

COHS FALL 2022 NEWSLETTER



SUU COLLEGE OF
**Health
Sciences**



J. TONY OLIVER **- COHS DEAN -**

Seasons Greetings from the College of Health Sciences at Southern Utah University. We are proud to recognize you as an alum, friend, or supporter of one of our respected academic programs in the college. It has been a professional privilege for me to join the skilled college leadership team this academic year, and advocate for the outstanding COHS faculty and staff as they educate, mentor, advise, and prepare current students for successful professional careers in

health-related disciplines. From new programs, new students, new faculty, new staff, and new learning experiences, we are pleased to share this summary of 'newsworthy' happenings in the college during the Fall 2022 semester with you. Thank you for your generous and consistent support over the years. We wish you a memorable 2022 holiday season and look forward to hosting you on campus in the near future during your next visit to Cedar City.

J. Tony Oliver



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NATALIE FLORES

COHS Student Senator



Happy Holidays! My name is Natalie Flores and I am the College of Health Sciences (COHS) Student Senator for AY 2022-2023. This year we are focusing on building student unity and community within COHS. We started by partnering with Dean Oliver to create the inaugural COHS Student Advisory Committee, with student representatives from each academic department. The goals of this committee are: 1) to better interconnect COHS students, 2) assess how well COHS is serving students, and 3) to identify ways to improve the COHS experience. The COHS Student Senator periodically collects this information and can create Bills/Amendments within the SUU student senate to improve the student experience.

One specific event proposed by the committee for the Spring 2023 semester is to host a campus and community 'Fun Run' to promote wellness, health, and community. The proceeds earned will be used to help pay for professional development expenses for current and future COHS students.

Warmest regards,
Natalie Flores - COHS Student Senator

STUDENT ADVISORY COMMITTEE

The goals of the committee are to build a strong, interconnected community founded on academic growth, professional connections and relationships, as well as a love for this college.



N. Flores



M. Bunn



B. Austin



W. Fulmer



D. Goebel



K. Carter



D. Smith



A. Anderson



J. King



C. Cox



S. Mortenson

NEW SUCCESS ADVISORS



Alexis Taeatafa

Alexis earned her BS in Exercise Science here at SUU where she also played for SUU volleyball. While attending SUU Alexis met and married her caring husband.

Jason Linnell

Jason is originally from Ogden. While playing SUU football, Jason received his BS in Criminal Justice. He enjoys coaching football at Cedar High School.



A NITE OF SOUP & SERVICE

The College of Health Sciences was happy to collaborate with the Hope Pantry for the December "Bread and Soup Nite." The COHS Student Advisory Committee initiated a food drive competition between the three COHS departments. Congratulations to the Department of Agriculture and Nutrition Science for having the highest food contribution and taking home the first Annual Bread and Soup Nite trophy!



Senator Natalie Flores and Dean Oliver award trophy to Ag Club President Dillon Smith.



JEAN & JOE LOPOUR NUTRITION STATION

FAMILY MATTERS



On November 4, Celesta Lyman presented at the Family Matters Conference at SUU.

She gave a speech entitled "Trauma-Informed Nutrition Approach in the Pursuit of Physical and Emotional Health." Professor Lyman is an experienced Registered Dietitian Nutritionist who has consulted for long-term care facilities and outpatient counseling services for over twenty years. Her presentation went into detail on the importance of how Trauma-Informed Nutrition, acknowledges the relationship between adversity, chronic disease and nutritional health. The conference included other prominent speakers as well.

AG & CONGRESS

Congressman Chris Stewart and Wade Garrett of the Utah Farm Bureau visited SUU on October 26, and gave an agriculture forum focused on food safety and the important role of agriculture in Utah's communities and around the world. They also recognized Professor Dean Winward with a lifetime achievement award.



Left to right: Congressman Chris Stewart, Dean Winward, Wade Garrett, SUU President Mindy Benson

CEDAR CITY'S GRAND MARSHAL - DEAN WINWARD



Professor Dean Winward was honored as the Grand Marshal in Cedar City's annual Livestock and Heritage Festival. Dean grew up in Roy, Utah, and has been involved in family farming operations in both Utah and Idaho. He is currently an Associate Professor in the Department of Agriculture and Nutrition Science at Southern Utah University. Dean began his teaching career in 1981. In the fall of 1990 he joined the faculty at Southern Utah University teaching Agronomy.

During the summers, Dean worked as a research technician and assistant farm manager for Utah Power & Light Research Farms. Dean is involved in many service activities with SUU, the community, extension service, and the local high schools. He admits that one his favorite activities is the Cedar Livestock & Heritage Festival.

