



KEISER UNIVERSITY JACKSONVILLE 

## The Regulars

Your Safety: It's Our Priority!	Page 2
StudentVoice	Page 3
KeiserGives	Page 4
Health Corner	Page 5
Librarian's Tip	Page 6
Coffee Hour	Page 7
The Job Market	Page 8
Focus on Faculty Student Soptlight	Page 9
PTA Word Challenge	Page 10
"At the Movies" Crossword Puzzle	Page 11
Puzzle Clues/ Essay Contest Winner	Page 12



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## Your Safety: It's Our Priority



News Feed

## Your Safety: It's Our Priority!

KU Jacksonville Crisis Response Team

~David De Haan

Crisis Response Team Leader

Your safety is a priority here at KU Jacksonville. While we do try to anticipate certain situations, unavoidable emergencies will still occur. The Campus Response Team (CRT) is made up of faculty and staff and they are charged with implementing and overseeing the campus response to crisis situations that occur on school grounds. CRT members can be identified by the red "CRT" lanyards around their necks and their "walkie-talkie" radios.

What should you do when faced with an emergency?

If it is a life threatening emergency, call 911, then immediately notify a CRT, faculty or staff member.

If it is not life threatening, then bring the situation to the attention of a CRT, faculty or staff member. Make sure they have all the information that you can give them about the situation. If possible, write down what you saw and

heard including the five W's; **Who, What, When, Where, and Why.**

The CRT, faculty, and staff do look out for you and your safety but we cannot be everywhere all the time. You can help us to make this as safe an environment as possible by simply keeping your eyes and ears open. If something doesn't look right, sound right, smell right, or feel right, please let one of us know.

For more information please see the Safety and Security tab of the KU website. <https://keiseruniversity.edu/safetyandsecurity/>



## Student Voice

### SOTA (Student Occupational Therapy Assistant)



News Feed

I am sure many of you have seen SOTA posted on many flyers and might wonder what that means. It stands for Student Occupational Therapy Assistant. It is a core organization that raises awareness for Occupational Therapy and raises money for different community programs. As of now we have raised over \$600 for programs like CURE childhood cancer, Foundation for Fighting Blindness, The Red Cross, and March of Dimes. March of Dimes is our current program that we are raising funds for. We have done a bake sale, popcorn sale, Bundles of Love Drive, and hosted a Jeans Day for March of Dimes. Did I mention that we have done all of this since October! As President of SOTA I could not be more proud of our organization. SOTA is also a support system for OTA students. If anyone has concerns or ideas or just needs someone to lean on to help them out, SOTA is there for them. April is OT month and we will be having a field day

on April 10<sup>th</sup> from 12-2pm in the lobby, auditorium, and gazebo areas. For every five stations that you visit you get a cupcake. It will be a fun and interactive experience that showcases what OT is about. What is OT you ask? Occupational Therapy is about helping others adapt to new situations in their life and help them live as independently as they can with the abilities that they do have. If you have any questions just ask one of us in the blueberry scrubs!



~Amber Kendall  
SOTA President and OTA Student



## Keiser Gives

By:  
Kimberly Silva,  
Nursing Instructor



The Daniel Kids Foundation is one of many charities that receive support from the Keiser University Family. The Daniel Kids Foundation started from the large amount of children orphaned by the yellow fever epidemic in the late 1800's. Originally created as a home for orphaned boys, the home later expanded to also include services for girls.

Daniel Kids help support children who are in both temporary and permanent foster care, homeless and/or are dealing with emotional and behavioral problems. They also provide a wide spectrum of services for at risk teens in the public school system. The Daniel Kids campus houses both an educational building and residential housing. The children are of varying ages. Their length of stay is dependent on their situation. Most

of the time the children arrive on the campus with minimal personal belongings.

This foundation is close to the heart of our very own Kathy Krach. Kathy and the rest of the RT faculty hold fundraisers to help raise money and collect supplies for the school. These delicious taco lunches typically occur a couple of times a year. In addition to the fundraisers, members of the RT program travel to the site and interact with the kids. It is a wonderful opportunity for all who participate. Keep up the good work RT!!!



