and Safety Officer; Dr. Stacey Lilley, Director of Counseling and Wellness, Student Affairs Department; and Dr. Douglas Southard, College Provost and Dean for Academic Affairs.

JCHS President Dr. Carol Seavor notes that women typically make up 80 to 85 percent of the College's student population, and this award is very much appreciated and timely. "In these uncertain times that call for heightened security on campuses," says Seavor, "this grant will provide us with additional resources to ensure that JCHS is well-prepared to provide a safe environment that supports high-quality living and learning."

For more information on the VOICE initiative, contact the JCHS Department of Student Affairs at (540) 985-8395.

# J E F F E R S O N M A T T E R S

## JCHS Hosts First Annual *Multicultural Awareness Day*

In February, JCHS hosted the first annual Multicultural Awareness Day in the JCHS Museum at Carilion Roanoke Community Hospital. This event was one in a series of activities organized by the JCHS Department of Student Affairs to get everyone at the College involved in the campus community.

In addition, the event provided an opportunity for participants to mingle and become more familiar with others from outside their programs, departments or areas.

A variety of students, faculty and staff volunteered to set up exhibits with educational information on their multicultural topic of choice, including displays on differences in race, ethnicity, gender, religion, first language, disability and other identities.

We hope you enjoy these photos from the 2009 JCHS Multicultural Awareness Day. Please join us for our 2010 event!



*Staff members Sarah Ross (left) and Becky Kraemer celebrate JCHS Multicultural Awareness Day*



*A JCHS student smiles while in line for foods from cultures all around the world*



*Multicultural Awareness Day took place in the JCHS Museum, giving participants the chance to look at display items like yearbooks, photos and uniforms*

*In honor of Black History Month and the obstacles that have been overcome in this country, a replica of a segregated bus was created using just chairs from the museum and printed signs.*



*Faculty member Nia Llenas and Alumni/Development Coordinator Christina Hatch pose in fancy hats for the camera*



*Scott Hill, JCHS Director of Student Life, chats with JCHS student and Nneka Okoye (right) at the event*

# A MESSAGE FROM YOUR

## *Alumni Association President*

SUE CAMPBELL, PA-C, '00

Your JCHS Alumni Association is actively working to become a prominent post-graduate resource to all our alumni, as well as making a positive impact on the undergraduate experience. Of course, all good things take time! Each year brings new ideas and growth to the Association.

One of the many new endeavors the Alumni Association is proud to present to both alumni and the Greater Roanoke Valley is the Distinguished Speaker Series. The lecture series will be directed toward topics of importance to the healthcare community, yet applicable to a variety of interests and backgrounds. The Alumni Association is both honored and fortunate to present Dr. Wayne Sotile as our inaugural speaker. He will be speaking on Monday, April 13, 2009 at 7 p.m. at the Maridor Bed and Breakfast on Grandin Road—followed by a book signing. Many of you may be familiar with his acclaimed book, *The Resilient Physician*, and his most recent book, *Letting Go of What's Holding You Back*—which addresses how you can achieve great satisfaction and happiness in work, relationships, family and yourself. Dr. Sotile offers a unique insight into the demands and pressures of those in the healthcare profession and promises to present an enlightening, humorous evening. Stay tuned for announcements of upcoming dynamic speakers scheduled for August and November.

The Alumni Association is also working diligently to build alumni chapters. As part of our current effort to build alumni chapters, you recently received a postcard in the mail inviting you to visit your own personal website at JCHS! Thank you for responding—your answers will help guide our Alumni Chapter Chair to build programs that can help you stay connected and engaged with your classmates and the College....and your JCHS alumni chapter can work more effectively for you!

One of the many new endeavors the Alumni Association is proud to present to both alumni and the Greater Roanoke Valley is the Distinguished Speaker Series. The lecture series will be directed toward topics of importance to the healthcare community, yet applicable to a variety of interests and backgrounds.

Other areas the Alumni Association is currently working to support are the JCHS Museum, annual Homecoming/Reunion festivities and sponsoring "Move-In" Day at the beginning of the Fall semester, which lends a helping hand to undergraduates moving into the residence halls.

The Alumni Association is committed to building a strong and vital chapter. With your support and backing, we will succeed in establishing a foundation that can help JCHS alumni establish a strong and rewarding association.

The Jefferson College of Health Sciences Alumni Association wishes you and yours a healthy and productive year!

Stay in touch!

My best,

*Sue Campbell*

Sue Campbell, PA-C

JCHS Alumni Association, President

Class of 2000



*Sue Campbell, JCHS Alumni Association Board President*



Kerry Armentrout, R.N., '99, '05

- **Recently, you received a postcard in the mail that invited you to a personal website where you could complete a survey. Thank you for taking part in this very important research**—with your answers, the JCHS Alumni Association can now begin work building alumni chapters based on your needs!
- **Kerry Armentrout, '99, '05, participated in the JCHS Community Hour Speaker Series in March.** He spoke to JCHS students, faculty and staff about his education at JCHS and his career experiences. Alumni mentors like Kerry are a real need for JCHS students. Please contact the Alumni Office at (540) 224-4644 if you would like to mentor a JCHS student.
- **The JCHS Alumni Association is sponsoring the Distinguished Speaking Series. The inaugural speaker is Dr. Wayne Sotile.** His high-energy presentations empower audience members to let go of what's holding them back, take charge of themselves and make a difference at work and home. You don't want to miss this—Monday, April 13, 2009 at the Maridor Bed and Breakfast Ballroom, 1857 Grandin Road, Roanoke, Virginia. The program will take place from 7 to 8 p.m., followed by a book signing and light refreshments.
- **Susan Paris, '95, JCHS Board Treasurer, is chairing the Lynn Marshall Emergency Fund Committee.** A motion was made and carried at the March alumni board meeting to support the fund. This fund was established through contributions given in memory of S. Lynn Marshall, a financial aid officer at the College, and by alumni contributions. Emergency funds are available to any student who applies and qualifies under loan guidelines. To make a gift to this fund, please e-mail Christina Hatch, JCHS Coordinator for Development and Alumni Relations, at [chatch@jchs.edu](mailto:chatch@jchs.edu) or give online at [www.jchs.edu](http://www.jchs.edu).
- **The Alumni Board invites all alumni to participate in the Association's new program, "Welcome to JCHS."** The Alumni Association will sponsor Move-In Day for JCHS students returning to campus for fall semester on Thursday, Aug. 20, 2009. Alumni will be on hand to greet students and parents, offer move-in assistance and host refreshment tables. To participate, please contact the alumni office at (540) 224-4644 or [chatch@jchs.edu](mailto:chatch@jchs.edu).



