

# the Exclusive

**WINTER  
2025  
EDITION**

KU Port St. Lucie  
Campus Newsletter



**INSIDE...**

**WELCOME FROM THE PRESIDENT,  
NEW YEAR'S RESOLUTIONS, NEW  
SNA BOARD MEMBERS AND MORE**



# KEISER UNIVERSITY

## STUDENT SERVICES

### LIST OF SERVICES

Please feel free to contact us about these services:

- Résumé writing assistance
- Job search & online applications assistance
- Mock interview assistance
- 211 services: Call 2-1-1 for where to turn when things happen unexpectedly in your personal life
- 988 Suicide & Crisis Lifeline: Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week
- Safe Space contact info, domestic violence, victims advocate info
- Grief and other counseling services
- Volunteer opportunities
- Student Clubs & Organizations
- Leadership Distinction Program (LDP)
- Referrals to services for financial trouble
- ID badges
- Food, housing and childcare information
- Tissues and an ear

We are here to support our students through any situation, big or small, and refer local services to assist students and their families... just ask!

Melanie Mead, Director of Student Services  
MMead@KeiserUniversity.edu

Korina Bougere, Associate Director of Student Services  
KBougere@KeiserUniversity.edu

Scan the QR Code or copy the link to access the Student  
Services Resource Request Form

<https://forms.office.com/r/GM7LbvmBL8>





# Welcome from your Campus President

Dear students,

As we begin this new year, I want to take a moment to reflect on your incredible potential, what you have achieved thus far, as well as your continued journey ahead. The start of a new year is an opportunity for fresh beginnings, growth, and the pursuit of your dreams. You are the leaders of tomorrow, and each step you take today, no matter how small, shapes what is next for you.

I encourage you to embrace 2025 with determination, resilience, and an unwavering belief in your abilities. Challenges will arise, but they are merely opportunities in disguise. I guarantee that your hard work, passion, and commitment will see you through; you will emerge stronger, wiser, and more capable.

Remember that success is not just about achieving your goals, it's about the lessons learned along the way and the character you build in the process. Keep your curiosity alive, stay focused on your dreams, and never forget that your journey is unique and important.

Here's to a year filled with growth, achievement, and the courage to pursue your greatest ambitions. My hope is that 2025 will be your best year yet!

Thank you for choosing Keiser University Port St. Lucie Campus to support you and your journey.

With my warmest wishes for your success and happiness,

Leslie Kristof, MBA  
Campus President





# Professor Ferrari weighs in on the Mediterranean Diet

*Professor Stacy Ferrari spoke with Vero News journalist Jackie Holfeider about the benefits of the Mediterranean diet. Review the full article at [veronews.com](http://veronews.com).*

## By Jackie Holfeider

Ask almost anyone what's most beneficial about the Mediterranean diet and they'll likely say it's good for your heart. But ongoing studies indicate that's just the tip of the iceberg. There are lots of other reasons your body will love you for adopting this easy-to-follow, time-tested food plan.

Prof. Stacy Ferrari of Keiser University Port St. Lucie Dietetics and Nutrition Department said new information unearthed by the studies is compelling. "We've known since the 1950s that this eating plan, coupled with walking and physical activity, makes people healthier, but evidence just gets stronger and stronger in these additional findings," she said.

Throughout the years, the Mediterranean country of Spain has been one of the world's healthiest countries and it was named No. 1 in the 2019 edition of the Bloomberg Healthiest Country Index, which ranks 169 economies according to factors that contribute to overall health.

Researchers in that country have long studied the beneficial effects of the Mediterranean diet combined with physical activity and healthy socializing for reducing pain for seniors.

"The emphasis on fresh fruits and vegetables, as well as the use of olive oil and a major reduction in the consumption of red meat, constitute an anti-inflammatory eating plan," said Ferrari.

That is a quite the big benefit since a recent Harvard University study found that chronic inflammation is associated with heart disease, diabetes, cancer, arthritis, and bowel diseases like Crohn's disease and ulcerative colitis.

Most people think that frailty is a normal part of aging, but the renowned Framingham Study, which began in 1948 and is ongoing with a third generation of participants, has gathered data connecting the Mediterranean diet with reduced frailty statistics. And a National Library of Medicine report concurs – a higher adherence to the Mediterranean diet was associated with lower odds of frailty.

An article in Psychology Today called the Mediterranean diet as close as you can get to a "one-size-fits-all" food plan that can benefit just about everyone. The article also stated that research indicates that the Mediterranean diet may help reduce the risk of depression because the components of foods typically included in the diet protect against inflammation and damage to brain cells.

