

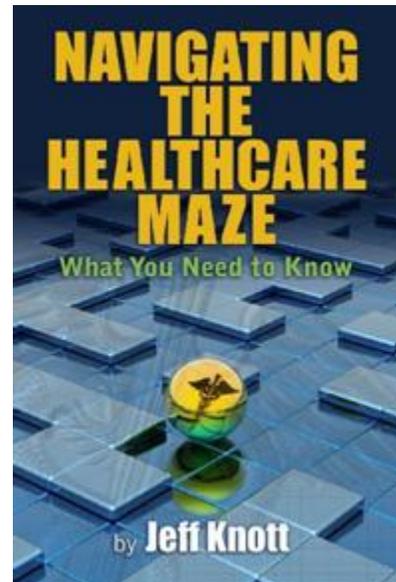
CHHS March 2009 Newsletter

CHHS Alumni Jeff Knott releases new book

Jeff Knott, a CHHS alumnus, has released a new book entitled ***Navigating the Healthcare Maze-What You Need to Know***. Born in England, Jeff attended Loughborough College and later, after moving to the U.S., received his Masters Degree at Western Kentucky University and an Executive MBA at the University of South Florida. He spent 20 years with Johnson & Johnson in their Professional Products Division, and later became President of Jim Walter International Corporation. Following his career at Jim Walter, he was appointed Vice President International of Rooms To Go Corporation- currently a leading U.S. furniture retailer. His passion for healthcare has culminated in his personal commitment to make a difference.

Taken from www.navigatingthehealthcaremaze.com

There is no "hotter" topic today than healthcare.... Health insurance is the most sought after benefit employees seek, as costs continue to skyrocket and the number of uninsured Americans keeps growing (47 million in 2006, according to a special report issued by the U.S. Census in August, 2007). And while many of us feel loyal to our own doctors, we constantly complain about a healthcare experience we have - be it in a hospital, emergency room or being a new patient in a specialists' practice.



It all just seems so overwhelming...is there really anything we can do to change things? The answer is a resounding "yes", and *Navigating the Healthcare Maze-What You Need to Know* tells you how. This book is a wake-up call to all of us. It is about being a better advocate when it comes to your own health. Take your health matters into your own hands; as Jeff likes to say, become the best "consumer-patient" possible. Be prepared. Ask questions. Don't automatically accept the first treatment plan or even diagnosis - especially if it makes you feel uncomfortable.

The author is not suggesting that you be combative toward your physician. Quite the contrary. However, he does want you to create a dialogue with your health care providers in which you ask educated questions. He advises you to come into their office completely prepared. The doctor-patient relationship works both ways!

Commitment to being well prepared and empowered is so vitally important in all our daily lives but no more important than today within our present economic crises.

Jeff's writing style is full of entertaining storytelling and practical tips on how you can effectively navigate, and ultimately create a straight path to good health. This book is a call-to-action for you - the consumer-patient. You are in charge of your good health!

Book is available at book stores and at www.navigatingthehealthcaremaze.com

Sandra Starks is re-elected to ASWB Post!

Sandra Starks, an associate professor in the CHHS Social Work Department has been re-elected secretary of the Association of Social Work Boards (ASWB).

ASWB is the organization of the boards in 49 U.S. states, Washington, D.C., the Virgin Islands, and ten Canadian provinces that license and discipline social workers. Starks also maintains a part-time private social work practice. She has served as vice-chair of the Kentucky State Board of Social Work and has also served on the board of directors of the national Association of Social Workers, chairing the NASW Committee on Ethnic and Cultural Diversity. Starks has previously served two terms as director-at-large on ASWB's board of directors. She was elected secretary of the board in 2006.

Congratulations Sandra Starks!



WKU Speech Pathology Students Provide Services in Harlem, NY

The Communication Disorders United Federation of Teachers (UFT) Cohort in New York City was established in 2002, and since then the program has graduated more than 120 UFT speech teachers. This program has provided an excellent graduate degree program for nontraditional students. A recent article run in the New York Teacher highlights this program and current WKU faculty and students.

Teacher Center speech pathology service reaches out to community

By Natalie Bell-a writer for the New York Teacher

Residents of Harlem's Henry Brooks Senior Housing Facility would not trade a thing for their Speech Teacher Fridays.

That's when speech teachers from the city's public schools - all speech-language pathologists-in-training working toward advanced degrees and national speech pathology certification at the UFT Teacher Center - go to the senior housing facility on



West 154th Street at 8th Avenue to put in some of the 400 hours required for the practice of the specialized skills they are learning.

For their eager senior clients, however, the two hours each week are more like fun and games, which produce fodder for jokes and recalling fond memories from their many, varied lives.

