



College of Health
and Human Services

Annual Report

The College

Students & Alumni

Teaching & Research

Community Outreach

Contributions & Future Goals

A large, stylized year "2018" is overlaid on the bottom of the image. The "20" is in a bold, orange, sans-serif font, and the "18" is in a bold, white, sans-serif font with a slight shadow. The background of the entire cover is a photograph of a modern, multi-story glass and brick building with a courtyard in front featuring yellow flowers and greenery under a clear blue sky.



The College of Health and Human Services prepares students to improve the public's health.

2018 CHHS Degree Celebration

about us



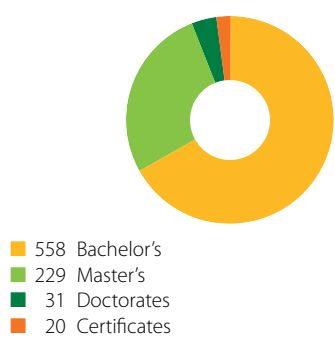
degrees conferred

834

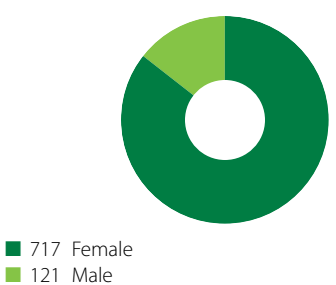
school or department



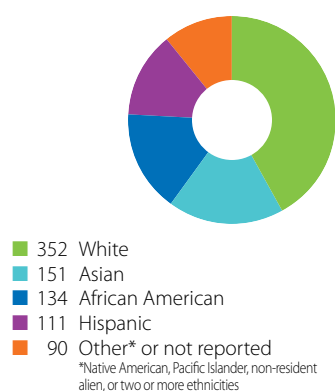
degree type



gender



ethnicity



greetings

The College of Health and Human Services is on the move; here we highlight a sample of our accomplishments. As a college we work to promote and deliver health, both locally and globally. To do so requires understanding the many

determinants of health and strategies needed for the elimination of health disparities. We accomplish our mission through excellence in academic programs, professional service, innovative research and practice initiatives.

The college's academic degree programs are exemplars for innovative learning that ensure our graduates are career-ready, and many of our programs are nationally ranked. Our faculty continue to build interprofessional academic programs with the overarching goal of improving the quality of health care through collaborative team approaches in keeping with the multifaceted aspects

of health. We remain committed to ensuring nontraditional pathways to and through our degree programs, such as the creation of two new online master's degree programs in health informatics and health administration. Our faculty and staff work in support of Mason and Northern Virginia Community College's ADVANCE program that provides students with advising support to earn a Mason degree within four years. The program will be a national example, and we have admitted our first cohort of students. Finally, our academic programs offer unique experiential learning opportunities in the field, in simulation, and in research laboratories. With the help of our more than 260 community partners, students have the opportunity to practice their disciplines and give back to our communities.

I hope you will enjoy reading about a few recent faculty-led discoveries, including our CONNECT program, which teaches local elementary students about healthy eating, and our Music and Memory Program aimed at understanding how a personalized music program positively impacts the behavior and emotional health of adults with dementia. I am especially proud of the notable service provided by our faculty. For example, our newest Mason and Partners (MAP) Clinic, located in a Fairfax County school, now enables immigrant children or those without health insurance to start the school year on time by providing free physicals and vaccinations. MAP clinics are structured for interprofessional experiential learning by students and faculty working together across disciplines in delivering health and eliminating disparities.



President Ángel Cabrera and Dean Germaine Louis present Vice Rector of the Board of Visitors Jon Peterson with a framed photo during the Peterson Family Health Sciences Hall Ribbon-Cutting Ceremony on May 3, 2018.

We will continue to work in support of our mission, as we begin the transition to becoming a college of public health. While it will be a few years before the necessary degree programs can be built and the accreditation awarded, the college remains committed to working in support of the public's health. In the coming year we are launching a strategic recruiting plan for faculty who will further advance excellence in teaching and research, and in the opening of our population health center next fall. It is an exciting time for the college, and we invite you to visit and experience us in our new home—the Peterson Family Health Sciences Hall.

My sincere thanks to our faculty, staff, students, partners, donors, and advisory board for all you do in support of our incredible mission and in supporting me in my first year as Dean. I remain committed to our mission in working to make health a reality for all.

Warm regards,

Germaine M. Louis, PhD, MS
Dean and Professor

nutrition cook-off

On April 23, the Department of Nutrition and Food Studies held an open house and cooking competition for students and alumni in their brand-new kitchen in Peterson Family Health Sciences Hall.

Faculty, students, and alumni faced off in a culinary competition to see who could create the best meal.

Each team was given a standard box of food that would be given out at a food pantry and \$4.50 to purchase additional ingredients on-site, an amount based on the daily allowance for supplemental nutrition assistance.

