

# Reflections

Sacred Heart University College of Education and Health Professions

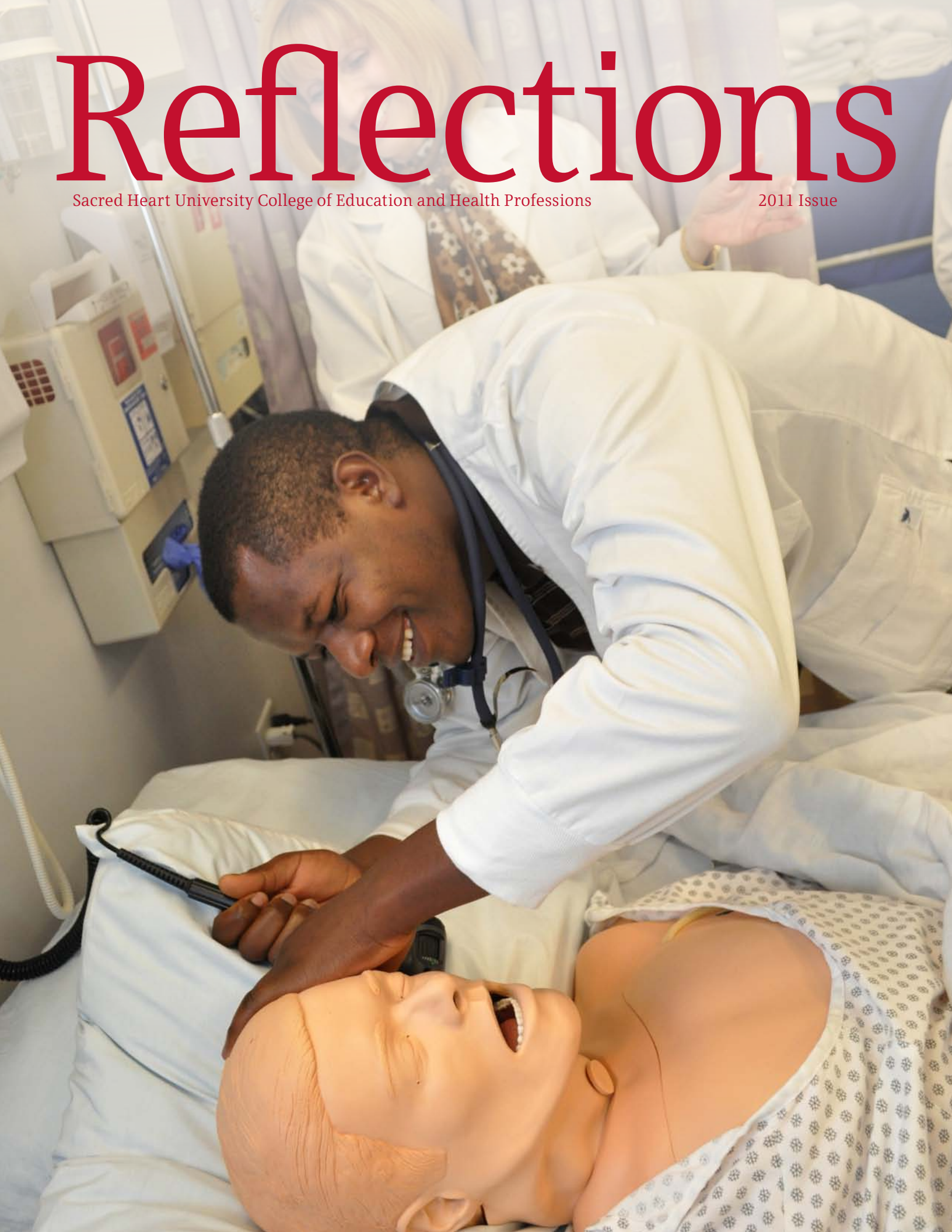
2011 Issue



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# Message From the Dean



## College of Education and Health Professions Ends One Era as a New One Begins

Sacred Heart University established The College of Education and Health Professions in 1997. In the fourteen years that have passed since then the college has doubled in size and generated several new degree and certification programs. In the health professions two doctoral programs (Doctor of Physical Therapy and the Doctor of Nursing Practice) were developed, and, post-professional orthopedic and geriatric residency programs in physical therapy were established. Two new master's degree programs (Occupational Therapy and

Exercise Science & Nutrition), and two new undergraduate programs (in Exercise Science and in Health Science) were begun. In addition, the College began to offer graduate and undergraduate certificates in Geriatric Health and Wellness, and witnessed significant growth in on-site and on-line programs in Nursing. Within the School of Education a weekend cohort for a Certificate of Advanced Study in Education Leadership was developed, and new post-graduate Certificate of Advanced Study programs with concentrations in science education, social studies education, and education technology were instituted. In addition, the School of Education opened an on-site reading clinic and established new graduate certificate programs in literacy.

The reputation of the college has grown as well. The DPT program has been ranked among the best in the nation, and Nursing enjoys a state-wide reputation for excellence. The Education Department (which became the Isabelle Farrington School of Education in 2007) has become the top independent educator of teachers and administrators in the state and has recently achieved full accreditation by the National Council for Accreditation of Teacher Education (NCATE) in recognition of its excellence in teacher preparation programs.

The continuous growth and diversification of programs in the College of Education and Health Professions has led the University to a decision to reconfigure the college into two distinct academic units -- the Isabelle Farrington College of Education and the College of Health Professions. The transition began with an announcement in May, and the new structure will be effective July 1, 2011. I will remain dean of the College of Health Professions and will simultaneously serve as dean of the Isabelle Farrington College of Education until a search for a new dean of education is completed. It has been my honor to serve as dean of the College of Education and Health Professions for the past fourteen years. I look forward to continued collaboration between the two units in the future.

Sincerely,

A handwritten signature in black ink, which appears to read "Patricia W. Walker".

Patricia W. Walker, Dean

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*Reflections* is the annual report of Sacred Heart University's College of Education and Health Professions. Every effort has been made to assure its accuracy and completeness.

Opinions expressed in this publication may not necessarily reflect those of Sacred Heart University, its faculty or administration.

# Reflections

## *In This Issue*

{2011-2012 highlights}



Community Partner  
and Alumni Leadership  
Awards

02

{advocacy}



Mission Trips to Numerous  
Locations Brought Faculty  
and Students Together  
During This Year's Spring  
Break: March 4 - 12, 2011

04

{faculty focus}



Dr. Julie Stewart Selected  
to Receive the Connecticut  
Nurses Association  
Florence Wald Diamond  
Jubilee Award for  
Outstanding Contribution  
to Nursing Practice

22

{alumni news}



Graduate of 2010 FNP Class  
Opens Private Practice

25

{departments}

Isabelle Farrington College of Education	06
Occupational Therapy	10
Nursing	11
Athletic Training	14
Exercise Science	17
Physical Therapy	20

## Community Partner and Alumni Leadership Awards

In recognition of the 2006-2007 10th Anniversary year, the College of Education and Health Professions established two Awards to be awarded annually at the Alumni Breakfast. The Community Partner Award was created to recognize an individual or corporation that has demonstrated exceptional collaboration to further the educational goals and mission of the college. The Alumni Leadership Award was created to give recognition to alumni of a department within the college who has shown one or more of the following: service to the University, distinction within a profession, or contribution to the fulfillment of the mission of the college.

