

Spring 2004

The Review - Winter/Spring 2004

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WINTER/SPRING 2004

The Review

The Magazine for the Alumni and Friends
of the Jefferson College of Health Professions
Thomas Jefferson University

**JCHP Establishes
Innovative Center
on Aging**

**TJU Announces 3 New
Educational Partners**

**PT Faculty, Students
Volunteer at Burn Camp**

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For more information about the Alumni Association or activities, call 215-503-7709, email information to dorothy.grieb@jefferson.edu or visit our web site: www.jefferson.edu/jchp/alumni.

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Thomas
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Dear Alumni and Friends,

It has been a little over two years since I have had the privilege of serving as the dean of Jefferson College of Health Professions. It has truly been an exciting and stimulating period. It seems that every month we are embarking on something new and challenging. Our challenges are by far more positive than not, and include new program developments, broadening our connections within and outside the University, administrative streamlining, and some facility upgrades. While considerable progress has been made in each of these areas, we still have new frontiers to conquer and somewhat daunting projects, the most significant being in the area of facilities development. However, before turning to future challenges, let me share with you some of our recent advances.

Just this past year has seen the emergence of major developments in the Departments of Nursing and Radiologic Sciences (formerly the Department of Diagnostic Imaging).

In Nursing, the Department has taken up the task of converting the Diploma Nursing Program at the Methodist Hospital into an Associate of Science in Nursing (ASN) degree program. An objective of this endeavor is to offer degree credit for the courses the students in the program take to qualify for the NCLEX examination and RN registration. Those ASN graduates passing NCLEX will be able to begin their nursing career, and those who wish to may advance to a Bachelor of Science in Nursing (BSN) degree program. This development should also allow the program at Methodist Hospital to take advantage of the resources of JCHP's Nursing department as well as the infrastructure supporting academic programs in the University. Perhaps most importantly for Methodist, the ASN program should provide an important recruiting resource for the nursing workforce needs of the Hospital.

Early in the discussion of these possibilities, Geisinger Medical Center approached us about starting an ASN Program on their campus. We are delighted to collaborate with this prestigious medical center in establishing a nursing education program in Danville, Pennsylvania. Moreover, this initiative introduces the prospect of expanding our educational interests there to other health professions. It should also be noted that Nursing has not been concentrating all of its efforts at one end of the educational spectrum; at the

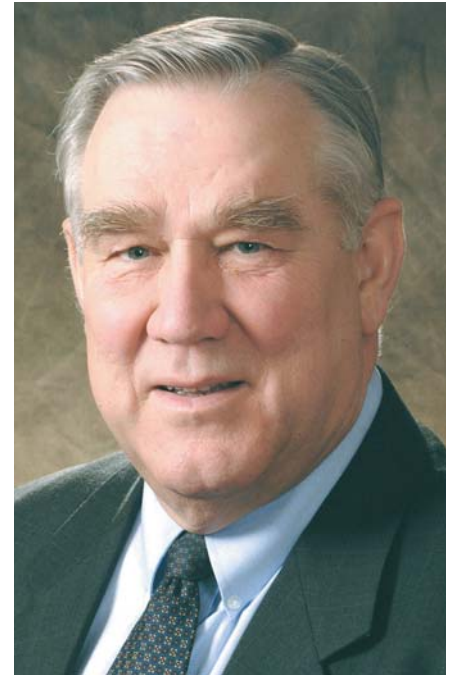
graduate level, new MSN advanced practice educational tracks were made available in neonatology and information technology.

While Nursing has been involved with these projects, the Department of Diagnostic Imaging was working with Jefferson Medical College's Department of Radiation Oncology to initiate a BS degree program in Radiation Therapy. Radiation therapists are one of the many health professions groups in great demand. In addition, there are only two such programs in the region. We see this as a way to assist Thomas Jefferson University Hospital in meeting its workforce demands and at the same time expand the expertise and sophistication of our faculty of the new Department of Radiologic Sciences. Obviously, the previous name no longer described adequately the broad spectrum of programs offered, nor did it accurately reflect the addition of a program with therapeutic objectives.

As I mentioned in my last message, the Department of Physical Therapy recently initiated a dynamic change when the faculty of that department decided to convert its Master's in PT program to a Doctor of Physical Therapy (DPT). In Pennsylvania and in many other states, as physical therapists know, the day is not far away when PTs will be treating patients without physician referral. This means that a better appreciation of pathophysiology will be vital, as well as additional clinical experience. The College eagerly awaits the matriculation of the first DPT class this fall.

In Occupational Therapy, the faculty has been anticipating the announced requirement in 2007 that a license for new graduates will be restricted to those who hold a master's degree. As a result, the department has been adjusting its offerings to be responsive to those without a BS degree. A combined BS/MS degree will be an available pathway to licensure as well as an entry-level Master's Program.

Collaboration between our Office of Admissions and the academic departments has led to the expansion of our traditional articulation agreements with area colleges and universities, thereby broadening the accessibility of many of our programs. The Department of Bioscience Technologies, formerly Laboratory Sciences, has extended articulation agreements with area community colleges to facilitate student access to the programs of the



department. Other agreements with Penn State University Abington Campus, Villanova University, and St. Joseph's University for our programs in PT and OT offer students the potential for shortening their course of study by as much as a full year.

As you can see, the faculty of your various professional departments and the College have been very active in meeting the challenges of their changing professional practices as well as taking advantage of the opportunities for growth both in education and scholarship.

Recognizing our accomplishments, we are also mindful that our continued advancements in the health professions educational arena require that we turn our attention to some of our more daunting projects.

Facilities development and even the basic operation of the College are increasingly dependent on support from sources other than tuition. We are giving concentrated attention to a formal program of philanthropy, since no educational institution can survive for long without one. While we do not expect our alumni to be the major source of philanthropy, we will ask to engage your support in our philanthropic efforts in a selective way.

(continued on page 4)

(continued from page 3)

Tuition is already beyond the reach of many students, especially for private colleges and universities that cannot count on public tax support. Even those with significant public support have had to increase tuition at double-digit rates. With this in mind, scholarships remain a primary goal of our philanthropic efforts.

Our most innovative project for which we will seek support is the development of our recently established Center for Applied Research on Aging. This center will be designed as a collaborative venture, across multiple departments throughout the University, to address the growing needs of our aging population.

We welcome your support, input and participation as we move forward in all of our educational, research and philanthropic efforts. As members of JCHP's alumni, you are an essential resource that allows us to continue as a leader in the nursing and allied health fields.



James B. Erdmann, Ph.D.
Dean

Special Occasions Make Special News



Please use the inserted form or e-mail us with all of your news. However, please keep in mind that we particularly want to highlight your big events in print!

Weddings Are Wonderful. Tell Us About Yours!

Please let us know about your recent wedding, so we can include your happy announcement in a future issue of *The Review*. Include with your announcement a picture we can print, and we will send you a Jefferson gift. You can e-mail us a picture or send us one in the mail. (Please clearly identify the picture.) Also, include your name at graduation, your year, your married name, your spouse's name, the date of your wedding, and your address.

We Bet You Had A Beautiful Baby!

Please, tell us more, so we can include your baby announcement in a future issue of *The Review*. Include in your information, your baby's name, date of birth, and any other information you would like to share about your

joyous event. Also, please include your name, your spouse's name, your name at graduation, your program, year and address. Baby pictures are extra special and a welcome addition to your announcement, so please send a photo by mail or e-mail. We have a Jefferson baby gift ready to send out to you!

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TJU Partners With Villanova, St. Joseph's and Elizabethtown 3+2½ Entry-Level Master's of Occupational Therapy and 3+3 Doctor of Physical Therapy Transfer Agreements

Thomas Jefferson University has partnered with Villanova University and St. Joseph's University to offer Occupational Therapy and Physical Therapy students an opportunity to earn both a baccalaureate and an advanced degree in an accelerated format. A similar partnership agreement with Elizabethtown College is limited to Physical Therapy students. All three partnerships, effective immediately, continue the tradition of articulated programs first established between JCHP and Penn State Abington in September 2003.

Students can earn both the Bachelor of Science (BS) and Master's of Science in Occupational Therapy (MS) degrees in 5 1/2 years after graduation from high school. Physical Therapy students can earn Bachelor of Science (BS) and Doctor of Physical Therapy (DPT) degrees in six years after graduation from high school.

Students apply for admission to the OT or PT programs using the regular Villanova, St. Joseph's or Elizabethtown undergraduate application. A joint admissions committee will make all admissions decisions collaboratively.

Once admitted, students will spend three years at Villanova, St. Joseph's or Elizabethtown and then proceed to JCHP to complete their respective graduate programs. After successful completion of the first year at JCHP, Villanova will award Occupational Therapy students a BS in Biology or Psychology and Physical Therapy students a BS in Biology. Concurrently, St. Joe's will confer the BS in Biology or Interdisciplinary Health Services to its students. Elizabethtown will award Physical Therapy students a BS in Biology. Jefferson will confer graduate Master's OT or Doctoral PT degrees after 2 1/2 and 3 years respectively.

"These partnerships are very exciting for JCHP," says Dr. James B. Erdmann, JCHP Dean. "Collaborating with Villanova and St. Joseph's offers our students a chance to plan their college education from high school through to entry level in the career they choose. This accelerated pathway also assures students that they will not be faced with unanticipated prerequisites that must be satisfied were they to seek acceptance into the program at a later date. We expect that the stu-

dents coming to us from these prestigious institutions will reinforce JCHP's strong reputation."

"From Villanova's perspective, the opportunity to partner with a great institution like Jefferson is something we value highly," shares John R. Johannes, Villanova's Vice President for Academic Affairs. "It offers opportunities that students wouldn't otherwise have."



JCHP Dean James B. Erdmann, PhD and Villanova's VP for Academic Affairs, John R. Johannes, seal the deal with a handshake.

So Much To Do!

A New Look For An Old Tradition.

At orientations over the years, alumni have always been greeted with a coffee mug as an Alumni Association welcoming gift. This year, the Alumni Association handed out a new mug: the blue commuter-style Jefferson mug that the Scott Memorial



Library has officially designated as the only drinking container permitted in the library. These snazzy thermal mugs are the latest craze around

campus, and all new and returning students received one.