The teams had only 45 minutes to put together the most creative, tasty dishes they could.

Dean Germaine Louis, Director of Development Laura Walsh, alumnus Brian Head, and VALÉ Project Coordinator Amara Channell Doig served as judges. Each team was judged on presentation, texture, taste, creativity, and overall impression.

The faculty team won the competition with vegetarian tacos and a bonus of peanut butter raisin truffles with a Cheesios crunch. The alumni and student teams were close runners-up with their own versions of vegetarian tacos and stuffed peppers, respectively.

"As a faculty, we wanted to share our beautiful new kitchen with our alumni and students, not only to see the space but to cook in it, try out all the equipment, and give them a sense of ownership over the space," explained Assistant Professor Kerri LaCharite. "The nutrition kitchen has been in the works for so long, the students and alumni have been eagerly anticipating this move forward." ■



We wanted to share our beautiful new kitchen with our alumni and students, not only to see the space but to cook in it and try out all the equipment.

— Kerri LaCharite, assistant professor

above

The student team works together to prepare their meal for the culinary competition.

opposite

1. Each team was given a standard box of food and \$4.50 to purchase additional ingredients.
2. The teams had only 45 minutes.
3. Each team's dish was judged on presentation, texture, taste, creativity, and overall impression.



profiles



Gabrielle Jackson
Undergraduate Student
Community Health

Gabrielle Jackson, a junior majoring in community health, has always been eager to help others by making a difference in any way she can. This summer, after just returning from a semester abroad in Madrid, she traveled to São Paulo, Brazil to study the Portuguese language.

Her travel was made possible by a Boren Scholarship, which is competitively awarded and gives students the chance to develop their language and international skills in areas of the world critical to America's security.

Jackson is interested in learning Portuguese in the hopes of doing future research on the intersection of race, class, and health within urban areas to help build a healthier community. ■

Neil McCray
Doctoral Student
Health Services Research

Neil McCray's background is in public policy and ethics, and his primary research interest is in child maltreatment prevention. After he finished his master's in public policy at Mason, he knew he wanted to pursue a PhD where he could do child maltreatment prevention research. Mason's Health Services Research program was exactly the sort of interdisciplinary approach to health policy that he was looking for.

McCray notes, "An invaluable experience of my time here has been the opportunity to work with Dr. Priyanka Anand on a variety of papers, during which I have learned a lot about conceiving, planning, and executing research projects." ■



Theresa Davis
Mason Alumna
BSN '98, MSN '01, PhD '13

Three-time School of Nursing alumna Theresa Davis was named Director of the American Association of Critical-Care Nurses Board of Directors and a fellow of the American Academy of Nursing. She is the Operations Director for the eICU at Inova, which supports multiple ICUs using voice and video technology along with critical care expertise. She implemented the TeleICU in five Inova hospitals and the teledisaster program in 16 emergency departments across Northern Virginia in collaboration with the Northern Virginia Hospital Alliance.

Davis says she chose Mason time and again for its diversity, leadership focus, and dedication to student success. "When you're moving forward and learning and people believe in you, it helps you believe in yourself," she explained. ■

Saber Chowdhury
Mason Alumnus
BS, Global and
Community Health '15

Recent graduate, Saber Chowdhury, emphasizes the importance of staying involved at Mason. He currently sits on the CHHS Alumni Chapter Board, and during his time as a student, he was a resident advisor, an orientation leader, and a member of a community service fraternity.

Saber is now a medical scribe at ScribeAmerica, where he records doctor's notes to give them more time with their patients and increase efficiency in the emergency room. He says Mason prepared him for the working world by teaching him to be proactive, think critically, and accept feedback and criticism. ■



Terri Siggins
Mason Alumna
MEd '94, PhD '05, MS Nutrition '15

An independent study project for her PhD in education led Master of Science in Nutrition alumna Terri Siggins to pursue a new career path. The three-time Mason alumna was earning her PhD when she first discovered her interest in food policy.

"I was most interested in the population health aspects of nutrition," says Siggins, which led her back to her alma mater to complete her master's degree. Siggins is now the Program Manager for the Fairfax Food Council, which promotes food system and policy changes in Fairfax County. ■

Tianca Crocker
Mason Alumna
MSW '08

Tianca Crocker, now a tenure track assistant professor at the University of North Carolina, earned her Master of Social Work from Mason in 2008. She attributes her time at Mason to teaching her to better understand populations and systemic issues on the macro level. Upon graduation, Crocker accepted a full-time position with the agency where she did her field practicum, furthering her understanding of legislative processes and policy-making.

