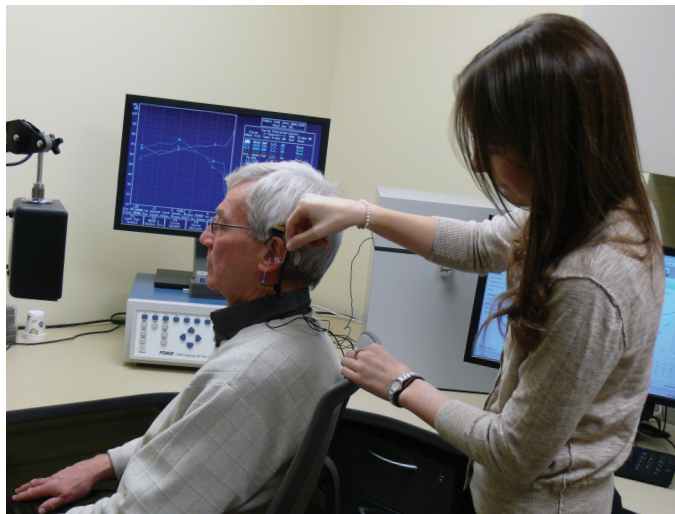




COLLEGE OF APPLIED HEALTH SCIENCES

MOVING FORWARD





“In the 21st century, I think
the heroes will be the people
who will improve the
quality of life, fight poverty
and introduce more sustainability.”
– Bertrand Piccard



MESSAGE FROM THE DEAN



The College of Applied Health Sciences continues to thrive. We graduated approximately 800 students last spring and welcomed a new group of students in the fall. Their talents, accomplishments, and commitment to making a positive difference continue to remind us that the future is in good hands.

We also welcomed eight additional outstanding faculty members who will enrich our teaching, research, and outreach efforts as we continue to grow in strength and numbers.

Sadly last year the college lost a visionary leader and beloved emeritus faculty member, Dr. Timothy J. Nugent. Dr. Nugent died on November 11, 2015, at the age of 92. The program that he began here in 1948 was the first and for many years the only one in the nation that provided accommodations for students with disabilities. Under his 38-year leadership Illinois' interrelated research, education, and service programs led to innovative breakthroughs that changed the world for persons with disabilities and made the world a better place for us all. We were pleased to participate in a celebration of our remarkable colleague's life.

One of the highlights of the year was the dedication of the Chez Family Foundation Center for Wounded Veterans in Higher Education. The programs and services that the Center is providing were built on the foundational leadership we have had in the Division of Disability Resources and Educational Services (DRES) and the Beckwith Student Support Services program in Nugent Hall. The experience we gained over the years combined with what we have learned about the needs of student veterans with disabilities has enabled us to build a center that will serve as a national resource for student veterans of recent conflicts who have sustained the most serious injuries. The center is the only one in the nation that provides residential and non-residential support services to wounded veterans and their families.

In addition to celebrating the opening of the center we also celebrated the extraordinary achievements of two of our distinguished alumni and recognized the honors and awards received by some of our faculty members. In this issue you will also read about the research the faculty is doing to improve the lives of individuals, families, and communities and about what some of our amazing students are doing. It is all truly impressive.


It has been an honor and a privilege to serve as the dean of this extraordinary college for the last 17 years. This August I will be concluding the last year of my third term as dean. A national search to recruit the next dean is ongoing and I know you join me in looking forward to welcoming the new dean and to the remarkable achievements that will continue to be a hallmark of this college.

I hope you will enjoy reading the newsletter and that you will stop by and say hello whenever you are on campus.

Sincerely,

A handwritten signature in black ink that reads "Tanya Gallagher". The signature is fluid and cursive.

Tanya Gallagher
Dean, College of Applied Health Sciences



AHS DEDICATES VETERANS CENTER

WOUNDED VETERANS ATTENDING COLLEGE HAVE COMPLEX SUPPORT SERVICE NEEDS THAT DIFFER FROM THOSE OF OTHER STUDENTS WITH DISABILITIES. VETERANS FACE THE CHALLENGE OF TRANSITIONING FROM MILITARY LIFE TO LIFE ON CAMPUS, AND MANY OF THEM ARE CONCURRENTLY WORKING TO REINTEGRATE WITH THEIR FAMILIES. THEY ARE OLDER THAN MOST OF THE OTHER STUDENTS, AND DIFFERENCES IN THEIR EXPERIENCES CAN MAKE THEM FEEL ISOLATED. THEY ARE ENROLLING OR RE-ENROLLING IN COLLEGE AFTER BEING AWAY FROM AN EDUCATIONAL SETTING FOR SEVERAL YEARS. ON TOP OF ALL OF THIS, THEY ARE LEARNING HOW TO MANAGE THEIR DISABILITIES.

In order to provide the higher education support services wounded veterans need, the University of Illinois, as the national leader in disability, established the Center for Wounded Veterans in Higher Education.

AHS Dean Tanya Gallagher worked for seven years to raise the funding for a center that would provide individualized, comprehensive, residential and non-residential support services for wounded student veterans and their families. Generous private support enabled this vision to become a reality.

The lead donor was Ron Chez, the president of an eponymous financial management consulting firm in Chicago, and chairman of the board of Champaign-based semiconductor manufacturer EpiWorks. In 2012, Mr. Chez, toured the Beckwith Residential Support Services Program administered by the AHS Division of

Disability Resources and Educational Services. The program enables students with disabilities that require personal assistance with activities of daily living to reside in University of Illinois student housing, Timothy J. Nugent Hall. During the tour, Dean Gallagher shared her vision for a facility for wounded veterans that would include similar residential services. Mr. Chez, an Army veteran, pledged his support for the center that very day.

The seven-figure lead gift from the Chez Family Foundation combined with other private gifts and a state allocation committed by then-governor Pat Quinn funded construction of the building that was dedicated on October 2 as the Chez Family Foundation Center for Wounded Veterans in Higher Education. The following are highlights of the remarks made during the dedication celebration

The Chez Family Foundation Center for Wounded Veterans in Higher Education accepted its first residents and began providing services in August. A comprehensive, one-stop center for veterans, it offers academic preparation and transition services as well as ongoing academic support services such as tutoring and coaching, counseling services for veterans and their families, and serves as a liaison between veterans with disabilities and instructors to ensure that wounded veterans receive the academic accommodations they need to succeed. In addition, Veterans Administration staff members are on site to help veterans register for the benefits to which they are entitled.



AHS DEAN TANYA GALLAGHER

“We are stepping forward once again, as we did in 1948 when we were the first, and for many years the only, higher education institution to provide accommodations for injured World War II veterans, enabling them to take advantage of the GI Bill, pursue further education, and contribute their talents to the nation.

“...input from veterans and staff at various facilities like Walter Reed and the Center for the Intrepid at Fort Sam Houston and students on our campus...helped us understand what student veterans with disabilities were facing, what their challenges were, and what still needed to be done to help them be successful as they’re pursuing their next career. We listened and we learned, and the center we’re dedicating today is a unique, one-stop, state-of-the-art facility...And because we need to continue to learn more so we can do more, we are also committed to developing and disseminating best practices models that we will share with the nation through our research.