Nursing Faculty member Brenda Holtzer with Carole North-Fisher '03

It Was a Shore Thing! The first alumni reception for South Jersey JCHP alumni was held on Saturday evening, October 25, 2003, at the beautiful new Borgata Hotel and Casino in Atlantic City. Over 135 alumni turned out for cocktails and a bountiful spread of hot hors d'oeuvres, a carving station, a pasta station and appetizing cheeses and fruit. During a Borgata-sponsored contest, alumni won small gift

items, including Borgata pens and key chains, as well as gift certificates for souvenirs or food at the hotel. After the reception, many alumni spent the rest of this memorable evening gaming, shopping, and enjoying the Borgata's amenities.



The Borgata was happening!

National Allied Health Week Scores Big at Jefferson. On November 3, 2003, the Career Development Center sponsored its annual Nursing and Allied Health Day for students and alumni. Several alums took the opportunity to visit over 115 exhibitors. On November 4, the Alumni Association provided soft pretzels and cold drinks to all JCHP students as a student appreciation component of Allied Health Week. A "Guess the Number of Leaves in the Jar" contest ended with three

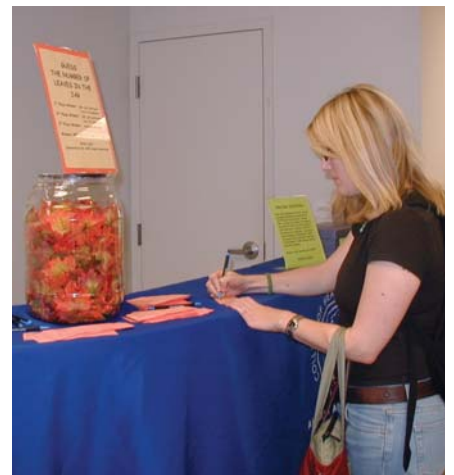


Amelia DiValereo of the Career Development Center helps an alumni register for the Nursing Allied Health Day.



Boxes of pretzels fed hungry students.

lucky students winning gift certificates to the bookstore. On November 5, the Office of the Dean sponsored a great reception with snacks and specialty coffees for the entire faculty.



A JCHP Student ventures a contest guess.

Hot Lunch! "Jeff OT's Are Hot Stuff," according to the miniature bottles of Tabasco sauce that attendees received at the fourth annual OT Alumni Luncheon. Over 80 alums, faculty and others attended the luncheon on December 5, 2003, in Jefferson Alumni Hall as part of the OT Continuing Education Workshop, "Beyond the Buzz: Approaching Evidence-Based Practice." A few lucky guests won table centerpieces of decorative bottles of olive oil with hot peppers in them. Brightly colored tableware of red, yellow and green completed the "hot stuff" theme.



The first General Studies Alumni Open House

Something New. On December 5, 2003, the Department of General Studies held their first Open House for alumni in their office complex on the sixteenth floor of the Edison Building. Guests were treated to great snack treats as well as Jefferson library mugs filled with other Jefferson mementos from the Alumni Association.



OT Alums, Jen Palko '98, Rehka Sankaran-Kutty '97, and Helene McGovern '96 are all smiles in Manayunk.

Brews, Birds, and Books! The second Holiday Brewfest at the fabulous Manayunk Brewery and Restaurant was held on Sunday, December 7, 2003. The entire second floor was reserved for JCHP alumni and their guests, and the pub-like atmosphere with the Philadelphia Eagles on two big screen TVs provided great entertainment. Specialty micro-brews and wonderful snack food satisfied all



Kelly McGinty Quaille, PT '96 and husband Scott Quaille '96 enjoy the Manayunk event.

in attendance. Proceeds from the event provided gift certificates towards second semester books for five lucky students. The students participated in a drawing the week before and were notified the day after the event of their good fortune. There were smiles all around!

2004 Things To Do. In December, the alumni association continued the annual tradition of giving each student a holiday gift. The popular notepads reminded everyone that the New Year will be filled with things to do.

Comfort Food for Stressful Times. The first day of exams and the approaching holiday season was reason enough for the 18th floor of the Edison Building to be laden with coffee, tea, hot chocolate, muffins, pastry, cookies and fruit. Students look forward to this annual Alumni Association event and often stop by several times during the day for a refill.



Alumni Board Members, Jill Carroll, LS '96 and Jack Bauer, DI '95 enjoy the starry night.

Starry, Starry Night of Fun. The College's Annual Winter Social was held on Friday, January 30 at the beautiful ballroom at the Benjamin Franklin House in Philadelphia. Over 400 students, faculty and administration enjoyed a star-themed décor, cocktails, hors



Dr. Anne McGinley checks in with students at the winter social.

d'oeuvres, a lavish buffet dinner and dessert. Many members of the JCHP Alumni Association Board of Directors led the trail to the dance floor, where a highlight of the evening was the performance of the band, Soul Purpose, who had everyone up on their feet.

PT's "Net" Night A Slam Dunk! A large group of PT students gathered in the Bluemle Life Sciences building on February 10 for PT Networking Night sponsored by the Career Development Center. After a light dinner, students heard a panel discussion by four PT alums with differing backgrounds and careers. Included on the panel were David Margolis, PT '00, Dave Owens, PT '94, Ardene Vencius, PT '02 and Bob Wellman, PT '88. An informal question and answer period was followed by even more informal discussion.

Senior Salute Starring the Class of '04. A record number of graduating JCHP students and graduate students attended Senior Salute in the Bluemle Life Sciences Building. From 11 am to 7 pm on February 25, a steady stream of students came and registered for graduation, picked up their caps and gowns, and ordered class rings, graduation invitations and diploma frames. Star-themed items ranging from popcorn, chocolate bars, miniature boxes of candy, pens, and notepads all went into star-covered shopping bags to hold all the goodies. A "Guess the Number of Stars in the Jar" contest yielded four winners of bookstore items. The day also featured non-stop snack food and cold drinks.



Seniors left Senior Salute loaded down with "goodies".

Alumni News

BIOSCIENCE TECHNOLOGIES

Dina Ricciuti Gribbin, MT '86, is living in Downingtown, Pennsylvania and is employed at Wyeth Research as a Technical Advisor.

Valerie Area Berry, MT '90, married John L. Berry in October 1996. They live in Norristown, Pennsylvania, and celebrated the birth of their daughter, Julia Lynn, on January 1, 2003.

Lynn Kessler Meyer, MT '82, is living in Bloomsbury, Pennsylvania and currently works as a Project Manager for Ethicon, Inc.

Noreen A. Guido, MT, '85, became an RN, CRRN and has been practicing as a nurse for the last ten years. She works at Magee Rehabilitation Hospital with stroke, traumatic brain injured and heart transplant patients. Noreen lives in Sewell, New Jersey

with her husband, Rick, and their two children, Ricky, age 16, and Theresa, age 11. She reports she would love to hear from her former classmates.

Emilie Z. Banks, LS, '03, lives in Philadelphia and is employed at Thomas Jefferson University in the Tay-Sachs Prevention Program.

Karen Hairston, LS, '02, is living in Eden, North Carolina where she is employed as a Medical Technologist at Morehead Memorial Hospital.

Our condolences to the family of **Thomas E. Leahy, MT, '74**, who passed away on July 8, 2003 after a lung transplant. He was employed for 29 years at Griffin Hospital in Derby, Connecticut, where he became Director of Laboratory Sciences.



DENTAL HYGIENE

Deborah Hunter Junkin, DMD, DH '91. Deborah received her DMD from Temple Dental School in 1995 and now shares a dental practice on Old York Road in Abington, Pennsylvania, with her husband, Andrew, also a dentist. Deborah is also the Dental Director for Fouleways Retirement community and she is on staff at Abington

JCHP Admissions Team Grows

Over the past year and a half, two new admissions counselors have helped increase enrollment at JCHP. In October 2002 Daniele DiProsperis joined JCHP as Assistant Director of Admissions, focusing on Radiologic Sciences (formerly Diagnostic Imaging). Almost a year later, in September 2003, Grace Wang took on the role of Assistant Director of Admissions for prelicensure Nursing and Occupational Therapy.

Daniele came to JCHP from Adelphi University in Long Island and most recently from Peirce College in Philadelphia. At both of those schools, she handled admissions with freshmen, so the change to working with older and more experienced students has been refreshing.



Daniele DiProsperis

"I thought the challenge of working with transfer students would be a good change," Daniele says. A former theatre student, she relates well to

people and likes helping students. After working with younger students who are making college choices, she was ready for a new focus.

"I love helping students map out their way to Jefferson, and helping them choose the courses they need to take before they transfer in," she shares. "And then when I run into them in the Radiologic Sciences department, I love to see them, knowing that they have reached their goal."

Grace Wang joined JCHP after spending a few years at New York University. There she worked as the Administrative Coordinator for the Department of Performance Studies at Tisch School of the Art while earning her Masters in Public Administration with a focus on Nonprofit Management at NYU's School of Public Services.

Grace left the Big Apple to be closer to her fiancée who lives and works in Philadelphia. (They are getting married in June.) As she considered her opportunities in Philadelphia, Grace knew that she wanted to work in education. Eventually, she chose the position at JCHP because she liked the upbeat tempo of the office. "It was buzzing, and I don't like to be bored!" she shares. She also likes helping

people find out what they want to do, and then showing them how to do it.

Grace considers herself the Barbara Walters of the JCHP Admissions Department. "Everyone comes into my office and tells me their tragic life story," she explains. "They cry; sometimes I cry with them." And then Grace helps the student make a plan for the future.

"I like helping students think about how their decisions impact society," she shares. "Personally, I didn't just want to make money, I wanted to make an impact and do something satisfying that will help society. I see that even a small thing like helping students figure out what they want to do with their lives will have an impact beyond me. JCHP graduates impact other people's lives."



Grace Wang

Memorial Hospital. Deborah and Andrew have two children, Daniel, four years old, and Maggie, one-year old. They also share their home with three dogs and two cats. Deborah wishes all the best to her former classmates and teachers at Thomas Jefferson University.

