

SDSU

College of Health
and Human Services

Spring 2003

linkage

Speech, Language, &
Hearing Sciences

Gerontology

Nursing

Public Health

Social Work

SCHOOL OF NURSING TURNS 50!

This Spring, The School of Nursing turns 50, celebrating a half-century of training students for a career in the Nursing profession. Since its inception in 1953, the School of Nursing has worked to meet the needs of the University and surrounding communities. With almost 100 students entering the school each semester, it has become one of the most successful programs on campus.

When the School of Nursing was first established, there were only three schools of nursing in San Diego County. All were hospital-based diploma programs offered at Paradise Valley Hospital, Mercy Hospital, and the County Hospital. Starting in 1947, a citizens committee recommended the establishment of a nursing program at San Diego State College. The proposal addressed the need for educated nurses and explained the lack of baccalaureate level programs south of Los Angeles and only a few programs in California. After much ado, the proposal was accepted by the University (then San Diego State College) and the first class of 25 students was admitted.

As the first students entered the new college, the curriculum was very similar to the hospital diploma curriculum. The main difference was a broad study of



School of Nursing Grad Class 1960

general education and human relations. Most of the nursing courses and the clinical rotations were taught at the county hospital. The curriculum was taught year-round, leaving summers available for students to complete the clinical portion of the pro-

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"A ROSE BY ANY OTHER NAME, IS STILL A ROSE"

The proverbial saying "A rose by any other name, is still a rose," holds true for the Department of Communicative Disorders. Although the curriculum, programs and degrees have not changed, the department received an official name change. Now known as the School of Speech, Language & Hearing Sciences, this new school is making positive steps to expand its role in the College of Health and Human Services.

Marilyn Newhoff, Director of the school, explains that the old name was inappropriate since much of the scholarship, research and teaching deals with normal dimensions of communication processes (respiration, phonation, microanatomy and neuroscience, basic anatomy, language and cognitive development etc.). She goes on to explain that deafness, as with the use of ASL, is not a disorder, but quite simply a communication via a language that is not spoken.

Another aspect of the name change affects its status in the college and university hierarchy. The former department housed academic programs leading to the practice and/or additional study in three separate professions: audiology, speech-language pathology, and educators of the deaf. Thus, they function more like three separate divisions. The new hierarchy complements the internal structure that was already in place.

Being known as a school brings recognition that will not only enhance the programs reputation, but also allow the school to be even more competitive as it seeks out local, state, and federal funding. The college welcomes the new title and is excited about the opportunities that await.



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MESSAGE FROM THE DEAN

As we enter a new year, 9/11 continues to dominate our lives in ways we never expected. We are much more vigilant and wary in our day-to-day encounters. At the same time, we are also much more aware of the continuing importance of the health and human services professionals as first responders in a local or national emergency. In fact, it is anticipated that military reserve personnel in our schools and departments may be called to duty by virtue of their expertise and value to homeland defense efforts. At a time when we are experiencing shortages in the health and human services workforce, it is important to ensure that we can enroll the best and the brightest into our professions. Alumni and friends are necessary and indispensable to our ability to accomplish that task. You are our first line responders for recruitment to our programs. Every day, by your example, you demonstrate what our programs offer to our community and you are our ambassadors in directing potential students to our advisors, program representatives, and campus recruitment and career events. You have our gratitude for your continued support in this way and we hope that you will keep us apprised of the ways in which we can assist you in these efforts. You are our lifeblood and we value your contributions to our college and to your professions. Please accept our best wishes for this new year.



Dolores A. Wozniak,
Dean



Hank Cunningham,
Chair of the Consensus Organizing Sub-Committee

ADVISORY BOARD PROFILE: HANK CUNNINGHAM

As the Dean's Advisory Board continues to make progress on many projects, we want to continue to highlight a member in each newsletter in order for you to get to know the members better. Hank Cunningham has been a member of the Dean's Advisory Board for a year and a half. In addition to sitting on the board, Hank is also the chair of the Consensus Organizing Sub-Committee. His work at SDSU reaches beyond the College of Health and Human Services. He also serves on the advisory board and as adjunct faculty for the Community Economic Development certification program.

