



CLARION UNIVERSITY OF PENNSYLVANIA

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COLLEGE OF HEALTH SCIENCES AND HUMAN SERVICES

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CAMEO OF CARING AWARD

A Clarion University nursing educator was recently awarded at the Cameo of Caring Awards for excellence in the Nursing Educator category through the University of Pittsburgh's School of Nursing. Dr. Mary Lou Zemaitis, an assistant professor at Clarion University's Pittsburgh site, was honored for exceptional work of bedside nurses in acute care hospitals.



Zemaitis states, "Becoming a nursing educator was the most important move I made." She also comments on the improvements of nursing care due to the development of new strategies, educational support, and differential academic pathways for nurses.

In addition to Zemaitis, seven other Clarion University alumni received multiple awards for different categories through their employment in the following nursing facilities.

- Samantha Brison '17, General category, UPMC Northwest
- Jennifer Lyn Capets '13, General category, VA Pittsburgh Healthcare System
- Dina Boyd '99, Advanced Practice category, Allegheny Health Network, West Penn Hospital
- Shauna Mack '16, Advanced Practice category, Allegheny Health Network, Saint Vincent Hospital
- Jennifer Wasco '04, Nurse Educator category, Chatham University
- Michelle Shields '95, Advanced Practice category, VA Pittsburgh
- Michelle Collins '90, Case Manager category, UPMC Northwest

Clarion University's Speech and Hearing Clinic Annual Holiday Party

Every year, Clarion University's chapter of the National Student Speech-Language and Hearing Association hosts a holiday party for the university's on-campus Speech and Hearing Clinic's clients. This year, the party was held in Keeling, where the on-campus Speech and Hearing clinic is located. Clients and their families/caregivers were invited to attend, along with the student graduate clinicians. Everyone enjoyed light refreshments while partaking in different activities including penguin bowling, pin the nose on Rudolph and getting pictures taken in front of the photo booth. There were also festive crafts that the clients enjoyed such as decorating personal ornaments, making pipe cleaner candy canes, and coloring holiday picture sheets. Santa (who was played by the Dean of the College of Health and Human Services, Dr. Jefferey Allen) also stopped by and read *The Night Before Christmas* and handed out presents. The event was a success and the clients celebrated the completion of another semester of therapy that was full of hard work!



From everyone at Clarion University's Speech and Hearing Clinic: Best wishes for a Happy Holiday and a wonderful New Year!

Article By: Emily Baker

OFF THE BEATEN PATH CAREERS: MLB INVESTIGATOR

These investigators are known as the private detectives of Major League Baseball, looking at individual players, teams, staffs, and sports officials in order to maintain fairness and integrity of the league. This can allow a person to travel all over the world and work with many different people. Those who obtain these jobs are usually retired police officers or investigators with an array of experience in criminal, internal affairs, and background investigators. This is known as a full time job and can make between \$60,000 and \$90,000 a year. These investigators will look for substance abuse, violations of rules, player misconduct, and gambling involved throughout the sports world.

SEASONAL AFFECTIVE DISORDER

Winter is here which means many people may be experiencing a change in mood or energy. Seasonal affective disorder (SAD) can possibly be the cause for this lack of energy and changes in mood. SAD starts around the same time every year for the people who experience it, and it specifically starts in the fall and will persist through the winter.

The symptoms of SAD involve feeling depressed most of the day almost every day, having low energy, having issues sleeping, experiencing changes in weight or appetite, having difficulty concentrating, feeling sluggish or agitated, feeling hopeless, worthless or guilty, losing interest in activities that a person once enjoyed and having thoughts of death or suicide. Specifically, for winter-onset SAD a person may experience weight gain, tiredness or low energy, appetite changes that cause a person to crave more carbohydrates and oversleeping.

The main cause of SAD is still unknown, but a person's change in circadian rhythm due to reduced sunlight in the winter, changes in serotonin levels or melatonin levels could be a possible cause. Some risk factors for SAD can be family history of depression, having major depression or bipolar disorder and living far away from the equator.

SAD can be managed! Some of the treatments involve medications, light therapy and or psychotherapy, but a person who suffers from SAD can also try things like meditating, creating art as a form of art therapy, doing yoga or going to a yoga or exercise class, exercising regularly, going outside for a walk, practicing self-care techniques and encouraging yourself or another person who is struggling to be around others and socialize.

If you or someone you know struggle with Seasonal affective disorder, be aware that additional support is available at the Counseling Center in 256 Becht Hall (814-393-2255). Additionally, if you or someone else you know struggles with SAD, anyone can text the national crisis text line at any time by texting "help" to 741 741. Lastly, anyone can use the Clarion County Crisis Line at 814-226-7223.

All information about Seasonal Affective Disorder was obtained from Mayo Clinic.



OFF THE BEATEN PATH CAREER: CORPORATE NUTRITIONAL CONSULTANT

Companies are noticing an increase in productivity and workspace atmospheres when employees are happy and healthy. Therefore, many corporations are hiring Corporate Nutritional Consultants. These individuals will create wellness plans for a large group of people involving weight management, exercise, and dieting. There is no licensure to become a consultant, but they are recommended to become a registered dietitian through the state. Nutritional Consultants have the potential to make about \$60,000 annually.