# Winter Commencement 2008

## JCHS STUDENTS BECOME ALUMNI DURING GRADUATION CEREMONIES

A nip of wintry air on the whispering breeze. Long boughs of holly, beautiful wreaths lining softly glowing rooms filled with cheerful people ready to celebrate. It would be easy to assume that the sixteen JCHS students who gathered in Fitzpatrick Hall at the Jefferson Center on Dec. 12, 2008 were excited about the upcoming holidays.

However, the excitement was actually the result of the 2008 JCHS Winter Commencement Ceremony, where the students would accept their diplomas and become alumni of the College. Of the total number of graduates, one was awarded an Associate of Science Degree, one received an Associate of Applied Science Degree and 14 earned Baccalaureate Degrees.

After the academic processional, invocation and welcome, JCHS student Nneka Okoye presented the student address.

The Commencement address was given by Marie N. Webb, M.S., Senior Director of Community Outreach with Carilion Clinic, the parent company of JCHS. Ms. Webb talked about the importance of reaching out to the community with healthcare resources and why our graduates are a benefit to improving the health of our friends, families and neighbors across the region.

Everyone at JCHS wishes our 2008 winter graduates happy, healthy and prosperous lives as Jefferson Alums!



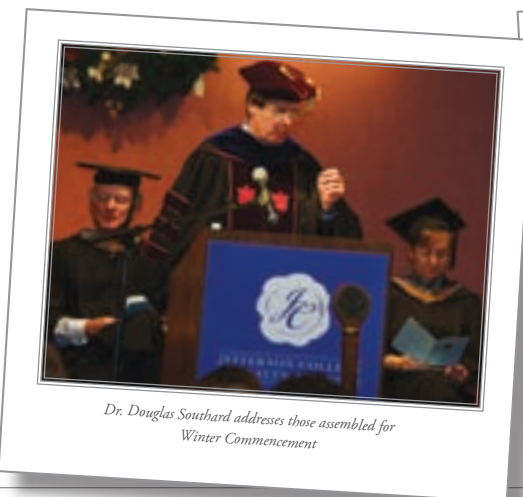
*Commencement Speaker Marie N. Webb, Senior Director of Community Outreach with Carilion Clinic*



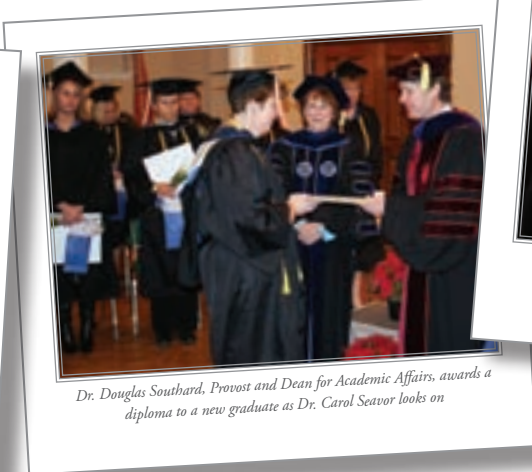
*NL Bishop, Vice President for Facility and Guest Services with Carilion Clinic as well as a JCHS Board Member, leads the invocation*



*As the ceremony begins, Dr. Stuart Tousman, Associate Professor in JCHS Health Psychology, cracks up his colleagues*



*Dr. Douglas Southard addresses those assembled for Winter Commencement*



*Dr. Douglas Southard, Provost and Dean for Academic Affairs, awards a diploma to a new graduate as Dr. Carol Seavor looks on*

# Dr. Carol N



*Dr. Carol Seavor (seated) with the Jefferson College of Health Sciences Administration Team. From left to right are Jennifer Carlo, Dean for Student Affairs; Bridget Moore, Dean for Technology Services; Anna Millirons, Dean for Administrative Services; Howard Ballentine, Dean for Enrollment Management and Planning; Lisa Allison-Jones, Associate Dean for Academic Affairs; and Douglas Southard, Provost and Dean for Academic Affairs*

# M. Seavor's

## *Legacy*



Carol M. Seavor, Ed.D., began her tenure as President of Jefferson College of Health Sciences on Oct. 1, 2002, leading the College through a period of unprecedented growth in both curriculum and enrollment. At the end of the spring 2009 semester, she will retire.

“It has been my honor and privilege to lead this college,” Seavor says. “Having such an opportunity has been the perfect culmination to my career in nursing and healthcare. I leave with nothing but appreciation and admiration for the faculty, staff and students of Jefferson College and with deep gratitude to Carilion Clinic for supporting me in this endeavor, as well as for its commitment to furthering the education of our students, the healthcare professionals of tomorrow.”

Under Dr. Seavor’s direction, JCHS expanded enrollment from just over 600 in 2002 to over 1,000 in 2009. In addition, she led the college in expanding the academic programs offered to 14, including the addition of four bachelor’s-level programs and three graduate programs. The newest of these programs, Emergency Services, will enroll its first class this fall.

“Dr. Seavor’s leadership at JCHS played an important role in our efforts to improve patient care and service at Carilion Clinic,” says Carilion Clinic President and Chief Executive Officer Edward G. Murphy, M.D. “JCHS’s growth in size and curriculum allowed us to expand to meet the community’s needs.”

She is also shepherding JCHS’s expansion into the Carilion Roanoke Community Hospital building after Carilion Clinic consolidated services at Carilion Roanoke Memorial Hospital in August 2007.

Dr. Seavor’s retirement caps a distinguished academic career. She previously served as Associate Dean for Academic Affairs at the College of Nursing at the University of Tennessee in Knoxville, Dean of the School of Nursing for Charleston Southern University and Chair of the Nursing Department and Assistant Dean of St. Joseph’s College.