Crocker encourages current social work students to think about how they are going to apply the knowledge they have gained to better the lives of the communities they serve. ■



CHHS stars

Contributions & Future Goals
Community Outreach
Teaching & Research
Students & Alumni

NEW online health graduate programs

George Mason University's 10-year agreement with Wiley will expand the university's offering of fully online graduate programs to a broader range of students seeking education options that are not limited by their demanding work schedules or location. Under this agreement, the online programs offer courses developed by

Mason, including academic support and faculty from the university, along with technological support, market research, student enrollment, and retention services from Wiley. With the goal of delivering rigorous and innovative education, CHHS offered some of the first programs under this partnership in spring 2018.

Health Informatics

Health informatics is becoming a critical tool for health care decision-makers. The **Master of Science in Health Informatics** provides students with highly specialized knowledge and skills needed to support the adoption and use of health information systems and data analytic applications for a variety of clinical, administrative, and research purposes. It is one of the few online programs in the country that is fully accredited by the Commission on Accreditation for Health Informatics and Information Management Education (CAHIIM). This program provides students with a deep understanding of health data, analytic methods,

and data mining, as well as data science skills applied to clinical, administrative, and consumer-generated health data.

The **Graduate Certificate in Health Informatics and Data Analytics** helps students become more familiar with emerging technologies so they are prepared to analyze, design, and manage evolving health information systems for a wide range of clinical, administrative, and research purposes. The curriculum focuses on support for the widespread adoption and use of electronic health records.

Health Administration

The **Master of Health Administration in Health Systems Management** prepares students with the strategic, business, analytic, and decision-making skills needed to successfully navigate and lead innovation in the evolving health care industry. It provides a foundation, rooted in evidence-based research and application, which leads to success in mid- and executive-level management. ■

George Mason University's 10-year partnership with Wiley expands the university's offering of fully online graduate programs to a broader range of students seeking education options that are not limited by their demanding work schedules or location.



accreditation

CAHIIM Accreditation of MS in Health Informatics

In 2018, the Master of Science in Health Informatics was fully accredited by the Commission on Accreditation for Health Informatics and Information Management Education (CAHIIM). It is the only CAHIIM-Accredited health informatics program in the Washington, D.C., area. ■



CHHS excellence

staff awards



2018 Inaugural CHHS Staff Award Winners left to right: Terri Ann Guingab, Kelly Beckwith, Laura Walsh, Le Anne Wisnieski, and Regina Pickett

inaugural staff awards

2018 Staff Award for Exemplary Service

Terri Ann Guingab
Instructional Designer,
College of Health and Human Services

2018 Staff Award for Junior Employee of the Year

Kelly Beckwith
MPH Program Coordinator,
Department of Global and
Community Health

2018 Staff Award for Leadership

Laura Walsh
Director of Development, College of
Health and Human Services

2018 Staff Award for Senior Employee of the Year

Le Anne Wisnieski
Administrative Assistant for Student
Affairs, Department of Social Work

2018 Staff Award for Innovation

Regina Pickett
Administrative Assistant, Department
of Health Administration and Policy

faculty achievements

Alison Evans Cuellar

Department of Health
Administration and Policy
Appointment to the Community
Preventive Services Task Force
(CPSTF)

The CPSTF was established in 1996 by the U.S. Department of Health and Human Services to identify population health interventions that are scientifically proven to save lives, increase lifespans, and improve quality of life.

Naomi Lynn Gerber

Department of Health
Administration and Policy
Recipient of the 2018
Frank H. Krusen, MD,
Lifetime Achievement Award

This award is the highest honor in the American Academy of Physical Medicine and Rehabilitation (AAPM&R), and is given to a member who has provided outstanding and unique contributions to the specialty of physical medicine and rehabilitation in the areas of patient care, research, education, literary contributions, community service, and involvement in academy activities.

Emily Ihara

Department of Social Work
The Gerontological Society of
America Fellow

Emily Ihara is an elected Fellow of The Gerontological Society of America. The Society is the world's oldest and largest interdisciplinary organization devoted to research, education, and practice in the field of aging.

Robert M. Weiler

Department of Global and
Community Health
American Academy of Health
Behavior Fellow

The Fellow status is a special membership category granted to qualifying AAHB full members in recognition of significant contributions to the field of health behavior research, including authorship or co-authorship of at least 50 research publications.



Alison Evans Cuellar



Naomi Lynn Gerber



Emily Ihara



Robert M. Weiler

“Supersized Alcopops” pose unique danger to youth

“Supersized alcopops”—Sweet, colorful and fizzy drinks that have been shown to appeal to youth—now contain almost as much alcohol as a six-pack of beer in a single can, and young drinkers underestimate how much these drinks can affect them, according to a new George Mason University study.



Matthew Rossheim

The new study, published in *Alcoholism: Clinical and Experimental Research*, asked Mason students to estimate what their blood alcohol concentration (BAC) would be if they hypothetically consumed one, two, or three cans of either supersized alcopops or beer over the course of two hours. While students tended to overestimate how drunk they would be from drinking beer, they consistently underestimated the level of intoxication they would reach by drinking supersized alcopops.