### **Community Partner Award**

This year the Community Partner Awards were presented to:

**Bridgeport Department of Health:** For more than 15 years the Department of Public Health has been a consistent and constant partner in providing internship opportunities for undergraduate nursing students. For both RN-BSN students and first professional degree students the Bridgeport Department of Health has provided students with the opportunity to learn about the structure, process and outcomes associating with protecting health, preventing communicable disease outbreaks and promoting health through various educational initiatives of the residents and school age children of Bridgeport. Accepting the award for Bridgeport Department of Health was Michele Meade, supervisor of Communicable Division since 2005 and supervisor of our students.

**Cooperative Educational Services (CES):** Kevin C. Klemme, Ph.D., grant writer for CES has partnered with Sacred Heart University Professors in a grant writing process in science education to offer the Teacher Quality Partnership program, now in its fourth year. As a result of his efforts the Isabelle Farrington School of Education, CES and a consortium of public and parochial schools have received almost \$500,000 in funding from the Department of Higher Education to further science education in the area.

**Mercy Learning Center (MLC):** MLC has partnered with the Physical Therapy, Nursing, Occupational Therapy and Exercise Science programs of our College. Many of our students have entered MLC for various class projects and purposes as an extension of our classrooms. MLC offers unique experience and learning opportunities and the students left with a greater understanding of the particular needs of families that are served by MLC. Accepting the award for Mercy Learning Center is Dr. Jane E. Ferreira, President and CEO since 2002 and alumna emerita of Sacred Heart University.

### **Alumni Leadership Award**

The College of Education and Health Professions faculty and alumni submitted nominations for the Alumni Leadership Award. This year, the following individuals were presented with the award:

Beth Gillin, MAT '98, served as a SHU intern and student teacher at Stamford High School during the 1997/98 school year and has been there ever since. Beth was appointed Head of the English



Left to Right: Jane Ferreira, Michele Meade, Dr. Patricia Walker, Kevin Klemme



Left to Right: Beth Gillin, MAT '98, Dr. Patricia Walker

Department in 2007. She has returned to SHU to participate as a panelist in Educational seminars and has been a member of the Beginning Educator Support and Training (BEST) program supervising SHU student teachers and mentoring a number of others. She has encouraged placement of interns and student teachers in her building and has sought to employ SHU graduates who are qualified. Ms. Gillin is also a Stamford public Schools Teacher of the Year nominee and two-time Stamford Spotlight on Teachers award winner.

Dr. Denise Walsh, MSN '93, is the President of the PRN Relief

International Charity which has partnered with our Nursing Department to take graduate and undergraduate nursing students with them on their annual health care mission to Kingston, Jamaica to provide free medical-surgical care. Through Denise's extensive travels and her work in developing strong leaders in health care, she has always been committed to enriching student experiences. Dr. Walsh's entire nursing career has been in alignment with the University's Mission as she is committed to excellence, recognizes the dignity of every human being and is truly responsive to her civil duties. She is a role model for all of our nursing students. Dr. Walsh was unable to attend the awards ceremony as she was with our nursing students on a mission trip to Jamaica.

## 30th Anniversary of Nursing and 20th Anniversary of Sigma Theta Tau, Mu Delta Chapter



Dr Linda Strong offers an insight into the creation of the iFUN and its success in helping students.

A special evening to commemorate 30 years of nursing excellence was held at Testo's Restaurant in Bridgeport, CT on Saturday, October 2, 2010. The evening began with cocktails and a silent auction from which all proceeds went to iFUN (Incidental Fund for Undergraduate Nurses).

For more information on the iFUN, please visit: [www.sacredheart.edu/givetoifun.cfm](http://www.sacredheart.edu/givetoifun.cfm)

The evening included a presentation by Faith Roberts, RN, BSN, a renowned nursing speaker and consultant, and the presentation of the Dean's Leadership Award.

## 2010 Dean's Leadership Award



Dr. Patricia Walker presented Alma Haluch with the 2010 Dean's Leadership Award.

Ms. Haluch started her career at SHU in March of 1988 in the Library and then moved to Continuing Education in 1989 which became Graduate Studies and Continuing Education. From there Alma worked with many of the nursing faculty

and transitioned over to the nursing department in September of 1993.

When Ms. Haluch came to Nursing she was one of two staff members in the department. Since that time the nursing program has grown and she had grown with it. Ms. Haluch retired in December 2010.

For more information on the Nursing Programs last 30 years, please visit: [www.sacredheart.edu/nursing30th.cfm](http://www.sacredheart.edu/nursing30th.cfm)

## Mission Trips to Numerous Locations Brought Faculty and Students Together During This Year's Spring Break, March 4 - 12, 2011



Arianna DeLucia, Athletic Training



Amy Comley, Physical Therapy



Steven Fiorenza, Exercise Science



Philip Farrelly, Physical Therapy



Monica Leisner, Physical Therapy



Michael Giarratano, Education Professor

### Mississippi

A group from SHU went to Mississippi in January to continue with the rebuilding efforts in the Gulf Coast, including Isabelle

Farrington School of Education (IFSOE) Professor Michael Giarratano and the students pictured. Also from the college but not pictured were: Veronica Gagnano, exercise science, Veronica McGorry, nursing and Leah Richards, nursing.

### El Salvador

Education Professors' Dr. Maria Lizano-DiMare, Dr. Terry Neu, and Dr. Susan Dinnocenti joined the delegation of SHU community members who travelled to El Salvador for a cross cultural mission experience. The trip continued an annual tradition that began almost twenty years ago.

The town of Tierra Blanca is a community plagued by war, poverty, earthquakes, and severe health disparities. The SHU delegation work to bring hope and help to the people by working on projects that are important to them. Fund-raising, a significant part of the delegations' work, is used to support the local communities.



## Guatemala

In continuation of the medical mission and field experience initiated by the Nursing Department in March 2010, nursing and physical therapy faculty and students collaborated to bring medical help and supplies to the citizens of Pastores and other areas surrounding the city of Antigua in Guatemala this year. Unlike the previous trip which focused on obstetrics, general medicine was the focus of this trip.

For many Guatemalans the cost of seeing a doctor is a luxury, often the equivalent of a weeks' salary. The public hospital refuses treatment to anyone without a job and there are no government assistance programs.

The group consisted of four nursing faculty, Professor Michelle Cole, Dr. Susan DeNisco, Professor Constance Glenn, Professor Eileen Yost, and staff members Elizabeth Cross and Christina Gunther. Joining them were four graduate nursing students, eight undergraduate nursing students as well as physical therapy faculty member, Dr. David Cameron and five doctorate of physical therapy students. The mission got underway months prior to departure when the group began collecting monetary contributions, medical supplies, and a long list of provisions that most of us take for granted but most Guatemalans do without.

In addition to administering medical care at a make shift clinic in the local church and making home visits to those who were



Dr. David Cameron treats a woman for shoulder pain and painful weakness. She had pain and difficulty using her right arm to lift and carry her young child. He performed passive range of motion exercise with shoulder joint mobilization to restore full painfree range of motion at the shoulder and followed this activity with specific manually resisted strengthening exercise to restore strength balance to her shoulder muscles. Muscular imbalance that lead to tissue breakdown, pain and painful weakness had resulted from carrying her baby a particular way.

unable to travel, the group spent a full day at the malnutrition center where children are in treatment for six months to a year. SHU nursing and physical therapy faculty were able to evaluate several of the children and offer recommendations for care.



Elizabeth Cross entertains children at the malnutrition center with an art project.



Professor Constance Glenn and nursing student Emily Woods treat a patient at the makeshift clinic.



## Education Class Invited to Present at Puzzlethon Conference

In honor of National Autism Awareness Month, education professor, Dr. Jacqueline Kelleher and 30 of her students coordinated a Puzzlethon event held at SHU on Saturday, April 2, 2011.