The legacy that Dr. Seavor leaves at JCHS is one of continued growth and academic excellence in a broad range of programs. Her dedication and hard work over the past seven years ensures the College will continue to graduate highly qualified healthcare professionals whose expertise will benefit us all for years to come.

After retirement, Dr. Seavor and her husband Pete plan to move to Maine. Their vacation cottage will become home base, with travel to warmer climes each winter. They are looking forward to being closer to their son and daughter-in-law in Maine, but will keep the route to Virginia well traveled to visit their daughter, son-in-law, and two precious grandchildren in Staunton.

“We deeply appreciate Dr. Seavor’s service to the College, the community and the cause of improving healthcare,” says Mr. Steve Musselwhite, chair of the JCHS Board of Directors. “Her accomplishments exceeded our hopes and expectations, and we offer our best wishes as she transitions to a well-deserved retirement.”

Please see the next page for a retrospective in pictures of Dr. Seavor’s career at JCHS.

# A Retrospective In Pictures



Speaking at her 2003 Inauguration as President of JCHS



Sharing a laugh with Carilion Clinic Vice-President for Human Resources Martha Bruce Boggs at the President's Inauguration Picnic in 2003



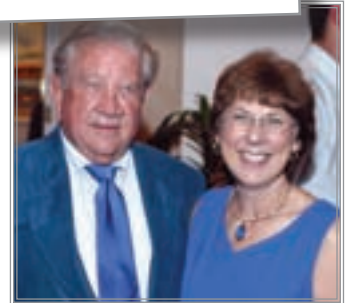
With Virginia Senator John Edwards at her 2003 Inauguration



Posing for the first cover of the Jefferson Chronicle in 2004 with (from left to right) Dr. Hugh Trout, Sr.'s daughters, Alice Trout Hagan, and her children Hugh Johnson Hagan, III, M.D., Ellen Hagan Brown and Catherine Cramer Hagan, R.N., B.S.N.



At a cocktail party for the then newly instituted MSN Program at JCHS in 2005. Seavor poses with (from left to right) Carolyn Websten, Senior Vice President and Chief Nursing Officer at Carilion Clinic; Rebecca Clark, then a JCHS nursing faculty member and now with Carilion Clinic's Research Department; Lisa Allison-Jones, then a JCHS nursing faculty member and now JCHS Associate Dean for Academic Affairs; and Nancy Agee, Executive Vice-President and COO for Carilion Clinic



With then Senior Executive Vice President of Carilion Health System William Reid at the 2005 MSN Cocktail Party



Chatting with an alumna at the 2007 JCHS Homecoming Reunion



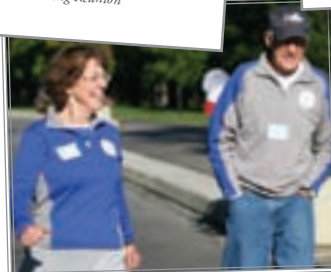
Having her caricature sketched at the 2007 JCHS Homecoming Reunion



With JCHS mascot Jeff, the Jefferson Blue Healer, at the 2008 Spirit Day celebration



Enjoying a breezy moment at "JCHS Night with the Salem Avalanche" in 2008



Enjoying the 2008 Homecoming Reunion Fun Walk in Roanoke with her husband Pete



With (from left to right) Dr. Edward Murphy, President and Chief Executive officer of Carilion Clinic, and Christina Hatch, JCHS Development and Alumni Coordinator, at the introduction of the Star Line Trolley Service in 2008

For more photos of Dr. Carol Seavor throughout her career at JCHS, visit us online to see a slideshow at [www.jchs.edu/viewslides.php/prmID/41/prmSlideID/1](http://www.jchs.edu/viewslides.php/prmID/41/prmSlideID/1)

# The Seavor Scholarship

**Strength** of the Institution is measured by the **Excellence** of its students. **Scholarships** help attract and create more students of **Promise** and **Achievement**.



A scholarship of Merit fulfills a deserving student's **Dream** of obtaining an **Education** in healthcare at **Jefferson College of Health Sciences**.

**Dr. Carol Seavor** has been an **Inspiration** and **Visionary** in her efforts to make Jefferson College of Health Sciences a leader in **Healthcare** education.



A scholarship has been **Endowed** in Dr. Seavor's Honor.

The Seavor Scholar is a Prestigious scholarship that will be given to one student of Merit each academic year, beginning Fall 2010.



The Seavor Scholar award honors Dr. Seavor's Legacy in perpetuity and will be used to nurture future Leaders in healthcare.

*For more information on how you can make a gift to the Seavor Scholar Fund, contact Christina Hatch, Coordinator of Development and Alumni Relations, at (540) 224-4644 or [chatch@jchs.edu](mailto:chatch@jchs.edu), or give online at [www.jchs.edu](http://www.jchs.edu).*



# Alumni Profile

*Dana Moore, O.T., '05 and her "very supportive" boyfriend Jason at a Leukemia and Lymphoma Society's "Team in Training" fundraising dinner*

## Q&A WITH DANA MOORE, O.T., '05

**Q: Tell me about your time as a student at Jefferson College of Health Sciences.**

**A:** Though it was probably one of the hardest things I have done, my experience in the Occupational Therapy (OT) program at JCHS was definitely memorable. I lived in the residence halls my first two years and actually served as a Resident Assistant in the residence halls the second year. Being able to take the elevator from class to my room was convenient, and being just a few floors from my department was nice. If I ever needed anything, I knew I could just walk in and ask! My OT class was pretty typical. A bunch of girls—some younger, some older—and one guy (David Doss, whom we all will remember). Stress was usually high, with many papers and projects due often. I spent a lot of time with Britney Whitlow and Stephanie Butski studying for big tests and doing projects. Kim Smith was probably the most demanding teacher we had, but the most memorable! And Karen Layman was famous for staying calm while we continued to be indecisive about clinical placements! I thank them both for putting up with all of us!