Sherry Smith George, DH '92, lives in Sugarland, Texas, near Houston, with her husband Max and their one-year old daughter, Allison. They are enjoying their life in Texas and Sherry has been working in a private Dental Office for the past eight years.



Theresa Zuech-Cesari, DH, '94, lives in Palmyra, Pennsylvania. She and her husband Joe celebrated their 10th wedding anniversary on November 12, 2004. On December 17, 2004, Tess gave birth to Nicolas, 7 lbs., 3oz. and 21 inches long. Big sister Christin, 6 years old, enjoys helping Mom with the baby. A very active family, Tess reports they all love to fly, and their hobby will be easier for them to enjoy as soon as her husband, who has been a police officer in Harrisburg for the past 13 years, takes his private pilot's license exam. Tess continues to work part time as a dental hygienist for Dr. Christopher Sicher in Hershey.



GENERAL STUDIES

Susan Linn Cipolla, AS '98, lives in a newly-built home in Deptford, New Jersey with husband Jackie and daughters, Gia Maria and Alexa Lynn, who was born on Easter Sunday, April 20, 2003. Susan still works at Jefferson full-time as an administrative coordinator in the Jefferson Surgical Center, and she enjoys being a mom, as well.

Lillian E. Owens, AS '02, of Upper Darby, Pennsylvania, was elected to a two-year term as a member of the JCHP Board of Directors. Lillian works at Thomas Jefferson University Hospital as a Systems Network Analyst.

NURSING

Shannon Smith Beam, BSN '92, is living in Knoxville, Tennessee. After working in a PICU for seven years, being a flight nurse and ECMO specialist, she is now a stay-at-home mom. With a three-year old and triplets who are one-year old, she reports that she is busier at home than she was at work, and she loves it!

Marie Butler, BSN, '91, is living in Philadelphia and is currently employed at Harrison Career Institute as an instructor in the practical nursing program.

Susan Harrison, BSN, '86, lives in San Francisco, California and works at Continuum Adult Day Services for people with HIV and AIDS.

Dawn Miller O'Neill, BSN, '93, and her husband Tim announce the birth of their son, Jake Patrick O'Neill, on July 11, 2003. He was welcomed home by big sisters, Lindsey, age 8, Lauren, age 5, and big brother Jason, age 3. The O'Neills live in Philadelphia.



Jennifer Poinsett Barton, BSN '98, obtained her MSN as an OB/GYN Nurse Practitioner from the University of Pennsylvania in 2002. She currently works at Planned Parenthood of Central Pennsylvania as a CRNP. She and her husband, Gene Barton, Jr., of Elizabethtown, Pennsylvania, had their first baby, Luke Andrew Barton, on November 11, 2003. He tipped the scales at a whopping 10 pounds 5 ounces and was 22 inches long. (And they think he is the most adorable baby ever born!)

Peggy Maley Colivas, BSN '87, has moved back to her hometown of Drexel Hill, Pennsylvania after living in Hawaii for three years and Northern California for twelve. She is employed full time at Delaware County Memorial Hospital as manager of OR/PACU/endoscopy/AM admits. She and her husband have three children, James, age 11, Brendan, age 9, and Tess, age 3.

Jennifer DeGree Wagner, BSN, '95, is living in Doylestown, Pennsylvania and has two children, Hunter Ian, age 4, and Carleyrose, 19 months old. Jennifer is certified in gerontological nursing and has been working in the acute stroke unit of St. Mary's Medical Center for the past two years.

Marion Hoffman Jouas, BSN, '84, is a Lieutenant Colonel in the USAF stationed at Eielson Air Force Base in Arkansas.

Patricia Paul Berkes, BSN, '84, MSN, '85, has left Thomas Jefferson University after 20 plus years of education and employment at TJU. She is currently employed in Nursing Systems at the Children's Hospital of Philadelphia as the Nursing Informatics Coordinator. She and her family reside in Cherry Hill, New Jersey.

Cynthia Bevan-Wilson, BSN, '99, is living in Royersford, Pennsylvania and is employed as a Director at Rheologies, Inc.

Thomas J. Loveless, MSN, '02, of Levittown, Pennsylvania, was elected to a two-year term as a member of the JCHP Alumni Board of Directors. Tom works as an Adult NP in HIV/Infectious Diseases at the Infectious Disease Association in Philadelphia. He is also a Senior Technology Evaluation coordinator at Independence Blue Cross.

Christy Channell Feehan, BSN '00, is living in Brigantine, New Jersey and is working as a Medical Investigator for Atlantic County in Northfield, New Jersey.

Katherine Marie Gift, BSN, '84, is in the United States Navy stationed in Naples, Italy, where she works as the Assistant Senior Nurse Executive at the US Naval Hospital.

Jennifer Maclay Nichols, BSN '98, reports that she married Nick Nichols on July 26, 2003. They spent their September 2003 honeymoon on the Greek Islands.

Victoria Cox Weinstein, BSN, '98, of Havertown, Pennsylvania, was elected to a two-year term as a member of the JCHP Alumni Board of Directors. Vicky is a registered nurse in the Intensive Care Nursery at Thomas Jefferson University Hospital.

Karen Tipka, BSN '84, of Newtown Square, Pennsylvania has literally been picking up the pieces of her life! After shattering her shinbone in fall of 2003, she has been learning the challenges of navigating with a walker. She reports that she is also looking forward to a new job.

Colleen Carey, BSN, '94, is the Director of the Fox Chase Virtua Health Breast Care Program. She was recently named one of the Top 40 under 40 by The Philadelphia Business Journal, for the lasting impact she has made in the region's fight against cancer at such a young age.

Our condolences to the family of **Steven R. Woodman, BSN '81**, who passed away in July 2003, after a two-year battle with cancer. Mr. Woodman worked at the Alfred I. DuPont Hospital for Children in Wilmington, Delaware as a clinical nurse specializing in pediatric surgery.

OCCUPATIONAL THERAPY

Pamalyn Johns Kearney, OT '90, lives in Philadelphia with her daughter, Colette Marshall Kearney, who was born on July 22, 2002.

Tamara Strike Nelson, OT '93, lives in Laurens, South Carolina. She and her husband, Dale, announce the birth of their son, Peyton, who was born on February 4, 2003 and weighed 8 pounds, 11 ounces. Tamara is working as an outpatient hand/UE therapist.



James, Cino, OT, '95, was featured on the front cover of the Ocean County Observer Seniority Section on September 11, 2002. The article explained how James helps his patients recovering from illness or loss of mobility to gain independence. He is the President of Adaptive Home Safety and Accessibility in Toms River, New Jersey.

Christine Dziubczynski, OT, '98, lives in Ewing, New Jersey and is employed as a senior occupational therapist at the Visiting Nurse Association.

Michael Gorman, OT, '87, lives in Holts Summit, Missouri. He is employed as Vice-President of Clinical and Regulatory Affairs at Key Rehabilitation, Inc.

Susan A. Lahmann, OT '97, of Willow Grove, Pennsylvania, was elected to a two-year term as a member of the JCHP Alumni Board of Directors. Susan works per diem as an Occupational Therapist at various venues.

Teri Cantone, OT '99, of Marlton, New Jersey, works for the Fox Rehabilitation Services in New Jersey. She also works with emotionally disturbed children through Partners in Pediatrics. Recently, Teri was part of Jefferson's ad campaign to educate the public and promote the field of Occupational Therapy. She was a member of the OT alumni panel for OT Networking night on March 23, 2004.

Sue Cohen, OT '94, of Narberth, Pennsylvania, works for Moss Rehabilitation Hospital in Philadelphia, where she is a team leader, a supervisory position overseeing OTRs, COTAs and OT aides. Her clinical specialty is working with patients with lower extremity amputations. Sue is also enrolled in a doctoral program in Higher Education Leadership at Nova Southeastern University in Florida. Sue also participated in the OT alumni panel for OT Networking night on March 23, 2004.

Nancy Pulaski, OT '01, is living in Bellmawr, New Jersey, and currently works at the Cerebral Palsy Center. In this position she collaborates with other disciplines to create individual education plans and works with children between the ages of 3 and 21 with neurological deficits. Nancy was another alumni panel member for the OT Networking night held on March 23, 2004.

Alessandra Versace Vinci, OT '99, lives in Glassboro, New Jersey, and works at the Cerebral Palsy Center. In her work with children with neurological deficits her treatment interventions include sensory integration, fine/gross motor skills, and vocational training. She has pursued continuing education courses such as "Autism: Building Bridges from Isolation to Interaction" and "Facilitating Language Through Assistive Technology: From Conversation to Literacy." Alessandra was the final member of the OT alumni panel for OT Networking Night held on March 23, 2004.

Elizabeth Ann Jamme, OT '85, of Pittsburgh, Pennsylvania, graduated from Temple University Medical School in 2000 and completed her residency at St. Christopher's Hospital for Children. She is now practicing primary care pediatrics in Pittsburgh.

Amanda Shadel Fritz, OT '97, lives in Enola, Pennsylvania. She married Jon Fritz in May 2000 and their son Tyler was born in June 2002. Amanda has been working at Harrisburg Hospital in acute care for almost six years.

PHYSICAL THERAPY

Virginia Dietrich Stanford, PT, '96, lives in Walkersville, Maryland and gave birth to a daughter, Sabrina Marie, on May 30, 2003. She recently became certified as a Clinical Specialist in Orthopaedic Physical Therapy (OCS) and is working at Frederick Sport and Spine Clinic where she has spearheaded the aquatic therapy program.

Scott Quaile, PT '96, and **Kelly McGinty Quaile, PT, '96**, of Narberth, Pennsylvania, welcomed their daughter Shannon Elizabeth on August 21, 2001. Scott is an advanced clinician of outpatient services at Lankenau Hospital, and Kelly is a pediatric therapist and

rehabilitation coordinator at the A.I. DuPont Hospital for Children.

Amy Snuykis, PT, '02, is living in New Philadelphia, Pennsylvania. She works full-time as a physical therapist at the Good Samaritan Regional Medical Center in Pottsville, Pennsylvania and as an ATC at Nativity B.V.M. High School.