The students, ten of whom were graduate students, worked on the event as part of an ED 533 - Educational Psychology service learning project. "The amount of work and dedication the students brought to the event from start to finish was extraordinary" said Kelleher. The feedback was very positive from attendees of the event which raised money in support of families

without the means to provide protection (safety devices, training, and access to online support) for their loved ones with autism.

Autism Society of Connecticut (ASCONN) President, Kim Newgass, has asked the ED 533 class to present at the ASCONN statewide Puzzlethon conference in October, 2011 to share thoughts about the pilot endeavor, how it linked to coursework, and ideas for making this a part of other higher education communities.

To read more about Puzzlethon, please go to [www.sacredheart.edu/pages/38921\\_shu\\_to\\_host\\_puzzlethon\\_for\\_autism.cfm](http://www.sacredheart.edu/pages/38921_shu_to_host_puzzlethon_for_autism.cfm).

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## Education Professors Present at AACTE Conference



Dr. Ann Clark



Professor Michael Giarratano



Dr. Edward Hendricks



Dr. Lois Libby

Four professors from the Isabelle Farrington School of Education presented at the Annual Meeting of the American Association of Colleges (AACTE) taking place in San Diego, CA on February 25 and 26th, 2011.

Professor Michael Giarratano, Dr. Lois Libby and Dr. Ann Clark presented "A Collaborative Plan between a University

and a School District to Meet the Goals and Standards of a State Framework to Improve Teacher Quality" and Dr. Edward Hendricks presented "Making NCATE Matter."

To read about the presentations, go to [www.sacredheart.edu/pages/36084\\_four\\_education\\_professors\\_to\\_present\\_at\\_aacte\\_conference.cfm](http://www.sacredheart.edu/pages/36084_four_education_professors_to_present_at_aacte_conference.cfm).



## D.I.S.C.O.V.E.R. the Future with Robotics

Twice this year, January 28th and February 4th, a group of Connecticut students in fourth, fifth and sixth grades were on the floor of the University Commons at Sacred Heart University focused on small electronic robots as part of the “Discoveries In Science Change Our Views Equality and Respectabilty” project

D.I.S.C.O.V.E.R. the Future with Robotics, made possible through an Inter-district Cooperative Grant from the Connecticut State Department of Education, Bureau of Choice Programs, Hartford, Connecticut, aims to foster positive meaningful relations among urban and suburban students. The project is led by Dr. Antoinette Bruciati and Dr. Maria Lizano-DiMare, Educational Technology

faculty in the Isabelle Farrington School of Education (IFSOE) in conjunction with educators from Hall School, Community School and Laurel Ledge School.

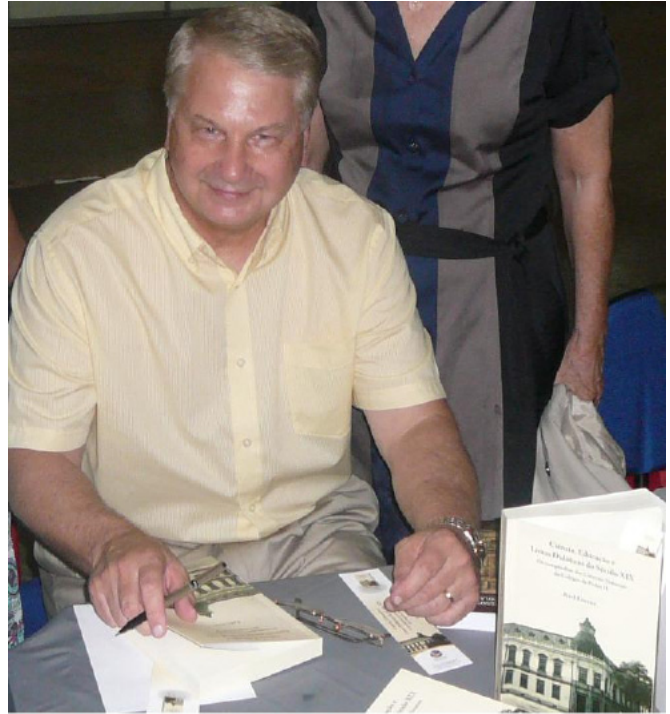
During their visit to Sacred Heart University the students participated in hands-on math and robotics activities under the supervision of Dr. Bruciati, Dr. Lizano-DiMare and Mr. Charles Framularo, Numeracy Coach from Hall School in Bridgeport. SHU students in the IFSOE Teacher Certification Program offered a University Tour and introduced the students to life on campus and Sophia Gevas from the SHU Gallery of Contemporary Art along with Laura Einstein (Independent Curator) and Constance Old (Exhibiting Artist) provided art activities.

## Dr. Lorenz Publishes Latest Book Written in Portuguese

Dr. Karl Lorenz, associate professor in the Isabelle Farrington School of Education, has published a book written in the Portuguese language entitled “Ciência, Educação e Livros Didáticos do Século XIX. Os Compêndios das Ciências Naturais do Colégio Pedro II,” whose title translates as Science, Education and Textbooks in the Nineteenth Century.

The Compendiums of the Natural Sciences of the Colégio Pedro II, was launched at the VI Luzo Brazilian Congress on the History of Education, held August 22-25, 2010 in the city of São Luís, in the northern, equatorial state of Maranhão, Brazil. At the conference Dr. Lorenz also presented a paper on science textbooks in Brazil and their effect on transforming pedagogical theories into classroom practices.

Dr. Lorenz’s book examines the history of science teaching in the Brazilian secondary school from 1838 to 1900. The discussion is pursued from the perspective of the Colégio Dom Pedro II, which was founded in Rio de Janeiro by the emperor of Brazil whose name honors the school, and which served as a model for secondary institutions throughout the country during the 19th and the early decades of the 20th century. The study focuses on changes in the curriculum of the Colégio and the role that French textbooks played in influencing the science program. This discussion is accompanied by a presentation of the history of the natural sciences and of the general development of science



teaching in Brazil and France during this crucial sixty year period. Dr. Lorenz’s work is the second volume in a series titled New Investigations. The series is part of the History, Theory and Education Collection, which is funded by the Algar Institute, promoted by the Faculty of Education and published by the university press of the Federal University of Uberlândia, in the central state of Minas Gerais, Brazil.

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## Elementary Education Program Granted National Recognition

The Association for Childhood Education International (ACEI - the Elementary Education Specialized Professional Association) and the National Council for Accreditation of Teacher Education (NCATE) have granted National Recognition (with conditions) to the Elementary Education Program, the program will be listed as nationally recognized on websites and/or other publications of the SPA and NCATE. The institution may designate its program as nationally recognized by NCATE, through August 1, 2012.

The Elementary certification program joins our Education Leadership (Building level) program as nationally recognized. Much credit is due to Dr. Edward Hendricks and the team (Professor Mike Giarratano, Dr. Velma Heller, Dr. Karl Lorenz and Ms. Karen Doepper) who have worked towards this goal since receipt of the initial report. Their work was successfully responsive to the issues raised by the SPA review and has set the foundation for continual program improvement and assured continual national recognition.

## Occupational Therapy Students Volunteer at Autism Awareness Event

Occupational Therapy students volunteered on Sunday, May 1, 2011 at the 13th Annual Walk for Autism and 5th Annual Run for Autism at Choate Rosemary Hall High School in Wallingford, CT.