## Health Corner

### Stand Up to Lower Back Pain



~ Mitchell T. Maione,  
PT, DPT, OCS, MTC, CFC

Director  
Physical Therapist Assistant Program



News Feed

#### THE PROBLEM

Low back pain (LBP) is the leading cause for missed work in the United States. Approximately 80% of the population will experience some form of it in their lifetime. <sup>1</sup> There is one very common type of back pain known as “non-specific” low back pain, meaning that pain generated here is not due to an identifiable condition such as spinal stenosis, disk herniation, fracture, or degenerative joint disease, but rather from irritation to the soft tissues of the vertebral column such as the muscles, tendons, fascia, ligaments and disks.

#### THE CAUSES

Did you know that sitting actually places more stress on your spine than standing does?<sup>2</sup> It is true. Most students spend multiple hours a day in a seated position, which increases stress across the soft tissues of the spine. Not only does sitting increase stress on the spine but, sitting and bending forward, such as slouching, places even more stress across the spine. This stress stimulates pain receptors in the joints and tissues and triggers an inflammatory response, which, in turn, results in pain.<sup>3</sup>

#### THE SOLUTION

If you begin to experience LBP while sitting, there are several things you should do to either relieve your symptoms or prevent the condition from getting worse:

1. Periodic standing – try to stand at least once every hour
2. Once in a standing position, place your hands on your upper buttocks region and bend backwards at least once. This will counteract the effects of sitting.
3. When sitting, or when standing is not permissible, sit up as tall as possible, creating a nice curve in your low back. Do not lean back against the chair back.

Following these simple tips may be the difference between a healthy spine and LBP.

As always, seek out a Physical Therapist for further assistance.

#### References

1. Agency for Healthcare Research and Quality (AHRQ)
2. Hans-Joachim Wilke, et. al. 1999 SPINE Volume 24, (8), 755-762
3. “Pain: Hope Through Research,” NINDS. Publication date December 2001



## Librarian's Tip

Deborah Williams,  
Campus Librarian

Earth Day is April 22, 2014! Are you practicing “Acts of Green”?

The library is ahead of the curve when it comes to sustainability! Much of the library materials and services provided are paper-based, so we are sensitive to the need to recycle paper goods, reduce the amount of paper goods used in the library and to reuse materials for alternative purposes. Here are a few examples of how we –the Keiser University Library, have encouraged the conservation of paper and other resources:

1. All computers are set to the default printer setting of “two-sided.”
2. We encourage students to print PowerPoint slides, study guides and lectures using the “multiple slides per page” setting to reduce printing.
3. We reuse marketing flyers and posters for annual events and activities.
4. We reuse packing and shipping plastic and bubble wrap when sending out interlibrary loan materials to other campuses.
5. We recycle printed materials left on the printer and use it for scratch paper.

6. We have lots of live plants in the library to generate oxygen and encourage the production of clean air.
7. We recycle library books, magazines and newspapers that have been “weeded” from the collection . The bookstore manager occasionally uses our old newspapers for shipping.
8. We use water from plastic bottles left in the library by students to water our plants.
9. We encourage “saving versus printing” files on external drives, emailing and digital storage of files in “the Cloud”.

What can you do to help conserve resources? Download the app called iRecycle for free on Google Play for Android and the App Store for the iPhone. This app provides over 130,000 sites where you can recycle electronics, building materials, clothes, automotive parts, expired medications and lots of other unwanted but reusable materials. Practice “Acts of Green”. REDUCE – REUSE – RECYCLE!

Sources:

<http://earth911.com/>

<http://www.earthday.org/>





## Coffee Hour

### Student Peer Advice



News Feed

**~What is one thing that you found challenging when you began your journey as a student at Keiser University? How did you overcome that challenge?**

**~What is one piece of advice that you would like to give to newly enrolled students?**

“When I first got to Keiser I wasn’t prepared for the college experience like I thought I was. But, with the help of my professors they showed me how important being organized and managing my time is here at Keiser. A piece of advice I’d give to new students is don’t be afraid to approach your professors, they are more than willing to help you



overcome whatever issue you may have whether its business or personal.”