Julie Wenthe Korenkiewicz, PT, '93, and her husband, Don, announce the birth of their son, Michael Thomas, born on October 28, 2002. The Korenkiewicz family lives in Oxford, Pennsylvania.

Tracy Visconti DiBease, PT, '95, lives in Cherry Hill, New Jersey and works part time as a physical therapist with Bayada Nurses in Cherry Hill. She spends full-time at home with her three children, Noah, age 6, Jeremiah, age 4, and Anna, age 1.



Julie Bittle Young, PT, '00, was married to Adrian Young, an attorney and financial advisor on May 31, 2003, in Reading, Pennsylvania. Julie works as a physical therapist for Lancaster General Hospital at one of their outpatient satellites.

Robert Ellow, Jr., PT '89, is living in Clifton Heights, Pennsylvania and recently accepted a position as a physical therapist at Jefferson Home Care.

Erin Leary, PT, '03, is living in Boston, Massachusetts and works at Brigham and Women's Hospital as a Staff Physical Therapist.

Lorie Coole-Foust, PT, '85, and her husband, Mark, announce the birth of their fourth child, Brandon Joseph, who joins siblings, Shane, Caleigh, and Alexa. Lorie continues to work per diem at Bryn Mawr Rehabilitation Center while juggling the activity of being a mother of four.

Mason Rockwell, PT, '98, is living in Pittsburgh, Pennsylvania, and works as a facility director for the centers for Rehabilitation Services at the University of Pittsburgh Medical Center.



Angela Forsyth, PT '94, and Mike Denny, PT '96, live in Woodbury, New Jersey with their two sons, Sean Robert, age 1 1/2 and Ryan Joseph, age 6. Angie works at the Penn Comprehensive Hemophilia Program located at the Presbyterian Medical Center and traveled to Botswana to help establish hemophilia care in that country. Mike works at Penn Therapy and Fitness, the University of Pennsylvania Medical Center's outpatient center. Angie and Mike also report that their son Sean has a genetic condition called Galactosemia, and they have recently started a nonprofit corporation to support individuals and families affected by this disorder and to help fund medical research. The group is called Galactosemia Association of the Northeastern States, Inc. If any alumni are interested in receiving more information about this group, please contact Angie directly at angelaforssyth@yahoo.com.

Kathleen Crop Uccifieri, PT, '98, of Flemington, New Jersey, was elected to a two-year term as a member of the JCHP Alumni Board of Directors. Kathy works as a staff physical therapist at the Hunterdon Medical Center, also in Flemington.

David Margolis, PT, '00, was a member of a PT Alumni panel for PT Networking night on February 10, 2004. Dave has worked in a variety of settings, treating patients in the orthopedic and sports medicine population as well as outpatient, sub-acute, and long-term care facilities. He has extensive experience in Sports Medicine and is certified as a Personal Trainer by the National Academy of Sports Medicine. He is currently the co-owner of Physical Solutions

and is responsible for the clinical, managerial and marketing duties for the practice.

Dave Owens, PT '94, was also a panelist for PT Networking Night held on February 10, 2004. Dave has worked as a practitioner, instructor, and manager in the health care industry, providing direct patient care and operational management in a variety of clinical settings. At present, Dave supervises a multidisciplinary team of 25 clinical and support staff at Methodist Hospital and Methodist Hospital Nursing Center. In this position, he provides services for acute inpatient, outpatient, comprehensive acute rehab unit, sub-acute-rehab, and long-term care as well as coordinating the Performance Improvement Program.

Ardene Vencius, PT, '02, another panelist for PT Networking Night held on February 10, 2004, studied for the boards for two months, passed them, and then began working in an outpatient physical therapy private practice for about 5 months as a contract PT while waiting for a job in pediatrics to become available. She now works full time at Easter Seals in Montgomery County, which is a facility for children with special needs. Ardene works with children from birth to about 15 years old, and most are under 10 years old.

Bob Wellmon, PT, '88, the final panelist for the February 10, 2004 PT Networking Night, has worked as an instructor for several colleges, including Temple University and Beaver College. He currently serves as the Program Director for the transitional Doctorate in Physical Therapy at Widener University. He is also an instructor at Widener for the institute of Physical Therapy Education.



Krista Fehr Evans, PT, '01, was married on September 20, 2003, surrounded by family and many Jefferson classmates. Krista and her husband, Jason Evans, are now living in England, where Jason is serving in the Air Force.

Michael Fink, PT, '00, a Captain and Senior Staff Physical Therapist in the United States Air Force, has been stationed at Travis Air Force Base in California for the past three years. Captain Fink served as a PT at a classified base in the Middle East during the recent Iraqi conflict. As one of the most forward deployed PTs in Air Force history, he worked closely with an international special forces unit during the build-up and execution of Operation Iraqi Freedom. Captain Fink left the United States in the first few days of March 2003 and became the sole physical therapist responsible for a base population of over 6,000 troops during the ensuing months of the war. He treated all types of musculoskeletal injuries ranging from day-to-day aches and pains, to critical life-threatening battlefield wounds. Captain Fink assessed and treated thirty percent of the combat casualties that his unit triaged. While at Travis AFB, he has racked up numerous accolades such as Unit Company Grade Officer of the Quarter for 2001, 2002, and 2003 as well as Unit Company Grade Officer of the Year in 2002 and 2003. He was also nominated as Air Force Medical Service Physical Therapist of the year for 2003.

Captain Fink is now preparing to attend West Point Military Academy to pursue a doctorate in Sports Medicine Physical Therapy starting in June 2004. He says, "I feel much of what I've accomplished is due to setting high goals and doing the everyday little things to reach those milestones. It helps that I love my job, love the people I work beside, and love the Air Force. I often can't believe that I get this great opportunity to perform my craft for this amazing country in so many locations. I've been all over the world, in wartime and peacetime, and physical therapy is still an exciting and rewarding profession."

RADIOLOGIC SCIENCES (formerly DIAGNOSTIC IMAGING)

Stefanie Carulli Travetti, DI '96, lives in Boothwyn, Pennsylvania and works as a sonographer at Christiana Care in Newark, Delaware.

Heidie M. Gay, DI '00, moved from New Jersey to Elkhart, Indiana. She is the proud mother of Mia Abigail, born at 11:49 am on April 18, 2003 at Hahnemann Hospital, weighing in at 8 pounds, 1 ounce and measuring 18.5 inches long.



Carolyn Kovach Neri, DI '88, lives in Woodstock, Virginia with her husband, Tony Neri, JMC '91, and their four children. Cari is a full-time mother and homemaker and a part-time sonographer for five hours a week at a local hospital-owned OB/GYN office.

Suzanne Jefferies, DI '91, is currently living in Abingdon, Maryland. She is employed as the Lead Sonographer at the University of Maryland.



Christine Johnson Bloom, DI '96, and **Kenneth Bloom, DI '89**, live in Cheltenham, Pennsylvania. On July 15, 2003, the Blooms and their 5-year old daughter, Lauren, welcomed the arrival their son, Christopher Sean.

Kristin Yaeckel, DI, 01, is living in Norriton, Pennsylvania and is employed as an ultrasound/vascular technologist at the Cooper Health System.

Kathleen Pickup O'Riordan, DI '97, and her husband are the proud parents of three daughters, Juliet, age 4, Grace, age 20 months and Jacklyn Marie who weighed in at 7 pounds, 2 ounces on September 23, 2003. The O'Riordans live in Bluffton, South Carolina and Kathy is the technical director of the only ICAEL/ICAVL accredited lab on Hilton Head, South Carolina.

Jennifer Plum, DI, '01, will soon be hearing wedding bells. Jenny, of Blue Bell, Pennsylvania, reports that she will marry on May 8, 2004.

Vicki Pacheco Banks, DI '94, lives in Ewing, New Jersey and works as a sonographer at University Radiology in East Brunswick, New Jersey.

The Colorado Connection

When Dottie Grieb, Director of Alumni Relations, was preparing for a September 2003 vacation in Colorado, she came across the name and address of an alum who lived in Broomfield, Colorado, Dottie's vacation destination. Thinking it would be fun to meet, Dottie phoned Susan Feder Rohlman, DI, '94, to plan a time to rendezvous. It was a great treat to learn that not only Susan, but also three of her Jefferson DI classmates were living in the area, so they all met for lunch.

Joining Susan and Dottie were Kathleen Norman Averill, DI '93, Beth Falcone McBrearity, DI, 93, and Karen Snyder Basset, DI '93. Susan also reported that Brett Ford, DI '95, was working in the area as the Head Sonographer at St. Joseph's Hospital.

Beth and Karen first "blazed the trail" out West when Beth was offered a job as a staff sonographer in Colorado. Karen liked the idea of working out west, so she joined her friend and soon found a position as an outpatient sonographer. After packing up the car on Christmas Day, 1993, the two set out for Colorado. Several months later, Kathy was in the JCHP Career Development Center searching for job opportunities. She heard about Beth and Karen, both happily employed in

Colorado, and before she knew it, she was out there visiting and looking for a job. A year later, Susan followed.

All four alumni report that the legendary "Jefferson Difference" is really true. They all agreed that, as Jefferson graduates, their clinical skills were highly regarded and valued. They have all had successful professional careers. They chose Jefferson's BS in DI program for a variety of reasons, starting with the appeal of a bachelor's degree and the options it presents for research and other future endeavors. Additionally, the program was very organized, financial aid opportunities were well explained and available, and they all knew they would be considered professionals

as graduates. Kathy shared that she even felt her personal interest in photography was engaged through the Jefferson DI program!

Not only have these four women pursued the same career interests and a shared love of Colorado, they have also all met and married husbands out west. All of them are proud parents, as well. Susan has a daughter, Caitlyn; Kathy has a daughter, Grace; and Beth has a daughter, Madison. Karen is the mother of three boys, Vaughn, and twins Shane and Blake. The four families remain close friends and often spend holidays together, as well as other casual gatherings. They all miss family in Philadelphia, try to visit often, and have fond memories of their time at Jefferson.



(l to r) Kathleen Norman Averill, DI '93, Susan Feder Rohlman, DI '94, Dottie Grieb, Director, Alumni Relations, Beth Falcone McBrearity, DI '93, Karen Snyder Bassett, DI '93.