“When he heard about our center, the director of the Army Military Transition Unit in Washington, DC, said, ‘No other university has stepped up the way Illinois has.’ We’re proud of that. The presence of this center on our campus is a concrete statement that veterans with disabilities are welcome here, that they will receive the services they need to be successful at a world-class university, and that the institution and those who have contributed to making this center possible believe in their future.”



ILLINOIS GOVERNOR BRUCE RAUNER

“It’s no mystery why this campus is regarded as one of the best campuses in America for veterans. It’s no mystery why this campus is regarded as one of the most supportive for those with disabilities. We can judge ourselves as a community by how well we take care of those in need. The University of Illinois does that to an extraordinary capacity, and all of us in Illinois owe you an incredible debt of gratitude for your work.”





UNIVERSITY OF ILLINOIS PRESIDENT TIMOTHY KILLEEN

“Thank you, Dean Gallagher, for your service to the University and for the vision and commitment that made this life-changing, first-of-its-kind center a reality...[T]his new center is...yet another pioneering addition to a campus with a long, rich legacy of leading the way to progress. But...it is also rooted in the very core of our DNA, in the mission that was handed to us nearly 150 years ago when a stroke of President Lincoln’s pen created our nation’s original land-grant universities. We were founded to open the doors of higher education to all, to give every deserving student the opportunity to transform their lives and hone talent on a large scale to lead our nation forward.

“This new center ensures opportunity for some of our most deserving students, veterans who have put their own lives on the line to defend our nation, our freedom, and our way of life. It also stands as a model of how we can carry on our land-grant mission to serve the needs of our students, our state, and our nation in the 21st century.”



LEAD DONOR RON CHEZ

“All of us have had good ideas and they evaporate, they go someplace else and nothing happens with these good ideas. And somebody has to have the stick-to-itiveness to lead the dogged pursuit of wanting to get something done. And Tim Nugent started that and Dean Gallagher has been committed to achieving this particular day on behalf of veterans. So she and Dr. Nugent are the reasons we’re here today.

“I want people to take the initiative to find veterans that need help, veterans who are suffering and in need of assistance re-integrating from combat back into society, into normal family lives and jobs. We need to take a real boots-on-the-ground approach to helping veterans in need...[Veterans] have displayed great courage and great sacrifice. All we are doing is what we should be doing.”



US ARMY VETERAN + AHS GRAD STUDENT GARRETT ANDERSON

“The day I was injured was the day I was reborn and given a new life. I like to say I’m the luckiest guy to ever get blown up. I say this because I’ve had so many opportunities in my life that others have not.

“I came to the University of Illinois for several reasons. First, I bleed orange and blue... Second, I wanted to be part of a world-leading university, and third, the Center for Wounded Veterans, the first step to building the next great generation. We have the opportunity to help veterans achieve a college degree and learn a new normal. We want to set the standard for the rest of the country, and it all starts right [here].”

DONORS MAKING A DIFFERENCE



With a generous donation to the Chez Family Foundation Center for Wounded Veterans in Higher Education, Adeline “Jo” Puccini, who earned her undergraduate degree in speech correction at the University of Illinois, has named the third floor of the Center the CAPT J. E. Puccini, USN, Adeline K. and Nancy Ann Puccini Residential Floor.

Her husband, naval aviator Captain Joe Puccini, flew propeller-type and jet planes from 15 different aircraft carriers during his 32-year career, earning “Top Gun” status as a result of his success as a combat pilot. Their daughter Nancy, who died in 2014, earned a bachelor’s degree in Business Management at Virginia Tech University and a master’s degree in Labor and Industrial Relations at the University of Illinois.

Mrs. Puccini, a longtime supporter of the College of Applied Health Sciences, said, “As the surviving member of a military family of three who were fortunate to earn seven degrees, I am pleased to help wounded veterans further their education.”



INTERDISCIPLINARY
HEALTH SCIENCES

MAKING A DIFFERENCE IN SOUTH AFRICA

ILLINOIS NATIVE CLAIRE HAFTER WAS A FRESHMAN AT THE UNIVERSITY OF VERMONT WHEN SHE WAS DIAGNOSED WITH A RARE NEUROMUSCULAR DISORDER THAT AFFECTS HER LOWER LEGS. THROUGH SURGERIES, PHYSICAL THERAPY, AND PAIN MANAGEMENT, SHE HAS EXPERIENCED A SIGNIFICANT IMPROVEMENT IN HER HEALTH. DURING HER RECOVERY, HOWEVER, SHE ALSO EXPERIENCED A GREAT DEAL OF FRUSTRATION AND ANGER WITH THE HEALTHCARE SYSTEM.

“It amazed me how few clinicians attempted to treat me without consideration for other factors in my life, such as academic stress, mental health, and social life, all of which took a major hit from this experience,” she said. “I know how incredibly helpless that can make one feel, and would not wish that on anyone.”

She was looking for a different approach to studying the healthcare system, hoping to use her unpleasant experiences as a foundation for affecting positive change. She transferred to the University of Illinois in her junior year to enroll in the Interdisciplinary Health Sciences program. For her senior year, Claire wanted to broaden her perspectives on how culture, history, and environment impact health and health care. She spent last fall in South Africa, where, she said, “I have been able to apply nearly every aspect of being here to my studies, and vice versa.”

She completed internships at both the Red Cross War Memorial Children’s Hospital in Rondebosch, Cape Town, where she worked with children and parents in the infectious disease clinic, and in

the pediatrics and maternity units in a township clinic in Khayelitsha Site B. In the infectious disease clinic, Claire dealt mostly with children and mothers who were HIV positive. Because the children were relatively active and playful, she demonstrated ways in which parents could engage their children in stimulating and developmentally appropriate activities.

Claire also assisted in research conducted at a maternity hospital and sat in on classes on child and public health at the University of Cape Town medical school.

This semester, Claire has started classes toward a Master of Public Health. She will bring to her graduate studies a broader perspective, thanks to her experiences in South Africa, where the unique political and racial history still severely impacts many of its citizens. “Learning how to utilize my skills and strengths in an unfamiliar environment has helped me develop more independence and confidence in myself,” she said, “factors that will no doubt help me in the future.”



IN MEMORIAM

Timothy J. Nugent
1923 – 2015



DURING THE OCTOBER 2 DEDICATION OF THE CHEZ FAMILY FOUNDATION CENTER FOR WOUNDED VETERANS IN HIGHER EDUCATION, AHS DEAN TANYA GALLAGHER INTRODUCED DR. TIMOTHY NUGENT AS A "VISIONARY PIONEER WHO CHANGED THE WORLD FOR PERSONS WITH DISABILITIES AND IN SO DOING MADE THE WORLD A BETTER PLACE FOR US ALL." DR. NUGENT, WHO WAS WIDELY REGARDED AS THE "FATHER OF ACCESSIBILITY," DIED ON NOVEMBER 11, 2015, VETERANS DAY.

Dr. Nugent founded what is now the Division of Disability Resources and Educational Services (DRES) in 1948 to enable veterans who had been injured in WWII to utilize the educational benefits of the GI Bill and attend college. It was the first disability support services program in higher education and for many years the only such program in the nation.

