Students connect their work to the world

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Division of Healthcare Administration and Informatics
Department of Analytical and Diagnostic Sciences
Department of Communication Sciences and Disorders
Department of Nutritional Sciences
Department of Rehabilitation Sciences
School of Social Work
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Cover: Army veteran Ty York tests new therapy equipment for doctoral candidate Lindsay Reigler

The College of Allied Health Sciences will begin offering a Master of Health Administration degree program in June 2011. See page 10 for more details.

Become a licensed social worker?
Each spring, Sophia Dziegielewski, PhD, teaches a course for social workers to take the exam required for social work licensing. Many graduates of the school attend along with others from the community. All proceeds are donated back to the school. For information on this course, call the School of Social Work at 513-556-4615.
Message from the Dean

Dear Alumni and Friends,

It is a pleasure to share with you again some of the many successes of faculty, staff, and students in the College of Allied Health Sciences. The cover story offers a glimpse into their activities. It describes the work of a student reaching out to veterans to help them receive speech language therapy when their lives are complicated by other obligations. And you’ll read about other student research that is impacting the diet of diabetic patients who are hospitalized. You will see how service learning/community engagement enhances our students’ college experience—and changes lives—when students actively participate in their majors as early as their freshman year. This exploratory experience lays a foundation that helps them make sound academic and career decisions. It helps them understand more deeply the relationship of their coursework and major to their impact on the world.

While community-engagement experiences are reflective of both our graduate and undergraduate programs, it is one part of an undergraduate model for learning critical thinking, communication skills, and social responsibility. At your College of Allied Health Sciences that model includes several stages of learning.

Freshman Year Experience:
- Freshman Seminar - focuses on the student’s successful transition to college. It is taught by faculty, assisted by upperclassmen.
- Learning Communities - consist of small groups of students in a cluster of two or more linked courses. Learning Communities are designed to help students and faculty work together and build relationships.
- Service Learning - links academic course objectives to student engagement in the community.

Mid-collegiate Touch Point:
In the fall of 2011, our undergraduates will all come together to explore a professional health-related topic. This fall our topic will be ethics.

Presentation of Research and Innovative/Scholarly Endeavors (PRaISE):
Each year, we hold the PRaISE conference, a structured, undergraduate research symposium. At PRaISE, students present their research and scholarly activities through poster and oral presentations. We invite an accomplished allied health scholar, researcher, or practitioner to deliver the keynote address.

Culminating Capstone Experience:
A research project and/or portfolio is required of all seniors as a way for them to synthesize and showcase their entire undergraduate experience.

We believe this model provides a framework that fosters academic exploration and develops the professional experience of each student. As you read this newsletter, you will find much to be proud of about your college.

Sincerely,

Elizabeth C. King, PhD, Dean

Transforming the way we learn: the power of the community as a collaborative place for learning and research

Refer potential students
If you know someone interested in an allied health sciences career, why not point the way? A call to the AHS administrative offices at 513-558-7495 or to School of Social Work offices at 513-556-4615 will connect him/her to information on a broad range of study and career possibilities.
Students reach into the world, through research and programs that make a difference

This sampling of current activities and ideas opens a window onto the productive and caring students in the College of Allied Health Sciences

Student employs new rehab technique for Iraq and Afghanistan war veterans:

Doctoral candidate Lindsay Riegler received funding recently to conduct research with veterans of Operation Enduring Freedom and Operation Iraqi Freedom (OEF/OIF). Riegler is a speech language pathologist, certified brain injury specialist, and student in the Department of Communication Sciences and Disorders. She works with individuals who have blast injuries or blunt force trauma resulting in traumatic brain injuries (TBI). She’s trying to make their rehabilitation as easy and convenient as possible.

“We are working from a speech-language pathology standpoint, providing therapy as it pertains to executive functioning of the brain,” Riegler explains. Executive brain functions involve memory, attention, concentration, self-regulation—the higher mental skills needed to achieve goals large and small.

As a full-time employee at the Cincinnati VA Medical Center, Riegler noticed that unlike earlier war veterans, OEF/OIF veterans had difficulty keeping speech therapy appointments. She believes that with jobs and family obligations, their lives are too busy to fit in a trip to the VA. To solve this problem, Riegler partnered with Shari Wade, PhD, psychologist and research professor of pediatrics at Cincinnati Children’s Hospital Medical Center. Wade had developed online therapy programs for children and adolescents with TBI and their families.

Riegler followed Wade’s intervention model, changing content and graphics, and adding a voice-over function, to make six online therapy modules appropriate for veterans.

“We piloted the modules with a small group of veterans and performed pre- and post-intervention testing. The
outcomes were tremendous,” Riegler says. “The vets really liked using the online mode.”

The VA’s VISN 10 Research Sub-Council funded Riegler’s research grant proposal, “Utilizing Telemedicine for Cognitive Rehabilitation in OEF/OIF Veterans,” and she has begun the larger study, recruiting veterans who have previously been noncompliant. The $10,000 in funding will help purchase computers for issue to participants and access to video-conference phones. As she explains, “Video-conferencing will allow us to interact following observation and active participation in the modules.”

She hopes the new method encourages more veterans to receive the therapy they need—where and when they can fit it into their busy lives.

Research prompts a change in UC hospital practice

UC Health University Hospital has done away with bedtime snacks for most of its patients with diabetes. The decision to do so was helped along by Department of Nutritional Sciences graduate student research. Their work began more than a year ago under the guidance of department head Grace Falciglia. It involves a collaboration of the college, hospital, and College of Medicine. Master’s degree student Jennifer Golan continues the research, working with the hospital’s Diabetes Now team of endocrinologists, nurses, dietitians, pharmacists and administrators. She is looking at care practices for diabetes inpatients and areas where diet is an influence.

“We have three aims,” Golan explains, “to look at the timing of insulin administration in relation to the meal, to study the amount of insulin administered in relation to the carbohydrate content consumed by the patient and, finally, to monitor snacks eaten by the patients and how those snacks affect blood glucose levels.”