PLANT ID & U.R.M.E.

On Wednesday, November 2, three students from the SUU Range and Natural Resource Club (Jacob Shakespear, Adrien Sipos, and Hal Guyon) attended the annual state meeting of the Society for Range Management at BYU.

All three students competed in both the Plant ID and URME (Undergraduate Range Management Exam) competitions. The team placed third in both of the competitions at the event.

NEW FACULTY



Alyssa Davis

Alyssa earned her BS in Nutrition from SUU. She became a Registered Dietician after receiving a MS in Sports Nutrition. She loves time spent with her 15-month-old son Knox.

Elizabeth Hill

With a BS and MS in Nutrition, Elizabeth has had experience with long-term care (both in and out patient). She loves the outdoors, cooking, playing the flute, and reading.



TEMPE ARIZONA



Dr. Kelly Goonan traveled with six students from the ORPT 4740 class to Tempe, AZ to work at the annual Tempe Festival of the Arts (TFA). TFA is one of the oldest and largest community art festivals in

the United States and is held annually each March and December. The festival hosts 350 vendors and over 150,000 patrons during the three day event. Attendees enjoy food, live entertainment, and variety of local art.

Students in ORPT 4740 work with the festival organizers to learn about event planning and management and work in a variety of program areas throughout the festival weekend. Before returning, students had breakfast with their organizational partners and reflected on their first TFA experience. Students were surprised by how much they contributed to the overall functioning of the festival, commenting that they expected to do more shadowing and less independent work.

The students appreciated the opportunity to take active roles in the festival and be entrusted with higher levels of responsibility. They learned about being flexible and problem solving in the moment when conditions outside their control take an unexpected turn.

Exercise is Medicine[®] On Campus

Exercise is Medicine[®] On Campus calls upon universities and colleges to promote physical activity as a vital sign of health. Professors Merrill Funk and Marshall Lawrence provide an Exercise is Medicine Seminar every few weeks. The classes focus on different aspects of wellness aiming to educate students on healthy living.



SELF DEFENSE AT SUU

[See Full Article](#)



Southern Utah University (SUU) is collaborating with the Elizabeth Smart Foundation (ESF) to offer Smart Defense™ self-defense classes to students enrolled at SUU. Smart Defense™ will be a one-credit elective course offered during the fall and spring semesters.

“SUU is honored to partner with the Elizabeth Smart Foundation as the first university to incorporate Smart Defense™ into its course offerings,” said SUU President Mindy Benson. “This training reinforces our commitment to student safety and well-being, and it equips students with invaluable skills, strength and confidence that will benefit them in their college life and beyond.”

Smart Defense™ is a self-defense training program led by ESF and the Malouf Foundation™. Both nonprofits work to confront sexual violence and exploitation, and they officially joined forces earlier this year to maximize their impact.

The course curriculum was designed by hand-picking self-defense techniques and skills from a number of martial arts styles including Krav Maga, Brazilian Jiu-Jitsu and Muay Thai. Each technique was selected with the objective of giving participants the best chance or advantage to stop a potential threat or escape an attacker.

Smart Defense™ not only teaches physical defense, but it also educates individuals on red flags and unsafe situations, as well as consent and healthy relationships. All Smart Defense™ instructors are thoroughly vetted and trained to be trauma-informed.

NEW FACULTY



Amanda Hawkes

Amanda received both her BS and MS in Exercise Science with an AT Emphasis from BYU-P. She continued her education earning her DAT from AT Still University.

Jason Burton

With a BS in Rec and Park Administration and a MS in Public Administration, Jason has taught for many years. He also worked as a guide, educator, admin, and park ranger.



"NURSES ARE THE HEART OF HEALTHCARE."

-DONNA WILK CADILLO (FAANP)

100% ON NCLEX

SUU's Nursing Program had their first 100% NCLEX pass Rate HP group this fall. They graduated August 2022 with 17 students in the group. The courses at SUU combine classroom and experiential learning, emphasizing caring, critical thinking, patient safety, ethical decision-making, communication, civic responsibility, and professional excellence. This provides an ideal learning experience that allows students to both know the material but also put it into practice as they engage in hands on learning.

POWER IN PINK

At the 10-year anniversary of the Power in Pink 5K walk/run for breast cancer, the nursing program took home the trophy for the most college participants for the 3rd year in a row. Power in Pink is an annual 5K event that raises funds for individuals undergoing breast cancer treatment. It also commemorates those who survived breast cancer. The event featured the 5K walk/run as well as key-note speaker and breast cancer survivor Nicole Tanner, CEO of the popular soda chain Swig.