“These new products constitute a unique danger to youth,” according to study lead Matthew Rossheim, assistant professor in CHHS’s Department of Global and Community Health. “Yet our findings show that young people are not getting the message about how much they can be affected by them.” Youth have presented to emergency departments with BACs as high as 0.40 g/dL after consuming supersized alcopop—five times the legal driving limit for adults. This potentially lethal dose of alcohol could be achieved by consuming just two supersized alcopops in two hours.

At the federal level and in most states, these products are classified as beer, which generally gives them a lower tax rate and availability in a wider array of stores than distilled spirits. This potential misclassification may be making large quantities of alcohol even more affordable and accessible to underage youth. ■



From a public safety perspective, it is urgently important that the Alcohol and Tobacco Tax and Trade Bureau assess the formulation of supersized alcopops to determine its correct legal classification.

—Matthew Rossheim, assistant professor



Youth underestimate how much “supersized alcopops” can affect them.

improving movement for people with Parkinson's disease

While Parkinson's disease affects more than one million people in the United States, little is known about *why* people with Parkinson's experience the motor impairments and increased likelihood of falling that they do and—most importantly—what can be done to reduce it.



Clinton Wutzke

Clinton Wutzke, assistant professor in CHHS's Department of Rehabilitation Science, and his team of graduate research assistants from the Rehabilitation Science PhD program are leading a research project to get us closer to the answer. This year, he assessed a power, agility, and coordination (PAC) intervention on gait quality and balance training in individuals with Parkinson's disease. He looked both at the moment participants begin walking and as they continue walking, using a PAC method adapted from earlier work in the department with individuals with incomplete spinal cord injuries.

Wutzke assessed the outcomes from an initial study of 30 participants with Parkinson's disease to determine which training parameters were most promising among participants in the PAC intervention.

"The results from our research have shown that we can positively influence gait and balance outcomes in people with Parkinson's disease," explains Wutzke.

Additional research studies as well as a new phase of the PAC study will begin this fall to continue to explore gait and balance function on a larger scale in this population. ■

Rehabilitation science graduate research assistants, left to right, Kerry Bollen, Saad Alhammad, and Caity Bryson prepare a research participant for assessment of gait and balance.

**For more information
or to volunteer
as a research participant,**

**contact Clinton Wutzke
at cwutzke@gmu.edu
or 703-993-1903**

grants and contracts

ACTIVE FY 18, TOTAL PROJECT AMOUNT LISTED

Center for Health Policy Research and Ethics

Health Care Benefits Builder Case Study—A Deliberative Group Process to Prioritize Health Care Spending
—*Len Nichols*, \$40,000

Literature Review and Evaluation of Enhanced Smoking Cessation Metrics
—*Len Nichols*, \$32,500

Mason Evaluation of the Patient-Centered Medical Home Program and Total Care and Cost Improvement Program Array
—*Len Nichols*, \$5,175,279

Restoring Primary Care in Virginia: Using Patient-Centered Outcomes Research Implementation to Demonstrate Value
—*Len Nichols and Debora Goldberg*, \$2,964,331

Center for Study of Chronic Illness and Disability

Affordable Housing Participant Health Survey
—*Ali Weinstein*, \$9,000

Model Systems Knowledge Translation Center
—*Ali Weinstein*, \$71,681

Resident Education in Clinical Research
—*Ali Weinstein*, \$180,000

Department of Global and Community Health

Cancer Health Disparities: Modeling Social, Hospital, and Policy Factors Associated with Colorectal Cancer Survival —*Cara Frankenfeld*, \$40,000

GEST DC Study: Gestational Exposure to Traffic Pollution in the DC Metro Area
—*Jenna Krall*, \$38,000

Gut Microbiome and Metagenome Changes in Response to Soy Intake
—*Cara Frankenfeld*, \$10,000

Innovations in Understanding and Responding to the Psycho-social Health Impacts of Endometriosis Among Young Adult Women
—*Jhumka Gupta*, \$170,000

Modeling Prospects of Malaria Elimination in Haiti
—*Michael von Fricken*, \$33,000

Wellspring—Evaluating Violence Against Women Screening in Mexico
—*Jhumka Gupta*, \$60,660

Department of Health Administration and Policy

American Seniors Housing Association (ASHA) Member Survey on Coordinated Care Delivery Models in Independent and Assisted Living Communities
—*John Cantiello*, \$12,500