Regarding this last aim, Linda Woods, clinical nutrition coordinator at the hospital, says patients on insulin traditionally received an evening snack to make sure their blood sugar didn’t drop overnight. She says that in recent years the insulins used don’t have the same effect on blood sugars. And preliminary results of the student research showed that patients getting additional carbohydrates with the evening snack were probably eating more than they need.

“It was evidence to support taking out the later snack,” Woods says. “We were heading in that direction, but this was one more piece of evidence to support us.”

Golan hopes the change results in better control of blood glucose levels. “It’s exciting to be a part of research that will impact patient care in a positive way, and I’m lucky to work with both faculty and researchers.”

From article by Katy Cross in Sept. 2010

UC Academic Health Center Findings.
Health Sciences students give (and gain experience) through personal training

This fall, students in professor Dan Carl’s class met one-on-one with older adults in the community. Carl talked with Lynn Melzer at the Cincinnati Recreation Commission (CRC) and received permission for them to work in six CRC senior centers. The success of their effort was extended this winter to middle-aged adults who received personal training, and this spring it involves area youth for what Carl calls “recreation across the lifespan.”

Students went out to the senior centers two days a week over eight weeks and worked with individuals on exercises to improve gait, strength, mobility and balance (to support center-of-gravity awareness and help prevent falls). “They tested the participants at the beginning and end of the program to find any differences. No doubt about it,” he says, “the seniors benefited.”

Student feedback was also good. “They can hear it in the classroom and read about people at different ages, but actually applying what they’ve learned is a whole new experience.” It’s one where everyone benefits.

A consortium of students plan services for underserved community

Allied health students in social work and nutrition have joined forces with students in the colleges of Medicine, Pharmacy and Nursing on “a significant service project,” according to Ruth Anne Van Loon, associate professor and associate director in the School of Social Work. With the help of faculty, students will establish a health center at St. Vincent DePaul’s Bank Street facility.

Their effort will be supported by a Pfizer Professional Education Grant used to train faculty who will help guide students volunteering at the center and provide inter-professional training and development. AHS graduate student leaders of the project are Vashti Rutledge, Grace Lynch, Surbhi Chhabra, and Maggie Graeter.

“Students and faculty started volunteering in September at St. Vincent DePaul’s food pantry,” Van Loon explains. “This soon evolved to blood pressure screenings and direction on nutritional food choices.” She says students hope to expand the center to provide help in self-management of chronic illness, information on drugs and their side effects, and guidance on obtaining health supplies and equipment.

“Our social work students could refer individuals with
Students say service changes lives

Service Learning is an important part of the freshman experience in the College of Allied Health Sciences. UC’s Center for Community Engagement prepares them for volunteering and offers myriad opportunities. Here are a few of our students’ comments on their Service Learning evaluation forms.

This exercise sciences/pre-med student participated with Cats in the Community at Coryville Library, soup kitchens, a “mini camp for inner-city kids,” and Special Olympics:

So many things went well during my service learning, and I was humbled in many ways. I have always enjoyed doing community service. But the difference was that I had never really worked with inner-city kids. I am from a small town, and it really opened up my eyes to see what is out there. I was sheltered when it came to how rough some people have it. I am beyond grateful that I was able to participate in these events. I plan to do more of this throughout the year because I learned so much from the people around me.

This AMIT student served with Bearcat Buddies as tutor/mentor to two fifth-grade students and as a teacher’s aide at Hays-Porter School, preschool-grade 8.

The service learning changed me in a couple of ways. I have never been one to like kids, but I enjoyed being around these students. I learned how to interact with younger children, and my interpersonal and communication skills also developed. I learned that sometimes kids just need someone there for them. With some, their family lives aren’t the best. They want someone who is stable in their lives, someone to guide them. They need someone to listen and talk to them. I became more responsible, also. I never overslept or skipped out on my tutoring. I didn’t think of that as an option. I learned that I can make a difference in someone’s life just by hanging out with them for a few hours. The experience was unforgettable.

This food and nutrition/pre-med student served with the Leukemia and Lymphoma Society and its Team in Training fund-raising branch.

My attitude towards volunteering and helping others changed due to my service learning. I have always enjoyed volunteering, but this experience really put meaning behind it. Hearing two young children talk about their struggle with cancer at one of the events encouraged me to be more involved. Working with the Leukemia and Lymphoma Society also reinforced my previous interest in oncology, and I am now considering oncology as my future career path.

addiction or mental health issues and those who need rent assistance, for example. Sometimes people just need to know how to navigate paperwork, how to approach problem-solving,” she continues. “The students are interested in all these issues and the person as a whole.”

The project is part of a national initiative, the Institute of Medicine Health Professions Education Collaborative (HPEC), Open School Chapter. Van Loon and Joan Murdock, director of the Health Care Administration and Informatics program, serve as faculty team members in the project and are also involved in establishing an HPEC Faculty Scholars program.
Faculty members recognized for excellence in 2010

Faculty Excellence in Teaching:
Rose L. Smith, DPT, is associate professor in the Department of Rehabilitation Sciences who has shown a dedication to excellent teaching over 27 years. She has served as advisor and mentor, and both students and faculty have appreciated her time and effort in bringing the latest evidence-based content to her classes. She helps students develop insights needed to apply current evidence to the classroom and clinical settings. Smith redesigned lecture portions of her courses to online instruction and increased the number of laboratory sections available to students.

Smith has also received the Dean’s Service Award. With this award Dean Elizabeth King honors Smith’s exemplary service to the college: “She served as a faculty representative to the Administrative Council and brought faculty issues to the attention of the Council. She served tirelessly on the committee that looked into the possibility of merging the School of Social Work and the college.”

Faculty Excellence in Research:
Suzanne Boyce, PhD, is professor in the Department of Communication Sciences and Disorders who has again been recognized with this honor for her many significant and continuous research activities, including her recent grants from NIH to develop speech articulation tools for neuroscience research. Her continuous NIH funding is an impressive accomplishment. She is an excellent role model for the doctoral and master’s degree students whom she mentors. Boyce also provides advice and support to the college’s junior faculty. She has made many contributions to her department, to the college, and to her profession as an author, invited presenter and teacher/scholar.