In addition to volunteering his time and talent at SDSU, Hank serves the City of San Diego as the Director of Community and Economic Development and Assistant Executive Director of its Redevelopment Agency. During his 25-year career, he has worked for a national consulting firm specializing in strategic planning and cost/revenue analysis, as well as three major southern California municipalities where he directed large-scale economic development programs. Hank was appointed to the International Economic Development Council (IEDC) Board in September 2001. In January 2001, he was awarded

CeCd. certification by that 4,000 member, Washington D.C. based professional organization. In June 2001, he was appointed to the Board of Directors of the California Association for Local Economic Development and more recently to the California Redevelopment Association Board of Directors, having previously served on both the CALED and CRA bodies. He also serves on the San Diego Model School Development Agency Board of Directors, the City of San Diego Public Facilities Financing Authority, is Treasurer of the CDC Small Business

Finance Corporation, and sits on the Mayor's Smart Growth Implementation Committee.

Hank is a talented leader who assisted the program in moving forward. The College thanks Hank for the commitment and direction he has provided the Consensus Organizing Project.

MONTY AWARD RECIPIENT: DIANE R. WILLIAMS

For over 27 years, Diane Williams has been a highly respected and well-known faculty member in the Department of Communicative Disorders, now the School of Speech, Language and Hearing Sciences, in the field of Audiology. She has been a leader in the professional community and her research and teaching have helped change community practices for hard of hearing clients, which include children and



Diane R. Williams,
School of Speech, Language and Hearing Sciences

the elderly. Her research and scholarship has been directed toward the practical application of research findings and conclusions to actual interventions and practice by audiology practitioners.

She is an exemplary teacher who is sought out by students at all levels. She generously shares her vast knowledge and serves as mentor to all the audiology students to encourage their development of inquiry as habits of mind. She has also transmitted her knowledge to students by chairing and advising on numerous masters' theses projects. In addition, she helped design, equip and set up the Communications Clinic in the Alvarado complex. This clinic serves over 1500 clients per year from all parts of the county, state and nation. Many of the clients are from underrepresented groups and would not have received this help without the clinic. She has been the guiding force in this facility and her vision has been key to its success. She has restructured the administrative leadership, developed clinic operating manuals, including infectious disease guidelines.

Dr. Williams is the kind of person every student, faculty, and client comes to respect and admire. Above all else, she is a superb clinician who has helped thousands of hearing-impaired individuals and their families. She consistently receives letters of praise from clients she has served in the Communications Clinic. As one letter stated, "Diane has the ability to walk in the shoes of a person with a problem and understand. Her only promise was, 'We'll do our best.'" Another letter stated, "What appellation does one use who restores full hearing to another? Goddess Diane."

ALUMNI MONTY AWARDEE: MARLENE RUIZ

There is a common saying among non-profit organizations that a successful volunteer must have and be willing to share two of the following three things, time, treasure and talent. In the College of Health and Human Services, few alumni prove this statement more than Marlene Ruiz. Due to her long and devoted service to San Diego State University and her continuing efforts to improve the profession of nursing and healthcare, Marlene was nominated for the Distinguished Alumni Award.

Marlene earned her Bachelor's of Science in Nursing in 1975 from San Diego State University's School of Nursing. Since graduation, she has had a wonderful career and has dedicated her life to the nursing profession. She is known for her ability to identify problems and solve them efficiently and with great care, often by creating partnerships to address a community need. Numerous educational and service-oriented programs to promote nursing and patient care exist due to her efforts. Always interested in moving on to the next project, Marlene does not relish in success and is not interested in being in the limelight.

Her efforts are not only focused on the larger area of nursing, but also on the School of Nursing and the university as a whole. It is through her commitment to SDSU that we benefit from Marlene's time, talent and treasure. Each year, Marlene works tirelessly to arrange clinical placements for nursing students at Kaiser Permanente. She was also instrumental in setting up the San Diego Nursing Service Education Consortium for nursing student education. This consortium takes in requests for nursing students for clinical placement in all hospitals and facilitates coordinating these arrangements with local hospitals and schools of nursing. In addition to working with current students, Marlene spearheaded the reorganization of the School of Nursing's Alumni Chapter. In addition to all of her work in the school, she also supports other University programs. Not only is she a football season ticket holder, she is also often seen at various other events throughout campus.