Speech teacher **Pedro Fuentes**, close to completing the union's two-year pathologist certification program, began one recent exercise by displaying historic photographs. Of each photo, he asked residents to speak the word or thought that it brought immediately to mind.



"How about this one from World War II?"

Alice Litaker, one of the group's ever-alert, spoke first: "The men had to go to war. My husband went."

"So you were married?" Fuentes asked.

"Not yet, but I was looking forward to it when he came back. Thank God he did."

"What did you think of the atomic bomb?"

"I was sad," Litaker replied.

Administrators at the seniors' residence say the speech-teacher sessions are the highlight of the week for these Harlem seniors. At the end of each six-week rotation, they can't wait to meet the next group of teachers.

Juanita Dunbar, one of four clinical supervisors at the UFT Teacher Center Speech and Language Resource Unit, organized the sessions at the seniors' home, which serves as an internship for the teachers to gain practice with disorders that their public school students may not have, but nonetheless is required for American Speech and Hearing Association (ASHA) certification. The teachers are also working to obtain master's degrees in a distance-learning program that the union co-sponsors with **Western Kentucky University**.



For the seniors, the sessions provide therapy that they may not otherwise get. Most of them are in their 80s, live alone and have mobility limitations, cognitive challenges, motor-speech disorders and other disabilities resulting from stroke or similar types of physical trauma, as well as from aging.

After conducting an exercise led by speech teacher **Mary Martin** in which the seniors, one-by-one, named something one would buy on a shopping trip, in alphabetical order, the teachers observed that one of the residents was visually oriented because she would look at the person naming a letter of the alphabet, rather than the letter itself.

"Now what did you buy? Oh, she bought a lemon," Ida Mae Williamson said of the last resident in the group to name an item during the exercise. She then kidded with Martin, "Now don't come back this way anymore 'cause I'm broke."

Dunbar works with four teachers, from the cohort of 30 who entered the UFT program this year, on Fridays at the seniors' residence. Thirty teachers graduated from the program on Jan. 15.

Ninety teachers have completed the program since the union started it seven years ago to help fill a shortage of speech-language pathologists in the system. Speech teachers in the program say it has made obtaining a master's degree and national certification much more convenient because they can do it part time, without quitting their jobs.

On weekends in the city, UFT speech-language pathologists-in-training serve children with developmental disabilities who are learning to ride horseback at the Seaside Riding Academy in Queens.

They also serve communities that include the Cabrini Rehabilitation Center on Manhattan's Lower East Side, the DeWitt Nursing Home, and a group of stroke survivors who call themselves the International Aphasia Movement at St. Vincent's Hospital.

PGA of America Donates Gift to the Play Golf America University Program at WKU

The Professional Golfers' Association of America and Ryder Cup member, Kenny Perry, have designated that Western Kentucky University will receive \$90,000 in support of the Play Golf America University program. The Play Golf America University is a PGA of America college and university golf program designed to teach and engage students in the game of golf through PGA Professional instruction and other golf programs. This gift is a direct contribution that stems from the 37th Ryder Cup which was held in September at the Valhalla Golf Club in Louisville, Kentucky. Each member of the winning U.S. Ryder Cup team selected the university (or universities) of his choice to receive funding for this program.

Belize Service Learning 2009

A team of faculty and students recently participated in the College of Health and Human Services international service learning program to Belize. Students and Faculty from the departments of Public Health, Allied Health, Political Science, School of Nursing, and Institute of Rural Health participated in this seven day program that took place January 8-15th. The program was an opportunity for participants to take part in interdisciplinary service learning by providing medical, dental, and environmental services to a remote village in Belize. The village, Gales Point, is located in the Southern Lagoon of Belize approximately 35 miles south of Belize City. During the seven day program participants provided a health clinic, assessed



drinking water quality, conducted a health education night, engaged the local school with an environmental education demonstration, reviewed water quality policy in Belize, and conducted public health research.

A major focus of the program was the process of reflective learning. Students and faculty were engaged in community based cultural learning by participating in a drumming school and sanbai provided by the local village. Other extraordinary experiences provided through the program were a visit to the U.S. Embassy in Belize, a boat tour of the lagoon system from Belize City to Gales Point, an outing to the Altoon Ha Mayan ruin site, and an opportunity to snorkel at a barrier reef site. The program provided each student with interdisciplinary opportunities for learning both within the community and individually. Students from each discipline were able to take a three credit hour course. The program was concluded by a final reflective learning

discussion on January 16th. During the Spring 2009 semester participants in the program will have a Belize Service Learning Symposium open to the broader WKU community.