**Q: Discuss your work experience since graduation.**

**A:** My first OT job was in a skilled nursing facility in Richmond. It was a safe choice where I was able to get comfortable with my clinical skills before moving forward. I then took a position as a driving therapist and currently am the coordinator of the driving program at my hospital. I evaluate patients to see if they are still safe to drive or if it's time to retire from driving. I also assess patients with special needs and do driver's training with adaptive equipment such as hand controls and left-foot accelerators. I have found over the years that driving is a vital role for independence (which is what OT is all about).

**Q: Why did you decide on a career as an Occupational Therapist?**

**A:** When I first discovered OT, I just wanted to help people. I had been working in the mental health field for a group home agency for dual-diagnosis children. I imagined myself helping kids with mental and physical disabilities in a school system or an outpatient clinic. Once I entered OT school, it became more and more obvious that pediatrics was not where I saw myself after all. Throughout the OT program, we did clinical rotations with a variety of settings, allowing us to explore what OTs actually do from setting to setting. Though I pictured myself with pediatrics at the beginning of my journey, my love for working with adults grew the more I worked with them.

**Q: What makes it fulfilling?**

**A:** OT allows you to really get to know your patients and their families. Because we address activities of daily living (ADLs), we find ourselves in very intimate moments with patients, such as teaching them to bathe and dress themselves independently. The overall goal of OT is getting our patients back to independence, so we have the opportunity to get personal and help them become independent with the things that are the most important to them. The most fulfilling part for me is seeing patient progress over time.

**Q: How has your involvement in healthcare affected your awareness of your own health? For example, would you share some of your motivation/journey to weight loss?**

**A:** Over the years, I gained weight and was unable to take it off. Finally, I made an appointment with an endocrinologist and found out I had Polycystic Ovary Syndrome and hypothyroidism, which both actually promote weight gain. I made a promise to my doctor that I would attempt to reverse the cycle by losing the weight and becoming more active. I started medication, watched what I ate, exercised daily and before I knew it, I had

lost 40 pounds. I plateaued at the 40-pound mark for about two to three months and became completely unmotivated to continue my workout regimen, so I decided to sign up for a triathlon.

**Q: Why did you decide to train for a triathlon?**

**A:** A couple of months ago, I came across a brochure by chance and read about the Team in Training that competes in marathons, half marathons, 100-mile bike rides and triathlons. It doesn't take a genius to realize that all of these events require extensive training, sacrifice and commitment. As I read on, the brochure said that through the Team in Training, you could train for an endurance event and raise money for a good cause. The training sounded interesting, and I had never raised money for anything. I was interested enough to find out more. I decided to go to an information session where I sat listening to people share their experiences with the Leukemia and Lymphoma Society and the Team in Training. They seemed so motivated! As I listened to a dad share his experiences of his son who was diagnosed with leukemia at age 20, I already knew that this would be a cause that would change my life for the better. I signed up for the race that day. Though I had signed up for my own personal reasons at the beginning, it was to become much more personal.

At the beginning of this journey, I had no personal tie of any kind to cancer. Now, I am surrounded by team members and honorees who are cancer survivors—who are grateful for everything! I also just lost a good friend and co-worker named Helen, who was diagnosed with non-Hodgkin's Lymphoma a month after I signed up for this race. She passed away on Jan. 23, 2009. As the training gets more extensive, I realize more and more every day why I'm raising money for LLS and committing myself to finish this race. I am running in memory of Helen!

**Q: Describe your training regimen. Where did you start and where are you now?**

**A:** On April 26, 2009, I will be participating in the St. Anthony's Triathlon in St. Petersburg, FL. This is an Olympic distance triathlon, which means

a 1.5-mile swim, a 40-mile bike ride and a 10-mile run. The Team in Training provides coaches for each team, so all of my workouts are given to me from week to week. The workouts are specific, with distances and training in different elements each day. We have one day off a week. When I started, I had not been on a bike since childhood, swimming meant lying at the beach with a beer and running was not a word in my vocabulary—let alone something I did for fun! Now, with just weeks until my race, I have comfortably met the race distances in swimming and biking, and continue to improve the running weekly.

**Q: Discuss your team members.**

**A:** There are four other girls on my team. They all have engineering or technical backgrounds, which makes me the only one with the "healthcare" brain. We all have different reasons for joining the team in training. Some of us started this for personal reasons; others had much more personal ties with cancer. The biggest thing we have in common is the desire to improve our own lives while helping the lives of others who don't have the choice of helping themselves.

**Q: How much money do you hope to raise for The Leukemia and Lymphoma Society? How is the money utilized by the Society?**

**A:** My personal goal is to raise a minimum of \$4,700 and to actually cross the finish line. A minimum of 75% of every dollar spent by the Society goes directly toward cancer research, education, advocacy and patient services. It's clear to me that no one person can raise all of the money necessary to find a cure for cancer. But hopefully by working together, a cure will eventually be found. I feel proud, knowing that I am helping to find a cure.

I am still in need of raising around \$1,700 to meet my goal before my race but I'm hopeful! If anyone would like to make a donation, please visit my website at: <http://pages.teamintraining.org/valantry09/dmoore>.

**Q: What's your next goal?**

**A:** My next goal will be a half Ironman race.

## *A Tribute to Lewis-Gale School of Nursing Alumni*

Lewis-Gale Hospital School of Nursing opened in 1911, and Anna Hankins Flood received the first diploma from the school in 1913.

Lewis-Gale's three-year training program followed guidelines set by the National League for Nursing, focusing on theory and clinical experience. Although the students had to pay a nominal fee, many benefits were offered: room, board and uniform laundering were provided at no cost; healthcare was free, and insurance was also provided.

In its 54 years of operation, the school graduated 825 nurses and then merged with Jefferson Hospital School of Nursing to become Community Hospital of Roanoke Valley School of Nursing in 1965. The Lewis-Gale Hospital Alumnae Association members remain very active, with many freely volunteering their time and attending meetings, annual picnics and brunches together.