Faculty Excellence in Service:
Elise Cowie, Med, RD, LD, is assistant professor in the Department of Nutritional Sciences who has made significant and continuous service contributions to the department, college and professional community. Among them was her five-year participation on the OBR’s Articulation and Transfer Advisory Council, which helped lay the foundation for a seamless transition of transfer for nutrition students in the State of Ohio. She also provided leadership for continued accreditation of the coordinated program, a milestone in dietetic education, since it allows students to sit for the registration exam and practice as registered dietitians on completion of their undergraduate degree. This had not been possible before she joined the faculty and the coordinated program was implemented. She also serves as a program reviewer for the American Dietetic Association’s accreditation agency.
Rehabilitation Sciences department head Tina Whalen visited the colleges of Nursing, A&S, and Pharmacy recently to learn how they manage student mentoring. What she found were three slightly different and successful approaches that will help CAHS shape its own mentoring program.

Whalen, who is also special projects coordinator for the college, says that she and Dean Elizabeth King have noted that today’s population of allied health professionals doesn’t mirror our community’s demographic in terms of diversity. They want the CAHS mentoring program to provide support where needed and especially to students in under-represented groups.

“Studies show tremendous outcomes for students who have a professional in their field as a mentor. This is in terms of better grades and really in all aspects of their lives,” Whalen explains. Right now the college is piloting a program with three student volunteers. At the end of the year they hope to scale up to offer opportunities to more students.

“We want to see what works,” Whalen says, “especially with regard to the structure, the ‘contract’ between student and mentor, and to make sure the program is sustainable. We already know that to succeed, it must be entirely voluntary.”

Monica Wilkins will coordinate the CAHS Undergraduate Mentoring Program. She is a successful physical therapist in Cincinnati who is president and executive director of Physical Therapy Options, Inc. Whalen says that as the program grows, alumni and others in allied health professions will also be asked to lend a hand. (Watch for updates in upcoming issues of Connections!)

### New positions and promotions

- **Natalie Burch** is program coordinator.
- **Dawn Clineman**, MS, leads instructional development for the college.
- **Karen Kreyenhagen** is financial administrator I.

**Christine Lottman**, MSW, is field service associate professor.

**Michael Tebbe**, LISW, is field service assistant professor.

**Melanie Woods**, MS, is assistant director of academics.

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**Department of Analytical and Diagnostic Sciences**

**CLS re-accredited with flying colors**

The National Accrediting Agency for Clinical Laboratory Sciences (NAACLS) Board of Directors has granted the college’s Clinical Laboratory Science program continuing accreditation for seven years, through October 31, 2017. (Seven years is the maximum time length granted by NAACLS.) After CLS submitted a 2,500-page self-study in October 2009, the NAACLS site visit team came to the college for two days in March 2010. Reviews from the self-study and site visit were nearly flawless!
The college’s overall headcount enrollment increased by 15% from autumn 2008 to autumn 2009 (1,736 students to 1,995 students).

The number of first time freshman from autumn 2008 to autumn 2009 increased by 28% (149 to 190 freshmen).

The college’s FTE enrollment increased by 15% from autumn 2008 to autumn 2009 (1,432 to 1,467).
More pre-med students part of largest freshman class

This fall, Allied Health Sciences (AHS) had its largest freshmen class ever. And despite the college gradually raising admissions standards over the last five years, the enrollment has continued to rise along with students’ average ACT score.

“We are attracting students with better ‘admissions profiles’ in both freshman and transfer admissions,” according to Michael Rosenberg, director of Student Affairs and Academic Advising for the college. He says several factors contribute to this. He thinks one may be that outreach efforts have been emphasizing both career and graduate school preparation.

‘Many of our majors, in addition to directly preparing students for a certain field, make excellent choices for pre-medicine, pre-veterinary, and pre-dental students who gravitate by reputation to majors such as biology and chemistry. Rather than being lab-based research majors, our majors provide opportunities for (and require!) students to deal with actual human beings while learning to administer care,” Rosenberg explains. “We try to ensure that our grads have a firm basis in both the ‘nuts and bolts’ and the human element.”

The undergraduate program in Communication Sciences and Disorders has grown 28%.

Growth in the Department of Nutritional Sciences has also been significant for the past year. The BS in Dietetics has grown 25%.

The enrollment in the undergraduate Health Sciences program is reaching maximum capacity. In just the past year, enrollment has grown 37%.

National exam rates show quality of programs/students

CLS graduates performed well on the July-September 2010 national Board of Certification examination cycle. Forty-two of 45 graduates passed the exam, for a 93.3 percent pass rate. The national pass rate was 82.6 percent. Our students’ scores in all seven content areas were above the national average.

Students who finished the Advanced Medical Imaging Technology (AMIT) curriculum during summer 2010 are passing their nationally administered board examinations at a rate of 96 percent, which is also well above national averages.

DPT students had a 100 percent pass rate on the most recent exam.
Department of Rehabilitation Sciences

Grant helps fund ultrasound rehabilitation seminar

Dexter Witt, Rose Smith, Nancy Talbott, and Maureen McDaniel (in AMIT) received a UC Interdepartmental Faculty Development grant to help integrate rehabilitative ultrasound imaging into instruction and research. The grant funded advanced musculoskeletal imaging instruction for faculty from different departments and an ultrasound imaging workshop for faculty, students and clinicians. Jackie Whittaker, of Whittaker Physiotherapy Consulting and international expert in imaging of the spinal muscles, spoke at the workshop. She demonstrated imaging techniques used during rehabilitation of individuals with spinal dysfunction. She updated attendees on the latest research and also consulted with faculty on the use of imaging in their research.

Department of Healthcare Administration and Informatics

Introducing online portfolio as teaching/learning and career aid

The Health Information Management program is now using an online e-portfolio service that students subscribe to and use to list their accomplishments throughout college and even throughout their career. It serves as a personal and/or professional portfolio that they can share as job or fellowship candidates. It includes features for self-assessments and recognition of learning achievements. Faculty can use the tool also to see areas where a student may need to build skills and knowledge, and to track desired learning and assessments.