"Study after study has made the connection between omega-3 fats [which are abundant in the Mediterranean Diet] and brain health," says Ferrari.



Claudia Satizabal, Ph.D., assistant professor of population health sciences with the Glenn Biggs Institute for Alzheimer's and Neurodegenerative Diseases at UT Health San Antonio, is the lead author of a study that found that, even at younger ages, a diet that includes substantial omega-3 fatty acids will start to protect the brain from many of the indicators of aging seen beginning in middle age.

The Mediterranean diet is also good for losing weight and avoiding obesity. Even though it “doesn’t count calories or macros, there’s considerable evidence for its effectiveness for losing weight and keeping it off,” according to Everydayhealth.com. “A study published in Nutrition & Diabetes, for example, followed over 32,000 subjects over 12 years and found that those who ate a Mediterranean-style diet had a lower risk of becoming overweight or obese than those who did not.”

Ferrari believes that nonalcoholic fatty liver disease is becoming the “third rail” of obesity – but for every kilo of weight lost, risk is reduced and liver function is significantly improved.

“A systematic review published in the American Journal of Medicine compared a Mediterranean diet with other weight loss diets (such as a low-carb plan) and concluded that it produced similar results. A study in the British Journal of Nutrition even found that adherence to a Mediterranean diet led to a twofold increase in the likelihood of weight loss maintenance,” she said.

If the thought of significantly changing your diet is overwhelming, start gradually.



“Substitute one meatless meal a week,” said Ferrari. “Start with three daily servings of fruits and vegetables and gradually work your way up to the recommended five.”

We eat processed food high in salt and fat that are tasty and addictive, so, again, Ferrari suggested going slow. “Replace some of your usual snacks with a small piece of cheese or yogurt,” she said. “Give your taste buds time to adjust.”

If you think some of the new plant-based meat substitutes might be a path to the Mediterranean Diet, they are not, according to Ferrari. “Unfortunately, no. They, too, are highly processed and don’t fit the natural and healthy parameters of the foods we look for in the Mediterranean Diet,” she said.

Prof. Stacy Ferrari has a Master of Public Health in Nutrition degree from UNC (Chapel Hill). She is a Registered Dietician and a Nutritionist with the Academy of Nutrition and Dietetics, and a Licensed Dietician and Nutritionist in the State of Florida. She has been on staff at Keiser University’s Port St. Lucie campus for five years, where she teaches Advanced Nutrition and Medical Nutrition Therapy.





Get involved, have a voice and make  
an impact by joining the  
Student Government Association.

Fostering student learning, leadership,  
professional development, campus  
enhancement and social awareness.  
Check the campus calendar for our next SGA  
meeting. Contact Student Services if you  
would like more information:  
[mmead@keiseruniversity.edu](mailto:mmead@keiseruniversity.edu)  
[kbougere@keiseruniversity.edu](mailto:kbougere@keiseruniversity.edu)



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## Meet the new board members of the Student Nurse's Association



### ***Future Nurses of KUPSL***

**Who we are:** Keiser University Student Nurses' Association (SNA) is a local chapter of the National Student Nurses' Association (NSNA). This is a voluntary organization welcoming ALL future nurses of Keiser University. As nursing students, we will practice self-governance; advocate for student rights and the rights of patients; and take collective, responsible action on vital social and political issues.

**What we do:** SNA is currently working on a few projects for this semester. SNA currently has a tutoring program that was started to assist and prepare nursing students for the dosage calculation test, skills check off, and head-to-toe assessment. It has been a huge success! We are currently working on a few great events and projects this semester and next. Please join us to see what great things we have planned.

**When we meet:** Third Monday of each month @ 12:00 p.m. on campus in room 106/107. The meeting will be 1 hour, and food is allowed. Please join us with your lunch and learn what your campus SNA is all about!

Professor Evelyn Rudd, SNA Advisor

### **SNA Board Members**



Pictured top left to right:  
**Lindsay Wilson,**  
President  
**Gilson Dos Santos Filho,**  
Vice President  
**Lawanna Cadestin,**  
Head of Tutors  
**Lauren Nipper,**  
Treasurer  
**Stephanie Saintil,**  
Secretary

# New Year's resolution ideas: 25 fun and practical goals to reach for in 2025

Written by Malaka Gharib from NPR Life Kit, 1/1/25

To view the full article, visit <https://www.npr.org>

Can't decide on a New Year's resolution for 2025? We've got ideas!

This year, I want to ...