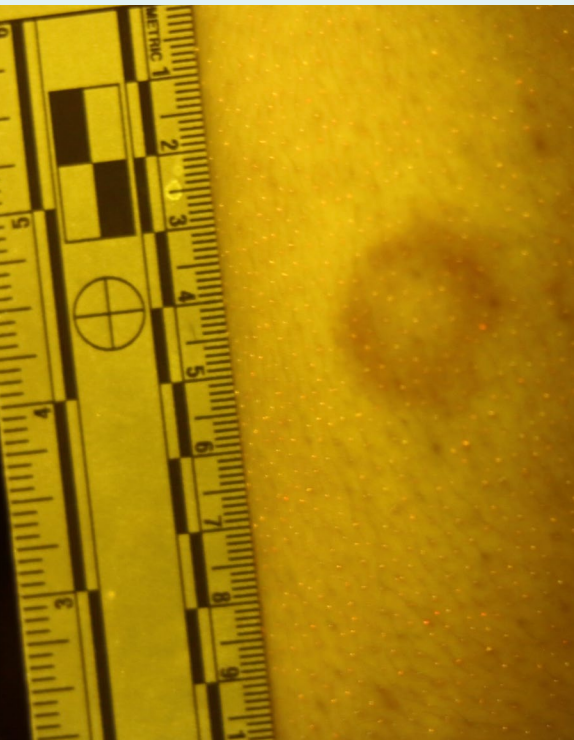
Impact of Community Factors on Geographic Disparities in Diabetes and Obesity Nationwide
—*Farrokh Alemi*, \$263,328

Physician Consolidation and Its Effect on Specialist Care: An Analysis with Machine Learning
—*Alison Evans Cuellar*, \$150,000

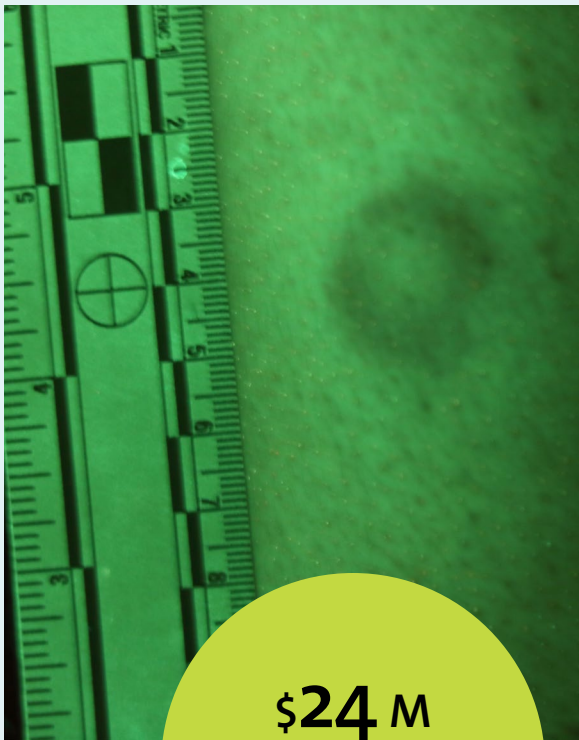
Department of Nutrition and Food Studies

Increasing Healthy Food Access through Collaboration in Bailey's Crossroads: An Evaluation
—*Constance Gewa*, \$10,000

Vidas Activas, FamaLias SaludabIEs (VALÉ): A Multidisciplinary Childhood Obesity Treatment Program for Latino Communities
—*Sina Gallo*, \$244,644



Katherine Scafide analyzes alternate light sources to detect and view cutaneous bruises.



\$24 M
active grants
and contracts

Department of Rehabilitation Science

Effect of Exercise Training on Physical, Cognitive, and Behavioral Function in Patients with Traumatic Brain Injury
—*Lisa Chin*, \$95,200

Department of Social Work

Fairfax County Kinship Family Institute
—*Catherine Tompkins*, \$88,000

Title IV-E Child Welfare Stipend Program (CWSP)
—*Michael Wolf-Branigin*, \$546,527

Virginia Geriatric Education Center Geriatrics Workforce Enhancement Program (GWEP)
—*Catherine Tompkins*, \$40,023

A Web-Based Training Program for Direct Care Workers in Long-Term Care Communities: Providing Knowledge and Skills to Implement a Music and Memory Intervention
—*Catherine Tompkins*, \$20,000

School of Nursing

Advanced Nursing Workforce (ANEW)
—*Caroline Sutter*, \$1,379,400

Analysis of Alternate Light in the Detection and Visibility of Cutaneous Bruises
—*Katherine Scafide*, \$449,437

Area Health Education Center (AHEC) Point of Service Maintenance and Enhancement for the Virginia AHEC Program
—*Caroline Sutter*, \$77,250

BeWell: Substance Abuse and Mental Health Services Administration Primary and Behavioral Health Care Integration Grant
—*Nancy Kelly*, \$15,000

Empowering Communities for a Healthier Nation
—*Rebecca Sutter*, \$466,200

Mason Uniting Nurses and Other Health Professionals is an Interprofessional, Team-Based Approach to Evidence-Based Care (Mason UNITE)
—*Lora Peppard*, \$890,328