*Graduates from the inaugural classes of the Lewis-Gale School of Nursing, including (from left to right) Ethel Bowron Bliss, 1914; Lucy O'Brien, 1914; Mary Campbell Foy, 1915; Mary McTier Hady Shelby, 1915; Rose Fuller, 1916; and Esther Twigg McLelland, 1916*

# FACULTY / STAFF BRIEFS

**Carolyn Adams, Ed.D., Professor and Program Director of the MSN Program**, is the senior author of "Timing of Hospice Referrals: Assessing Satisfaction While the Patient Receives Hospice Services," which focuses on hospice services access, utilization and outcomes. The manuscript was published in the journal *Home Health Care Management Practice*. Dr. Adams is certified as an End-of-Life Care Graduate Education Trainer by the American Association of Colleges of Nursing.

**Joel Atance, Ph.D., Assistant Professor in Mathematics and Science, Carol Molinari, Ph.D., Program Director and Professor in Healthcare Management and Catherine Prescott, M.S.N., Assistant Professor in the JCHS Nursing Program**, judged student science projects for the Governor's School Science Forum on Jan. 31, 2009. Over 200 high school students from surrounding counties presented their research and projects that covered a diverse array of disciplines.

**Warren Clark, Ph.D., Professor in Nursing**, has been recertified as a Clinical Nurse Specialist in Adult Psychiatric and Mental Health Nursing by the American Nurses Credentialing Center. His certification continues through Dec. 31, 2013.

**Anne Frazier, M.A.L.S., Assistant Professor in Humanities and Social Sciences**, presented at the College English Association Conference, held from March 26-28, 2009 in Pittsburgh, PA. The theme of the conference was "Design," and Anne's presentation was entitled "Course Design: How One English Class Morphed Successfully."

**Jeannie Garber, D.N.P., Assistant Professor in Nursing**, had her doctoral research project on servant leadership, entitled "Attitudes Towards Collaboration and Servant Leadership Among Nurses, Physicians and Residents," accepted for publication in the *Journal of Interprofessional Care*.

**Wilton Kennedy, D.H.Sc., Physician Assistant Program Director and Associate Professor, and Denise Dillingham and Robert Hadley, Professors in the Physician Assistant Program**, attended the Physician Assistant Education Association's (PAEA) Annual Education Forum in Savannah, GA from Oct. 29 to Nov. 2, 2008. At the conference, Dr. Kennedy presented the poster "Chronic Disease Self-Management Curricula in Physician Assistant Programs." The poster details the results from a study that Kennedy conducted that was funded by the PAEA.

Dr. Kennedy also presented information on educational requirements and practice issues for Physician Assistants at the Virginia Rural Health Association's Annual Conference on Nov. 6, 2008; participated in a webinar about training experiences in a rural PA community medicine rotation and the role of community partnerships in maintaining the health of rural communities with **Vicki Bierman, M.S.N., Assistant Professor in Physician Assistant**, on Nov. 13, 2008; had the article, "Caring for Communities: Health Professions Training from the Ground Up" published in the Fall 2008 edition of *Community Health Forum*, a publication for the

National Association of Community Health Centers; and became a member of an EPA advisory committee for the Migrant Clinicians Network in 2009.

**Mike Krackow, Ph.D., Chair of the Rehabilitation & Wellness Department and Program Director and Associate Professor in the Health & Exercise Science Program**, presented "A Developmental Approach to Resistive Exercise Program Design" at the Virginia Athletic Trainers' Association Annual Conference in Charlottesville, VA on Jan. 17, 2009.

**Mark A. Lambert, M.S., Coordinator of Communications and College Relations**, was recognized at a gala on Nov. 20, 2008 by the Public Relations Society of America – Blue Ridge Chapter with a 2008 Silver Summit Award for the design of the JCHS undergraduate student recruitment brochure. Lambert was also unanimously accepted for a three-year term on the Board of Directors for the Adult Care Center of the Roanoke Valley at their Oct. 27, 2008 meeting. And, in February 2009, Lambert was awarded a New2CASE scholarship at District III of the Council for Advancement and Support of Higher Education (CASE) Annual Conference in Atlanta, GA.

**Danielle Lusk, Ph.D., Coordinator of the Learning & Writing Center and Assistant Professor, Ava Porter, D.N.P., BSN Program Director and Associate Professor and Mike Slaughter, M.S., Assistant Professor in Mathematics and Sciences**, presented posters at the Lilley Conference on Teaching and Learning on Feb. 20, 2009 in Greensboro, NC.

**Glen Mayhew, D.H.Sc., Assistant Dean for Academic Affairs and Associate Professor in Emergency Services**, presented information about tree stand emergencies and safety practices at the Virginia EMS Symposium held in Norfolk, VA on Nov. 14, 2008.

**Carolyn Melby, Ph.D., Chair of the Nursing Department and Professor**, has been appointed by the National League for Nursing (NLN) to serve as an NLN Ambassador. As a participant in this elite corps, Dr. Melby will help keep faculty and administration informed about the NLN's initiatives, grant opportunities, conferences, publications, workshops and other benefits available to NLN members. She will be prepared to answer any questions other faculty or administrators have about the NLN and, when necessary, refer them to the appropriate NLN staff person.

**John McNamara, D.C., Associate Professor in Mathematics and Sciences**, recently attended an annual re-certification conference in Atlanta, GA for Activator Methods Chiropractic Technique and was Advanced Proficiency Rated. Over 35,000 doctors have been trained in AMCT, and 2,100 doctors are Proficiency Rated, making AMCT the most widely used chiropractic technique worldwide.

**Janet Phillips, M.B.A., Assistant Professor in Healthcare Management**, was recently named a Fellow of the American College of Healthcare Executives, the nation's leading professional society for healthcare leaders. Only 7,500 healthcare executives hold this distinction. To obtain Fellow status, candidates must fulfill multiple requirements, including passing a comprehensive examination,

meeting academic and experiential criteria, earning continuing education credits and demonstrating professional/community involvement.

**Ava Porter, D.N.P., Program Director of the BSN Program and Associate Professor and Melody Meier, M.S.N., Associate BSN Program Director and Assistant Professor**, recently completed training to become TeamSTEPPS Master Trainers. The training program was completed at the Carilion Clinic Team Resource Center as part of a nationwide effort to create a culture of patient safety. TeamSTEPPS is an evidence-based teamwork system aimed at optimizing patient outcomes by improving communication and other teamwork skills among healthcare professionals. TeamSTEPPS was developed by the Department of Defense Patient Safety Program, in collaboration with the Agency for Healthcare Research and Quality. Dr. Meier and Dr. Porter join **Jeannie Garber, D.N.P., Assistant Professor in the JCHS Nursing Program**, for a total of three JCHS faculty members who are now TeamSTEPPS Master Trainers.