Department of Healthcare Administration and Informatics

Introducing new master’s in health administration

The College of Allied Health Sciences will begin offering a Master of Health Administration degree program in June 2011. The two-and-a-half-year program will follow a distance-learning model with a residency component. The competency-based curriculum will include course content in health economics, health finance and health policy. Faculty from CAHS, the College of Business and the College of Medicine will collaborate to provide a broad-based, multidimensional learning experience. This graduate program is designed for professionals working in the health care sector as well as students who aspire to become leaders in health care organizations. For more information contact Charlene Deutenberg, program coordinator, at charlene.deutenberg@uc.edu.
Department of Analytical and Diagnostic Sciences

**Cincinnati welcomes CLS graduates**

On-campus and distance-learning Clinical Laboratory Science graduates came together at French East in December for a reception celebrating their commencement. Sixteen graduates—from Texas, Wisconsin, Pennsylvania, Ohio, South Dakota, Connecticut, Illinois and New York—attended with their guests for a gathering of close to 70. For our distance-learning graduates, this was their first time on the UC Campus.

Department of Communication Sciences and Disorders

**Faculty researchers receive interdisciplinary grants**

UC’s University Research Council (URC) has awarded a $25,000 grant to support research conducted by Lisa Kelchner, of Communication Sciences and Disorders (CSD), and researchers from the colleges of Medicine and Engineering. Their project, titled “Non-Invasive Clinical Screening Tool for Voice Disorders,” is aimed at doing just that, creating a new tool that will improve the way voice disorders (for example, severe hoarseness) can be measured in a more automated way and with more accuracy. Combining knowledge of aerospace engineering (the work will require advanced understanding of air-stream flow through narrow passages), otolaryngology, and speech pathology, the team hopes to develop better voice data analysis and benchmarks for individuals in treatment.

CSD’s Peter Scheifele, John Clark, Douglas Martin, and Maureen McDaniel (in AMIT) were also part of an interdisciplinary team receiving a URC award of $24,988 for “Canine Audiology at the University of Cincinnati: Assistive Communication Devices for Dogs.” Also, with George Uetz (in Biological Sciences) Scheifele received another URC award of $25,000 for “Urbanization, Habitat Fragmentation and Contemporary Evolution of Animal Communication Signals: A Computer-Assisted Bioacoustic Analysis.”
Department News

Department of Nutritional Sciences
Rosevear lecture on vitamin D and pregnancy
Debra Krummel, Ruth Rosevear Endowed Chair, hosted the fifth seminar in the Rosevear Lecture series in October. For this seminar, Dr. Christopher Kovacs spoke to a group of 80 health professionals from the UC and Cincinnati area. His topic was “Vitamin D in Pregnancy and Lactation: Separating Facts from Fantasy.”

Department of Communication Sciences and Disorders
CSD fall orientation picnics
Communication Sciences and Disorders (CSD) department head Nancy Creaghead hosted a fall orientation picnic at her home for new graduate students, with 125 students and faculty attending. Second-year students helped organize it. David Brown, assistant professor in the departments of CSD and Otolaryngology and director of audiological research at Cincinnati Children’s Hospital Medical Center, hosted a picnic at his home for doctoral students in audiology.

Department of Communication Sciences and Disorders
First class of OMNIE students graduate
Ohio Master’s Network Initiatives in Education (OMNIE) is a statewide collaboration that brings together universities, professional organizations and the Ohio Department of Education to address the shortage of speech-language pathologists (SLP) in Ohio schools. Our first OMNIE distance-learning class graduated in August. These graduates participated in a three-year part-time program that allowed them to stay in their home locations and complete the required master’s degree to work as an SLP. As part of the OMNIE program they received funding and were required to take a job in a school in Ohio.

Donors supports students through scholarships
An anonymous donor has presented scholarships to CAHS students who had been chosen by their program director as excellent students in need of support. Each student made a presentation about why the scholarship was needed, and each received the donor’s support. The following students offer their heartfelt thanks.

Catherine Earl
Health Sciences program

Joe Niemann
Clinical Laboratory Science program

Ashley Woods
Nutritional Sciences program

Leah Taylor
Social Work program

Logan Haines
Communication Sciences and Disorders program

Catherine Earl, Health Sciences program, and Dr. Christopher Kovacs, Department of Nutritional Sciences.

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School of Social Work

“Paying it forward” for orphans in Eastern Europe

Xan Boone, field service assistant professor, has been a child welfare social worker for twenty years. With her passion for this work, she’s also been involved with the Institute for Human Services (IHS), which offers consultation, training system development and more, “to protect children and strengthen families.” Under contract with the institute she traveled to the Ukraine for two weeks consulting with individuals at all levels of its childcare system. Boone met with government heads representing Ukraine’s 27 states. She met also with regional directors and with “grass roots” orphanage workers. She roomed in an orphanage herself (describing it as “rustic”) and was given an interpreter who drove and helped her in every meeting. “In the U.S. we have moved to more of a foster care system, preferring in-home placement for abused and neglected children. In the Ukraine they still operate in a way similar to our old orphanage system,” she explains. “Its culture is very different. We didn’t know how they would buy into our ideas, but they were lovely.”

She says they were most interested in how we train social workers in the U.S. In December, a Ukrainian delegation traveled to Columbus, Ohio, to meet again with IHS representatives, “and see how we can transfer knowledge.”

Boone was not paid for her time in the Ukraine. She views it as “a great opportunity to give back.”

“Father’s House,” a home for homeless children in Kiev, Ukraine.

Boone (center) and kids in Kirvy Rog who are leaving the orphanage for independent living. They are 14 or 15 years old. Boone was presenting gifts to them for their independent life.

Boone (center) being interviewed by a Ukrainian television news team.
Student News

The Department of Rehabilitation Sciences

Students take first place in challenge
The tradition continues for our UC-DPT students to take the first-place trophy at the Ohio Physical Therapy Association Student Challenge! Our students have won this challenge for the last three years. Congrats to the team: Brandon Griffon, April Waugh, Lauren Shaffer, and Caroline Balz.