Left to Right: Patrycja Pedzinska, Nicole Yarsawich, Stacey Raimondi, Heather Calabrese, Kyle O'Brien, Colleen Jackson, Kaitlyn Cavanaugh, Christine Brogan

## Occupational Therapy Students Attend Lend Seminars

For the first time ever, this spring, SHU occupational therapy students were offered the opportunity to apply for attendance in the Leadership Education in Neurodevelopmental and Related Disabilities (LEND) seminars held at the University of Connecticut's A.J. Pappanikou Center for Excellence in Developmental Disabilities. Several of the students applied and were accepted.

LEND programs provide long-term, graduate level interdisciplinary training as well as interdisciplinary services and care. The purpose of the LEND training program is to improve the health of infants, children, and adolescents with disabilities. Working with people of many disciplines ensures that the training focuses on interdisciplinary services and care - training emerging leaders in different fields and encouraging collaboration among them from the very start.

While each LEND program is unique, they all provide interdisciplinary training, have faculty and trainees in a wide range of disciplines, and include parents or family members as paid program participants and share the following objectives:

- To advance the knowledge and skills of all child health professionals to improve health care delivery systems for children with developmental disabilities.
- To provide high-quality interdisciplinary education that emphasizes the integration of services from state and local agencies and organizations, private providers, and communities.
- To provide health professionals with skills that foster community-based partnerships.
- To promote innovative practices to enhance cultural competency, family-centered care, and interdisciplinary partnerships.

## Professors and Students Collaborate and Get Published

A journal article written by Professor Heather Miller Kuhaneck, along with former Sacred Heart University professor, Amy Darragh and three Occupational Therapy graduate students, Tajhma Burroughs, Jamie Wright and Theresa Lemanczyk, all of whom graduated in 2005, was published in August 2010.

The journal article entitled “A Qualitative Study of Coping in Mothers of Children with an Autism Spectrum Disorder” reports the results of a study originally completed by Ms. Burroughs, Ms. Wright and Ms. Lemanczyk with the help of their advisors Professor’s Kuhaneck and Darragh as their Capstone Project.

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## Students Wear Purple and Stand Against Bullying

On Wednesday, October 20, 2010, the first year Graduate Students in the Occupational Therapy Program at Sacred Heart University, organized by Stacey McIvor, wore purple to celebrate Spirit day and show their support for all those who lost their lives.

The purpose of Spirit Day was to spread awareness and stand against bullying and harassment. Over the past few months, many teens in the United States have committed suicide as a direct result of bullying, homosexual harassment, and homophobia.



## 2011 Nightingale Scholarship Awards

The goals of the Nightingale Awards for Excellence in Nursing program are to encourage retention, inspire future nurses, focus public attention and recognize the breadth and scope of nursing practice at the local level. What better way to inspire future nurses than to honor nursing students for academic and community achievement.

This year, two Sacred Heart University Nursing students, Leah Richards and Thomas Topalian, were awarded Nightingale scholarships for going above and beyond in their studies and clinical practice.

## Nursing Faculty and Students Participate in Project Homeless Connect



Chiara (Kiki) Zambelli, nursing student gives a flu shot to a homeless man



Dr. Linda Strong helps with foot care evaluations



Dr. Susan DeNisco performs blood pressure screenings

On December 9, 2010 seven nursing students along with faculty members Dr. Susan DeNisco, Dr. Linda Strong, Dr. Kerry Milner and Professor Michelle Cole participated in the 6th annual Project Homeless Connect, a collaborative initiative sponsored by the Greater Bridgeport Area Continuum of Care and the United Way of Bridgeport.

The day long event welcomes homeless individuals to a neighborhood center where community and social services are provided free of charge.

Once the Nursing Department became aware of the project, aiding the homeless in Bridgeport, they quickly developed a plan

for health screenings for this needy population. The screenings included blood pressure, pulse and respiratory assessments, influenza vaccinations and foot care/evaluations. Donated items including socks and foot lotion were distributed to the individuals serviced.

Care was provided for 98 individuals, several necessitating referrals based on the screenings that had been provided. The nursing students, all who volunteered to provide care, were compassionate and caring. They used competent assessment skills and therapeutic communication. They embraced the opportunity to serve the impoverished and left feeling satisfied that they had made a difference

## Nursing Students Assist in Jamaican Mission Trip

Professor Shery Watson and Dr. Julie Stewart returned to Jamaica with two Family Nurse Practitioner (FNP) graduate students and ten undergraduate nursing students to administer much-needed medical care. The fall medical mission is the 2nd annual mission aided by Sister Grace Yap, the founder of the Franciscan Ministries, which serves the poor of Jamaica and the PRN Relief International, an organization established

in Connecticut that brings continued medical care to the underserved, poor populations in Jamaica, Dominican Republic and Honduras. Shery Watson is a member of the PRN board and served as team leader for this mission.

To read all about their mission please go to [www.sacredheart.edu/pages/35353\\_mission\\_a\\_success\\_for\\_jamaicans\\_and\\_shu\\_nursing\\_contingent.cfm](http://www.sacredheart.edu/pages/35353_mission_a_success_for_jamaicans_and_shu_nursing_contingent.cfm).



(L to R) Erin Brown, Thomas Topalian, Kelsey Lorraine, Professor Shery Watson, Caitlyn Groh and Natalie Cignatta at the make-shift clinic we establish each year at the Whitfield Town Community Center in Kingston, Jamaica.



Dr. Julie Stewart at the Center for Children and Adolescent Girls in Kingston, Jamaica.



(L to R) Nursing students, Elizabeth Drehwing, Kelsey Lorraine and Erin Brown, at the St. Elizabeth All-Age School in Kingston, Jamaica

## The Latino Elders Access Points (LEAP) Initiative Program



Dr. Susan DeNisco attends holiday event with LEAP program participants.

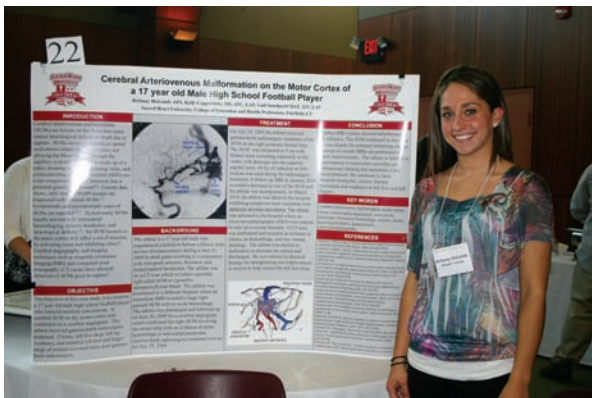
The Latino Elders Access Points (LEAP) Initiative Program, is a collaborative project between Sacred Heart University/ CEHP Center for Community Health and Wellness, Optimus Health Care, and Southwest Community Health Center, to assist high risk elders in staying healthy and independent. The Southwestern Connecticut Agency on Aging (SWCAA) has awarded the CEHP/Center for Community Health & Wellness federal funds for the past 3 fiscal years to implement the program.

This year the LEAP Initiative Program will initiate an evidence-based practice project into the existing weekly Aging with Grace Program. The purpose of this study is to determine the effectiveness of the Heart and Soul cardiovascular risk reduction program with low income minority elders. Health screenings,

healthy meals, nutrition education and a supervised exercise program will be incorporated into the senior program. Baseline stroke assessments, blood pressure measurements, body weights, waist circumference measures, and family histories of hypertension, diabetes and increased cholesterol will be collected from each participant by an interdisciplinary team of health professions and nursing students. The Heart and Soul pre-test and post-test survey will be administered. Data from this program will contribute to the pre-existing body of knowledge regarding heart disease in the geriatric population. Weekly health screening programs and bi-lingual services will occur in collaboration with the outreach staff from Optimus Inc. and Southwest Community Health Center.