"Where other people saw invalids that would forever be relegated to a position on a porch, watching life go by, Tim saw future corporate leaders, scientists, educators, lawyers, doctors and international athletes," said Brad Hedrick, who worked with Dr. Nugent and DRES as a doctoral student and who later became a director of DRES.

Dr. Nugent said that he knew after only a month of working with his students that they needed more than academics. "[They needed] something to give vent to their emotions, something to give them personal satisfaction, (a sense) of mastering a skill," he said, and he knew the answer was in sports. He started programs in wheelchair bowling, swimming, basketball, football, and baseball. In 1949, he founded the National Wheelchair Basketball Association and served as its commissioner for 25 years. He played a key role in developing national and international wheelchair sports competitions, including the Paralympics.





Dr. Nugent received many honors during his lifetime, including two U.S. Presidential Awards, numerous national and international awards, and an Honorary Degree from the University of Illinois, the university in which he did his landmark work. What he considered his greatest honor, however, were the achievements of those students with disabilities that graduated from Illinois. “He was an inspirational role model for us all and as colleagues and friends, we were privileged to have known him,” said AHS dean Tanya Gallagher.

“[HE] HAD A VERY SIMPLE YET REVOLUTIONARY IDEA: THAT PERSONS WITH DISABILITIES SHOULD HAVE THE OPPORTUNITIES TO BE CHALLENGED INTELLECTUALLY THE WAY THEY ARE CHALLENGED PHYSICALLY AND MENTALLY TO PROVE THEIR OWN ABILITIES AND TO LIVE INDEPENDENTLY.”

- 2013 CHANCELLOR PHYLLIS WISE

◀ DR. NUGENT RECEIVING THE ORDER OF LINCOLN AWARD, ILLINOIS' HIGHEST AWARD, IN 2011

DONORS MAKING A DIFFERENCE

THE TIMOTHY J. NUGENT PROFESSORSHIP IN REHABILITATION RESEARCH

Dr. Timothy Nugent changed the world for people with disabilities and in so doing empowered everyone to live life to its fullest potential. The College of Applied Health Sciences established the Timothy J. Nugent Professorship in Rehabilitation Research to honor Dr. Nugent’s passionate advocacy for people with disabilities through research and services designed to improve their health, well-being, and quality of life.

At the 2013 investiture of AHS Dean Tanya Gallagher as the first Nugent Professor, then Chancellor Phyllis Wise said of Dr. Nugent, “[He] had a very simple yet revolutionary idea: that persons with disabilities should have the opportunities to be challenged intellectually the way they are challenged physically and mentally to prove their own abilities and to live independently.”

Dr. Nugent said at the event as honored as he was by the professorship, he was even more honored that Dr. Gallagher was its first recipient. “More has happened under her tenure than happened in all the years prior to her coming here,” he said.

If you would like to support the Nugent Professorship in memory of Dr. Timothy Nugent, and help ensure the continuing leadership of the University of Illinois in disability studies, contact Brian Silotto, Assistant Dean for Advancement, at 217-244-8408 or bsilotto@illinois.edu.

NEW FACULTY

THE COLLEGE OF
APPLIED HEALTH SCIENCES
WELCOMED SEVEN NEW PROFESSORS
IN FALL 2015



MATT BROWNING

ASSISTANT PROFESSOR, DEPARTMENT OF RECREATION, SPORT AND TOURISM
PH.D. FORESTRY, VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY

“I came to Illinois because of the people, the collegiality, and the collaboration. My research fits well with the overall goal of improving health and well-being.”

While completing his Ph.D. at Virginia Tech, Dr. Browning served as a project liaison for MYLES of Science, an outreach program sponsored by Montreat College in North Carolina, the Great Smoky Mountains National Park, and the Millennial Youth Led Expeditions Program. He also serves as a program evaluator for the Children and Nature Network in Minneapolis, Minnesota.

His research seeks to improve physiological and social health through increased interaction with nature. As a law enforcement ranger at Mt. Mitchell State Park in Burnsville, North Carolina, he became concerned that strict regulations and their enforcement created a negative association with the outdoors. Much of his research has investigated ways to promote outdoor activities while preserving ecological integrity.

A recent exploratory study, for example, assessed the extent and nature of environmental impact within three nature play areas for children located in Virginia, Illinois, and North Carolina. Dr. Browning found measurable negative impacts, including loss of groundcover vegetation, damage to trees and shrubs, and soil exposure. He recommended that park managers minimize potential damage by locating play areas in impact-resistant sites, improving sites with the use of impact-resistant plants, and promoting low-impact practices.



ROBYN GOBIN

ASSISTANT PROFESSOR, DEPARTMENT OF KINESIOLOGY AND COMMUNITY HEALTH
PH.D. CLINICAL PSYCHOLOGY, UNIVERSITY OF OREGON



“I came to Illinois because it offered the opportunity to impact lives through research in an environment that values and supports research, as well as colleagues who inspire and motivate.”

Dr. Gobin’s research and clinical training has focused on interpersonal trauma, women’s mental health, and veterans’ issues. She is particularly interested in post-traumatic stress disorder (PTSD) among veterans, especially those men and women who have been subjected to sexual assault during their military service. Veterans who experience military sexual trauma (MST) often have less than optimal responses to PTSD treatment and continue to experience significant distress and impairment. Moreover, compared to victims of other types of trauma, MST survivors have higher risks for developing PTSD and are more likely to drop out of treatment prematurely.

Dr. Gobin has developed a mindfulness-based intervention to improve PTSD treatment outcomes for veterans who have experienced MST. The intervention teaches veterans preparatory emotion regulation and distress tolerance coping skills before they begin standard treatment with the goal of facilitating full engagement in PTSD treatment. She conducted a pilot trial of the intervention on MST survivors at the San Diego Veterans Administration Healthcare System through the University of California San Diego’s Clinical and Translational Research Institute.

Prior to joining AHS, Dr. Gobin was an Advanced Women’s Health Research Fellow in the San Diego Veterans Administration Healthcare System. She also held positions as a postdoctoral fellow in treatment research in Brown University’s Department of Psychiatry and Human Behavior and as a postdoctoral clinician in the PTSD Clinic of the Providence Veterans Administration Healthcare System.



LAURA HAHN

ASSISTANT PROFESSOR, DEPARTMENT OF SPEECH AND HEARING SCIENCE
PH.D. EDUCATION AND HUMAN DEVELOPMENT, COLORADO STATE UNIVERSITY

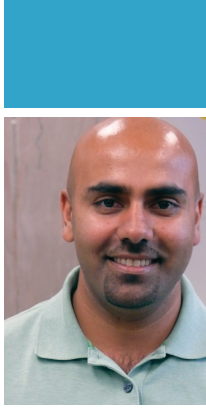


“The focus on disability at Illinois, and how the faculty at Illinois showed a lot of interest in my research, was very encouraging.”

Dr. Hahn joined AHS from the Neurodevelopmental Disorders Project at the University of South Carolina, where she was a postdoctoral fellow. She is interested in the development of early social, cognitive, and communicative abilities in infants and children with neurogenetic disorders, such as fragile X syndrome, Down syndrome, and Williams syndrome.