**Al Overstreet, M.Ed., Director of Academic Support in Student Affairs**, represented the College on a "What's New on Local Campuses?" panel at the Roanoke Valley Educational Consortium's 26th Annual Conference on Nov. 5, 2008. The conference welcomes nearly 100 high school counselors from regional schools. This year's focus was "Current Trends in College Admissions." Many other members of the JCHS staff and faculty also attended, including JCHS President **Dr. Carol Seavor**.

**Chase Poulsen, M.Ed., Clinical Coordinator and Assistant Professor in Respiratory Therapy**, presented an interactive session entitled, "Lessons Learned – Chest X-Ray Interpretation and Ventilator Graphics" at the Mountain Air Symposium on Oct. 8, 2008. The Symposium was held on the campus of Virginia Tech.

**Jolee Preston, M.S.N., Assistant Professor in the Nursing Program**, has been accepted to serve as a member of the NCSBN NCLEX Examination Item Development Panel by the board of nursing. Her appointment will be active for two years.

**Jamie Price, M.S.I.S., Reference Librarian in the Learning Resource Center and Assistant Professor**, presented "Providing Freedom for Information Access: Ranganathan's Five Laws in the 21st Century" at the Virginia Library Association Conference in Williamsburg, VA from Oct. 23-24, 2008.

**Carol Rowlett, M.B.A., Manager of Institutional Research and Howard Ballentine, Dean for Enrollment Management and Planning**, presented "Financial Aid and Retention: Using Data Analysis for Effective Policy Decisions" at the annual conference of the Southern Association for Institutional Research in Nashville, TN on Oct. 21, 2008.

**Stuart Tousman, Ph.D., Associate Professor in Health Psychology and Sally Southard, Carilion Clinic Women's and Pediatric Services**, participated in the American Lung Association Advocacy Day on Jan. 21, 2009 in Richmond, VA as members of the Greater Roanoke Valley Asthma and Air Quality Coalition. Dr. Tousman and Ms. Southard met with Virginia House of Delegates member Morgan Griffith and the aide for Virginia state senator Ralph Smith to discuss the benefits of smoke-free indoor air legislation. Dr. Tousman also currently serves as the chair for the State Asthma Partnership.

# JCHS PROGRAM NEWS

The academic programs at JCHS are continually growing and changing to meet the needs of the rapidly changing healthcare industry. To provide you with information about these programs, this section will appear regularly in the *Jefferson Chronicle*. In this issue, the bachelor's programs Healthcare Management and Emergency Services are highlighted.

## HEALTHCARE MANAGEMENT PROGRAM EXPANDS TO FOUR-YEAR CURRICULUM

In spring 2008, the Healthcare Management (HCM) Program at JCHS expanded from a two-year to a four-year curriculum.

The HCM Program was implemented at JCHS in the fall of 2005 as a completion, or 2+2, program which helped professionals with associate's degrees gain the required additional two years of education to earn a bachelor's degree. At the time, the implementation of the degree was based on an increasing demand for healthcare professionals in administrative roles to have at least a bachelor's degree.

As the program progressed and grew quickly (HCM enrollment tripled between 2005 and 2008), it became apparent that the structure of the curriculum needed to change. Studies by the HCM Department found that three times as many prospective students without an associate's degree were interested in earning an

HCM degree than those who already had an associate's degree. In simpler terms, the 2+2 program wasn't right for prospective HCM students.

As a result, the program was expanded to a four-year curriculum. Despite the change to the length of the curriculum, the methods of educating HCM students remain focused on non-traditional, working students. For example: HCM students can take some courses online and some in the classroom; limited class sizes keep courses personal and interactive; and state-of-the-art technology is being integrated into HCM courses to promote learning that is delivered in a convenient format.

For more information on the HCM Program, contact Carol Molinari, HCM Program Director and Associate Professor, at (540) 985-9940 or via e-mail at [camolinari@jchs.edu](mailto:camolinari@jchs.edu).

## FOUR-YEAR EMERGENCY SERVICES DEGREE BEGINS AT JCHS IN FALL 2009

Last fall, JCHS was granted approval from the Commission on Colleges of the Southern Association of Colleges and Schools (SACS) to offer a four-year Bachelor of Science degree in Emergency Services beginning in fall 2009.

The new program will offer students a multi-specialty curriculum in two tracks: Firefighter/Paramedic/Emergency Management or Critical Care/Paramedic/Emergency Management. JCHS developed the program to meet the needs of agencies and departments across the region that provide emergency services to a wide variety of communities.

"Earlier this year, JCHS conducted a study of fire chiefs and EMS directors across the Mid-Atlantic region," says Glen Mayhew, D.H.S., NREMT-P, Assistant Dean for Academic Affairs and Program Director/Associate Professor for the new Emergency Services Program. "We found that 92 percent of those responding indicated that a graduate with a bachelor's degree would be very valuable to their department or agency. And 96 percent of them said that a graduate with cross-training in specialties, like firefighting and paramedic, is critical to the success of their department or agency."

Students in the program will have access to internships in both the field and clinical settings, including in engine-and-ladder fire companies and at Carilion Clinic facilities like the Level 1 Trauma Center at Carilion Roanoke Memorial Hospital.

The four-year Emergency Services degree will replace two Associate of Applied Sciences Degrees offered at JCHS in Emergency Health Sciences-Paramedic and Fire & Emergency Medical Services Technology. Students currently enrolled in the two-year programs will be allowed to complete their associate's degrees, but all new students applying for the 2009-2010 academic year will be enrolled in the bachelor's program.

For more information on the Emergency Services Program, contact Glen Mayhew, Emergency Services Program Director, at (540) 985-8539 or via e-mail at [glen@jchs.edu](mailto:glen@jchs.edu).