JCHP Establishes Innovative Center on Aging

Dr. Laura Gitlin Leads the New Endeavor

Baby boomers are not getting any younger, and the marvels of medical science enable older folks to stay active later in life than previous generations. At the current rate of increased life expectancy, by the year 2020, one out of every six people in the US will be over 65 years old. Today, one out of three persons is a family caregiver. Many of those who are not caregivers now can expect to become one in the future. With the aging of the US population inevitably come new challenges in health care, not to mention a need to help family caregivers obtain sufficient knowledge and tools to support their efforts.

To meet the challenges and needs of the aging population, Jefferson College of Health Professions has recently established the Center for Applied Research on Aging and Health, headed by research sociologist and former Community and Homecare Research Division (CHORD) Director Laura N. Gitlin, PhD. Dr. Gitlin's research to date has focused on dementia, adaptation to functional limitations, family caregiving, and the role of home modification and behavioral strategies to enhance daily functioning, all pertinent to the study of aging.

Establishing this Center on Aging has been a major goal for the college's leadership. "The new Center reflects our recognition of the important role of health professionals in research on and service delivery to older adults and family caregivers," shares JCHP Dean, James B. Erdmann, PhD.

Research, education and clinical care initiatives at the Center on Aging will give significance to the issue of aging and the important role of the health professions. The Center will also establish JCHP and Thomas Jefferson University as leaders in the study of the topic.

The Center builds on and significantly extends the work that CHORD investigators at JCHP have been doing since 1996. In addition, Dr. Gitlin's close working relationship with the Farber Institute for

Neurosciences (FIN) will help to advance research, training and clinical services for families caring for persons with dementia. She is a member of both the FIN and the TJU steering committee that oversees the institute, so information will easily be shared between the two groups.

Over the past 10 years, Dr. Gitlin has received significant funds from the National Institutes of Health to develop and test interventions involving occupational therapy, physical therapy and nursing that are designed to provide strategies for managing the functional consequences of chronic conditions to older people who have a range of physical and cognitive impairments and their family members.

Dr. Gitlin explains that the Center will extend her efforts, and it will play an important role in studying a growing field. "The Center provides a mechanism to showcase the contributions of health professionals in the care of older persons and families. Because of our applied research focus and study of the behavioral and psychosocial aspects of aging and health, there are very important implications for practice as well as direct clinical application of our research findings."

The importance of the Center is that it is about more than just research; it's about people. Gitlin explains, "The Center will make a difference in the lives of people, because as we gather evidence about effective approaches to helping older people maintain quality of life, we are committed to translating the research-generated knowledge into practice."

One example of the Center's translational interests is a new grant awarded from the Administration on Aging that enables a partnership with a senior center called the Center in the Park, the Albert Einstein Health Network and Philadelphia Corporation for Aging (PCA) to implement and evaluate a proven evidence-



based disease prevention program for older African Americans.

Dr. Gitlin has had a long-term interest in the concept of adaptation, particularly as it relates to chronic disabling conditions. "I'm interested in the adaptive processes and capabilities of people as they confront different challenges throughout the life course," she shares. "Aging serves as a dramatic model by which to study and understand adaptive behavioral mechanisms. As we age, we confront a range of changes that challenge our self-identity and life quality and to which we must adapt. Such memory and sensory processing changes, loss of muscle mass, physical impairments or changes in family and friendship networks may bring a sense of tremendous loss and personal challenges to everyday life."

Over the past few months, researchers in the Center have received four grants totaling \$2 million, which will contribute to the continued growth of the research programs. These include a program awarded to Dr. Gitlin and Nancy Chernett, MPH and funded by US Administration on Aging called "Chronic Disease Self Management Program for Older African Americans;" an award to Dr. Helen Black from the National Institute on Aging, called "The Experience of Suffering in Old Age," in collaboration with the University of Maryland; an award to Dr. Gitlin from the National Institute on

JCHP Establishes Innovative Center on Aging

Mental Health entitled “Tailored Activity to Improve Affect in Dementia.” Finally, the Agency for Healthcare Research and Quality funded Dr. Laraine Winter for a study entitled “End of Life Decision Making about Medical Treatments.”

To learn more about the Center, receive its forthcoming newsletters, or if you want to consider becoming a fellow, please contact Ms. Chernett (ext. 3-2790) or Dr. Laura Gitlin laura.gitlin@jefferson.edu. To learn about aging-related activities at Jefferson as well as nationally, join the Jefferson Aging Network (JAN) list serve, a monthly e-mail service concerning important funding opportunities, conferences, and research activities of potential interest. To join JAN, contact Nancy Chernett, MPH, project manager, by e-mail nancy.chernett@jefferson.edu and indicate the e-mail address to which you want to receive JAN messages.



Dr. Gitlin shows a caregiver how labeling cabinets makes it easier for people to remember where to find basic kitchen items.

Center on Aging Grants

Awarded	Grantor	Project Title	Project Highlights
\$240,000	US Administration on Aging	“Chronic Disease Self Management Program”	<ul style="list-style-type: none"> • Three-year program targets 500 African Americans with multiple chronic disorders • Advances the Center’s efforts to test innovative approaches in managing physical frailty • Evaluative data will support a larger clinical trial proposal to NIA next year
\$1.2 million	National Institute on Aging	“The Experience of Suffering on Old Age”	<ul style="list-style-type: none"> • Four-year qualitative anthropological study • In collaboration with nationally recognized anthropologist, Dr. Robert Rubenstein at the University of Maryland • Examines the experience of suffering and its relation to health and well being in later life
\$100,000	Agency for Health Care and Policy	“End of Life Decision Making about Medical Treatments”	<ul style="list-style-type: none"> • Three hundred cognitively intact elderly will be recruited for 30-minute interviews • Tests the hypothesis that preferences for life-sustaining treatments are influenced by the patient’s current health status • Results should enhance communication between health providers and patients and provide guidance for the construction and timing of advance directives.
\$539,000	National Institute on Aging	“Tailored Activity to Improve Affect in Dementia”	<ul style="list-style-type: none"> • Three-year program • Studies the feasibility of an innovative intervention that identifies capabilities of persons with dementia and instructs caregivers in setting up appropriate and meaningful activities to engage the patient • Evaluates the effect of caregiver depressive symptoms on treatment outcomes and affect in persons with dementia

Biotechnology Program Receives NIH Funding for Spectrofluorometer

In 2003, the National Institutes of Health awarded a \$48,000 grant to purchase a high-end spectrofluorometer to Esther Biswas-Fiss, PhD, Assistant Professor and Director of Departmental Research Programs in JCHP's Bioscience Technologies Department.

Dr. Biswas-Fiss studies inherited visual disease, focusing on the ABCR protein. The ABCR protein plays an important role in the rod cells of the retina, and is associated with several disorders including Stargardt macular degeneration and age-related macular degeneration. Human genetic studies have identified over 300 disease-associated mutations that can lead to variations in the clinical presentation ranging from the age of onset, specific symptoms, and degree of disease.

In her research, Dr. Biswas-Fiss studies the biochemical consequences of mutations in

the ABCR protein. Every protein has a three-dimensional structure that dictates how it functions. When a protein carries a mutation, its structure is often altered and, as a result, its behavior is changed, leading to the disease state. With this new tool, researchers in Dr. Biswas-Fiss' lab can measure the structural changes that occur as a result of a given mutation. This will allow for a better understanding of the nature of the mutation, with the goal of being able to predict how this translates into what is seen clinically.

The spectrofluorometer is the latest addition to a program that fully prepares JCHP graduates to step into the workforce. Research activities are actively integrated into teaching in the Biotechnology program, further enhancing the training students receive in the classroom and their clinical sites. The hands-on experience that students receive at

JCHP, such as using a state-of-the-art spectrofluorometer or centrifuge, prepares them to step into a lab and hit the ground running immediately after graduation.

JCHP Biotechnology students typically receive one to two job offers upon graduation, and that positive hiring trend is expected to continue. An article entitled, "Biotech: Where the Jobs Are" in the February 2004 issue of *ASBMB Today* (the journal published by the American Society for Biochemistry and Molecular Biology) quotes the US Commerce Department: "Biotechnology will be essential to national long-term economic growth and leadership. From job creation to revenue generation, strength in biotech will be a core building block of America's national competitiveness in the twenty-first century."

General Studies

Summer Science Camp@Jefferson 2004 Biomedical Sciences for High School Students

With the popularity of TV programs like CSI, Law & Order, and Cold Case, not to mention high-profile celebrity trials featuring DNA or paternity testing, forensics science is suddenly a hot topic. Jefferson College of Health Professions is taking advantage of the interest in science by attracting high school students in the Philadelphia area to the first Summer Science Camp held at Thomas Jefferson University.

For four weeks this summer, from June 29 through July 26, students who have completed at least two years of high school, are in good academic standing, and demonstrate an interest in biomedical sciences will have an opportunity to learn about scientific principles and techniques that are at the forefront of medical science.

The students will learn the principles of molecular biology, including such laboratory techniques as DNA sequencing, PCR (poly-

merase chain reaction – a technique used to amplify DNA), and cell culture. They will discover how these techniques are applied to criminal investigations, paternity testing, disease diagnosis and the development of new pharmaceutical products.

The Jefferson College of Health Professions' Department of General Studies is administering the summer camp on behalf of the Department of Pathology, Anatomy and Cell Biology at Jefferson Medical College and the Department of Bioscience Technologies at JCHP.

Specific topics of study include cell biology, molecular biology, cellular pathology, and cancer biology. Students will work together in experimental labs, participate in discussion groups and lectures, and spend time reading and writing. After this rich summer program, students will have a better understanding of how science applies to the world around them



and will have an informed appreciation of the scientific issues that make the daily headlines.

For information or an application packet, contact the JCHP Department of General Studies at 215-503-8414 or www.Jefferson.edu/sciencecamp.

Mary E. Bowen, Jefferson College of Health Professions Vice Chair of Nursing Department Named to State Board of Nursing

Governor Edward G. Rendell appointed Mary E. Bowen, CRNP, DNS, JD, CNAA, vice chair and associate professor in the JCHP Department of Nursing, to the Pennsylvania State Board of Nursing in October 2003.