Marlene Ruiz,
Alumni Monty Awardee

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1ST KATHY KOPELS CELEBRATION SCHOLARSHIP AWARDED

On Wednesday, October 16, Trisha Fish and Anne Kopels interviewed a number of applicants to be the first recipient of the Kathleen Kopels Celebration Scholarship. The scholarship was established in memory of Kathy's dedication to the field of Social Work. Trisha, Kathy's partner, and Anne, her daughter, interviewed many qualified applicants to find the one that they thought best represented Kathy's values and hard work.

Kathy received her BA in history, but it wasn't until she became a Masters prepared Social Worker (she received her Masters from SDSU in 1984) that she knew her true mission in life. Kathy helped thousands of women fighting addiction, depression and abuse. She started one of the first women-only treatment centers in San Diego, and later went on to private practice where her compassion and desire to help others assisted many in piecing their lives back together.

Kathy had a great love for life, and wanted to make an impact in assisting people grow and change. She believed strongly in life long-learning, patient advocacy, and the importance of assisting those who did not think they could, or would, be helped. Though Kathy fought her breast cancer in the same way she approached life, with great compassion and strength, the disease won and Kathy can no longer practice her passion.

Trisha and Anne feel that this year's recipient is exactly the kind of person who Kathy had in mind when she established the scholarship. In her application, Ajda shared a bit of her past. In it she writes, "I remember waking up one morning and looking into the mirror and not recognizing the emaciated body staring back at me. I was pale, I was skeletal, I was strung out. I was eighteen years old and I had become the worst me imaginable. I did whatever drugs were put in front of me and I allowed myself to be constantly manipulated and abused by the people I surrounded myself with. I didn't care where I would wake up in the morning and I didn't care about living. I was so low and so down that I felt I only deserved the crumbs in my life. I was not pretty enough, not smart enough, my hair was not straight enough, my acne repulsed me, I just couldn't stand being me...I wanted so desperately to live someone else's life. I just wanted to wake up in the morning and feel like there was a reason to live. A few months before I turned nineteen, I became pregnant and my reason was now growing inside my belly."

Once she found out she was pregnant, she left her abuser, stopped doing drugs and got her life back on track. With a bachelor's degree from UCSD, Ajda is now an MSW student at SDSU who wrote that, "I have fallen madly in love with social work..." Clearly Ajda shares Kathy's passion for life, overcame adversity and wants to help others do the same. While Kathy is no longer alive to pass on her values, she will help others receive the training in perpetuity through this endowed scholarship.

JAMIE GELLER MEMORIAL SCHOLARSHIP ENDOWED

Since 1995 the Jamie Geller Memorial Scholarship has been awarded to a second-year Master's in Social Work student who has an emphasis on working with children and their families. For the past seven years, the Gellers have come to campus to interview the applicants and award the scholarship to the student who best represents the work that their daughter started.

Jamie Brenner Geller was a social worker who specialized in working with abused children. She majored in biology at the University of Colorado, but always knew that she would eventually work to help others. She enrolled at SDSU and received a Master's degree in Social Work. Jamie embraced the values and skills required for a career in Social Work, and was devoted to helping the children with whom she worked. According to a co-worker, "Jamie was always an example of kindness and thoughtfulness. She had a heart of immense proportions." Jamie's career was cut short by an untimely death in 1993. It was at this point that Dr. and Mrs. Jack Geller and their family established a scholarship in memory of Jamie.

Jack and Suzanne have been active participants in awarding the scholarship as it is a way to honor Jamie's memory and continue the work to which she dedicated her life. They love the letters they get from the recipients and have mentioned the idea of having a reunion for all of the winners. Through their efforts and generosity the account grew to include enough money to endow the scholarship. It will now be awarded in perpetuity.