... Try something fun

- Get my first tattoo
- Sew my own clothes
- Host more dinner parties
- Bring more novelty into my everyday life

... Challenge myself

- Quit buying clothes and unnecessary purchases for a whole year
- Invest in home appliances that save money and energy
- Break free from a codependent relationship
- Improve the quality of my sleep
- Find an exercise routine I'll actually stick with
- Boost my memory skills

... Change my perspective

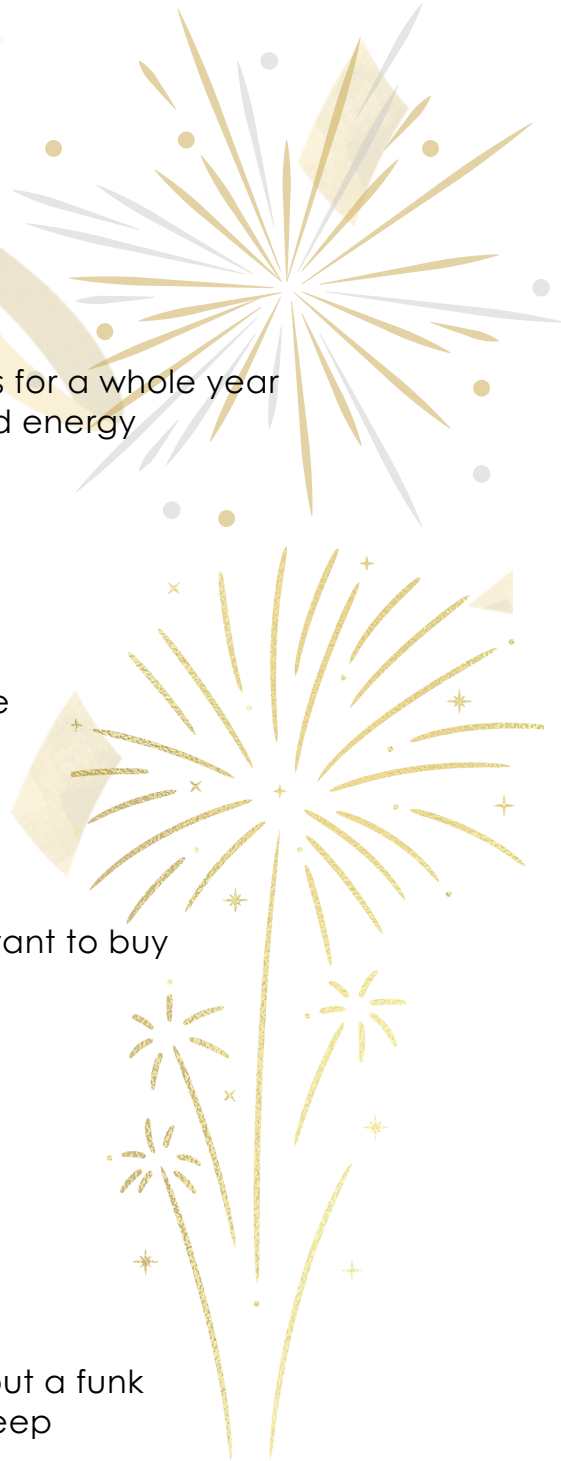
- Stop feeling guilty about things I've said or done
- Learn how to resolve conflict with my partner
- Become a "morning person"

... Get my life organized

- Finally learn how to create a budget
- Save money for emergencies and big things I want to buy
- Minimize clutter and mess in my house
- Organize my home
- Make better to-do lists
- Have a freezer full of meal-prepped dinners

... Work on my self-control

- Stay out of debt
- Stop spending money when I'm stressed
- Have a healthier relationship with caffeine
- Stop being a people pleaser
- Use healthy coping mechanisms to pull myself out a funk
- Get better at recovering from a bad night of sleep





# answers

Knowing Who to Ask Is Half the Solution



- \* Enrollment Process
- \* Continuing Education
- \* Open Houses



- \* Tuition Payments
- \* Payment Methods
- \* Current Balance



- \* Blackboard
- \* Student Portal
- \* APA Formatting
- \* Research Paper Assistance



- \* Books / Source Materials
- \* Research Databases
- Desktop Computer Use
- Printer Use (free)
- Copier Use (10¢ each side)



- \* FAFSA
- \* Scholarships
- \* Grants



- \* Class Schedules / Changes
- \* Official Transcripts
- \* School Status



- \* Job Search Help
- \* Community Resources
- \* Student Government Association (SGA) & other student organization info
- \* Volunteer Information



- \* Changing Majors — go to the Academic Advisor of the major you're interested in pursuing
- \* Program Information
- \* Tutoring Assistance
- \* Class Concerns



**BRING YOUR  
KEISER ID**