Each syndrome is associated with intellectual disabilities, but there are differences in the social and communication skills of children with these disorders. Dr. Hahn’s research focus includes characterizing the early patterns of strengths and weaknesses associated with each syndrome and describing the longitudinal effects of these strengths and weaknesses on later developmental outcomes.

For example, Dr. Hahn examined the skill of joint engagement in young children with fragile X syndrome, and the relationship between joint engagement and language abilities. She found that children with fragile X syndrome who spend more time in joint engagement between 24 and 36 months have higher expressive language abilities between the ages of 5 and 6. A useful language intervention, she concluded, would target joint engagement skills in infants and toddlers with fragile X syndrome. Ultimately, she wants to translate her research to support the development of interventions that promote wellbeing and positive development in children with neurogenetic disorders.



NAIMAN KHAN

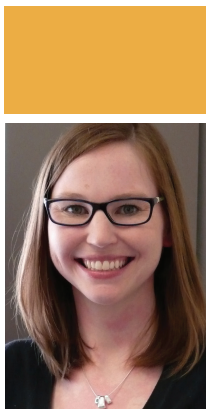
ASSISTANT PROFESSOR, DEPARTMENT OF KINESIOLOGY AND COMMUNITY HEALTH
PH.D. NUTRITIONAL SCIENCES, UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

“I feel that I’m making an impact here and putting knowledge to work. This is a great university, with fantastic resources and outstanding collaborators.”

Dr. Khan came to the Urbana-Champaign campus as a graduate student in nutritional sciences in 2006. His first formal affiliation with KCH came in 2009, when he became a graduate research assistant in the Bone and Body Composition Lab. After completing master’s and doctoral degrees in nutritional sciences, he joined the Department of Kinesiology and Community Health as a postdoctoral research associate in the Neurocognitive Kinesiology Lab.

Taking a multidisciplinary approach, Dr. Khan seeks to understand interactions among lifestyle behaviors such as diet and physical activity, body composition including abdominal fat, and cognitive and brain health. For example, he has measured the impact of the FITKids physical activity intervention developed by KCH colleague Dr. Charles Hillman on abdominal adiposity and cognition in pre-pubescent children. In one study, he found that the consumption of saturated fats and dietary cholesterol are negatively related to cognitive flexibility in children, a relationship that becomes particularly evident as task demands increase.

In his Body Composition and Nutritional Neuroscience Lab, he currently is examining the impact of early life nutrition (breast feeding versus formula) and maternal physical activity on children’s long-term brain health and cognitive function. His ultimate goal is to understand the synergy between diet and exercise and to add to the body of knowledge in the area of nutrition and neuroscience, an emerging area of interest.



MARIE MOORE CHANNELL

ASSISTANT PROFESSOR, DEPARTMENT OF SPEECH AND HEARING SCIENCE
PH.D. DEVELOPMENTAL PSYCHOLOGY, UNIVERSITY OF ALABAMA

“What I like about the Department of Speech and Hearing Science is that there are so many clinicians here eager to put research findings into practice. There’s a wide range of expertise and a high level of student involvement and community engagement.”

Dr. Channell joined AHS from a postdoctoral fellowship in the Autism Research Training Program at the University of California, Davis MIND Institute. Her research focuses on the development of language, cognition, and social-emotional skills in individuals with such neurodevelopmental disorders as Down syndrome, fragile X syndrome, and autism spectrum disorder, and how skills in these domains work together to influence everyday communication.

Knowing that it is difficult to diagnose autism spectrum disorder in individuals with Down syndrome, Dr. Channell identified the typical range of social communicative behaviors observed in these individuals. The study helped to inform clinicians of the typical range of behaviors so that individuals with Down syndrome who exhibit atypical patterns might be considered for a full autism spectrum disorder diagnostic evaluation.

Dr. Channell also designed a new measure of emotion knowledge in individuals with Down syndrome that presents information nonverbally, minimizing the impact of language processing impairments. Her other recent investigations include patterns of change in nonverbal cognition in adolescents with Down syndrome, and narrative language competence in youth with Down syndrome or fragile X syndrome. Through her research, she hopes to contribute to the development of customized interventions to promote communication skills and maximize the quality of life for individuals with neurodevelopmental disorders.



SANDRALUZ LARA-CINISOMO

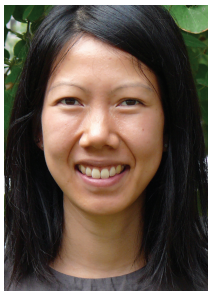
ASSISTANT PROFESSOR, DEPARTMENT OF KINESIOLOGY AND COMMUNITY HEALTH
PH.D. PSYCHOLOGY, COLUMBIA UNIVERSITY

“I came to Illinois because I was impressed by the amount and diversity of science here, as well as the variation in methodologies used. Diverse interests are supported here.”

Dr. Lara-Cinisomo’s research focuses on mother and child well-being during pregnancy through one year postpartum. She is particularly interested in maternal mental health, which she has studied extensively in previous positions as a behavioral scientist with RAND Corporation in Pittsburgh, an adjunct faculty member at Pardee RAND Graduate School in Los Angeles, an assistant professor of special education and child development at the University of North Carolina at Charlotte, and a biomedical research fellow at the University of North Carolina at Chapel Hill.

Perinatal mental health is a relatively new area of research and has focused mostly on white women. One of Dr. Lara-Cinisomo’s goals is to study the phenomenon among immigrant and US-born Latinas. Her research has investigated women’s biology, stress reactivity, and depression. In the only study of its kind, she examined whether depressed mothers had higher levels of cortisol, known as the stress hormone.

Through her research, Dr. Lara-Cinisomo also hopes to identify racial, ethnic, and economic disparities in the detection and treatment of depression. She also intends to continue her research program to address specific mental health issues among military mothers and children.



LINDA TRINH

ASSISTANT PROFESSOR, DEPARTMENT OF KINESIOLOGY AND COMMUNITY HEALTH
PH.D. PHYSICAL EDUCATION AND RECREATION, UNIVERSITY OF ALBERTA

“The kinesiology program is one of the top-ranked in the nation. I was impressed by the productivity and collegiality of the faculty, as well as the breadth of resources available to conduct the type of research that I do.”

Dr. Trinh’s research focuses on cancer control and survivorship from a health and exercise psychology perspective. She investigates relationships between sedentary behavior and physical and mental health, as well as the role of physical activity in the quality of life of cancer survivors. The promotion of physical activity and reduction of sedentary behavior is essential to improving the quality of life, symptom management, and prognosis for cancer survivors. She is particularly interested in obesity-linked cancers and genito-urinary cancers, including kidney, breast, prostate, and colon cancers. Following her doctoral work, she continued her research program as a postdoctoral fellow at the University of Toronto.

Dr. Trinh has found, among other things, that cancer survivors can experience improvements in quality of life even when they do not meet the recommended guidelines of 150 minutes of moderate-to-vigorous physical activity per week. Avoiding any sort of inactivity during the treatment and survivorship phase can be extremely beneficial for health outcomes. Exercising during treatment increases chemotherapy completion rates, and physical activity levels increase and are maintained when the exercise program is accompanied by behavioral counseling. With knowledge gained from her research, Dr. Trinh has developed effective print, web-based, and face-to-face lifestyle interventions based on a variety of behavior change techniques.