The Department of Rehabilitation Sciences

Picnic raises funds for worthy cause
Both group spirit and funds were raised at the DPT fall picnic this year. The event is held each October. Faculty, staff, students and their families joined the afternoon gathering with a cornhole split-the-pot competition to support the annual “Sponsor a Family” physical therapy student event.

Department of Communication Sciences and Disorders

Samantha Mattar received a $1,150 scholarship through Kappa Alpha Theta.

Caitlin Leahy was selected to participate for the Women in Science and Engineering 2010 program and was matched with a Communication Sciences and Disorders faculty member, Sue Schmidlin, to participate in clinical research.

Department of Analytical and Diagnostic Sciences

New CLS parents
Clinical Laboratory Science program distance-learning students were productive during the summer and autumn quarters when almost a dozen became new parents! Nearly all elected to return to course activities as quickly as possible after the birth of their child.

Student research gains audience
Three Advanced Medical Imaging Technology program student posters were presented at the Society of Diagnostic Medical Sonography in Denver in October. Barna Abraham, Camellia Noor, and Ashley Mayne presented the poster, “Finding phalanges fractures.” Julie Plummer, Jennifer Renfro, Ashley Runck, and Christina Smith presented the poster, “Ultrasound use in the remediation of /r/ impairment: An alternative approach to speech therapy incorporating visual and auditory feedback.” Stephanie Chausse, Kara Hughes, Becky Walz, and Jaime Weckenbrock presented the poster, “Is ultrasound a valid tool for assessing muscle rehabilitation?”

Six nuclear medicine technology and five sonography students attended the Radiologic Society of North America national meeting in Chicago during the first week of December.

Student earns Siemens scholarship
Daleanne Mulvey, Clinical Laboratory Science distance-learning student, has received a $1,000 Siemens Healthcare scholarship. The American Society for Clinical Pathology, in partnership with Siemens Healthcare Diagnostics, maintains the annual scholarship program to address a workforce shortage and encourage students to pursue a career in the medical laboratory. The society awards scholarships on the basis of academic achievement, professional goals and leadership abilities.
Department of Nutritional Sciences

Student thankful for needed “tools”

Graduate of the Coordinated Program in Dietetics, Steph Mundrick, completed her acute care rotation at Mercy Hospital last fall. She wrote, “I learned so much from my classes, internship and experiences while at the University of Cincinnati. I am very grateful to the staff at CAHS for providing me with the tools I need to complete all the competencies displayed in my portfolio.” Coordinated Program in Dietetics interns are required to complete an acute care rotation of 12 weeks in one of our Greater Cincinnati hospitals.

School of Social Work

Students provide helping hand in El Salvador

In December, a handful of Allied Health Sciences students returned from nine days in El Salvador where they worked with Serve Beyond Cincinnati. They helped build homes for underprivileged families with the Fuller Center for Housing and Homes from the Heart. According to Bearcat Social Work Students president Leah Taylor, “Everyone in our group said their lives were changed by this trip.”

Scholarship eases work/time to graduation

Nicole Wrassman, who is seeking a Didactic Program in Dietetics (DPD) certificate, was awarded a $3,000 scholarship from the American Dietetics Association. Wrassman has been going to school part-time and working almost full-time at Children’s Hospital to fund her education. The scholarship will allow her to attend classes full-time and complete the program earlier than expected. The DPD certificate is designed for individuals interested in completing the academic requirements for eligibility to participate in a post-baccalaureate dietetic internship, and ultimately become a registered dietitian.

Social Work student group begins its work

Bearcat Social Work Students is a group that formed in the fall of 2010 with the goal of providing support, education, and empowerment to those in the School of Social Work and those interested in the field of social work. The student group has already grown to some 35 members. Its executive board includes Leah Taylor, president, Cher Solomon, vice president, Holly March, treasurer, and Clair Hayden, secretary.

Over the Christmas holidays, the group raised money to present a needy family—a single mother and her three children—with $250 in gift cards and another $300 in gifts.

“Our first big event this year was traveling to Columbus, Ohio, for Advocacy Day,” Taylor says. “Advocacy Day is a time when social workers and students may bring forward to the state legislature the needs of the profession.”
Faculty News

Department of Communication Sciences and Disorders

Sandra Grether receives State Clinical Achievement award

Sandra Grether, PhD, adjunct associate professor, received the American Speech-Language-Hearing Foundation 2010 State Clinical Achievement award in November. She was recognized for developing a model clinical training program for the Cincinnati Children’s Hospital Leadership in Neurodevelopmental Disabilities program, and for work with the Archdiocese of Cincinnati Children's Liturgy Program to encourage the participation of children with disabilities. The American Speech-Language-Hearing Foundation, which honored Grether, supports innovation in communication sciences. Department head Nancy Creaghead, president of the foundation, presented the award to Grether at the Founders Breakfast at the American Speech-Language-Hearing Association national convention in Philadelphia. In March 2009, Grether received the Elwood Chaney Award for Clinical Service from the Ohio Speech-Language-Hearing Association.

UC’s Martin named outstanding alumni

The Wichita State University Department of Communication Sciences and Disorders has named Douglas Martin, PhD, associate professor, its 2010 “Outstanding Alum.” The award recognizes his contributions to the professions of speech-language pathology and audiology through a distinguished career in research, teaching and service.

Department of Rehabilitation Sciences

Dunning nominated as a Health Care Hero

An awards program sponsored by the Cincinnati Business Courier will honor those who have made a positive impact on healthcare in our community, “through their concern for patients, their research and inventions, their management skills, their innovative programs for employees, and their service to the poor and uninsured.” Kari Dunning, PhD, assistant professor of clinical, was nominated in the program’s “innovator” category. Recipients in each of the award categories—community outreach, innovator, medicine manager, and provider—will be announced in March at the 14th annual Health Care Heroes awards dinner.

Herrmann helps swimmers translate weight training to pool performance

Thomas Herrmann, EdD, offered a guest editorial in the July 28, 2010, Swimming World, an online magazine for the swimmer and coaching community. “Total Body Extension Power as a Vital Aspect of Swimming Races” explains in detail how power work in the gym can make a positive difference on deck. He and the department’s Dan Carl (who coaches swimmers) regularly appear in the publication with advice on improving performance.
Susan Carlson, field service professor and director of field education in the School of Social Work, experienced traumatic grief with the tragic death in 2002 of her 19-year-old son, Ben. Carlson has shared about her experience and process of grieving with students, social workers, and others in a generous and purposeful way—not only as a parent, but also as an educator and artist. In her scholarly work of the last five years, she has added to the literature on grief and loss by, as Carlson says, "intertwining the two threads of my personal and professional life."