# CLASS NOTES

## 1960s

**Donna Fouch Bakelaar, Community Hospital of Roanoke Valley School of Nursing '66**, was former Clerk of the New Jersey General Assembly. Prior to her career in political consulting, she worked for 16 years as a Labor and Delivery Nurse, Lactation Consultant and Lamaze Instructor. She has three children and four grandchildren.

## 1980s

**Donna Terry Moens, Nursing '85**, works as a Case Manager at Ministry Home Care in Wisconsin.

## 1990s

**Dawn Groah Cox, Emergency Health Sciences/Paramedic '98**, went back to school to become a Registered Nurse. She has been an employee of UVA for the past nine years and works as a Nursing Coordinator for digestive health. She is married and has two children, Joshua and Hailey.

## 2000s

**Paola M. Nilsson, Nursing '02**, has a new position as Charge Nurse for a 30-bed Critical Care Unit at Alta Bates Summit Medical Center in Berkeley, CA.

**Victoria Ros Wilds, Physician Assistant '03**, received her Master of Physician Assistant Studies from the University of Nebraska in May 2008. She is employed at Walter Reed Army Medical Center and resides in Gainesville, VA with her husband and two daughters.

**Seth P. Caldwell, Physician Assistant '04**, is employed at Valley Orthopedics and Sports Medicine in Harrisonburg, VA.

**Michelle F. Harris, Nursing '06**, gave birth to a son in February 2008. Max joins his three other siblings, Mason, Madison and Morgan.

**Joshua Nowocin, Physician Assistant '07**, and his wife just had their first child. Aiden Mathew was born Dec. 2, 2008.

**Robert Weber, Fire and Emergency Medical Services Technology '07**, is employed by Concord Fire and Life Safety Department in Concord, NC.

## IN MEMORIAM

**Vera Vaught Gradisher, Jefferson Hospital School of Nursing '49.**

**Jeannette Hartwell** was a Nursing Instructor at Lewis-Gale School of Nursing and was instrumental in merging Lewis-Gale School of Nursing and Jefferson Hospital School of Nursing into Community Hospital of Roanoke Valley School of Nursing, where she became the Educational Director.

**Michael Edmond McCollum, Community Hospital of Roanoke Valley College of Health Sciences, Respiratory Therapy '84.**

**Curtis Edward "Pete" Chaney, Community Hospital of Roanoke Valley College of Health Sciences, Nursing '88.**

## MARRIAGES

**Brian Scott Hubbard, Fire and Emergency Medical Services '03**, married Sara Nicole Jordan on Nov. 23, 2008. Brian is a Firefighter/Medic with Newport News Fire Department and a Lieutenant with Carrollton Volunteer Fire Department.

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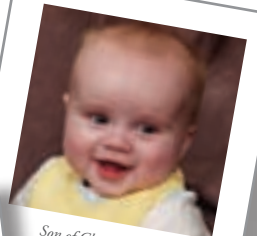


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OR MAIL TO CHRISTINA HATCH, P.O. BOX 13185,  
ROANOKE, VA 24031.

**Jessica Marie Miller, Physical Therapist Assistant '08**, married Charles Alexander Hunt on Sept. 13, 2008. Jessica is employed as a Physical Therapist Assistant at Springtree Health and Rehabilitation Center.

**Courtney D. Marshall, Emergency Health Sciences/Paramedic '08**, married Justin K. Will on July 12, 2008.

**Rebecca Ann Barksdale, Physician Assistant '04**, married Jason David Holt on Sept. 13, 2008. Rebecca is a practicing Physician Assistant at Nextcare Urgent Care in Raleigh, NC.



Son of Charles N. Suba,  
Emergency Health Services '07  
and Nursing '08



Suzanne Elizabeth, born to proud mom  
Lisa Smith, Physician Assistant '06 on  
Aug. 6, 2008



Alexis Isabella Wilds, born June  
10, 2008 to Victoria Ros Wilds,  
Physician Assistant '03

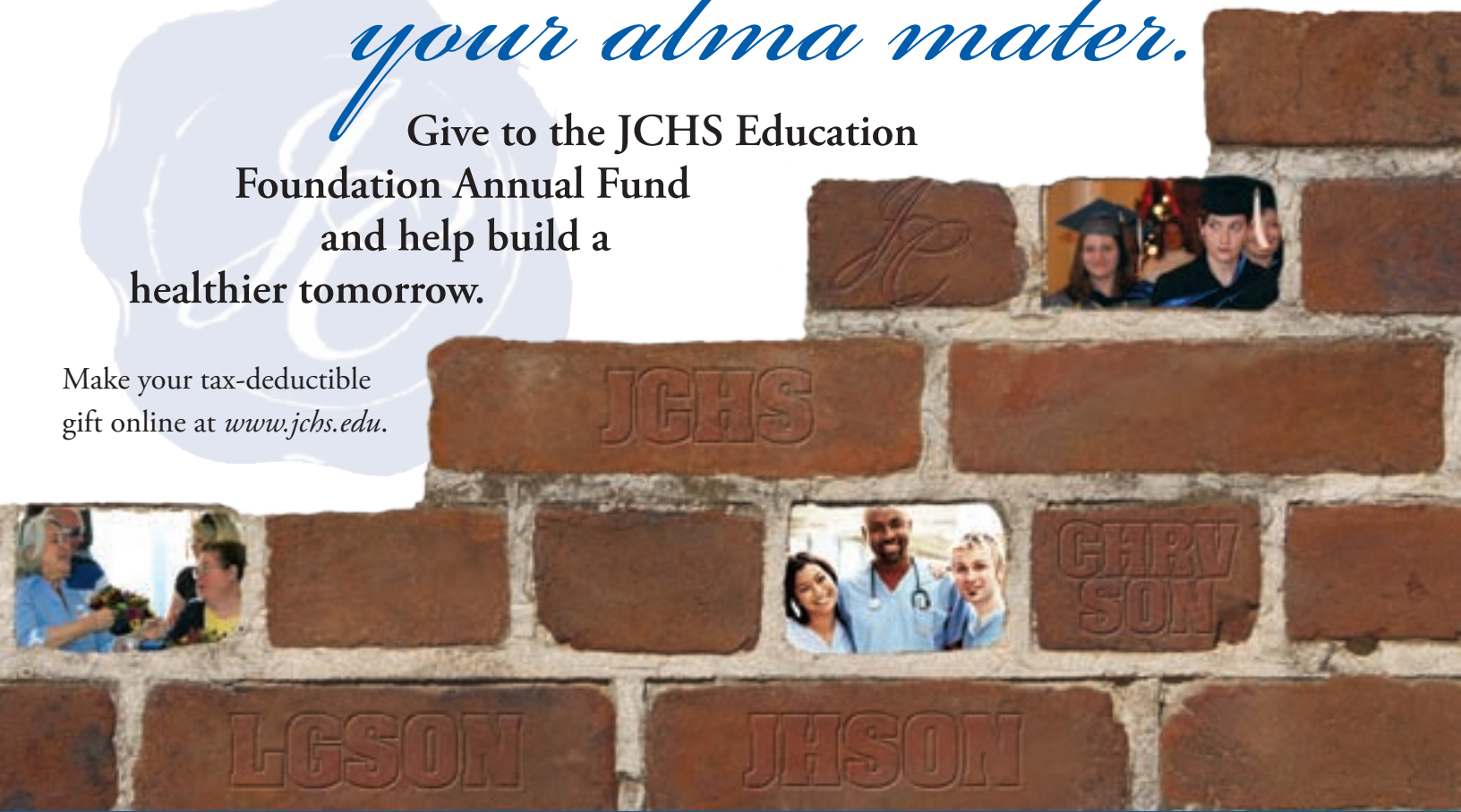
## STAY CONNECTED!