University administrators, community organizers, legislators, and Governor Rendell recommended Dr. Bowen for this competitive and prestigious position. The state senate approved the nomination in September, and she took an oath of office and was commissioned for a six-year term at the Capital Building in Harrisburg on October 23.

The State Board of Nursing establishes rules and regulations for the licensure and practice of professional and practical nursing in the Commonwealth of Pennsylvania, provides for the examination of nursing applicants, and establishes standards for the approval and operation of nursing education programs for the preparation of professional and practical nurses. Five of the 13 Board members must be registered nurses and all the members have to have resided in Pennsylvania for five years before appointment.

According to Dr. Bowen, "It is an honor and privilege to be part of an agency that provides for public safety, safe nursing practice and good public policy related to health care. I have held administrative nursing positions in several health care systems in Arizona and Mississippi. Part of my job was to provide safe nursing practice in these settings, and to interact with the State Boards of Nursing through testimony and hearings to ensure that safe and high quality nursing practice standards were adhered to."

In addition to managing and directing graduate advanced practice nursing programs, Dr. Bowen has expertise in developing proposals for new graduate nursing programs. Dr. Bowen was instrumental in obtaining Pennsylvania State Board of Nursing approval of JCHP's Neonatal Nurse Practitioner program in July 2003.

Dr. Bowen received a DNS and JD from the University of San Diego, a MN from UCLA, BSN from the University of San Diego, and a postmaster's Family Nurse Practitioner



Mary E. Bowen, CRNP, DNS, JD, CNAA

Certificate from SUNY, Stony Brook. Dr. Bowen has been a faculty member at Jefferson since 1997. She is director of graduate nursing programs in addition to being vice chair of JCHP's Department of Nursing.

ASN Program Starting in Fall 2004

At the March 19-20 meeting of the PA Board of Nursing, the JCHP Department of Nursing received Board approval to offer an associate degree in nursing program. This approval makes Thomas Jefferson University the only academic health sciences center in the region to offer this degree. Jefferson College of Health Professions immediately began accepting applications for students to begin the program in September 2004.

TJU will award the Associate in Science in Nursing (ASN) degree. The new program is available at two locations, Methodist Hospital in South Philadelphia and Geisinger Medical Center in Danville, Pennsylvania. Following the completion of

the two academic year ASN program, graduates will be eligible to take the Registered Nurse licensure exam.

JCHP's ASN curriculum will prepare graduates for generalist practice. The program's emphasis on clinical experience as well as a faculty who are highly credentialed and active in practice will enable students to gain the level of competence necessary to work as a registered nurse in today's complex health care environment.

Jefferson's Department of Nursing currently offers a spectrum of programs designed to meet the needs of a variety of students. In addition to the ASN program, the Department of Nursing offers: traditional

BSN, BSN for second degree students, BSN for RNs, and master's level programs. For more information about the JCHP Associate of Science in Nursing program, contact jchp@jefferson.edu or 215-503-8890.



Nursing

Nursing Grads Score High on the NCLEX

If you were looking for another reason to be proud of your Jefferson degree, check out these nursing exam scores!

The Pennsylvania Board of Nursing reported that JCHP Department of Nursing had the highest pass rate on the nursing licensure examination (NCLEX) among all 21 nursing programs in the Philadelphia region for the period January 1, 2003 through December 31, 2003. The Jefferson pass rate for students who took the exam in Pennsylvania during that period of time was 96.83%.

The Board's report provided results for only those Jefferson graduates who sat for the

licensure examination in PA. Many Jefferson graduates sat for the examination in other states. In May 2003, 64 men and women earned the BSN degree from Thomas Jefferson University. Sixty-three of the graduates have taken the licensure examination and 61 of the 63 have been successful. That is an impressive 97% total pass rate.

Twenty of the 64 BSN graduates in May 2003 were members of the first FACT cohort. FACT is a one calendar year BSN program for second degree nursing students. All of the FACT students were successful on the examination.

IMPART PROGRAM Funded for Three More Years

Project IMPART (Improving Minority Professionals' Access to Research Tracks), a collaborative effort between the nursing departments at regional community colleges and Thomas Jefferson University, has received three more years of funding from NIH. IMPART is the only undergraduate nursing program funded by the NIH.

The program aims to increase the number of minority nurses who integrate research with clinical practice. IMPART students complete coursework applicable to the baccalaureate and master's degrees in the nursing program at the community college, and also spend time learning the research process by working side by side with academic and clinical researchers.

Project IMPART has been highly successful since it started in 1995. The admission and retention data for the five classes of IMPART students who were accepted between 1995 and 2000 shows that 59 students were

accepted and 55 completed all IMPART requirements. This retention rate of 93% is especially impressive considering the rigor of IMPART added to a nursing program's challenging curriculum.

Of the 55 students who completed IMPART between May 1996 and May 2001, 20 have completed the BSN, 12 have completed a MSN and 15 are currently matriculated in a baccalaureate or master's nursing program. The nine students who will finish IMPART in May 2002 all plan to move ahead with their professional nursing study.



Occupational Therapy Partnership with RHD Flourishes

Ten years ago, JCHP's Occupational Therapy Department began working with Resources for Human Development (RHD), a local non-profit that serves a variety of populations within Philadelphia, including people whose ability to carryout everyday activities have declined due to disease, aging, disability or trauma. At the time, RHD employed one part-time OT and collaborated with JCHP's OT department on several projects. As an understanding of the benefits of occupational therapy to RHD's consumers grew, so did the involvement of OTs in the organization.

Today, two full-time OTs support all RHD units, and JCHP OT students work in many of the organization's programs. Some of the duties students perform include assessing individual consumers, working with staff to design and provide individually tailored interventions, and conducting consumer groups focused on independent living.

A recent article in the RHD newsletter focused on the work that OTs perform through the Empowering Consumers through Healthy Occupation (ECHO) program. The program operates with the understanding that Occupational Therapy intervention occurs within a system composed of three distinct but intersecting groups: Consumers, Staff and the Organization. The full-time OTs work with all three groups, helping consumers perform everyday activities, training staff on basic OT methods that will help them serve consumers, and working with the RHD to assess and address organizational needs.

OT Delegation Returns to Cuba

A second delegation of JCHP OT faculty and students said “Hola!” to Cuba in January, continuing the research and information gathering that many of them started less than a year before, in March 2003.

This journey was another step toward the program’s goal to develop a long-standing educational exchange program with the Cardenas Clinic of Neurology and Rehabilitation for Children. A big difference this time was that students and faculty from liberal arts schools accompanied the OT faculty and students, making it a broader experience for everyone. Students and faculty from Columbia University, Rhodes College, and Colgate University joined JCHP OT Chair Janice P. Burke, OTR/L, PhD, FAOTA, faculty members Susan Toth-Cohen, OTR/L, PhD, and Debra Tupe, OTR/L, MPH, MS. Three Jefferson students, Maya Karam, Melissa Moreno, Lakia Easton and Jefferson alumnus, Brett Lucas Brumbaugh, also traveled with the group

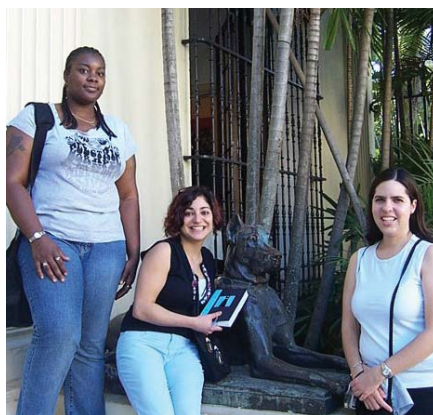


Dr. Jorge Rodriguez, the director of the Cardenas center, receives gifts from the JCHP group.

“Including students from other schools offered different perspectives, raised expectations, and allowed for broader dialogues,” Deb Tupe shares. “It was helpful to get other points of view through the liberal arts students. It helped the OT students develop cultural competency, which will be a vital skill for them in their work.”

As the relationship between JCHP and the Cardenas Clinic continues to develop, students and faculty will broaden the exchange of

research and information. Tupe expects that groups from the US, led by JCHP, will provide workshops to help train the Center’s OTs, who are usually psychology majors who learn occupational therapy on the job. “This is so different from the US, where OT practice will now require master’s level entry,” Tupe says.



JCHP students Maya Karam, Melissa Moreno, Lakia Easton rest under Cuba’s palms.

In exchange, the Americans are eager to study Cuba’s community-based model and learn new ways to serve rural and urban centers in the US. “In Cuba, the community is the most important unit, while in the US, the focus is on individuals,” explains Tupe. “This is a shift in thinking for many of us. The community-based health care system works well, and we want to use it as a model to increase services to underserved populations in American cities and rural areas.”

While in Cuba, Jefferson faculty and students gave the staff at the Cardenas Clinic a presentation on the role of OTs in pediatrics in the US. They described some of the evaluation tools that are used to determine what the child’s needs are, as well as occupational therapy techniques that are used with kids. Then they talked with and observed the clinic staff and conducted a needs assessment to determine what types of workshops they will present during future visits.

To continue information gathering about community-based health care, the US delegation also visited the School of Social Workers to understand their role in the system, and the Federation of Cuban Women, which often takes

the lead in organizing the community for such things as immunization, preventive medicine, and care for elderly and individuals with special needs.

It wasn’t all research, though; cultural experiences were plentiful on this exchange. “We all got a good sense of the rhythm of Cuba,” Tupe shared. When they were not getting to know the health care system, the travelers toured Old Havana, went to baseball games, attended neighborhood and community meetings, and visited artists, including Salvador Gonzalez Escalona, who painted a mural in North Philadelphia.

In June, Tupe leads another group back to Cuba for a week of workshops addressing the educational needs identified by the staff at the Cardenas Clinic. Topics will include enhancing the knowledge and skill level in the areas of sensory integration, therapeutic handling and feeding. JCHP occupational therapy faculty and students will take the lead in developing and providing workshops relating to these topics, although students and faculty from other colleges will again participate in the trip.