NEW FACULTY



Tana Crookston

From Logan, Tana earned her BSN and went on to earn her MSN. She is specialized in giving Critical Care. She also enjoys mountain biking, and snowboarding.

Kelly Cross

Joining us from Cal State, Kelly has a BS in Health Sciences, MS in Public Health, ADN, and a MSN-NE. She is specialized in Data Analytics, Health Informatics, and Acute Care.



NEW MSN

In the most recent evaluation from the Northwest Commission on Colleges and Universities (NWCCU), the Nursing department was approved to begin a new MSN Degree in Leadership and Administration. The program is accepting applications and will begin on May 15, 2023. The degree will prepare nurses for advancement into leadership roles within the healthcare industry.

CLASS OF FALL 2022

S U U N U R S I N G P R O G R A M



Back row (left to right): Maisie Wilson, Salvador Rodriguez, Michael Wayman, Wyatt Mason, Evan Bovack, Chase Miner, Josh Paul, Amanda Robinson, Keaton Hansen

Middle row (left to right): Annie Wolter, Lara Prinsloo, Anissa Evans, Megan Gifford (Graduated August 2022 with HP's), Breanne Dubon Santiago, Hunter Foster, Kelly Wilcock, Natalie Cannon, Ally Jones, Abby Speakman

Front row (left to right): Cassidy Windhorst, Millicent Reich, Jessica Poulsen, Josalyn Stacey, Kelsey Ross, Emmalee Harris, Camry Miller, Kaely Wilson, Ammanda Puefua, Makall Whetten

PINNING CEREMONY

DEC 16, 2022 | 2:00 PM

R. HAZE HUNTER ALUMNI CENTER | GREAT HALL



Join us on Zoom



MADY HOWARD – NINJA WARRIOR

Mady Howard is a SUU Nursing alumna who recently competed in the *2022 American Ninja Warrior*. She was judged as one of the top competitors on the show. Her experience as an SUU gymnast prepared her for the national competition. She earned her bachelors degree in nursing from SUU and currently works at Intermountain Healthcare Dixie Regional Medical Center as an ICU nurse. In an interview with the Deseret News, Mady said "I always try to get into a mental state where I'm excited to be there. I always do the best when I just want to have fun, so I try not to put too much pressure on myself." She began competing this year with new motivation. Only 6 months after giving birth to her son, Mady competed all the way through to the ANW Finals.



MADY HOWARD COMPETING ON SEASON 14 OF "AMERICAN NINJA WARRIOR." | ELIZABETH MORRIS, NBC

SPORTS MEDICINE CONFERENCE



Dr. Marcus Lawrence took 6 students to participate in a research poster competition at the Southwest chapter of American College of Sports Medicine (SWACSM) Annual Meeting in Costa Mesa, CA on October 28-29. The students were being recruited for graduate programs and were able to network with various prominent Utah and regional universities. This also included PhD recruiting for one of our MSSCP graduate students. Dr. Lawrence was able to serve as a judge for one of the graduate competitions held at the event. He also expressed deep appreciation for the funding support provided by the COHS when he stated, "the FSSF funding allowed me to provide mentorship to students, immerse myself and our students in networking, and aided me in professional development."

NURSING IN BRAZIL



Suzie Campbell and SUU Nursing are taking a trip to Brazil this May. Included in this trip are several clinical experiences as part of their trip to Florianopolis, Brazil. The Nursing department has partnered with the faculty at the "Universidade Federal de Santa Catarina" in Florianopolis. They plan to hold a simulation in their lab exploring how to care for culturally diverse clients. Included in the trip as well will be touring their teaching hospital which is the setting for their various medical programs, volunteering at an orphanage in the city, and performing some health education in partnership with the Brazilian nursing students. This trip will be a unique opportunity for SUU Nursing students to be introduced to other healthcare systems and explore how health is experienced and influenced by other cultures. They will be able to participate in rare networking with the faculty and students from the Brazilian Institution.

[Learn more about this trip](#)

SUPPORT COHS

You can be the difference for COHS students to achieve their goals and aspirations. The College of Health Sciences has been preparing unique national and international study opportunities. The COHS Dean's Innovation Fund has been created to support these programs, trips, and conferences. These experiences help provide increased cultural awareness, hands on learning, and career preparation.



[Donate Now](#)



COHS SINCERELY
APPRECIATES YOUR
SUPPORT OF OUR
STUDENTS, FACULTY, AND
ACADEMIC PROGRAMS
-THANK YOU!