THE COLLEGE OF APPLIED HEALTH SCIENCES

DISTINGUISHED ALUMNI AWARD

After completing his degrees, Tom Scotty spent eight years as a swimming coach on the University of California campuses in Los Angeles and San Diego. He led his teams to several championships while earning “Coach of the Year” honors. Eager to return home to raise a family in Illinois, he decided to pursue a different career. After much research and careful consideration, he chose to focus his efforts in academic publishing. Academia was a world with which he was familiar and the thought of having a positive impact on the quality of higher education appealed to him.

He joined Macmillan, a top five higher education publishing company, as a publisher’s sales representative in Chicago. Over the next 10 years, his outstanding performance would help him rise through the ranks of company administration, first to central regional sales manager, followed by national sales manager, vice president of sales, and president of sales and operations. After six years as president of sales and operations, Mr. Scotty was named co-president of Macmillan. He successfully took on the responsibility of driving growth in revenue and profits in North America while accelerating the company’s transition from print to digital content, tools, and services for instructors and students. He also served on the Board of Directors of CourseSmart, a leading digital content services company, during this time.

Looking for a new challenge, Mr. Scotty joined RedShelf as chief operating officer in 2014. Founded in 2012, the company was the only startup to partner directly with the Big 5 academic publishers (Pearson, McGraw-Hill, Cengage, Macmillan, and John Wiley & Sons) just two years later. The company’s goal is to improve the online learning experience and accelerate the transition to digital in ways that support publishers, institutions, bookstores, faculty, and students.



“MY EDUCATION AND EXPERIENCES AT THE UNIVERSITY OF ILLINOIS CONTRIBUTED TO MY PROFESSIONAL AND PERSONAL ACCOMPLISHMENTS IN EVERY WAY. AT ILLINOIS, THE MOST IMPORTANT THING I LEARNED WAS HOW TO LEARN. THE INTELLECTUAL CURIOSITY I DEVELOPED IN COLLEGE HAS BEEN A POSITIVE DRIVING FORCE IN MY LIFE AND ALWAYS WILL BE. MY AHS EDUCATION EQUIPPED ME WITH THE TOOLS FOR LIFE.”

TOM SCOTTY

B.S. AND M.S. KINESIOLOGY
CHIEF OPERATING OFFICER
REDSHELF, CHICAGO, ILLINOIS





THE DIVISION OF DISABILITY RESOURCES & EDUCATIONAL SERVICES
HAROLD SCHARPER AWARD



"AS THE FIRST PERSON WITH A DISABILITY TO ATTEND ILLINOIS, HAROLD SCHARPER HELPED TO BLAZE A TRAIL FOR ALL OF US WHO FOLLOWED HIM. MY SUCCESS AT THE UNIVERSITY OF ILLINOIS IS DIRECTLY ATTRIBUTABLE TO THE INCREDIBLE DEDICATION, EXCELLENCE, AND COMMITMENT OF THE DIVISION OF DISABILITY RESOURCES AND EDUCATIONAL SERVICES AND ITS STAFF."

KAREEM DALE
B.S. ADVERTISING; M.B.A; J.D.
DIRECTOR AND SENIOR COUNSEL
DISCOVER FINANCIAL SERVICES,
DEERFIELD, ILLINOIS



After completing his law degree, Kareem Dale joined Winston & Strawn LLP in Chicago as a litigation associate. Among his responsibilities were providing pro bono representation to diverse clients and mentoring attorneys from underrepresented groups. He left the firm in 2007 to start his own practice, The Dale Law Group, where he focused on personal injury, real estate, and commercial litigation.

As a law student, Mr. Dale had invited a young Illinois state senator to campus to make a presentation. Barack Obama not only would become a good friend but also recruit Mr. Dale to serve as national disability director for his presidential campaign. After taking office, President Obama appointed Mr. Dale to the position of Special Assistant to the President for Disability Policy, the highest-ranking position on disability ever created by a President. His many responsibilities included briefing the President on policy issues, representing the President at meetings, and reviewing and editing presidential speeches on new legislation, policies, and regulations. Mr. Dale supervised a government-wide policy review related to the signing and ratification of the UN Convention on the Rights of Persons with Disabilities, the first new human rights treaty of the 21st century.

Mr. Dale joined Discover Financial Services in 2013 as the company's in-house counsel. He is active in the community, serving as a member of the ADA 25 Chicago Steering Committee and on the Board of Directors of Access Living, an advocacy group for Chicagoans with disabilities. A past president of the Board of Directors of the Black Ensemble Theater, he was named one of "30 Leaders of the Future under 30" by Ebony Magazine in 2001.



AHS OFFERS ACCESSIBILITY CERTIFICATE

Many states are passing legislation that establishes disability policy for digital accessibility. The law aside, accessible website design for persons with disabilities just makes good sense for everyone, including good financial sense, says Dr. Reginald Alston, a leading scholar in disability services and policy in the College of Applied Health Sciences. "Several institutions of higher education, including Harvard, M.I.T., and Penn State have been challenged for inaccessible course content online," he said. "In the private sector, giant retailer Target settled a website inaccessibility lawsuit in 2008 for \$6 million."

It has been a longstanding goal of the College of Applied Health Sciences to ensure that people with disabilities have the same access to information sources as people without disabilities, be they digital, video, audio, or print. Working with the Center for Innovation in Teaching and Learning, AHS initiated an online professional certificate program in Information Accessibility Design and Policy (IADP) for programmers, instructional designers, website developers, information specialists, and disability service providers.

The program's three online courses address principles, policies, and practices of information accessibility; designing universally accessible web resources; and accessible software and web applications. IADP can be completed within one academic year, and graduates will earned 6 credit hours (2 credits per course) of university approved coursework and will be awarded an official professional certificate from the University of Illinois after completion.

Visit us online to learn more about the Information Accessibility Design and Policy online certificate program.

[ONLINE.AHS.ILLINOIS.EDU/IADP](https://online.ahs.illinois.edu/iadp)

IADP RECEIVES LEADERSHIP IN DIVERSITY AWARD

The College of Applied Health Sciences' on-line professional development certificate in Information Accessibility Design and Policy (IADP) has received the Leadership in Diversity Award from the University Professional & Continuing Education Association (UPCEA), the leading association for professional, continuing, and online education. The award recognizes best practices in promoting the educational success of diverse students; outstanding accomplishment in research, educational programs and services, administrative practice, or organizational commitment; and creative work that advances the academic success, understanding, or quality of life of underrepresented groups.