## Research Poster Presentation



Two Athletic Training students presented their posters at the Sacred Heart University Research Poster Presentation held in the University Commons on Friday, April 29, 2011.

### **Cerebral Arteriovenous Malformation on the Motor Cortex of a 17 Year Old Male High School Football Player**

Presented by Brittany Holcomb is based on a case study examining a 17 year old male high school football player who endured multiple concussions. A cerebral arteriovenous malformation (AVM) on the motor cortex was confirmed on a cerebral angiogram.



If you would like to read the full abstract please go to [www.sacredheart.edu/pages/39475\\_athletic\\_training\\_abstract\\_1.cfm](http://www.sacredheart.edu/pages/39475_athletic_training_abstract_1.cfm).

### **Concussion in the High School Female Athlete**

Presented by Jessica McDonnell is based on a case study to examine the acute and non-acute effects of a concussion in a high school female, multi-season athlete.

If you would like to read the full abstract please go to: [http://www.sacredheart.edu/pages/39476\\_athletic\\_training\\_abstract\\_2.cfm](http://www.sacredheart.edu/pages/39476_athletic_training_abstract_2.cfm)

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## Athletic Training Student Selected to Be Student Representative at iLEAD Seminar

Jim Coyle, a senior Athletic Training student, was selected by the Connecticut Athletic Training Association (CATA) as a student representative to the second iLEAD student leadership program sponsored by the National Athletic Trainers' Association (NATA).

iLEAD is a student leadership conference for athletic training students from around the United States. The two day conference

was held February 24 - 26, 2011 in Washington, DC and is in conjunction with NATA Capitol Hill Day. The conference brought together athletic training students to attend a series of discussions that were designed to develop a leadership core in future athletic training professionals.

Mr. Coyle is one of up to three students chosen from the state of Connecticut to attend.

## Athletic Training Students Hit the Hill with the Connecticut Athletic Training Association



On March 30, 2011 Julie Alexander, Head Athletic Trainer at Sacred Heart University, along with the junior class of Athletic Training students participated in the Connecticut Athletic Training Association's (CATA) Hit the Hill, an annual lobby day with the Connecticut General Assembly in Hartford, CT.

This year the CATA was lobbying in support of proposed legislation related to concussion management as well as continuing to get to know the legislators and further their understanding of what athletic trainers do. This was a tremendous opportunity for the students to learn about the legislative initiatives of both the CATA and the National Athletic Training Association (NATA), and how to get involved.

## Alumni Event Featuring “The Patrick McCaughey Fund”



Front Row - Left to Right: Barbara McCabe '97, Angela St.Louis '97  
Back Row - Left to Right: Corinne Waldheim '97, Kristen Lalla '97,  
Danielle Nolan '98, Lauren McKinley '98

Our most recent Alumni event was held at Molly Spillanes in Mamaroneck, New York where several alumni gathered to share stories about their SHU days and their most recent accomplishments, but most importantly, to discuss how they can raise money for the Patrick McCaughey Fund.

The Patrick McCaughey Memorial Fund allows an athletic training student to attend the national symposium of the National Athletic Trainers' Association each year. The fund was established in memory of the SHU alumnus who was a dedicated and much beloved athletic trainer until he suddenly passed away at only 31 years of age in August 2007.

## Athletic Training Students Assist at “Caring for Our Children” Conference



Three Senior Athletic Training students assisted (Corey M. Hannah MS ATC, Assistant Professor/Athletic Trainer from Southern Connecticut State University was the presenter) during a presentation for the Connecticut EMS for Children Conference: “Caring for our Children” sponsored by the Connecticut Department of Public Health. It was held at Hartford Hospital Educational Resource Center on October 23, 2010.

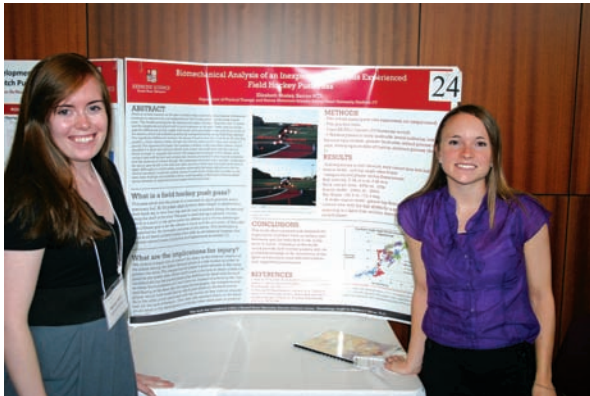
Rob Berghorn, Jeff Notestine, and Chris Giacchino participated in and taught a group of approximately 70 Emergency Medical Technician’s (EMT’s) from across the state and region the proper care for athletes who are equipment laden in preparing them for pre-hospital care.



## Athletic Training Students Intern with WNBA Connecticut Sun

Brittani Cookinham and Catherine Rose, two senior athletic training students were selected for a summer internship with the WNBA Connecticut Sun. The women’s professional basketball team uses the Mohegan Sun Arena as home court. Ms. Cookinham and Ms. Rose served as athletic training students for the entire summer.

## Exercise Science Students Present at SHU's Annual Research Poster Presentation



Two groups of Exercise Science students each presented a poster at the Sacred Heart University Research Poster Presentation on Friday, April 29, 2011 in the University Commons.

### **Biomechanical Analysis of an Experienced vs. Inexperienced Field Hockey Player Push Pass**

Presented by Kerry Wall (L) and Elizabeth Mosley (R) is based on a study that analyzed the biomechanical differences between an experienced and inexperienced field hockey player performing a push pass. Two female subjects, the experienced having played for over 10 years and the inexperienced with no prior exposure to the sport participated in the investigation of the performance of the pass.



If you would like to read the full abstract please go to: [http://www.sacredheart.edu/pages/39477\\_exercise\\_science\\_abstract\\_1.cfm](http://www.sacredheart.edu/pages/39477_exercise_science_abstract_1.cfm)

### **A Comparison of the Rate of Force Development During a Light and Moderate Load Snatch Pull**

Presented by Justin Culici (L), Nicholas DeMarco (M) and Benjamin Wicki (R) is based on a study to determine whether training with a light, 30 percent of 1-repetition maximum load (1-RM) or training with a moderate, 70 percent of 1-RM load is more beneficial in producing rate of force development.

If you would like to read the full abstract please go to [www.sacredheart.edu/pages/39478\\_exercise\\_science\\_abstract\\_2.cfm](http://www.sacredheart.edu/pages/39478_exercise_science_abstract_2.cfm).

## Exercise Science & Nutrition Masters' Student Accepted for Highly Competitive Internship

Josh Morgan, a graduate student in the Exercise Science and Nutrition Program, has been accepted for a highly competitive internship this summer at the Andrews Institute in Florida. Located minutes from Pensacola, Florida in Gulf Breeze, the Andrews Institute for Orthopaedics and Sports Medicine is the only place in the world to offer surgery, diagnostic imaging, rehab and athletic performance training all on one campus. The one-of-a-kind center focuses on the prevention, treatment

and rehabilitation of musculoskeletal injuries while using the expertise of nationally and internationally renowned orthopaedic surgeon James Andrews, M.D., best known as physician to some of sport's greatest professional athletes.

Mr. Morgan's internship involves working with wounded military men and performing metabolic (VO<sub>2</sub> max testing), performance and functional tests before and after a four week training and rehabilitation period.

## EX 320 Students Participate in Service Learning Activities

Under the direction of Dr. Valerie Wherley, EX 320: Special Applications of Exercise, students participated in service learning activities during the fall semester with collaborative partners including the RISE program, Cooperative Education Services (CES) and Bassick High School.