Mason's BSN Academic-Practice Community Health Preceptorship: Collaborating to Enhance Student Learning
—*Rebecca Sutter*, \$927,486

Project Evaluation for the Project LINK for Pregnant and Postpartum Women (PPW) Grant
—*Panagiota Ferssizidis*, \$449,068

Train to Engage, Assess, and Motivate for Substance Use Prevention (TEAMS-UP)
—*Lora Peppard*, \$812,966

The Virginia Screening, Brief Intervention, and Referral to Treatment (VA-SBIRT) Project
—*Lora Peppard*, \$8,291,879



Sina Gallo's Vidas Activas, FamaLias SaludabIEs (VALÉ) project provides healthy snacks as part of their multidisciplinary childhood obesity treatment program.

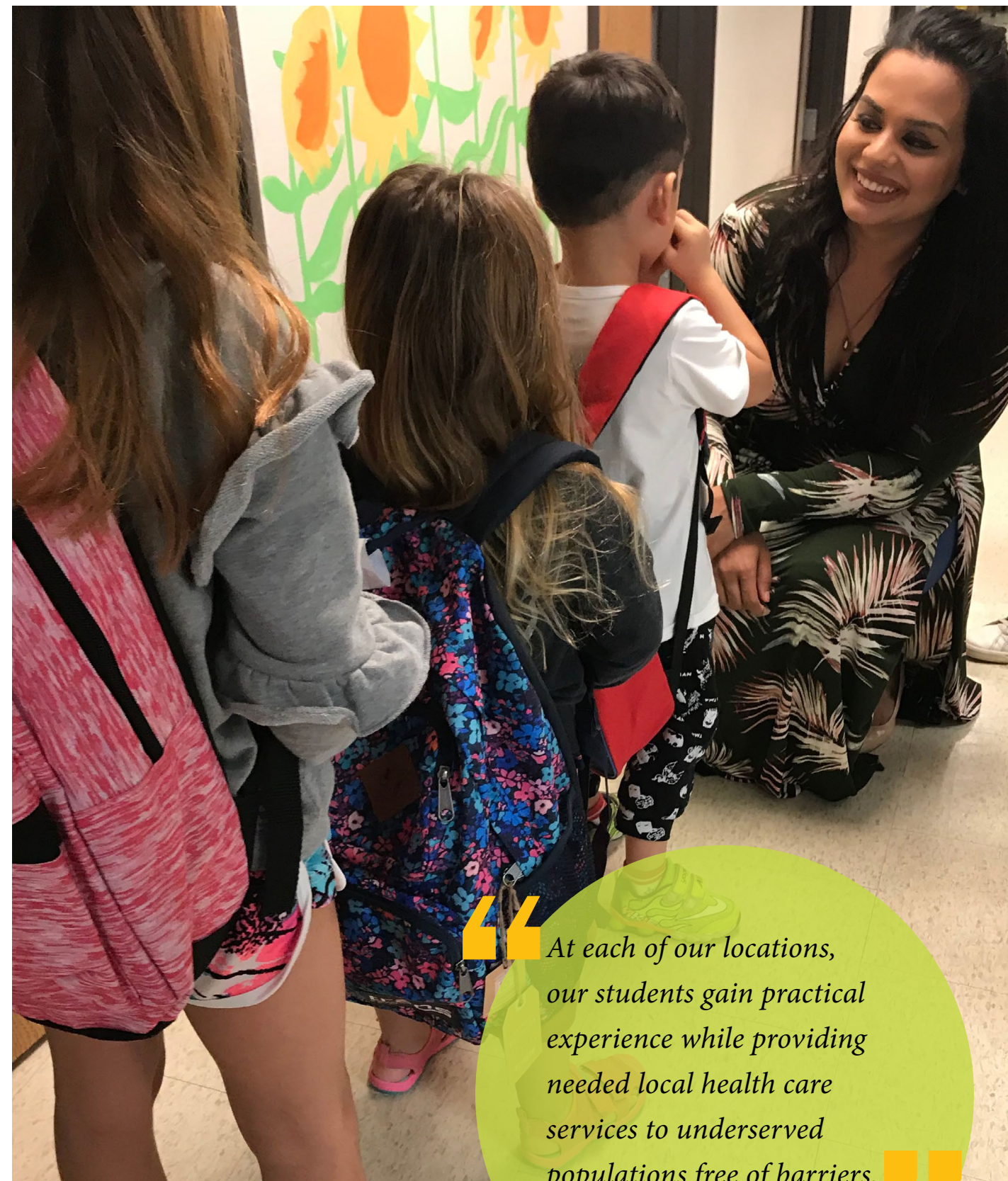
Mason and Partners clinics at work

Registering students for school can be a hectic time for everyone, and particularly for uninsured families who face additional barriers to health care. If families aren't able to obtain medical care for their children that meets the requirements, their children are not able to begin school on time and start off the school year behind.