CONNECTING WITH THE COMMUNITY

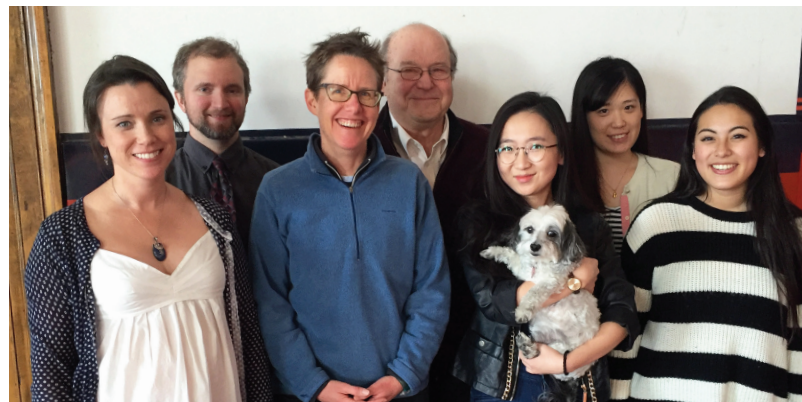


When Jacksonville, Illinois, won first prize in the national 2015 PetSafe Bark for Your Park Contest, the City Council released a request for proposals for a dog park design that would incorporate about seven acres of land along the Mauvaise Terre Lake. The winning proposal was submitted by the Office of Recreation and Park Resources (ORPR), the service unit of the Department of Recreation, Sport and Tourism (RST).

ORPR's leadership team—director Robin Hall, community services and education coordinator Jarrod Scheunemann, and landscape architecture specialist Lara Browning—was committed to making the project an outstanding learning experience for students while also producing a top-notch design for Jacksonville. They interviewed students in RST and Landscape Architecture and assembled a team that capitalized on the strengths of both disciplines. “The RST students focused on the management side, doing background research, creating a design checklist, and working on budget issues,” Ms. Browning said. “The landscape architecture students engaged in the actual design work.”

Additionally guided by information from site visits and community input, their efforts resulted in two concepts. The “natural” design focused on the natural flow of water through the park to the lake and incorporated prairie grass, rustic walking trails, and natural play equipment and benches. The “contemporary” design incorporated more amenities, including high-end agility equipment and modern park furniture.

The students presented the two concepts at a community meeting in Jacksonville in January. The final, approved design blends the two original concepts into a dog park that employs a contemporary design on the street side of the acreage and becomes more rustic and natural as visitors approach the lake. Phase I of construction begins this spring.



L-R: Lara Browning, Jarrod Scheunemann, RST student Kerri Schiller, Robin Hall, Landscape Architecture students Yexwan Gu and Jing Wang, and RST student Farzan Rostam-Abadi

Although her academic focus is on Tourism, RST student Farzan Rostam-Abadi says the park planning experience will help her achieve career goals. “I am passionate about community development,” she said. “Understanding all the small, often unseen details that go into creating a community asset as well as the psychology behind it will help me tremendously in the future.”

Students obtained real-world experience, Ms. Browning said, but Jacksonville also benefited from working with an academic team rather than a private firm. “Our students did a lot more research than is typically done, produced two options instead of a single concept, and provided the city with perspectives and images that can be used in fundraising and marketing,” she said. Each student contributed to a final report to Jacksonville that is more comprehensive than the standard project report. “The students created something they can be proud of,” she said, “something that will be valuable as they join their fields as professionals.”

PEOPLE WITH MS

MAY BE MORE
FIT THAN PREVIOUSLY
THOUGHT



by Sharita Forrest
University of Illinois News Bureau

CONVENTIONAL METHODS OF ASSESSING CARDIORESPIRATORY FITNESS AND MUSCULAR STRENGTH AMONG PEOPLE WITH MULTIPLE SCLEROSIS MAY UNDERESTIMATE PARTICIPANTS' CAPABILITIES, PROMPTING CLINICIANS TO PRESCRIBE EXERCISE THERAPIES THAT ARE LESS EFFECTIVE THAN THEY COULD BE, ACCORDING TO NEW RESEARCH BY SCIENTISTS AT THE UNIVERSITY OF ILLINOIS.

In a study of 64 patients with MS, kinesiology and community health professor Lara Pilutti and her colleagues found that participants had significantly higher peak aerobic capacity and muscle strength when recumbent steppers and computerized dynamometers were used for the tests, compared with arm ergometers and handheld dynamometers.

Participants' muscle strength ranged from 60 to 173 percent greater, depending on the leg muscle group tested, when measured with a computerized dynamometer versus a handheld device. Accordingly, participants' peak aerobic capacity was 32 percent greater when tested with a recumbent stepper versus an arm ergometer, an upper-body exercise machine that is similar to pedaling a bike with one's hands.

Computerized dynamometers measure the amount of torque or muscle force that users exert to move a lever with their legs. The accuracy of handheld dynamometers in muscle-strength testing has been challenged in prior research because the results can vary greatly, depending on the strength of the person administering the test and providing the resistance as the participant pushes against the device, Pilutti said. Participants in the study ranged in age from 18 to 64 and had mobility disabilities from MS that varied from mild to severe.

Published in the *Journal of Neurologic Physical Therapy*, the paper is believed to be the first study to evaluate the use of computerized dynamometers in testing strength deficits in people who have severe mobility impairments from advanced MS.

People who have the most significant disability from the disease frequently are excluded from research studies, either because facilities lack the necessary adaptive equipment or because of other barriers to exercise participation, such as transportation problems.

However, people with the most disabling symptoms could reap great benefits from exercise training, Pilutti said. For the 2.5 million people worldwide who have MS, appropriate exercise can help manage many symptoms of the disease, including fatigue, muscle weakness and problems with balance and coordination.

Sedentary behavior is a significant health threat among people with MS, who, like their counterparts in the general population, spend an average of about eight hours each day sitting, the researchers found. "We know there are some serious health consequences in terms of morbidity and mortality, so inactivity is a pretty significant issue," Pilutti said. "We need to develop some interventions for both people with MS and in the general population to get everyone to be more active. But that's going to be a challenge for people who have more severe mobility disabilities."



RESEARCH BRIEFS



Aron Barbey

Assistant Professor, Department of Speech and Hearing Science



NETWORK TOPOLOGY AND DYNAMICS IN TRAUMATIC BRAIN INJURY

CURRENT OPINION IN BEHAVIORAL SCIENCES, AUGUST 2015

The World Health Organization has projected that by 2020, traumatic brain injury (TBI) will be the leading cause of neurological disability across all age groups. Despite increased awareness of the detrimental consequences of TBI, translating neuroscience research into effective interventions for TBI remains a critical challenge. Dr. Barbey and his co-researchers propose a network approach to clinical translation that defines core behavioral phenotypes of TBI with respect to damage to specific intrinsic connectivity networks. Three of these networks have been the focus of research on cognitive control: the salience network, which directs attention to behaviorally salient events in internal and external environments; the default mode network, which facilitates autobiographical memory and social cognition; and the central executive network, which supports external attention during goal-directed, cognitively demanding tasks. Barbey and his colleagues conclude that a network approach to the classification of the neurobehavioral features of TBI provides insight into the mechanisms of brain injury, linking characteristics of intrinsic connectivity networks to specific profiles of cognitive impairment, providing key neurobiological targets for therapeutic intervention, and motivating new perspectives about the nature of cognitive recovery and rehabilitation in TBI.