The exercise science (EX) students served as “Fitness Mentors” working one-on-one with RISE students at the Pitt Center in an effort to improve their fitness, coordination, and strength, and thereby, improve their self-concept. The RISE program provides social, vocational and independent life skills for young adults with developmental disabilities.

While at CES, EX students were assisting Physical Education instructor, Kevin McGlone, in working with students on the Autism spectrum. While paired with a CES student, the EX majors learned about adaptive physical education tools and resources, how to communicate with some non-verbal clientele, and the importance of providing direct, positive feedback

Bassick High School needed help improving the training program for their football team. With Dr. Jason Miller and graduate student Josh Morgan assisting in review of the training program, students from EX 320 were in the Bassick weight room on a daily basis, providing basic tips on form and technique, encouraging warm-ups with dynamic stretching, and promoting team morale.

## Exercise Science Faculty and Students Attend ACSM Conference



(L to R) Ben Wicki, Lisa Decicco and Sarah Riccitelli

Exercise Science faculty and students attended the Regional American College of Sports Medicine Conference in Providence, Rhode Island this past November.

One of the conference highlights is student participation in the yearly “College Bowl” competition, where

students test their sports medicine knowledge against teams from other schools.

## HM 250 Students Participate in “Fit Kids”

Under the direction of Professor Wendy Bjerke, HM 250: Exercise Physiology, students participated in “Fit Kids,” a childhood obesity prevention program in collaboration with the Norwalk Public Health Department.

“Fit Kids” focuses on promoting nutrition education and recreation as a life-long interest. SHU Exercise Science students taught children in the afterschool program various recreation skills and activities, as well as important nutrition facts and behaviors. The children had the opportunity to sample foods from different food groups, learn about serving sizes and sample products they might not have tasted before. They also learned the importance of eating a healthy, well-balanced diet enriched with plenty of fruits and vegetables.

## Exercise Science Club's Turkey Trot

Once again, the exercise Science club, organized a Turkey Trot fundraiser. The 5K run began at 8:00 am on November 20, 2010 and went throughout the Sacred Heart University campus.

There were approximately 25 runners consisting of students, faculty and local community members. Prizes were awarded for first place male & female student, first place male and female faculty member and a free VO2 Max test for each of the first place male and female non-SHU participants. This years' event raised funds for Muscular Dystrophy.

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## Exercise Science Students Volunteer to Fight Childhood Obesity in the Bronx

A cohort of 17 Exercise Science students journeyed to the Bronx recently to help fight childhood obesity. The exercise physiology students were led by Dr. Valerie Wherley, a clinical assistant professor of Exercise Science, at Sacred Heart University (SHU). Dr. Wherley is a former student of Dr. Jaci VanHeest, of the Neag School of Education at UConn, which also sent five students

The young people joined a contingent of a dozen veterans participating in the USA Fitness Corps' inaugural Fitness Fun Day. About 100 youngsters turned out October 16-17 for a full range of aerobic and educational adventures – from running to

hula-hooping. The project was part of the service learning portion of the SHU undergraduate course EX 320: Special Applications of Exercise. Other Fitness Fun Days are planned for Connecticut, New York and New Jersey in the coming months.

The SHU students involved were Lindsay Castaldi, Gina Dill, Amanda Hanson, Jessica Hurley, Emma Kuplicki, Nellie Long, Kristen McDonald, Evan "Chip" Mladenoff, Kim Pizzoferrato, Sarah Riccitelli, Jessica Rice, Adriana Sodano, Ashton Sroka, Taylor Sullivan, Jasmin Vicente, Michelle Whitton and Kristin Wood.

## Physical Therapy Alumna Selected as Resident at Renowned Wound Care Center

2009 Alumna, Genelle Rougier, has been selected for a residency in Louisiana State University's Health Sciences Center (LSUHSC) renowned wound care program. The residency at LSUHSC Shreveport is the first and only wound management residency in the country at this time and they only select one resident per calendar year.

Genelle was selected due to her excellent clinical and didactic education foundation as well as her passion for wound management as evidenced by her glowing recommendations from colleagues and clinical mentors. She will spend thirteen months in Louisiana immersed in practically every facet of wound management. She will practice in acute, outpatient, long term acute and specialty clinic settings. She will observe burn,

vascular and plastic surgery. She will also receive over 150 hours of 1:1 mentoring with board certified physical therapy wound specialists as well as physicians, therapists, nurses and managers. As an extension of our community focus, she will help teach and train medical/graduate/allied health students in their didactic programs. She will also lead the local chapter of Save a Leg/Save a Life (SALSAL) Foundation – which promotes awareness in our community about peripheral arterial disease in an effort to reduce amputation rates. (Each subsequent resident is placed in a lead role in a SALSAL chapter as part of their community commitment) The goal is to allow the resident abundant opportunities to learn multiple aspects of wound management in an evidence based practice which emphasizes professional growth and ethical behavior.

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## Physical Therapy Orthopaedic Residency Program

The Orthopaedic Physical Therapy Residency Program has received accreditation from the American Board of Physical Therapy Residency and Fellowship Education. The rigorous application process was initiated by Dr. Michael Emery, chairman of the Physical Therapy and Human Movements Science Department and Dr. Gary Austin, residency program director.

To learn more about the program or the accreditation news, please go to: [http://www.sacredheart.edu/pages/38795\\_orthopaedic\\_physical\\_therapy\\_residency\\_program\\_receives\\_national\\_accreditation.cfm](http://www.sacredheart.edu/pages/38795_orthopaedic_physical_therapy_residency_program_receives_national_accreditation.cfm)

## From “Most Successful Newcomer” to “Top Three Fund-Raising School”

In only its second year of participating in the Marquette Challenge; The Physical Therapy Program at Sacred Heart University came in second place above 60 other Physical Therapy and Physical Therapy Assistant programs in the nation.

The Marquette Challenge was created by Marquette University Physical Therapy students in 1989 as a fundraising effort to support physical therapy research through the Foundation for Physical Therapy.

Marquette University Physical Therapy students challenge other students at Physical Therapy and Physical Therapy Assistant national programs to raise money for Physical Therapy research. The student organization that raises the greatest amount is declared the Challenge winner and is invited to co-host the Challenge the following year. Prizes are awarded to the top three schools and to schools in the honorable mention category. All participating schools are recognized in the media and at the Foundation Dinner at the American Physical Therapy Association (APTA) Annual Conference. The Challenge is the second largest ongoing fund raising program for the Foundation for Physical Therapy.

In 2010, the University of Pittsburgh raised \$40,000 and won 1st Place for the 14th time in challenge history. Sacred Heart University raised \$30,265 and placed 2nd, while SUNY Upstate Medical University was 3rd and raised \$18,273. Sixty-two participating schools raised a total of \$260,380 in the 2010 Miami-Marquette Challenge. Since the inception of the Challenge, students have raised over \$1.8 million dollars for the Foundation for Physical Therapy.

Joe Sousa, PT, DPT, was one of the coordinators who helped the Physical Therapy team win second place. After being named “Most Successful newcomer” in the previous years’ challenge, Sousa and his fellow coordinators were motivated to take the knowledge left behind by their predecessors and aim for a spot in the top three. The quick-thinking coordinators devised a clever marketing plan by organizing continuing education courses and sending out invitations via e-mail that made their way from the inbox of one potential attendee to the next. By the end of the Challenge, the courses raised \$30,265.