~ Angela Kemp  
Criminal Justice Student

“One thing I found challenging when I began my journey as a student at Keiser University was committing myself to my education and not losing sight of what I want to

accomplish. Yes, I was nervous, scared, and second guessing if this was the right decision I made for myself. Every potential student that walks through the doors at Keiser University is nervous enough, but the real challenge is getting up every day for class making sure your assignments are on time and putting your education first. Every day I challenged myself to improve on all aspects. I went through a lot of trials and tribulations. But if I had given up in my time of weakness, then the only person that would have been hurting through this is me, because I gave up on myself. I completed my Bachelor’s Degree in Criminal Justice because I challenged myself to complete what I started. In college you will make mistakes, but that is okay. Never let one mistake jeopardize who you are as individual and deter you from your dream. Michael Jordan stated, “I can accept failure, everyone fails at

something. But I can’t accept not trying.” This quote stayed with me all through my time at Keiser University. Failing is not the end of the world. So give it your all and when you don’t have any more to give reach down deep inside and ask yourself, “What made me start this journey in the first place?” The end result is that you will achieve what you work so hard for and then you will be able to walk across that stage at your graduation.

~Ryan Thompson,  
Alumni  
Criminal  
Justice





News Feed

## Career Search Timeline for Students

Barbara Vick,  
Director of Student Services



### FIRST SEMESTER

1. Discover Student Services! Learn about the services and resources available to you.
2. Focus on good grades from the start! Begin to build positive relationships with your faculty.
3. Attend Student Services' job fairs in the fall and spring. Find out what employers are looking for in employees and interns.
4. Develop skills and explore experiential learning opportunities through involvement in student organizations, part-time jobs, community service and internships.
5. Develop a draft resume and continue to refine it. Begin to gather and document accomplishments that reflect your strengths and will build your resume.
6. Register as a student at [www.collegecentral.com/keiser](http://www.collegecentral.com/keiser)
7. Attend workshops and programs offered by Student Services and the Student Success Coordinator, Dr. Jones.

### CONTINUE...

1. Continue to make good grades. Look to your faculty as mentors; learn about your profession and industry in addition to your classroom studies.
2. Attend Student Services' job fairs in the fall and spring! Discover which jobs and companies appeal to you.
3. Develop/refine job-hunting skills (resumes, interviewing, company research).
4. Pursue experiential opportunities in your areas of interest.

5. Continue to gather accomplishments and refine your resume.
6. Continue to update your College Central account ([www.collegecentral.com/keiser](http://www.collegecentral.com/keiser)).
7. Seek leadership opportunities in campus organizations and extracurricular activities.
8. Find work and internship opportunities related to career choice.

### PRIOR TO GRADUATION

1. Continue to make good grades and demonstrate your professionalism to your faculty. They will be the ones your employers will look to for your first reference.
2. Continue to gain work and internship opportunities related to career choice.
3. Join a professional organization (student chapter) in the field or interest area in which you want to work.
4. Finalize your resume. Make sure it is posted at [www.collegecentral.com/keiser](http://www.collegecentral.com/keiser).
5. Research and develop your own list of target companies and send resumes.
6. Attend the job fairs sponsored by Student Services.
7. Continue additional networking and job seeking activities. Utilize the resources available to you through Student Services.

### GRADUATION AND BEYOND

REPORT YOUR EMPLOYMENT TO STUDENT SERVICES!





## Focus on Faculty

Carolyn Delhinger, MS, MAS  
Instructor  
~ By Dr. George Ealy



This month's faculty spotlight shines on, Carolyn Delhinger, a member of Keiser University's Department of General Studies. Ms. Delhinger has attained a level of achievement that remains a dream for many of her peers. Professor Delhinger is the sole author of her own textbook, Molecular Biotechnology, that is being published by Jones and Bartlett Learning (Burlington, MA) and is scheduled for release in 2015!! This is a work that covers the field of biotechnology (genetic engineering, bioinformatics, etc.) and will be used nationally by undergraduate students in biotechnology and biomedical science programs. She is also a member of the American Council of Education (Washington, DC) and a science editor for Triumph Learning. Locally, she is a member of the Advisory Committee for Oak Leaf High School's Biotechnology Academy. In 2013, the Governor of Kentucky appointed her as a member of the Honorable Order of Kentucky Colonels. When not engaged in scholarly activities, she has also found time to become a yoga master!! Congratulations Colonel Carolyn!!