CHHS has teamed up with Fairfax County Public Schools to open the first Mason and Partners (MAP) Clinic at a local school system. This MAP Clinic, located in the Dunn Loring Registration Center, focuses primarily on providing medical services such as physicals and vaccinations that can help uninsured students enter school up to 90 days faster. In addition, it prevents unnecessary visits to the emergency department for routine medical care—sometimes the last resort for those without insurance.

Now when uninsured students go to register for school, they are automatically referred to the MAP Clinic, which provides free physicals and required vaccinations. Uninsured children are no longer burdened with a lack of access to resources, and are able to join their classmates on time and focus on their education.

At the same time, Mason's nursing students are getting real-world on-the-job training to accompany their coursework, which will equip them with the skills necessary to excel in the health care field. They will have more experience than some of their peers in focusing on underserved populations. ■



School of Nursing Alumna Asra Amin DNP '18 gathered and donated more than 300 backpacks and school supplies to local children at MAP clinics and area schools.

“At each of our locations, our students gain practical experience while providing needed local health care services to underserved populations free of barriers.”

— Rebecca Sutter
Co-Director, Mason and Partners Clinics



Nursing Camp

CHHS's School of Nursing offered a nursing camp for high school students this summer to learn about careers in nursing through hands-on activities.

Student interested in nursing experienced many facets of the career including basic nursing skills, infection control, a CPR/AED refresher, and a disaster drill. ■

helping local children eat healthier

This summer, the Department of Nutrition and Food Studies teamed up with the College of Education and Human Development to help local elementary students eat healthier. Associate Professor of Nutrition and Food Studies Constance Gewa and Assistant Professor of Early Childhood Education Carley Fisher-Maltese worked with undergraduate students to develop a series of nutrition education tools that they then used with a diverse group of local elementary school students.

This Mason Summer Impact Project, Community Supported Development of Nutrition Education Tools (CONNECT), provided an enriching educational experience for Mason students while having a very real impact in the local community at the same time. Project CONNECT integrated nutrition and sustainability education to increase children's understanding of the impact of various food choices on health and environmental outcomes and positively influence children's attitudes toward healthier food choices.



The Mason team partnered with Mott Community Center in Fairfax to offer the program to local elementary children enrolled in the center's summer programs.

CONNECT participants met twice each week for six weeks for fun educational activities, such as preparing recipes in CHHS's nutrition kitchen or traveling to local farms, apiaries, greenhouses, farmers' markets, and food markets to learn about health eating.

For a taste of the CONNECT program, try out our recipe for a Dragon Green Smoothie Bowl. ■

left and right
Local elementary students learn about healthy eating through the CONNECT program.



Dragon Green Smoothie Bowl

Ingredients

- 2/3 cup grapes (green)
- 1 orange, peeled
- 1/2 banana, peeled
- 1 quarter-inch slice lime, with rind
- 1 1/2 cups pineapple (chopped with core)
- 1 cup ice
- 1 quarter-inch slice ginger, fresh
- 1–2 cups baby spinach

Optional

- 1/2 avocado (to make it into a higher calorie recipe)

Method

Add all the ingredients into the blender and begin blending at a low speed. As some of the fruit chunks get blended and incorporated, turn up the speed a little. Once all the fruits are blended, turn the blender to high to do a final blend and full incorporate all the ingredients. Sprinkle nuts of your choice and serve.



using music to aid memory

Music helps connect emotion with memories, and we remember music from our late teens and early 20s most as we age and become cognitively impaired.

“We’ve seen people begin to remember their past once they listen to a favorite song, and research has shown that personalized music can be used to improve interactions between dementia patients and their caregivers and loved ones,” explains Cathy Tompkins, project lead, associate professor of social work, and interim associate dean for academic affair .

Tompkins and colleagues Emily Ihara and Megumi Inoue in CHHS’s Department of Social Work are partnering with Insight Memory Care Center to improve the quality of life for individuals with dementia and their caregivers.

Insight Memory Care Center is a Fairfax-based nonprofit adult d y health and resource center for individuals with memory impairment. It is one of several Virginia sites certified y Music and Memory, a nonprofit o ganization that trains and certifies o ganizations around the world on the positive effects of personalized music.

“We’ve seen the increased vocalization of individuals in a later stage of the disease as well as a reduction in anxiety, and it’s amazing,” says Christi Clark, Mason alumna and executive director of Insight Memory Care Center.

CHHS is assessing the outcomes of the program and providing web-based video training for caregivers in long-term care communities. The team has found that this intervention has an effect for at least 20 minutes. Within this period of time, participants may use language or walk to the next room with a caregiver even if they weren’t able to do that before.

Tompkins explains, “We always tell people that the personalized music intervention is not a miracle intervention. It’s not going to create a different persona in somebody who has dementia, but what it will do is it will stimulate them.”