Diana Grigsby-Toussaint

Associate Professor, Department of Kinesiology and Community Health



SLEEP INSUFFICIENCY AND THE NATURAL ENVIRONMENT: RESULTS FROM THE US BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM SURVEY

PREVENTIVE MEDICINE, SEPTEMBER 2015

Adequate sleep has been touted as a critical component of optimal health, being linked to better cardio-metabolic profiles, functional capacity, and lower risk of overweight or obesity and death. Several population-based studies indicate that approximately 40 percent of adults in the United States sleep less than seven hours a day. In addition to sleep disorders, socioenvironmental and lifestyle factors such as living in an impoverished neighborhood, shift work, lower physical activity levels, and depression are associated with lesser hours of sleep. Exposure to the natural environment or natural amenities has received less attention in sleep studies, although research has shown positive relationships between accessibility to nature and physical activity and mental health. In one of the few studies of its kind, Dr. Grigsby-Toussaint and her colleagues investigated the relationship between exposure to various aspects of the natural environment and sleep insufficiency using a large population-based sample. They found that access to the natural environment lessened the likelihood of reporting insufficient sleep, particularly among men. In future studies, they hope to hone in on the specific characteristics of the natural environment that are more likely to improve sleep sufficiency as well as differences and similarities among various sociodemographic groups.



Ian Rice

Assistant Professor, Department of Kinesiology and Community Health



THE INFLUENCE OF GLOVE TYPE ON SIMULATED WHEELCHAIR RACING PROPULSION: A PILOT STUDY

INTERNATIONAL JOURNAL OF SPORTS MEDICINE, JUNE 2015

Wheelchair racing has become one of the most widely practiced wheelchair sports for individuals with disabilities. During the 1970s, wheelchair use during competition began to greatly shift from simply an assistive device to a complex piece of sports equipment. Modern racing chairs incorporate lightweight rigid materials such as carbon fiber frames and wheels, as well as aerodynamic body positioning customized to the anthropometrics of each individual. Additionally, wheelchair racers utilize specialized gloves to make contact with each wheel's handrim to generate propulsive power. Racers choose between padded commercial leather, or soft, gloves, and form-fitting thermoplastic, or solid, gloves. Dr. Rice and his co-researchers undertook a groundbreaking scientific examination of the gloves to better understand the influence of glove type on aspects of racing propulsion. They used a force and moment sensing Racing SmartWheel to examine differences as a function of glove type at steady-state and top-end velocity conditions. Their findings suggested that users of solid gloves used less impulse to propel faster and made more accurate contact with the handrim. However, Dr. Rice cautions that further research is needed before one type of glove can be said to outperform the other.



Jon Welty Peachey

Associate Professor, Department of Recreation, Sport and Tourism



MANAGING IMPACT: LEVERAGING SACRED SPACES AND COMMUNITY CELEBRATION TO MAXIMIZE SOCIAL CAPITAL AT A SPORT-FOR-DEVELOPMENT EVENT

SPORT MANAGEMENT REVIEW, FEBRUARY 2015

Sport-for-development, or SFD, is the use of sport to exert a positive influence on public health, the socialization of children, youth, and adults, the social inclusion of the disadvantaged, and the economic development of regions and states. SFD also is used to foster intellectual exchange and peace. Dr. Welty Peachey and his research team undertook this investigation to better understand how an SFD event could be leveraged socially and be used to provide a threshold for change and develop a sense of sharing among participants, in this case, homeless individuals. They worked with Street Soccer USA (SSUSA), an organization that forms partnerships with other social service providers to help affect positive life changes among homeless participants in 20 cities. The data came from two SSUSA Cups, a national tournament that brings all 20 teams together. Results advanced knowledge about the means to foster celebration and camaraderie at SFD events, particularly for marginalized populations, as well as how to leverage the events for social capital development and social good. In the future, Dr. Welty Peachey hopes to investigate how SFD events can be leveraged for economic and environmental benefits as well.

DONORS MAKING A DIFFERENCE

Paralympic athletes train in a 2100-square-foot, state-of-the-art training facility that boasts specialized equipment such as roller stations, Nordic ski ergs, and weights. Designated in September 2014 as a U.S. Paralympic Training Site by the United States Olympic Committee, the facility was made possible through the support of sponsor BP, which donated \$160,000 toward the creation of the new training site.





DOHA, QATAR

ILLINOIS STUDENTS COMPETE AT PARALYMPIC WORLD CHAMPIONSHIPS

Eleven University of Illinois students competed with the United States Paralympic team at the track and field world championships in Doha, Qatar, in October. They included Kelsey LeFevour, graduate student in the Department of Recreation, Sport and Tourism, and Ray Martin, undergraduate student in the Department of Kinesiology and Community Health.

Doha was a gracious host city, Martin said, and he found the hot and sunny weather a nice change. "That being said, the intense heat and extreme humidity made competing in the Middle East quite the unique experience, and coming home with two gold medals capped off an enjoyable two weeks of competition," he said.

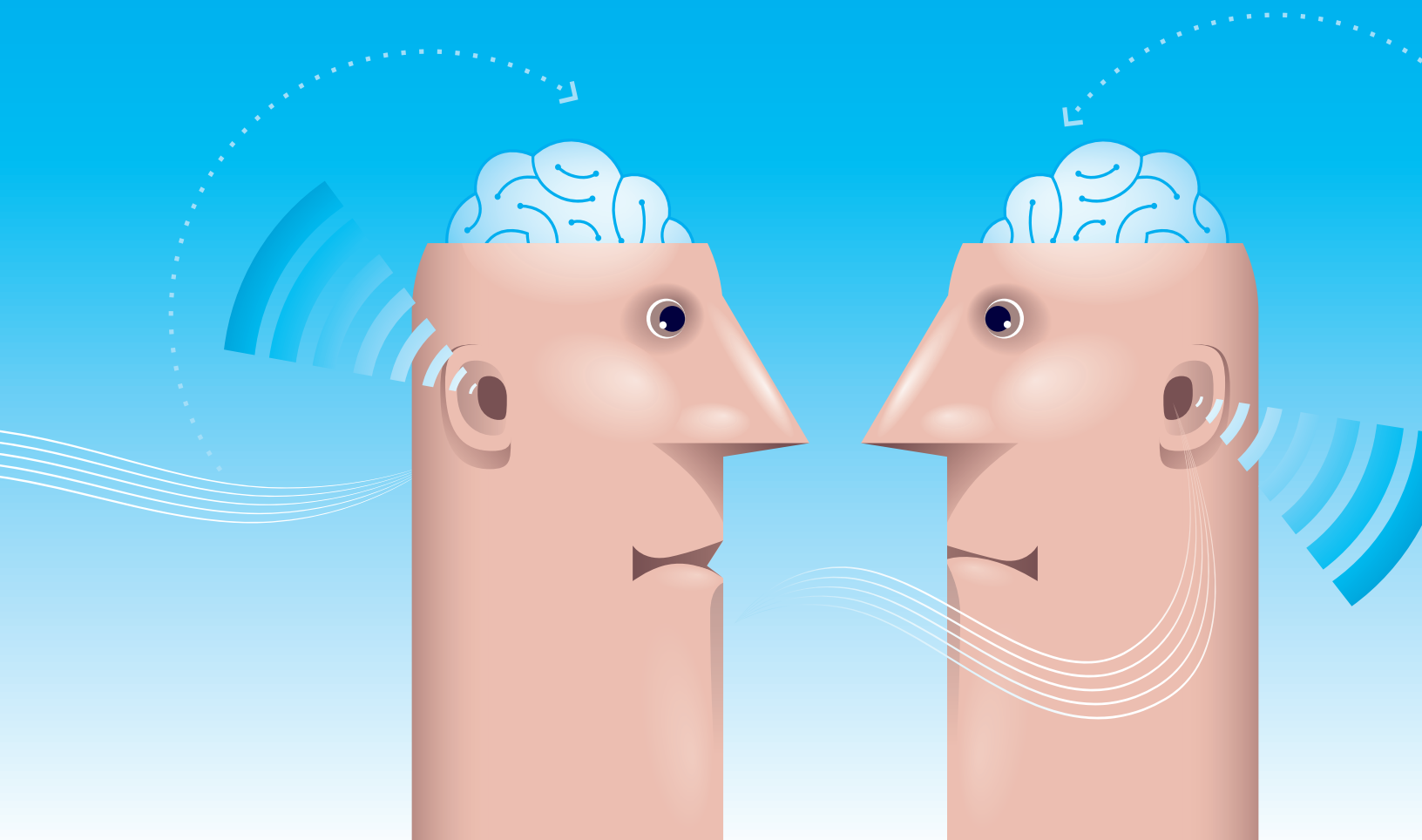
The 2015 Doha games, held October 21st through 31st, featured about 1,300 athletes from 90 countries. It was one of the last major competitions ahead of the 2016 Paralympic Games, which will be held in Rio de Janeiro, Brazil. It is the first time a South American country has hosted the games, which will take place September 7-18.