Carly Posson, PTA Student

The first thing you notice about Carly Posson is her beautiful smile. She has a very caring nature about her that you quickly discover the minute you start to interact with her. Our first interaction was over a Voss glass water bottle. As brief as our conversation was, I soon discovered what a special young lady she was. When I spoke with her about what led her to pursuing a career as a PTA, I was surprised to learn she had suffered a near fatal accident, requiring 7 weeks of hospitalization and months of rehab. The support she received throughout her recovery gave her the inspiration to help others who had suffered similar traumas. She has worked tirelessly and unselfishly to pursue her dream. She also helps her fellow classmates strive towards their similar goal. I can easily see what an attribute she already is to the PTA profession.

Keep up the good work Carly!

~By: Kimberly Silva,  
Nursing Instructor





## News Feed

PTA Word Challenge:  
Fill in the blanks based on the clues. Can you guess the horizontal phrase that the correct answers spell?  
Answer pool is on the back page!

Brought to you by Dr. Natalya Lezhak, PT, DPT Physical Therapist Assistant Instructor

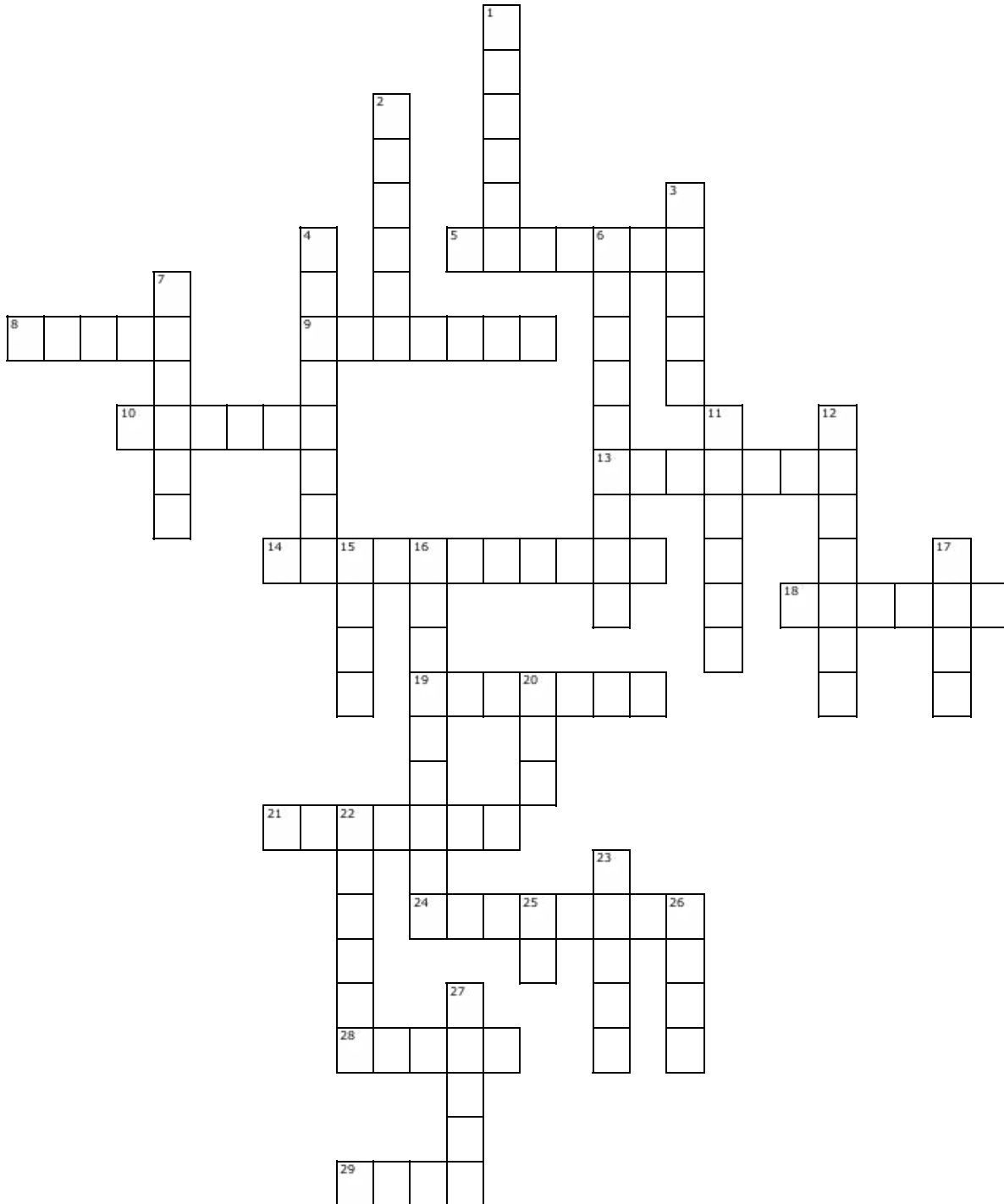


- 1. -----
- 2. -----
- 3. -----
- 4. -----
- 5. -----
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- 18. -----
- 19. -----
- 20. -----

- 1. Branch of physical therapy that addresses needs of infants, children and adolescents
- 2. Proper body movements that will help you avoid injuries during heavy lifting
- 3. The use of skilled hand movements to manipulate tissues of the body to restore movement, lessen pain, promote general health, or induce relaxation.
- 4. Activity you would want to include in your workout after the warm-up
- 5. Treatment tools used in therapy, including electrical stimulation, ultrasound, and heat
- 6. Therapeutic exercises performed in a pool
- 7. Sharing knowledge, skills, and information with others
- 8. Restoration of function
- 9. Exercises that will make your heart stronger
- 10. Activities that make your body stronger
- 11. Activities that will improve your stamina
- 12. Systematic study that yields evidence-based results
- 13. Treatment techniques that relieve pain
- 14. Activities to improve proper body position