"After the death of our son I began to create pieces of art that helped me express the profound grief that I felt. This process has continued with more pieces added, the most recent being this year. What has occurred is a representation of a journey in grief over time," she explains. Carlson has been invited to exhibit the artwork to social work and rabbinic students and to the general public through gallery exhibitions, private showings for groups, and at professional conferences. She has allowed other scholars to use her pieces as illustrations in their lectures, presentations and publications related to grief. Her work continues to make a significant contribution to professional literature and the understanding of parental loss of a child and the experience of grief and loss.

**School of Social Work**

**Artwork teaches others about grieving**

**Future of mental health social work**


**Department of Analytical and Diagnostic Sciences**

**Distance learning earns focus at Lilly conference**

Linda Graeter, Charity Accurso, Elizabeth Hertenstein and Gideon Labiner’s presentations were accepted as platform talks for the Lilly North conference. "Positive At-Risk Student Outcomes in a Distance Education Program," is a follow-up discussion of the positive outcomes resulting from their AP review and process. The other presentation, “Developing Distance Learning Courses to Ensure Academic Integrity,” was assigned as a 60-minute presentation. Reviewers decide upon the type and length of each presentation, so the length is a signal of the recognized importance of academic integrity in distance education and the timeliness of this issue in light of federal guidelines.

"Holding On" by Susan Carlson
plaster and cloth
6 x 15 inches

Artist Comment: Many parents cling to their children’s clothing indefinitely. It’s hard for others to understand how long we can hold onto these precious items. It’s not pathological, it’s normal. They are sacred.
Stroke research points to optimal electrical stimulation treatment

Doctors have known for three decades that electrical stimulation after stroke can spur new movement in stroke-impaired limbs. But how much stimulation should patients receive daily? This remained a mystery...until now.

Stephen Page, associate professor in the Department of Rehabilitation Sciences, and his team at the Neuromotor Recovery and Rehab Lab, used promising preliminary data to test and evaluate subjects in therapy sessions over an eight-week period. Page says the results provide the first data on optimal dosing of electrical stimulation in stroke or any neurologic population.

“It’s an amazing thing,” Page says, “but many of the most commonly used rehabilitative treatments lack data on their optimal dosing, the window after injury that we have to use them and whether the treatment effect is retained over time.”

Chronic stroke patients with upper extremity motor deficits participated in 30-, 60-, or 120-minute training sessions wearing a special electrical stimulation neuroprosthesis (ESN) every weekday for eight weeks. The ESN provided stimulation as patients went about activities such as reaching for a cup or grasping and opening a jar. A fourth control group participated in a 30-minute home exercise program each weekday.

Subjects in the 120-minute sessions exhibited significant and consistent score increases on all the measures administered by the research team. Subjects exhibited functional changes as well, such as new ability to reach, grasp and release objects, to bring a piece of food to their mouths, and to wipe a towel across a table.

Page says individuals in this study were “moderately impaired,” people who tend not to respond to conventional therapies.

“This has major implications for stroke patients and their care partners, particularly as the overall population ages and the incidence of stroke remains stable,” he explains. “We hope these data will become the standard for providing electrical stimulation for patients.”

Page presented the findings in October at the 2010 Joint Educational Conference of the American Congress of Rehabilitation Medicine and American Society of Neurorehabilitation, and in an article in Neurorehabilitation and Neural Repair.

From article by Keith Herrell in Nov. 2010 UC Academic Health Center Findings.
Ten pounds could make a difference in dieters’ success

If you’ve ever tried losing weight through a weight-loss program, you’ve probably heard warnings about the long-term consequences of obesity, including increased risk of cancer, diabetes, hypertension, heart disease and asthma. But Susan Kotowski, director of the college’s Gait and Movement Analysis Laboratory, says focus on these long-term effects may not be the motivator we need to shed pounds. Instead, we might do better by focusing on immediate benefits, such as less pain!

Kotowski worked with Kermit Davis, director of the Low Back Biomechanics and Workplace Stress Laboratory at the College of Medicine. They ran a pilot study and found that more than 20 percent of participants in a Cincinnati weight-loss program experienced significantly less pain in the back and lower limbs after losing an average of 10 pounds.

To perform the pilot study, the researchers partnered with a weight-loss clinic where they collected data over 12 weeks on 32 volunteers, women ages 22-76. They measured baseline individual weight and musculoskeletal pain data related to the neck, shoulders, elbows, hands and wrists, upper back, lower back, hips, knees and lower legs and feet. They tracked subjects each week to record any weight loss and asked participants to rate their pain every other week on a scale of zero to 10. What they found was a significant association between weight loss and overall pain reduction, and also pain reduction in the elbow and hip region.

Kotowski says these results point to the fact that losing even a small amount of weight can relieve pain and reduce the burden that excessive weight puts on the musculoskeletal system. And by focusing on these near-term benefits, overweight people could be inspired to get and stay on board a weight-reduction plan.

These preliminary results have ramifications also for companies requiring repetitive or weight-bearing activity. Overweight individuals at these companies could reduce stress to their musculoskeletal system by reducing their body weight. Perhaps they would be inspired to lose knowing that it needn’t take so long to feel better.

Kotowski and Davis published their results in the August 2010 issue of the journal *Work.*

Alumni News

Alumni Updates

Department of Communication Sciences and Disorders

Award supports Honaker’s work

Julie Honaker, PhD, received the 2010 American Speech-Language-Hearing Association’s Advancing Academic-Research Careers award. She says that funding from the award will support development of her NIH NIDCD R03 application and allow her to hire a student research assistant. Honaker is assistant professor and director of the Dizziness and Balance Disorders Lab in the Department of Special Education and Communication Disorders at the University of Nebraska-Lincoln.