Big smiles from children at the school for children with hearing impairment.

PT Faculty, Students Volunteer at Burn Camp

Marcia Levinson, PT, PhD, MFT, Assistant Professor in the JCHP PT Department, has spent the last weekend of June each year for 12 years working at Camp Susquehanna, Pennsylvania's Camp for Children with Burns. Since Marcia has been at Jefferson, Physical Therapy students have joined her at the camp, volunteering their time to work as counselors. Some of them will do so again this year.

Camp Susquehanna was started when a member of the Byler Memorial SERTOMA (Service to Mankind) Club died due to burns from a plane crash. The club wanted to do something in his memory, so they teamed up with the Phoenix Society for Burn Survivors to start a camp for kids.

The camp offers children who are burn survivors a chance to have fun and interact with other burn survivors. "Some of these children have never seen anyone else who has been burned like them," Marcia Levinson shares. Knowing that they are not alone in their survival is important to the kids, and they build lifelong relationships.

Between 35 and 40 kids from New Jersey, Pennsylvania, Maryland and Virginia come to the Lancaster, PA camp every year. Thanks to over 100 volunteers, the camp is free for all of them. The SERTOMA club raises money throughout the year, and everyone who helps with the camp is a volunteer – the directors, nurses, social workers, PTs, and counselors. The local firefighters help set up the camp and carry in the food and drink. Volunteers from the SERTOMA Club spend their nights chaperoning the exuberant kids and giving the counselors their much-needed rest.

Some of those counselors are JCHP PT students. "Sometimes they help the kids with their regular exercises, like range-of-motion and other things they need to do everyday," explains Levinson. "But the experience is much more than treatment of the physical entity. The students really bond with the kids, and the experience gives them a wider view of life."



Levinson says the experience helps PT students have a better understanding of their role as helpers. "By spending this uninterrupted time with the children, they really see how a physical problem impacts their lives and what it prevents them from doing," she shares. "Working with the kids helps students deal with scars and physical disability and related social-emotional impact. It teaches them how to maintain professional behavior. It helps them relate to survivors as people, not just patients. They get to see the results of therapy on people's lives – more than the muscles and bones they are studying at school."

The camp is a lively place! Some of the kids have never been out of the city for this long and they want to take advantage of every moment with their new friends. They tell stories, go horseback riding, swim, and take walks. On one walk, a child from the city kept asking Levinson, "Where are we going?" She told the child "This is where we're going. Here. We're taking a walk to enjoy the woods." It was a completely new experience for the camper.

This year's camp is coming up June 24-27. Although Levinson says she has enough volunteers for the camp itself, she'd love help with the paperwork and administrative logistics that have to be taken care of ahead of time. If you are interested in donating your time to this special cause, contact her at Marcia.levinson@jefferson.edu or 215-503-6019.



Kon-Nichi-Wa (Good Afternoon) Kitasato U!

Representatives of JCHP's Physical Therapy and Occupational Therapy departments were invited to visit Kitasato University in Japan this Spring to share their research, discuss their curriculum, and consider how the two schools may collaborate in the future. JCHP's Bioscience Technologies Department has had a student and faculty exchange with the Japanese university for almost 10 years. This meeting of the PT and OT minds may broaden the scope of the exchange.

Penny Kroll, PT, PhD, Chair of the Physical Therapy Department and Caryn Johnson, OTR/L, MS, FAOTA and Susan Toth-Cohen, OTR/L, PhD of the Occupational Therapy Department are taking the trek to Japan March 28 through April 3. During the weeklong exploratory visit, the JCHP faculty will present some of their research and examples of the curricula to their Japanese counterparts.

Kitasato University Occupational Therapy faculty are especially interested in discussing the possibility of collaborating in specific areas of research. Some shared areas of research interest between Kitasato University and JCHP Department of Occupational Therapy may include quality of life issues, caregiving, and the nature of human occupation. Toth-Cohen and Johnson will share their insights and research in those areas and explore cross-cultural similarities and differences.

In addition, Johnson has done research on the development of professional behavior in students, and she is eager to learn more about how the Japanese define professional behavior and develop it in their students.

Kroll is preparing presentations about JCHP's curriculum and current research projects to share with the Kitasato PT faculty. "In the future, I hope that we will be able to collaborate on research," she shares. In the meantime, she says she is looking forward to getting to know the PT faculty at Kitasato and finding out what commonalities there are between the departments at both universities.

RS Students Establish SVU Student Chapter

On the tenth floor of the Edison Building, seven students practice Roberts' Rules of Order and collaborate on their latest project. Debate is heard, along with laughter and some agreement. The students are busy writing the bylaws for the Jefferson College of Health Professions' Society for Vascular Ultrasound (SVU) Student Chapter (JCHPSVUSC), the SVU's first student chapter at a school with an accredited program.

SVU "is the only professional organization completely dedicated to the advancement of noninvasive vascular technology used in the diagnosis of vascular disease," according to their website. This is where the experts in vascular ultrasound inform each other about new techniques and procedures, and share information about new pathology. Now, thanks to these JCHP pioneers, a new group of students has entrée to this pool of professionals and their cutting-edge knowledge.

"SVU provides a nice resource for students learning the program to become familiar with proper technology," explains Chris Calvey, a JCHP student who joined the society when he enrolled at the school in September 2002. Calvey and six of his peers – Tiffany Chambers, Patti Applegate, Jessica Thornton, Jacqueline Roseleur, Dawn Puchalski, and Heidi Micolucci – cofounded the student chapter. The JCHP RS department fully supports the students. Faculty member Cindy

Shillingsburg guided them through the application process and RS department funds paid the registration and application fees.

As they write the chapter's bylaws, the founding members are evaluating what they want this organization to do. They share a high regard for expertise in the field, and want to hold members to a gold standard. Jessica Thornton explains, "Starting in 2005, only candidates from formal education programs will be able to take the board exam. SVU really promotes professionalism, and we want our standards to compare to theirs."

With the organization's high standards in mind, the students strongly value the JCHP CAAHEP (Commission on Accreditation of Allied Health Education Programs) accreditation. They feel the accreditation gives them an advantage over professionals who have not studied at such a highly esteemed program. Accreditation is so important to these students that they wrote a bylaw stating that students from other schools are welcome to become members of the student chapter, but only if they attend an accredited program.

Other chapter bylaws include a plan for quarterly meetings, which may include guest speakers that discuss new technology, protocols, advancements, etc. The students will certainly invite alumni of the RS department to participate in future events.



The founding members of the JCHP SVU student chapter take a break from a meeting.

Radiologic Sciences Department Debuts: New Treatment Programs Bring New Name to Department of Diagnostic Imaging

Starting in the fall 2004 semester, two new programs, Radiation Therapy and Medical Dosimetry, will broaden the reach of the JCHP Department formerly known as Diagnostic Imaging. As a result of the additions, the department is also changing its name to Radiologic Sciences.

Why the change? “The new name is inclusive of the two new programs,” department chair Fran Gilman shares. “Previously, all of our programs – Cardiac Sonography, Computed Tomography, General Sonography, Invasive Cardiovascular Technology, Magnetic Resonance Imaging, Nuclear Medicine, Radiography, and Vascular Technology – were diagnostic in nature. The new programs of Radiation Therapy and Medical Dosimetry are treatment methods. Our name needs to reflect the breadth of the available programs.”

Gilman expects a lot of interest in the programs. The Medical Dosimetry program is the only one of its kind within the

metropolitan Philadelphia area. There are two Radiation Therapy programs within 100 miles of Philadelphia, but only one of them offers a baccalaureate degree, and neither of them offers students an opportunity to gain expertise in more than just radiation therapy.

“There is a shortage of radiation therapists and medical dosimetrists throughout the nation,” Gilman shares. “The university and this department are considered leaders in the health professions. Now we offer a full plate of imaging modalities. The new programs complete the package by educating students in diagnosis or in treatment of disease with radiation.”

In addition to the new programs and the name change, students have a new option of study for the second year of their multicompetency curriculum. Rather than studying two different modalities, such as Cardiac Sonography the first year and Invasive Cardiovascular Technology the second year, second year

students can now select education or health management in addition to their primary modality.

For example, a student could study Cardiac Sonography his or her first year, and then in the second year s/he could continue studying that modality, and add education courses such as Methods of Teaching, Facilitating Adult Learning, and Curriculum Design, Methods and Evaluation. Health Management students would study Principles of Management and Organizational Behavior, Financial Accounting, and Business and Technical Writing in addition to one type of modality.

These new program options offer students new opportunities when they graduate. Education graduates will be prepared to teach or research their modality, while health management graduates will be prepared for work in industry doing accounting, sales, and marketing.

Frances H. Gilman, MS, RT (R)(CT)(MR)(CV), Appointed Chair of JCHP Department of Radiologic Sciences

Frances H. Gilman, MS, RT(R)(CT)(MR)(CV), was approved by the Thomas Jefferson University Board of Trustees to fill the position of chair, JCHP Department of Radiologic Sciences, effective December 1, 2003.

Ms. Gilman had been the acting chair of the department since Dr. Gary Sayed's departure in March 2003.

Ms. Gilman joined the Thomas Jefferson University faculty in September 1993. She was named program director, Radiography in 1998 and program director, Invasive Cardiovascular Technology in 2001. During this time, Ms. Gilman has been instrumental in both the development and implementation of the MRI and CT curriculum. Highly regarded by her peers, students consistently rate her as an outstanding teacher and mentor, reflecting her dedication to the field and to student excellence.

Prior teaching experience includes serving as an instructor at Community College of Philadelphia and Northeastern University in Boston. Her professional experience includes serving as chief technologist at Boston City and University Hospital and imaging systems specialist at Agfa-Gevaert Rex, Inc. in Ridgefield, NJ. Ms. Gilman received her Master of Science in Health Administration from St. Joseph's University in Philadelphia and her Bachelor of Science in Health Administration from Northeastern University in Boston.

According to James B. Erdmann, JCHP Dean, “The length and breadth of Ms. Gilman's experience in the program areas of the department and her demonstrated management skills make her an ideal choice



for the position. We look forward to working with Fran as she pursues new program development for the department.”