CHHS is working to bring Music and Memory to facilities across Virginia. ■



A participant in the Music and Memory program at Insight Memory Care Center listens to her personalized playlist.

“As a gerontologist, one of my passions is to explore non-pharmacological interventions to help people with dementia improve their quality of life.”
— Cathy Tompkins, associate professor



Cathy Tompkins



Emily Ihara



Megumi Inoue

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“I am compelled to give back because of the support I received as a student at Mason.”

—Carolyn A. Taylor

giving back

Four-time George Mason University alumna Carolyn Taylor’s Mason journey came full circle when she accepted her first formal CHHS Advisory Board position in 2001. Taylor was one of the original board members and has since served on the board for several CHHS Deans, helping to shape the college’s strategic direction.

“I am compelled to give back because of the support I received as a student at Mason,” explains Taylor. She believes that giving back to her alma mater takes many forms. She gives both her time and support, not only volunteering as a CHHS Advisory Board member but also serving as Chairwoman of the Brigadier General Hazel Johnson-Brown campaign and funding a nursing scholarship endowment in her own name.

Describing herself as a “passionate fan of Mason,” Taylor truly embodies Patriot Pride and what it means to serve. Her sense of service stems from her childhood—one of five children in a military family, Taylor grew up around those who serve.

Taylor knew she wanted to be a nurse early on, and she excelled in school. In the 1960’s, during an admission interview at the only nursing school in her hometown of El Paso, Texas, she was told she wasn’t “nurse material” due to the social issues of the time and her family’s inability to cover tuition. She vowed at that time that no one would prevent her from being a nurse. Taylor graduated from Mason in 1978 with her Bachelor of Science in Nursing and began her 40-year career as a nurse, administrator, and professor. “That’s why I’m so passionate about student scholarships and why I support the university with all that I can,” she explained. ■

A Dedicated Chairman Leo Brennan Retires from CHHS Advisory Board after 10 Years of Service

As a Rhode Island native who found a home in Northern Virginia after a distinguished military career, Leo Brennan has brought a unique perspective and leadership style to the CHHS Advisory Board. He retired from the board this year after more than 10 years of service. During his service, he was a key part of the initial discussions about a new home for the CHHS—a dream that was realized with the opening of the Peterson Family Health Sciences Hall this January. ■



Advisory Board

CHHS Advisory Board meeting back left to front right: Gloria Addo-Ayensu, Kevin Donnellan, Carolyn Taylor, Les Taylor, Director of Development Laura Walsh, Mary Ann Friesen, Janet Hinchcliff, Angela McConnell, and Dean Germaine Louis. Advisory board members not pictured: Bob Blancato, Susan Lydick, Robin Mockenhaupt, Deborah Royalty, Nora Super, and Irene Evans Williford.

future of the college

There are many exciting events planned for the coming year as we continue our excellence in academics, research, practice, and service. Faculty are working on developing a new doctoral degree program in public health and two online master's programs in nursing (MSN) and social work (MSW). These academic initiatives provide both traditional and non-traditional students with access to our degree programs, while meeting workforce needs. The college is continuing its transition to become an independent college of public health which will take a few years to complete, and we are excited about the planned opening of our population health center that is attached to the Peterson Family Health Sciences Hall. This center will offer integrated primary-behavioral care to the community, while providing experiential learning and workforce training opportunities for students within a multidisciplinary setting that will host community partners. A unique feature of the center is that it is designed to support telehealth so that our mission may reach an even broader audience.

There is much to be excited about in the coming years, and we welcome alumni, colleagues and community partners to visit and experience all that we do on behalf of the many populations we serve. ■



helping future Mason nurses



The School of Nursing celebrated the service of six retiring faculty members with a donation to the Brigadier General Hazel Johnson-Brown Scholarship Fund. Kathleen Gaffne , Barbara Hatcher, Joanne Iannitto, Marie Kodadek, Margaret Miklancie, and Renee Milligan retired at the end of the spring semester with a collective 106 years of nursing service at Mason.

This \$750 donation in lieu of retirement gifts will financially assist a Mason nursing student.

Brigadier General Hazel Johnson-Brown, who was the first African American woman to become an Army general and chief of the Army Nurse Corps, was also a faculty member in the School of Nursing. ■



top to bottom
Nursing boot camp for new Bachelor of Science in Nursing students.
Brigadier General Hazel Johnson-Brown
Bachelor of Science in Nursing students

left
Population health center building adjacent to Peterson Family Health Sciences Hall.

donors

Donations of more than \$100 received during FY18

CHHS is grateful to the hundreds of alumni, staff, faculty, and friends who support our mission and believe in our vision for the future. By making your gift to CHHS, you are investing in our top priority: tomorrow’s health care leaders, advocates, and practitioners.

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