Department of Rehabilitation Sciences

Alumni treat students to “Speed Career Mentoring”

In October, health sciences and physical therapy students were able to meet with alumni of their programs. Alumni talked about the places their degrees have taken them, and students asked questions of professionals currently in the field. Eleven alumni spoke with 30 students attending the event, which was hosted by the UC Alumni Association and the Department of Rehabilitation Sciences. Here are a couple of the students’ reactions.

“Speaking with PTs in the field really assured me that I can make it through the program.”

“There was great exposure to so many different people with different backgrounds, but all of it was applicable to my career path. The event was very beneficial and allowed me to think about a strength and conditioning career following graduation.”

Department of Analytical and Diagnostic Sciences

CLS alumni honored with national service appointments

Three Clinical Laboratory Sciences (CLS) graduates received national service appointments in September from the American Society for Clinical Pathology (ASCP). The society selected 21 laboratory professionals to serve as ASCP ambassadors in 2010-2011. Our chosen alumni include Julie Gutana ’05, who works at St. Joseph’s Hospital in Lexington, Ky., Shareen Lee ’07, who works in California, and Melanie LeBlanc ’07, who works at Cullman Regional Medical Center in Alabama. As ambassadors, they will make presentations to junior high and high school science classes and share their personal stories about why they work in laboratory medicine. The goal of the program, sponsored by Roche, is to expose pre-college students to the important role of laboratory professionals. Ambassadors serve as educational role models for young people pondering careers in science.
Calling all nominations for Distinguished Alumni awards

The college is now accepting nominations for the second annual distinguished alumni award presentations. On May 20, 2011, a graduate from each department of the college will be recognized for his or her professional accomplishments. Please join us as we continue this wonderful tradition.

Nominate someone you feel deserves recognition. Submit one or more nominations by contacting Tiffany Marsh, alumni coordinator, at 513-558-6316. Or, fill out the online nomination form and submit it instantly at the push of a button. Just go to: http://cahs.uc.edu/alumni/distinguishedalumni/index.html

Please submit your nomination(s) by April 1, 2011.

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Distinguished Alumni award criteria

• Graduate of the University of Cincinnati in one of the following departments or programs: Analytical and Diagnostic Sciences, Communication Sciences and Disorders, Health Information Management, Nutrition, Rehabilitation Sciences, or Social Work
• Graduated in or before 2000
• Has made a significant contribution in their chosen profession through practice, teaching, administration, education, research, writing, organizational work involving health care, or an innovation in health care
• Current employees of the University of Cincinnati are not eligible for consideration

Recent Graduate Achievement award criteria

• Have distinguished themselves in their chosen profession or community service
• Graduated from the University of Cincinnati College of Allied Health Sciences within the last 10 years
• Current employees of the University of Cincinnati are not eligible for consideration
• Individuals who have received the Recent Graduate Achievement award (previously named the Young Alumni Achievement award) may be nominated and selected for the Distinguished Alumni award. However, there must be at least five years between the presentation of the earlier Achievement award and nomination for the Distinguished Alumni award.

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Stay in Touch!

Connections is about staying in touch

Just go to www.cahs.uc.edu where you can fill us in on items such as: your move to a new state; your move to a new job; your promotion; your special interests; your wedding; your growing family!

To submit a photo with your update please send digital photos to Tiffany Marsh, alumni coordinator, at tiffany.marsh@uc.edu. Please make sure your camera is set to the highest quality setting when taking photos with your digital camera.

We’re on Facebook!

Join the Facebook group specifically for your department’s alumni:
• UC Analytical & Diagnostic Sciences Alumni
• UC Communication Sciences and Disorders Alumni
• University of Cincinnati Nutrition Alumni
• UC Rehabilitation Sciences Alumni
• UC Physical Therapy Program

College events and announcements will be posted within the group to keep you up to date on what is going on in the college.

E-mails—are you receiving ours?

If you are not receiving e-mail messages from the college, please contact Tiffany Marsh at tiffany.marsh@uc.edu. Stay connected!
Homecoming activities, and you’re invited

The colleges of the Academic Health Center hosted their second annual homecoming tailgate on October 30, 2010. Two hundred alumni and guests gathered to reconnect and tailgate prior to the Bearcat vs. Syracuse football game. It was a chilly morning, but it seemed like all who attended had a great time.

All college alumni were invited to attend this event. If you did not receive an e-mail invitation, please contact Tiffany Marsh at tiffany.marsh@uc.edu today. We want to ensure you receive information about the 2011 homecoming tailgate!

Nutrition (and home economics) alumni discuss department’s evolution

The Department of Nutritional Sciences along with Emeriti Professors Jane Garvin and Ellen Rember co-hosted a luncheon in September. Local home economics alumni were invited to reconnect and learn a little more about the department. For instance, what happened when the university followed the national trend of the 1980s to dissolve home economics programs? UC created new and evolving programs and did not lose one of the key components of home economics—nutrition.

Although the nutritional piece of the program does not quite look the same as before the eighties, it still exists within Allied Health Sciences under the Department of Nutritional Sciences. Alumni left the meeting with a better understanding of what the department provides and the career paths available. For more information about the department, go to www.cahs.uc.edu

More than 50 alumni attended with proceeds benefiting the department’s scholarship fund. The Department of Nutritional Sciences will host a wine tasting on May 21. Watch your mail!
opportunities for giving

The stories in Connections are a small sample to illustrate the growing impact that the College of Allied Health Sciences makes on our students and community. The college needs your support to continue growing. You can make a gift to the college or any of its departments or programs. Scholarship giving, however, has been identified as being most needed by the college. Gifts to the college are fully tax-deductible according to IRS rules. They may be:

- Cash gifts
- Gifts of stocks or other securities
- Gifts of real estate or personal property
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No gift is too small to make a difference. Private gifts strengthen UC and help the University continue to provide a great education at reasonable cost.