STUDENT HIGHLIGHT : JULIA HOLDEN

There are many student athletes within the College of Health Science and Human Services, but Julia Holden has been a standout this semester not just on the court but in the classroom as well. Julia Holden, a member of the Clarion University Volleyball team, has received recognition this year as an athlete such as reaching 1,000 (and counting) career kills, leading the country in kills (4.61 kills per set average) and being second in the country for points per set average (5.24 points per set average). Julia is also a junior nursing major and has been selected by the College Sports Information Directors of America (CoSIDA) 2019 to be a member of the Academic All-District Volleyball team because of her academic success in nursing. Julia is passionate for both nursing and volleyball, and her reasoning for her passion for both goes much deeper than just being something she loves.



Why did you choose to be a nurse?

Julia chose to be a nurse because she wanted something that would challenge her for the rest of her life, and this choice was solidified when her mother passed away her freshmen year at Clarion. "I want to be a nurse because I saw how caring and compassionate the nurses were with my mom while she was in comatose in the CVICU." Julia's passion for nursing also stems from her faith. "My desire to be a nurse comes from a desire to serve others because of my faith in Christ. I want to have a lasting impact on those I will be caring for and providing care to patients and empathy and compassion to their families is something that I will love doing for the rest of my life."

What drives your passion for volleyball?

"My passion for volleyball stems from a drive to compete with teammates who make me better and who I can help make better. The sport is different with every point that comes and at the end of each play you come together with your team and it provides a sense of togetherness that I personally wouldn't find in any other sport.

How do you balance both volleyball and nursing?

"Balancing the two is challenging but is also easy at the same time. My love for both propels me to get things done for both nursing school and volleyball and since I have such a passion for both I have no reason to complain and I am just able to get it done because they both mean everything to me."

GUEST SPEAKER: STEVE MURRAY

The PSAC Commissioner, Steve Murray, came in to speak to students about possible careers within sports management on Monday November 18, 2019. Murray has been the standing PSAC Commissioner for over 20 years, the longest tenured commissioner in Division II. However, he has been working with the department since 1993, where he started as the Sports Information Director. He then worked up into the Assistant Commissioner working in Media Relations for 2 years before assuming his position now. Murray is a Gannon graduate, where he played baseball and obtained a degree in Business Administration and Management.



PSAC, Pennsylvania State Athletic Conference located on Lockhaven University, started in 1951 with just men's sports and quickly grew to women's in 1977. The most recent advancements within the conference was this year's addition of Shepard's University, allowing 18 universities to compete within the conferences. One of Murray's greatest accomplishments throughout the PSAC was his involvement with PSAC Scholar-athletes. To be a Scholar-athlete, an athlete must obtain a 3.25 GPA or higher. In 2018-2019 school year, 3,117 of athletes in the PSAC was honored a "Scholar-athlete" and marked the 9th straight year of over one-third of athletes receiving this honor.

Murray commended student athletes for their competitiveness throughout the NCAA Division II conference because for fall sports, they obtain most of the spots open for nationwide qualifying champion games. In addition, these athletes still have the ability to obtain high GPAs, increase graduation rates, and overall academic success. Furthermore, PSAC has a high degree of service and donation towards Make A Wish Foundation.

In the future, Murray would like to improve on the amount of corporate sponsorship seen throughout PSAC and adapt data analytics to look at different official crews and understand better techniques. When advising students about possible job careers in sports management, he suggested internships and experience to start. He comments on the difficulty of jobs such as Sports Information Directors and Athletic Trainers due to the high demand of time and quick burnout.

Thank you for coming to speak to Clarion University!

SCHOLARSHIPS JUST FOR YOU!

Emily Schena Scholarship Endowment:

A scholarship established by Delta Zeta Sorority in memory of Emily Schena. This fund is to financially support either a Clarion University student pursuing a degree in the Department of Communication Sciences & Disorders or a Delta Zeta member (or both). The applicant must be currently enrolled as a Junior/5th semester through graduate student at Clarion University, must have declared a major in the Department of Communication Sciences & Disorders and/or a Delta Zeta member with particular consideration given to those majoring in Speech Language Pathology, must have a 3.5 minimum GPA, and must have a strong record of extracurricular, leadership, and/or volunteer activities.

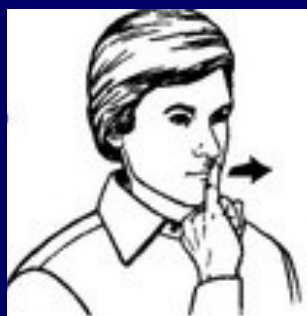
Vayda Family Scholarship:

An annual scholarship award is available to a junior or senior student majoring in special education or rehabilitative sciences. Minimum requirements include achieving a 3.5 GPA and active involvement with persons who have handicaps.

LEARN SIGN LANGUAGE



What



is



your



name?

Want to be featured in the next edition? Contact Alivia Shuttleworth at a.e.shuttleworth@eagle.clarion.edu