IT'S EASY TO KEEP US UPDATED ON CHANGES TO YOUR CONTACT INFORMATION OR REPORT CAREER NEWS, WEDDINGS, BIRTHS OR OTHER MILESTONES. JUST GO TO THE JCHS HOMEPAGE AT [WWW.JCHS.EDU](http://WWW.JCHS.EDU) AND CHOOSE "ALUMNI & FRIENDS" FROM THE LEFT-HAND MENU. THEN CLICK ON "ALUMNI UPDATE FORM" IN THE DROP-DOWN MENU. YOU CAN ALSO MAIL YOUR INFORMATION TO JEFFERSON COLLEGE OF HEALTH SCIENCES, ALUMNI RELATIONS, P.O. BOX 13186, ROANOKE, VA 24031.

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THIRD ANNUAL JCHS HOMECOMING REUNION  
SATURDAY, OCT. 3, 2009

WATCH THE JCHS WEBSITE AT [WWW.JCHS.EDU](http://WWW.JCHS.EDU) AND THE JCHS ALUMNI ASSOCIATION  
FACEBOOK PAGE FOR MORE DETAILS SOON!



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# Did You Notice...

## THE NEW JCHS ALUMNI E-COMMUNITIES!

ONE OF THE MANY ADVANTAGES OF NEW TECHNOLOGY IS THAT IT GIVES EVERYONE A WAY TO RECONNECT WITH FAMILY, FRIENDS AND OTHERS WITH COMMON INTERESTS. THE JCHS ALUMNI ASSOCIATION WANTS YOU TO BE ABLE TO FIND AND COMMUNICATE WITH FELLOW ALUMNI AND VIEW JOB POSTINGS VIA THE NEW JCHS ALUMNI E-COMMUNITIES PAGE ON

THE JCHS WEBSITE. THE PAGE PROVIDES LINKS TO THE ALUMNI ASSOCIATION'S PAGES AND APPLICATIONS ON FACEBOOK, TWITTER AND LINKED-IN.

YOU CAN FIND THE E-COMMUNITIES PAGE BY VISITING THE JCHS WEBSITE AT [WWW.JCHS.EDU](http://WWW.JCHS.EDU), THEN CHOOSING *ALUMNI & FRIENDS* AND THEN *ALUMNI E-COMMUNITIES*.

OR, GO TO: [WWW.JCHS.EDU/PAGE.PHP/PRMID/662](http://WWW.JCHS.EDU/PAGE.PHP/PRMID/662)

The screenshot shows the Jefferson College of Health Sciences website. The header includes the college name and location (Roanoke, Virginia). A navigation menu lists: About Jefferson, Admissions, Financial Aid, Registrar, Academics, Student Life, Calendar, and Catalog. A search bar and utility links for 'Printer Friendly' and 'Send Me More Information' are also visible.

The main content area is titled 'JCHS Alumni E-Communities'. It states the purpose of the Jefferson College of Health Sciences (JCHS) Alumni Association is to:

1. Promote the mission, core values, philosophy and objectives of the Jefferson College of Health Sciences and Carilion Clinic.
2. Promote an environment for personal and professional growth.
3. Encourage participation in college activities and college development.
4. Establish lines of communication between JCHS alumni and the college.
5. Promote scholarship development for students at JCHS.

Below the list, it says: 'The goal of our e-communities—Facebook, Linked-in and Twitter—is to connect alumni, family and friends of JCHS with each other. Feel free to browse our news and events as well as photos, videos and podcasts! Post your favorite JCHS memories on our Facebook wall.'

At the bottom of the section, it says: 'Thank you for becoming a FAN of JCHS! Click on the buttons below to get involved with your e-communities.'

Three social media buttons are displayed: Facebook, Twitter, and Linked in.

On the left side of the page, there is a sidebar with a search bar and a 'GO' button. Below it are links for: PROSPECTIVE STUDENTS, CURRENT STUDENTS, FACULTY & STAFF, ALUMNI & FRIENDS, FAMILY & PARENTS, CAMPUS SAFETY, and GIVE TO JCHS. A 'CLICK & PLEDGE' button is also present.

At the bottom of the page, there is contact information for Jefferson College of Health Sciences: 920 S. Jefferson Street, Roanoke, VA 24016, jchsmaster@jchs.edu, 1-800-925-8493. Copyright notice: © 2009 Jefferson College of Health Sciences. All Rights Reserved. A footer navigation bar includes: Search, Contact Us, Site Map, Privacy Policy, and Top of Page.

Thank you for becoming a FAN of JCHS!