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Make your check payable to UC Foundation and mail to: Office of Development and Alumni Affairs, PO Box 670544, Cincinnati, OH 45221-0544. If you are designating a gift, please note the appropriate area of support on the check memo line. You can also give online at www.giveto.uc.edu.
Ruth Clinton
Hometown: Cincinnati, Ohio
UC Degree: BSW, Social Work, 1978

After years teaching piano, Ruth Clinton needed a change and decided the School of Social Work might be a good fit. Apparently it was. When she retired from the field in 2007, Clinton had received the National Council on Social Work Education “Heart of Social Work” award, the Ohio Association of Adult Day Services Andre Bogner Award, the Association for Professionals in Aging (Cincinnati area) award for Outstanding Service Provider in the Field of Aging, and the Social Work Alumni Association Distinguished Alumni award.

Clinton worked with Salvation Army Family Services for 29 years in many areas: casework, branch office supervision, emergency home supervision, and as assistant director of Family Services. She coordinated adult day services for two decades. Also, she earned a master’s degree in 1984 from the University of Louisville Kent School of Social Work.

She says working with the elderly, “especially awakening their fine arts skills” and supervising students in field practice were most rewarding. These days, she enjoys playing piano, golfing, ushering for the Cincinnati Symphony Orchestra, and spending time with her daughters, grandchildren and great grandsons.

Tammy Ward
Hometown: Jacksonville, Florida
UC Degree: BS, Dietetics, 2008

While completing her degree, Tammy Ward interned in an acute care rotation at Jewish Hospital, which has the area’s only adult blood and marrow transplant center (BMTC) serving individuals with hematological cancers. She says she had been interested in the connection between cancer and nutrition, and “was ecstatic to work hands-on in this area.”

Today Ward serves as the clinical dietitian for the BMTC at Jewish Hospital/Mercy Health Partners. She works with patients prior to transplant to determine/correct deficiencies and provide them with information about what to expect during and after transplant. She follows them during their hospital stay to assure adequate nutrition is maintained.

“I enjoy educating patients, and they learn very quickly the importance of food in their treatment and recovery. Many times the whole family gets on board with better eating habits.”

In February 2010, Ward was named BMTC Associate of the Month for her evidenced-based approach to nutrition-related patient care. This past fall she became board certified as a specialist in oncology nutrition and one of only 10 registered dietitians in Ohio with this specialty certification.
Andrew Hayes
Hometown: Mason, Ohio
UC Degree: Master’s, Physical Therapy, 2005

Andrew Hayes always had an interest in anatomy, and after an injury in high school he realized he could put this interest to use through a career in physical therapy. After graduating from UC, he worked at Miami Valley Hospital in acute care within the burn unit. “You come into people’s lives at a very traumatic moment and encourage them over several weeks to several months as they recover. In this unit, you can see the results of your and the patient’s hard work,” he says. That was his favorite part of the job.

Now Hayes works with CompHealth as a traveling physical therapist. With his schedule working seven days followed by a week off, he has time to enjoy the sights of places he visits and spend time with family and friends.

Hayes has also used his free time to give back to UC and doctoral physical therapy students. He has shared about nontraditional careers available after graduation. As he says, “Sometimes it helps just to have a person say I’ve been there and the finish line is close.”

Teresa Williams
Hometown: Cincinnati, Ohio
UC Degree: BS, Medical Technology, 1992

After graduating with honors, Teresa Williams began a career in medical technology because she saw it as a perfect blend of patient care and investigative work.

“I enjoy providing insight into the diagnosis and therapy outcome of patients,” she explains. “Over 70 percent of medical decisions are based on the result of a laboratory test. And my drive is to ensure that those results are delivered as accurately and quickly as possible.”

Today Williams directs Laboratory Services at University Hospital, where she is able to provide real-time lab results on patients entering the Level 1 trauma center. She has spent most of her career, including her co-op experience, at University Hospital. She describes the team she works with there as always striving to improve the program. “As we continue to push ourselves toward excellence, we are positively making a difference to patients’ lives.”

Williams says she looks forward especially to the partnership between the hospital’s clinical lab and UC’s Clinical Laboratory Science program. “It will give UC students many of the same opportunities I once had as a co-op.”

Randi Powell
Hometown: Summerfield, North Carolina
UC Degrees: BS, Communication Sciences and Disorders, 2003  
MA, Speech Pathology, 2005

Before seeking a degree in speech pathology, Randi Powell experienced the impact that successful therapy can have on a child’s life. Both of her children received speech therapy in an early intervention program. To further help her children, she herself learned about communication disorders. Now, with a master’s degree in speech pathology, Powell appreciates both sides of speech therapy. She works as a speech-language pathologist in Guilford County Schools in Greensboro, North Carolina.

“Ages 2 to 5 are my favorite,” she says. “Seeing the little steps of progress and reminding the parents of how far their children have come—that’s the best part of my job.”

She is an active member of the North Carolina Speech, Hearing and Language Association and served as chair of the 2010 Fall Conference. She is also involved with the 2011 Spring Convention and will be a part of the nominations committee.

Powell’s favorite UC memory is her role as a Student Ambassador, representing the college and the program. She says she would some day like to start a practice providing bilingual therapy to young children.
The College of Allied Health Sciences community of support continues to grow through the graduates, friends and fellow professionals who appreciate the vital services that their involvement makes possible in our community and beyond.
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Please contact Development Officer Meridy Glenn at 513-556-6788 if there are any changes to the way your name is listed or if your name is missing.
UC President Gregory Williams has asked alumni to help celebrate the university’s bicentennial, which takes place in 2019, by raising the level of alumni giving. UC is ranked 13th in alumni giving among the 16 Big East universities, far behind Xavier, Ohio State, Miami University and the University of Dayton. In his investiture speech in September, President Williams said he’s asked the UC Foundation to improve the rate of giving from its current level of 11 percent, to at least 18.19 percent. That’s easy remember because it echoes UC’s founding year—1819.

“In an age of scarce resources, UC must reach out more broadly to our more than 200,000 living alumni,” President Williams said. He has set an annual target of $125 million in private support, an amount needed to transform UC, by its bicentennial anniversary, to being recognized as among the top American research universities.

Allied Health Sciences alumni can help move UC a step closer to that goal by contributing at least $18.19 to the 1819 campaign—and further enhance the value of their degree! Go to www.uc.edu/1819.html today for more information.