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## Education

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### Dr. Stephen Rubin

Dr. Stephen Rubin's abstract entitled "PUBLIC SCHOOLS SHOULD LEARN TO SKI: Differentiating Instruction Through the Computer Management of Learning Outcomes." was published as part of the proceedings of the 4th International Computer and Instructional Technologies Symposium held at Selcuk University in Konya, Turkey, from September 24 - 26, 2010

### Dr. Cima Sedigh

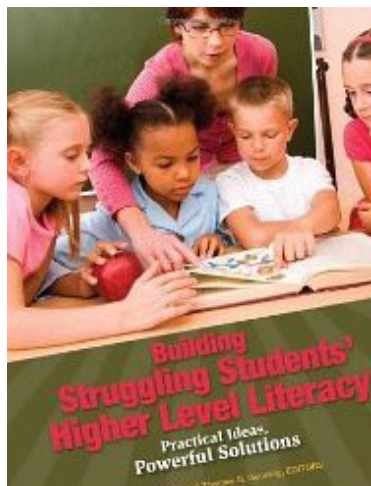
Dr. Cima Sedigh has been recognized by Cambridge Who's Who for demonstrating dedication, leadership and excellence in higher education.

With 14 years of professional experience, Dr. Sedigh attributes her success to her family background. An associate professor of education, her courses include multi-cultural education and educational psychology. She has also produced a documentary titled, "Bakhtiari Alphabet," which is about life and education among the Bakhtiari nomads of Iran.

In 2001, Dr. Sedigh earned her Doctor of Education in Educational Leadership from the University of Hartford. She earned a Master's Degree in Early Childhood Education and a Bachelor of Arts in Language and Science.

Dr. Sedigh is an advisory board member for several national and international organizations. She is the founder of Global Education and Health Alliance.

For more information on Dr. Sedigh's documentary, please visit <http://www.bakhtiarialphabet.com>.



### Dr. Karen Waters

Dr. Waters has written three of the chapters in the recently published book entitled "Building Struggling Students' Higher Level Literacy: Practical Ideas, Powerful Solutions, edited by Collins & Gunning (International Reading Association.)

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## Health Sciences

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### Dr. Carolyn Shiffman

Dr. Shiffman was awarded the Director of the Year award by The Orange Chamber of Commerce in recognition of her efforts to establish and grow the Orange Women's Leadership Networking Group.

Dr. Shiffman joined the Orange Chamber in 2006 as an executive coach who works with business, healthcare and higher education professionals. She established her consulting and coaching practice to assist individuals and organizations to increase their productivity and efficiency through developing leadership and management skills.

Shortly after joining the Chamber, Dr. Shiffman became involved in the formation of the Orange Women's Leadership Networking Group and eventually assumed the position of Chairperson. In addition to her involvement in this group, her commitment to the work of the Chamber is exhibited by her attendance at ribbon-cutting ceremonies and Business After Hours events

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## Nursing

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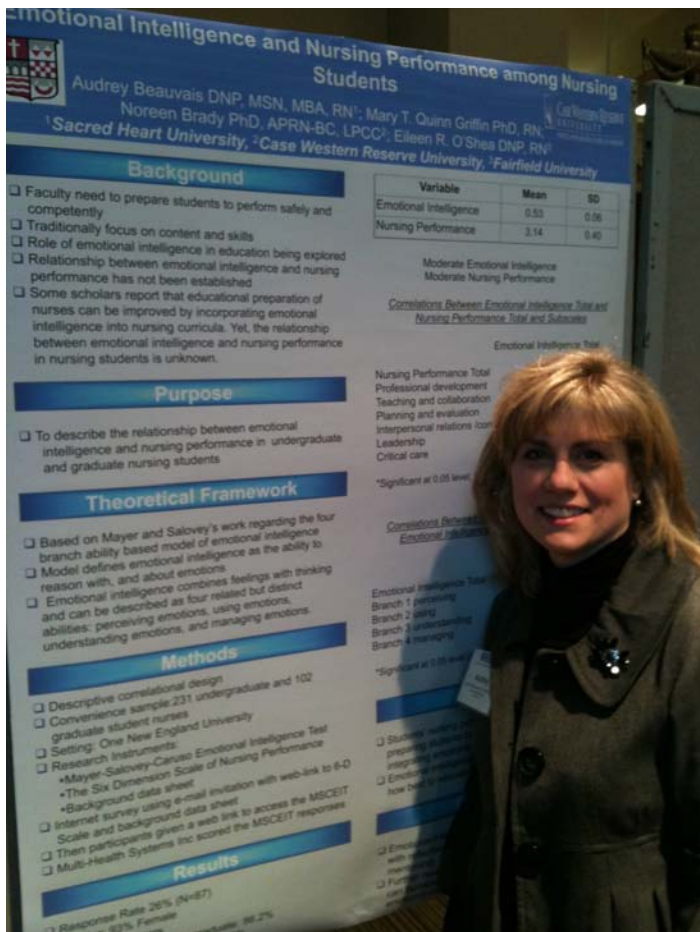
### Dr. Audrey Beauvais

Dr. Beauvais' article entitled "Emotional Intelligence and Nursing Performance Among Nursing Students" has been accepted for publication in Nurse Education Today. E-publication was available on August 23, 2010 which is ahead of the print.

Dr. Beauvais presented a peer reviewed poster entitled "Emotional Intelligence and Nursing Performance" at the 22nd Annual Scientific Sessions. Eastern Nursing Research Society in Providence, Rhode Island earlier in the year.

### Dr. Susan DeNisco

Dr. DeNisco successfully passed the National League for Nursing Certification Examination for Nurse Educators on September 29, 2010. The mission of the Academic Nurse Educator Certification Program is to recognize excellence in the advanced specialty role of the academic nurse educator. This mark of professionalism establishes nursing education as a specialty area of practice and creates a means for faculty to demonstrate their expertise in this role. It communicates to students, peers,



Dr. Audrey Beauvais

and the academic and health care communities that the highest standards of excellence are being met.

Dr. DeNisco's manuscript entitled «Exploring The Relationship Between Resilience And Diabetes Outcomes In African Americans» has been accepted for publication in the Journal of the American Academy of Nurse Practitioners.

Dr. DeNisco was selected to receive the Connecticut Nurses Association Josephine A. Dolan Diamond Jubilee Award for Outstanding contribution to Nursing Education. The award was presented at the 104th Annual Convention held at the Crowne Plaza in Cromwell, CT on Thursday, October 21, 2010.

The Josephine A. Dolan Award for Outstanding Contributions to Nursing Education recognizes innovations and achievements in areas which may include, but not necessarily limited to: improving the quality of the educational (undergraduate, graduate, continuing education) experience; enhancing the learning environment; conceiving new analytical approaches to subject matter, improving pedagogy; increasing access;



Dr. Julie Stewart & Dr. Susan DeNisco

applying technology; developing curriculum; allocating resources; assessing learning; strengthening faculty; securing support; clarifying and enlarging nursing education's role in society; or developing public policy.

### Kim Kuebler

Professor Kuebler presented a poster entitled "Impact On The Care And Management Of Advanced Disease: The Case For Palliative Care" at the National American College of Nurse Practitioner's Conference which took place in Tampa Florida on October 20 - 24, 2010.

### Dr. Julie Stewart

Dr. Stewart was selected to receive the Connecticut Nurses Association Florence Wald Diamond Jubilee Award for Outstanding Contribution to Nursing Practice. The award was presented at the 104th Annual Convention held at the Crowne Plaza in Cromwell, CT on Thursday, October 21, 2010.

The Florence S. Wald Award for Outstanding Contributions to Nursing Practice recognizes achievements and innovations in nursing practice or health care delivery to a patient population that may include, but not necessarily be limited to: improved quality of care; new or innovative models of care; increased availability of care; improved access to care; potential or demonstrated impact on the prevention of illness, accidents, or other threats to health; improvement in the overall health status of a patient population(s); improvements in the quality of human life; or relief of human suffering.