- 15. A better way to live your life
- 16. An ounce of this is worth a pound of cure
- 17. Interventions used to restore skin breakdowns
- 18. State of equilibrium
- 19. Working collaboratively to achieve a common goal
- 20. Relaxation technique that includes rubbing



## At the Movies



### News Feed

Brought to you by Dr. Peter Zanzonico, Program Director Biomedical Sciences  
Puzzle Clues are on the back page!





News Feed

## At the Movies Puzzle Clues:

### Across

5. Buongiorno, principessa!
8. Has a beautiful, gladiator mind
9. Citizen Kane's sled
10. Yippie ki-yay
13. You jump, I jump, right?
14. Best Actor 2014
18. Training Day
19. An excellent driver but definitely not wearing his underwear
21. The Woo Woo kid
24. Noah and Allie
28. Hot of Academy Awards
29. "You're gonna need a bigger boat"

### Down

1. Most actor nominations without a win
2. Director, The Breakfast Club
3. Spoke for King George VI
4. Amber DNA, period
6. Puzo, author
7. You talking to him?
11. The Fast and the Furious, RIP
12. Director 12 Years a Slave
15. Who is Cherilyn Sarkisian?
16. "You can't handle the truth"
17. 30 Seconds to Mars
20. Go Back to the Future with...
22. Norma Jean
23. Keaton and Farrow's real Midsummer Night's Sex
25. Loved Reese's Pieces
26. Author of the novella, Shawshank Redemption

## PTA Word Challenge

### Answer Pool:

Rehabilitation; Pediatrics; aquatic therapy; healthy lifestyle; body mechanics; aerobic conditioning; posture correction; education; manual therapy; strengthening; stretching; endurance; balance; massage; modalities; wound care; research; pain management; prevention; teamwork

### Writing Studio Essay Contest: The Winner is Roxanne Orande!

Congratulations to Roxanne Orande, an OTA student, for winning the Writing Studio Essay Contest for her essay titled, "A Good Image for a Better School, a Better Future." Overall, this essay exemplifies quality writing because it has a strong clear argument, is well-organized, and has been carefully edited to adhere to the rules of English grammar and APA formatting. Roxanne was awarded a brand new Kindle!

Here is an excerpt from the essay:  
"Despite all of the circumstances, all the excuses, and the past, we need to focus on rebuilding good memories and start building a better portrait for a better tomorrow."

-Roxanne Orande