Spotlight on Matt Finley, Bioscience Technologies student, class of 2004

If you live in the Lehigh Valley area, you may recognize Bioscience Technologies student Matthew Finley, frequently featured in ads for Northampton Community College (NCC). The most recent ad campaign, "The Power of Two," promoted the community college as a starting place from which successful students go on to complete a baccalaureate or higher degree. The ad featuring Matt showed how NCC prepared him for a successful career as a student of Biotechnology at JCHP.

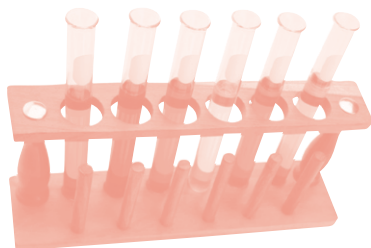
In 2000, Finley was accepted to JCHP through the PACE program, which guaranteed him a place at Jefferson for his junior and senior years. Matt spent his first two years at NCC, where he was a familiar face around campus, thanks to responsibilities connected to a scholarship that he won.

"At NCC I served as a Presidential Ambassador," he explains. "I got a full scholarship because I graduated in the top 5% of my high school class. In return, I performed service to the college, such as taking leadership roles at dinners, meetings, and campus activities."

Matt started his junior year at Jefferson in 2002. When The Power of Two ad campaign was developed the next year, the NCC marketing department contacted Matt right away to ask if he would work with them on it. "I had an hour interview with the writer and then there was a professional photo shoot," Matt shares. "Photography is a hobby of mine so this was the best part of making the ad!"

Helping NCC by doing the ad was important to Matt. "I had a great time there and it was important to give back to the college," he says. "Bringing Jefferson into the ad allowed others to see the great choice, both educationally and financially, I made in my undergraduate college education. By attending another college for two years, I was able to dramatically decrease the educational debt after graduation. I hope others follow the path I took to achieve success."

After graduating in May, Matt plans to attend graduate school to pursue a PhD in Cell and Molecular Biology at Thomas Jefferson University College of Graduate Studies, Temple University Medical School, or University of Pennsylvania Biomedical Graduate Studies. He would also like to obtain an MBA so that he can ultimately enter the pharmaceutical industry as a project manager. "I would like to direct and give ideas of where and what should be done and where we should go," he shares. "Jefferson has prepared me well for leadership, and I plan to be as successful as possible."



The POWER of 2

I want to know what causes disease.
I want to study it. Understand it.
And hopefully, do something about it.

From my first lesson in genetics, I knew it'd be my life's work. And when the genetics-based biotechnology revolution hit, I found my path.

Biotech was so new, so cutting-edge, only a few universities in the country offered upper-level degrees. Thomas Jefferson, located smack in the middle of a biotech hub, with plenty of prestige, was clearly a prime choice.

And so was Northampton.

NORTHAMPTON coordinated with JEFFERSON to create a schedule that satisfied all of my undergraduate transfer requirements. Its Financial Aid staff helped me work through the scholarship and grant options. And my professors ... well, I still seek their guidance.

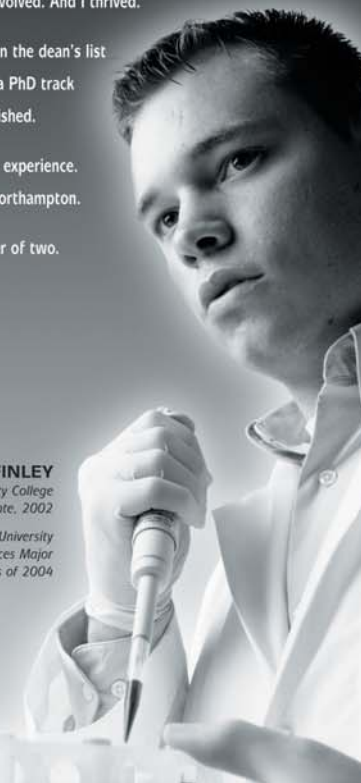
But there was more. Beyond Northampton's phenomenal technology and programs, I found real opportunities to build character. Through clubs, I worked in soup kitchens, built houses with Habitat, organized campus festivals, and became a leader in the science association. It was easy to get involved. And I thrived.

Today, I'm a senior, on the dean's list at Jefferson. I'm on a PhD track and am already published.

It's been an amazing experience. One that began at Northampton.

Experience the power of two.

MATT FINLEY
Northampton Community College
Graduate, 2002
Thomas Jefferson University
Molecular Sciences Major
Class of 2004

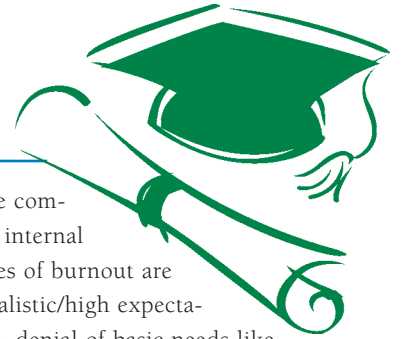


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Considering a Change?



Many people who have been in the same job for five years or more commonly look for change in their professional lives. Change may be as simple as finding a new shift to work, or as global as leaving their current job to return to school to start a new profession. Complicating matters for many is the phenomena of burnout. Common symptoms of burnout include feeling anxious at work, or being irritable, a sense of emptiness, or that you've got nothing left to give to your job. Physical symptoms include frequent headaches, muscle tension and insomnia. For those who are feeling burned out, the idea of change at any level may seem daunting at best.

Symptoms from burnout originate from within and from without, from the organizations we work in and ourselves. Dealing with burnout requires the individual to understand what factors are coming from where... what are the external factors relating to the work environment and what are the personal internal factors.

External factors from the work environment include a culture of competitiveness, or one in which you are constantly busy and overworked, or where the job follows you outside the office and into the home. Many people complain of insufficient training in job roles, or a cramped, noisy environment, as well as the amount of control they have over their work schedule.

Also important is the idea of "organizational fit," how closely your own values match with the organizational values of your employer. Another way to think of this is to ask yourself, "At work, am I part of the majority or the minority? Do I identify with the policies and procedures of my workplace, or am I at odds with these policies?"

In some cases, external factors can be modified: requesting a change in your schedule, shifting your responsibilities and the percentage of time spent on unrewarding tasks, or working on a committee to influence change in your department.

Some common internal causes of burnout are unrealistic/high expectations, denial of basic needs like food and sleep, poor time management skills, inability to set boundaries or to say "no" when your plate is full. Many people engage in negative self-talk or overly critical thinking. These are destructive habits and hard to break. Find a partner to help you through the process of change. For many people, problems at work and at home are completely intertwined. In such cases, seeking the help of a counselor or therapist may be the most helpful course.

Learn to anticipate stress at work and acquire new coping skills to react to it. Take time for yourself, take a walk or read a book at lunch. Remember, change is an incremental process and takes time.

Upon reflection, you will be able to discriminate the internal and external factors related to your feelings and start to see what changes need to be made. Change at this level can be difficult for

Jefferson College of Health Professions Career Development Center

JEFFERSON COLLEGE OF HEALTH PROFESSIONS CAREER DEVELOPMENT CENTER

Phone: 215.503.5805

Contact: David Westhart
david.westhart@jefferson.edu

INDIVIDUAL SERVICES:

Job Search: Personalized search to help you enter the world of work.

Resume/Cover Letter Critique:

Create a resume and cover letter tailored to your field of study.

Mock Interviews: The best way to prepare for the behavioral interview, the most widely used interviewing technique.

Career Counseling: Counselors available to help you research career opportunities.

Internet: Visit www.jefferson.edu/chp/cdc for healthcare related resources.

Career Library: Alumni Contact Network, Job Opportunities Bulletin, Career Information and Employer Literature Files to aid students in research. Various literature to help research graduate schools.

CDC EVENTS:

Career Networking Night: Students and alumni have the opportunity to exchange information on job searching, interviewing, and moving up the career ladder.

Nursing and Allied Health Career Day and the Spring Job Fair: These two events bring local, regional, and national employers together with CHP students and alumni to discuss career opportunities.

Workshops: Resume/Cover Letter Writing: Develop a resume that reflects relevant skills.

Job Search Strategies: Where to look for and find out about job openings.

Interviewing Skills: Thorough preparation is the key to a successful interview.



Coming Soon!

Alumni will soon be able to donate to the Jefferson College of Health Professions Annual Fund online, through the JCHP website. Details about that link will be provided in the next issue of *The Review*. In the meantime, donations to JCHP can be made the old-fashioned way, by sending a check to:

Jefferson Office of Institutional Advancement

Jefferson College of Health Professions
925 Chestnut Street, Suite 110
Philadelphia, PA 19107-4216

Don't forget to include your name, address, telephone number, e-mail address, major and year of graduation.

the individual and the people in their life. Many people fall into the "yeah, but," syndrome: "Yeah, but I just don't have the time/money/support to deal with these issues." Time, money, support are all valid reasons which seem insurmountable at times, but can be overcome with patience, a positive attitude, and a little help. With this in mind, consider these next steps:

2.

TAKE CARE OF YOURSELF:

Stay in shape with good nutrition, exercise and enough sleep. Avoid nicotine and don't overdo caffeine and alcohol. Surround yourself with supportive people who will take time to listen to you and help you create a good balance between work and other aspects of your life.

3.

CAREER DEVELOPMENT CENTER

Come in for an appointment to see what opportunities are out there, to work on goal setting, and to brainstorm what steps (big and little) to take next. Start to research all the resources available to you. (You can reach Jefferson's Career Development Center at 215.503.5805 to make an appointment during our business hours, Monday through Friday, 9am – 5pm.)

1.

NETWORK:

Find a fellow alum or professional to share your concerns with. Talk to them about how they faced their own challenges in the workplace. Sometimes just being able to vent is extremely helpful.



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ALUMNI

A Very Special Offer

The first 50 alumni who send us professional and/or personal news for use in the next issue of *The Review* will receive a Thomas Jefferson University Alumni License Plate Rim absolutely **FREE**.

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See page 4 for details on how to submit your news and photos. This is a great way to let your classmates know what you are doing now.



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