Dr. Stewart gave a presentation entitled "HIV Update For The Primary Care Provider" to attendees at the National American

College of Nurse Practitioner's Conference which took place in Tampa Florida on October 20 - 24, 2010. The presentation was also recorded so that others will be able to get contact hours online by listening to the discussion and completing assessment questions.

Dr. Stewart was featured for her excellence in patient care on the Connecticut Nurses' Foundation website under a story entitled "That's my Nurse" View the article at: [http://ctnursesfoundation.org/?page\\_id=276](http://ctnursesfoundation.org/?page_id=276)

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## Occupational Therapy

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### Dr. Margo Gross

Dr. Gross facilitated a round table discussion on Mental Health Practice Issues, one of the break-out sessions, at the Connecticut Occupational Therapy Association Fall Conference, October 2, 2010 at Quinnipiac University.

### Dr. Mary Ellen Johnson

Dr. Johnson received the Doctor of Occupational Therapy degree from Creighton University on August 13, 2010.

### Heather Miller Kuhneck

Professor Kuhneck was presented with the American Occupational Therapy Association (AOTA) Roster of Fellows award at the Annual AOTA Awards and Recognitions Ceremony in Orlando, FL on May 1, 2010. The Roster of Fellows recognizes occupational therapist members of AOTA who with their knowledge and expertise, have made a significant contribution to the continuing education and professional development of members of the Association. In recognition of Professor Kuhneck's contributions, the following citation appeared on her award: Sharing evidence as author, collaborator, and educator.

Professor Kuhneck is a contributing author on a poster entitled "Programs For Siblings Of Individuals With Developmental Disabilities - A Research Synthesis with Recommendations for Practice and Research" that was accepted at the National Council on Family Relations, 72nd Annual Conference which took place in Minneapolis, Minnesota on November 3 - 6, 2010.

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## Physical Therapy

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### Dr. Yvette Blanchard

Dr. Blanchard was a Keynote speaker at the Strengthening Parenting Competency Conference held at the University of Tromso, Norway on October 14 - 15, 2010.

In 2010, Dr. Blanchard was awarded a Fulbright Scholarship for limited international study and teaching. The Fulbright Specialist Program promotes linkages between U.S. academics and professionals and their counterparts at universities abroad.

To see Dr. Blanchard's bio, please visit: <http://www.brazelton-institute.com/blanchbio.html>

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## Education

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Emily Daigle, 6th Yr CAS '09, has been named the new dean of students at Wethersfield High School in Wethersfield, Connecticut. She began her career as an occupational therapist in Maine and then moved to Wethersfield, Connecticut where she taught in the adaptive living skills program at the high school for four years. She was also a class adviser and a club adviser.

Khalil Graham, MAT '10, is the 2010 recipient of the Alma Exley Scholarship. The scholarship was established in 1995 in memory of Alma Exley of West Hartford, a former teacher and an employee of the Connecticut State Department of Education. Exley envisioned the program as a way to encourage diversity in the teaching profession by recognizing and supporting outstanding persons of color who are preparing for careers in education.

Mr. Graham has been accepted into a doctoral program in educational leadership at the University of Kentucky.

Alice Hutchinson, MAT '01, Democrat Candidate for State Senate 24th District. Ms. Hutchinson taught in public and private schools from 1998 until 2003 when she was elected as Bethel's First Selectman. For Hutchinson, its about people, the people of Connecticut. Topping the list of issues for Hutchinson is strengthening the economy by creating and attracting jobs to the area, supporting small business, making education a priority and supporting affordable healthcare and our police and fire departments.

For more information on Alice Hutchinson, please visit: [www.aliceforsenate.com](http://www.aliceforsenate.com)

Casey A. Lyth, MAT '07 is currently employed as a kindergarten teacher at Jefferson Science Magnet School in Norwalk, Connecticut.

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## Occupational Therapy

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Jillian Gallagher Parke, MSOT '05, along with two co-workers submitted an article on the development of their social skills program to ADVANCE for Occupational Therapy Practitioners. The article entitled "Working And Playing Together" appears in Volume 26, Issue 21, Page 36.

## Occupational Therapy Alumnus' Invention Used Worldwide

### *Jeremy D. Gardner, MPS, LAC '04, MS OTR/L '08*

Mr. Gardner completed a masters' degree in Acupuncture and Chinese Medicine from Mercy College in 2004 and went on to complete his Masters of Science in Occupational Therapy in 2008 from Sacred Heart University. Jeremy specialized in Pediatrics and combines both fields when treating all his clients/patients.

When completing his second fieldwork placement as an OT student at SHU in a sensory integration clinic he treated children with various diagnoses. The sensory integration model uses different suspended equipment when treating patients. There was not a swing at the clinic or in the therapy catalogues that allowed a child to stand and participate/complete an activity with both hands while standing safely. Mr. Gardner put two pieces of equipment together and tested it by himself and 'created' this new idea. At that point, after seeing that it was safe to use, he tested it with many of his clients and every child that used the swing loved it! He then contacted Southpaw Enterprises (A leading company in sensory integration equipment) and submitted a "Bright Ideas" form (found on their website) which included a 200 word description of the product including photos and detailed dimensions of the swing. The company responded that they were interested in pursuing the idea. After trial and error and back and forth with different ideas the vertical squeeze swing™ was created. Today it is being used worldwide in sensory integration clinics and schools.

To view pictures of Jeremy's vertical squeeze swing, please visit <http://www.southpawenterprises.com/Vertical-Squeeze-Swing-P1067.aspx>



## Graduate of 2010 FNP Class Opens Private Practice

Donna Civardi, a 2010 alumna of the Family Nurse Practitioner (FNP) class is the first of our FNP students to open her own practice. Ms. Civardi was the recipient of the Dean's Leadership Award, nominated by the faculty of the Nursing Program in recognition of her outstanding academic performance.

Ms. Civardi held an open house at her practice on October 29, 2010.

## The College of Health Professions at Sacred Heart University offers the following undergraduate and graduate programs:

B.S. in Exercise Science  
B.S. in Athletic Training  
B.S. in Nursing  
B.S. in Health Science  
Doctor of Nursing Practice  
M.S. in Nursing with concentrations in  
- Patient Care Services Administration  
- Clinical Nurse Leader  
- Family Nurse Practitioner

MS in Nursing Education  
Nursing Educator Certificate  
M.S. in Occupational Therapy  
Doctor of Physical Therapy  
M.S. in Geriatric Health & Wellness  
M.S. in Exercise Science & Nutrition

Individuals who hold a bachelor's degree from a regionally accredited college or university may apply to the graduate

programs offered by the College. Admission requirements vary by program. Please contact the Office of Graduate Admissions for more details: (203) 365-7619 or [www.gradstudies@sacredheart.edu](mailto:www.gradstudies@sacredheart.edu)

To apply to the full-time undergraduate programs, please call the Office of Undergraduate Admissions at (203) 371-7880 or [www.enroll@sacredheart.edu](mailto:www.enroll@sacredheart.edu).

## Dean's Leadership Society

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The Princeton Review includes SHU among the Best 371 Colleges: 2010, while U.S. News & World Report's America's Best Colleges ranks SHU in the top tier of Master's Universities in the North in its annual college rankings. In 2008 U.S. News ranked our Doctor of Physical Therapy program as the best in the state of Connecticut, 5th among DPT programs in New England, and in the top 25% of all DPT programs in the nation.



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