

# College of Health and Wellness Professions

Monthly Newsletter



Second-year master student in the College Counseling and Student Development program, Silena Xiong was honored at a 2022 NASPA Joint IV-East Regional Conference in Chicago as a Graduate Student Rising Star! Xiong was also chosen to take part in the 2022 NASPA Graduate Associate Program, which aims to expand leadership opportunities for graduate students within NASPA.

Silena appreciates the support she's received from faculty and staff at SCSU and feels that she's been able to help other students through peer mentorship.

**CONGRATULATION Silena!**

## HUSKY FOOD PANTRY GRAND REOPENING



The Husky Food Pantry hosted a grand re-opening and ribbon-cutting ceremony on Nov. 28 in the main lounge of Case-Hill Hall to celebrate and showcase new additions and remodels made to the pantry. The pantry has partnered with Hope for the Community and its President and CEO Dr. Alan Goracke, an alumnus of SCSU.



The Husky Food Pantry now has two refrigerators and two freezers provided to allow for fresh and frozen food items to be offered to students for the first time. Since the beginning of October, the Huskies Food Pantry has distributed an average of 2,200 pounds of food to 140 St. Cloud State students per week.

Social Work master's student and Intern at the Pantry, Smriti Shrestha shared how important this resource is to all students. Many of CHWP students have had an opportunity to work, volunteer and intern here and were instrumental in its' success!

# NURSING CLUB FOOD DRIVE



The Nursing Club members participated in a food drive on November 18th.

Members were successful in collecting nearly 400 items for a local food shelf (Catholic Charities) which they delivered on November 22nd.

Thank you Nursing students, faculty, and staff for donating to help their community!



## Award for Continuing Education (ACE)

**Prof. Prachi Bengeri and Prof. Rebecca Crowell from Communication Sciences and Disorders have received ASHA ACE Awards!**

The ACE is a formal recognition of professionals who have demonstrated commitment to lifelong learning by earning 7.0 ASHA continuing education units (equivalent to 70 contact hours) within a 36-month period. The ACE is awarded only to those who earn ASHA CEUs through participating in the ASHA Continuing Education (CE) Registry.

CSD department continues to serve community with Rebecca Crowell and the first-year CSD graduate students completing hearing screenings for 368 students at Cold Spring elementary.

**Dr. Janet Tilstra (CCC-SLP) Associate Professor in CSD** has been invited to write for The Informed SLP in the area of stuttering and speech fluency (translational research site offering plain-language research reviews for SLPs)

Recent Conference presentation and attendance:

Tilstra, J., Sacin, T., Carlson, K., & Querna, K. (2022, November 10-12). Humanizing in-person and online faculty development to build a community of teacher-scholars [Conference presentation: Deep dive discussion]. Mokakiiks Centre for SoTL 2022 Symposium for Scholarship of Teaching and Learning. Banff, AB, Canada.

# Expressing Gratitude

HLTH 484 Health Promotion Students in the Community Health program offered gratitude cards and a free stamps to encourage the campus community to express gratitude to someone in their life.

They hosted three events throughout the semester to interact with students regarding the importance of social connection, education on standard drink size, and the positive impacts gratitude has on health.



## What are you grateful for?

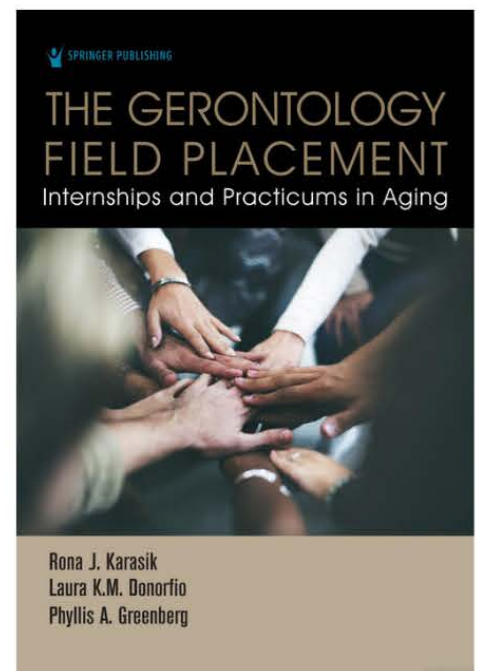
This event was sponsored by Healthy Huskies, HLTH 484 (Department of Kinesiology) and Chartwells Dining Services.



## THE GERONTOLOGY FIELD PLACEMENT

This innovative text written in conjunction with our own Dr. Rona Karasik and Dr. Phyllis Greenberg guides gerontology students step-by-step through the process of searching for, securing, and completing an aging-based internship, practicum, or field placement.

- Addresses the interdisciplinary nature of gerontology practice
- Focuses on ageism among professionals: how to detect, avoid, and eliminate it
- Explores significant nuances in working with older adults
- Includes an extensive glossary to better navigate interprofessional communication
- Incorporates real life scenarios, learning objectives, professional development activities, savvy professional tips, pitfalls to avoid, and discussion questions





## WELCOME SARAH!

The Department of Social Work welcomed a new staff member in late September. Sarah Meisinger is a clinical social worker and has spent the entirety of her career in Central Minnesota in a variety of professional settings.

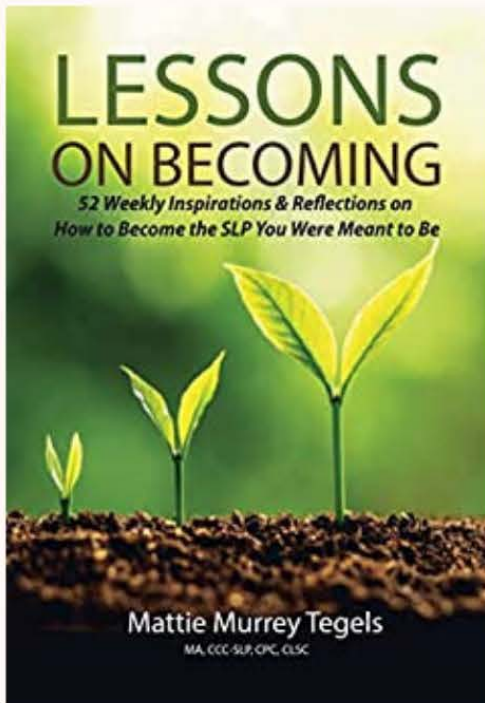
She enthusiastically joins the Department as the new Director of Field Education. Sarah is also an alumnus of

SCSU's BSW Program which she shares proudly whenever the opportunity arises. Since Sarah's arrival, she has committed to continuing to grow community partnerships that offer experiential learning opportunities for BSW and MSW students. Sarah is focused on developing the following field sites for the Social Work Program.

### **LESSONS ON BECOMING: 52 WEEKLY INSPIRATIONS & REFLECTIONS ON HOW TO BECOME THE SLP YOU WERE MEANT TO BE by Murrey-Tegels, Mattie**

Lovingly pieced together from content that Mattie shared with her own Fresh SLP community, Lessons On Becoming, is a weekly devotional that will inspire transitioning SLPs to push their growing edges, while at the same time tapping into the uniqueness and strength that is already deep within them.

Emily Archer, 2nd year CSD graduate student and Prof. Murray Tegels from CSD are presenting *Applying the Medical Humanities Approach in Reviewing Three NPO Dysphagia Case Studies*. They presented it to the medical team at Fairview MHealth on Tuesday, November 22 and will present it at the Med SLP Collective Winter Summit on December 3rd. They will also be presenting at MNSHA at the Spring Conference.



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