Kathy Kopels

THE KATHY RAHE MEMORIAL SCHOLARSHIP: CREATING TRIUMPH FROM TRAGEDY

It's a family's worst nightmare—a horrifying story that mirrors recent news headlines. On Nov. 4, 1981, in Spokane, Wash., 24-year-old Kathy Rahe, a beloved daughter, sister, wife, friend and nurse, attended the statistics class she was taking in preparation for entering a master's degree program in nursing, after which she was never seen again.

When the search for Kathy concluded, her parents, George and Patricia Rahe, her sisters, Terri and Diane, and brother, Paul, held onto the hope that Kathy would come walking through the door one day. Now, nearly 21 years later, they continue to grieve over her loss. However, the Rahees were committed to finding some triumph in their family's tragedy. They decided that a fitting memorial to Kathy's life would be to create a nursing scholarship in her name.

Last month, the Rahe family, some of whom now live in San Diego, gifted \$20,000 to San Diego State University's School of Nursing to begin funding the Kathy Rahe Memorial Scholarship Endowment. According to the Rahees, "SDSU's enthusiasm in promoting high-quality nursing education is an ideal match for Kathy's passion for the field." The contribution included recent donations from Kathy's friends, family and extended family as well as those initially made 21 years before to aid in the search for Kathy.

From all accounts, Kathy was a wonderfully warm, inquisitive and dedicated young woman. She had an outrageous sense of humor coupled with an upbeat and gregarious personality, making her someone who both attracted friends easily and whose essence "lit up a room." According to her family, Kathy also had unlimited energy, which she used to apply her intellect in a very passionate and determined way.

"Kathy's M.O. was to go above and beyond the call of duty in all situations—in both her personal and professional lives," said her sister, Terri, who is also a nurse. In addition, Kathy firmly believed in giving back to the community. "She truly enjoyed helping people. That's one of the reasons she became a nurse," Terri said.

Kathy's interest in nursing began during her childhood in Monterey, California. At the age of 10 she stated that she wanted to be a nurse. No one in the family knew exactly where her interest in the field came from, but given her determined personality, they knew she could not be dissuaded. In high school, Kathy began taking courses to prepare for her nursing education. Moreover, she took the initiative to become a Certified Nursing Assistant, a "nurse's aide" position that offered an entry-level academic base and skills training. Kathy was so committed to

a future in patient care that she began working the 3-11 p.m. shift at the Carmel Convalescent Hospital a few nights each week, all the while receiving stellar grades in high school.

After graduating from high school in only three years, Kathy began her formal nursing training, eventually earning her B.S.N. degree from the Inter-Collegiate Nursing Education program in Spokane, Wash. And for a time, Kathy rejoiced in working in the neo-natal intensive care unit of the Sacred Heart Hospital with her closest friend, Jeanne Cooper Steele.

It is not surprising that for the Rahe family, the creation of the Kathy Rahe Memorial Scholarship in SDSU's School of Nursing is bittersweet. "The people of California invested 14 years in Kathy's education, and they didn't receive the return on their investment they had every right to expect. The contributions she could have made over her lifetime, both personally and professionally, are not to be. And her parents invested years into raising, nurturing and loving her. They also didn't receive the return on investment they had every right to expect: the joy of seeing her progress in her career, the fulfillment of watching her raise the family she always wanted and her companionship in their later years. While these losses cannot be recouped, there is some solace in making something positive come from our family's tragedy," summarized Terri.

The Kathy Rahe Memorial Scholarship, which has yet to find its first recipient, was created to help students in need receive a top-notch nursing education. According to George and Patricia Rahe, the family wanted to make something positive out of their loss. "What's more, the relationship to nursing is analogous," said Terri. "In nursing, our goal is often to make something good, like healing and rehabilitation, come out of something bad, such as an illness or injury. We're pleased that SDSU's esteemed School of Nursing is helping in our efforts. And Kathy would be the first to tell aspiring nurses, 'Don't miss this opportunity.'"

For more information regarding how students can apply for the Kathy Rahe Memorial Scholarship, or to make a donation to the fund, please contact Thom Sloan, Director of Development for the College of Health and Human Services, at (619) 594-1048 or tsloan@mail.sdsu.edu or visit the Kathy Rahe Memorial Scholarship Fund Web site at <http://www-rohan.sdsu.edu/dept/chhs/kathyrahe/index.html>.