Wheelchair track coach Adam Bleakney said the high-stress environment that a World Championship provides in preparing athletes for Paralympic competition can't be duplicated.

"It gives athletes an opportunity to work on and try various tactical strategies," he said. "We spent a lot of time analyzing their performances, both the strengths and weaknesses, which will provide us focus in our final eight months of preparation for Rio." He added that he was incredibly proud of his athletes and how well they executed at the high-level event in Doha.



EMOTION PROCESSING IN BRAIN CHANGES WITH TINNITUS SEVERITY





DR. FATIMA HUSAIN

by Sarah Banducci
University of Illinois News Bureau

TINNITUS, OTHERWISE KNOWN AS RINGING IN THE EARS, AFFECTS NEARLY ONE-THIRD OF ADULTS OVER AGE 65. THE CONDITION CAN DEVELOP AS PART OF AGE-RELATED HEARING LOSS OR FROM A TRAUMATIC INJURY. IN EITHER CASE, THE RESULTING PERSISTENT NOISE CAUSES VARYING AMOUNTS OF DISRUPTION TO EVERYDAY LIFE.

While some tinnitus patients adapt to the condition, many others are forced to limit daily activities as a direct result of their symptoms. A new study reveals that people who are less bothered by their tinnitus use different brain regions when processing emotional information.

“We are trying to understand how the brain adapts to having tinnitus for a very long time,” said Fatima Husain, University of Illinois speech and hearing science and neuroscience professor who conducted the research with kinesiology and community health professor Edward McAuley and neuroscience graduate students Jake Carpenter-Thompson and Sara Schmidt. Husain also is affiliated with the Beckman Institute for Advanced Science and Technology. Carpenter-Thompson is lead author on the paper, which is published in the journal PLOS ONE.

Husain’s research uses functional magnetic resonance imaging, an imaging tool that enables researchers to see changes in blood oxygen levels in the brain during an activity.

Using fMRI, Husain’s team previously compared how the brain processes emotion in patients with mild tinnitus and people without the condition. While in the scanner, study participants listened to and rated pleasant, unpleasant and neutral sounds (e.g. kids giggling, babies crying and people babbling in the background). The researchers reported that, in contrast to those without tinnitus, patients with mild tinnitus showed greater engagement of different areas in the brain when processing emotional sounds.

To further understand this altered brain activation, Husain conducted a new fMRI study to see if there were any differences among tinnitus patients. Because some patients adjust to the ringing in the ears while others do not, the severity of the condition can vary greatly. Husain’s team measured the severity of tinnitus, or tinnitus distress, with a series of surveys and questionnaires assessing hearing, attention, emotion and sleep.

Patients with lower tinnitus distress used an altered pathway to process emotional information. The path did not rely on the amygdala, commonly believed to play an important role in emotion processing in the brain. Instead, patients who had adapted to their tinnitus symptoms used more of the brain’s frontal lobe, a region critical for attention, planning and impulse control. The researchers suggested that the greater activation of the frontal lobe might be helping to control emotional responses and reduce tinnitus distress.

Another aim of Husain’s research was to evaluate possible interventions to help patients reduce tinnitus distress. The study reported that physical activity might influence emotion processing and help to improve quality of life of those bothered by tinnitus. Husain hopes more research will investigate this link. Her future research on the topic will also include active duty service members, a group highly affected by trauma-induced, early-onset tinnitus.

AHS FACULTY & STAFF AWARDS



NATIONAL



ASSOCIATE PROFESSOR FLAVIA ANDRADE NAMED A FELLOW OF THE BEHAVIORAL AND SOCIAL SCIENCES SECTION OF THE GERONTOLOGICAL SOCIETY OF AMERICA

Associate Professor Flavia Andrade of the Department of Kinesiology and Community Health was named a Fellow of the Behavioral and Social Sciences Section of the Gerontological Society of America. Dr. Andrade's research focuses on the study of health, well-being and quality of life in Latin America and the Caribbean and among Latinos in the U.S. She has investigated the impact of diabetes on life expectancy and disability-free life expectancy among older adults in Mexico and gender differences in life expectancy and disability-free life expectancy among older adults in São Paulo, Brazil, among other things.

The Gerontological Society of America is the nation's largest interdisciplinary organization devoted to the field of aging. The status of fellow acknowledges outstanding and continuing work in gerontology.



PROFESSOR CHRIS GREEN OF THE DEPARTMENT OF RECREATION, SPORT AND TOURISM HAS RECEIVED THE 2016 EARLE F. ZEIGLER LECTURE AWARD FROM THE NORTH AMERICAN SOCIETY FOR SPORT MANAGEMENT.

The most prestigious honor bestowed by NASSM, the Zeigler Award recognizes significant achievement in scholarship, research, leadership, and peer recognition; outstanding contributions to collegiality and student growth and development; and significant impact on the field of sport management. Dr. Green studies the growth and development of sport programs and systems and their relationship to the development of individuals, groups, communities, and organizations.



CAMPUS



ILLINOIS STUDENT SENATE TEACHING EXCELLENCE AWARD

Steve Notaro, Lecturer, Department of Kinesiology and Community Health



CAMPUS AWARD FOR EXCELLENCE IN FACULTY LEADERSHIP

Wojtek Chodzko-Zajko, Former Professor and Department Head, Department of Kinesiology and Community Health, Dean, Graduate College

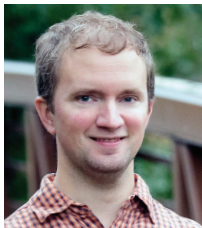


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Rob Motl, Professor, Department of Kinesiology and Community Health



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