Kathy Rahe

SCHOOL OF NURSING TURNS 50! CONTINUED

gram. The new program was approved by the BRN and was fully accredited by the State Board of Examiners only one year after it began.

To handle the influx of 25 students per semester, the school hired two new faculty members. The first class was entirely female and lived at the Nurse's Residence of the County Hospital. The course work proved to be challenging as only 12 students graduated in the spring of 1957. Tuition for the first class was a mere \$6.50 a semester!



Students performing reflex check-up cir. 1980

The School of Nursing began to mold itself in the more traditional baccalaureate program as it settled into its new role.

In 1955, Summer classes were deleted from the curriculum, placing the students on the same semester schedule as the rest of the college. By 1960, the school had expanded its clinical opportunities by forming partnerships with Sharp Memorial Hospital, Children's Hospital, The Public Health

Department, and the VNA. In 1961, the School of Nursing, a year shy of its 10th anniversary, received full accreditation for the NLN.

A year later in 1962, contracting with Balboa Hospital, the School of Nursing became the first baccalaureate program to conduct clinical experiences in a military hospital. By the school's tenth birthday, it had 12 full-time faculty members and 175 nursing students. It quickly became an integral part of the College of Professional studies and resided in the new Life Sciences Building.

Throughout the ensuing years, the curriculum continued to be remodeled. Concepts rather than diseases were emphasized. More stress was placed on conceptual and critical thinking. Conceptual models were used as a foundation for curriculum planning and development. The use of a variety of clinical agencies increased to allow students a broader picture of clinical practice.

During this time, the student body also became more diverse. Older students became a common sight. Men were admitted to the program as well. As the population of the region grew, the student body also expanded to represent different ethnic groups. As the number of students desiring admission in the program grew, the school was forced into declaring a moratorium on admissions in the 70's followed by designation as an impacted program. This continues presently and allows the School to impose additional admission criteria in order to select the best qualified students for each entering class.

In 1978, the School of Nursing became a unit in the College of Human Services, later renamed the College of Health and Human Services in 1983. During this time, the faculty not only grew in numbers, but also in quality. By the mid 80's, doctoral preparation was required for those faculty seeking tenured positions. Faculty is now also active in research, both individually and in collaboration with clinical personnel.

From its beginning as a BSN program, the School of Nursing has expanded a great deal. The School of Nursing Credential Program began in 1980 to prepare nurses for the challenges of providing primary healthcare to children of all ages. The program was advanced to a master's degree specialization in 1992.

In 1982, the School instituted a master's degree in nursing, the only publicly funded graduate nursing program in San Diego County. Master's degrees are offered in Critical Care, Community Health, and Nursing Systems Administration.

In 1988, in response to community needs, an RN to BSN option was created to assist registered nurses from associate degree and diploma programs to advance their education and receive a bachelor's degree.

The Institute for Nursing Research was founded in 1990. It provides an arena for research collaboration between the nursing community and academia. The emphasis is on clinical nursing and healthcare systems research in order to advance nursing knowledge.

The School of Nursing also has a master's level family nurse practitioner program. This program, established in 1994, was followed with a Joint-Doctoral Program in 1995. The Joint-Doctoral program is operated in with the assistance of University of California San Diego. This has enabled the School to provide a more comprehensive nursing education program.

The most recent development in the school is the *SDSU Nurses Now Partnership*. This program allowed enrollment to increase from 50 to 90. For more information on *SDSU Nurses Now* please see the article on page 7.

Throughout its 50 year history, the School of Nursing at San Diego State University has maintained its pursuit of excellence in nursing education. The future holds even greater promise. It is fitting that we celebrate our past for in it lies the seeds for our future. The School of Nursing is the largest supplier of nurses for San Diego and Imperial Counties. These graduates chart the standards of nursing care for our community and you can find them at every health care facility in the region.

To help commemorate the 50th year anniversary, the School is hosting a 50's themed dinner party at the Doubletree Hotel in San Diego, on March 28, 2003. There are many great activities planned for the evening including dancing, a slide presentation, and silent auction. If you are interested in attending this wonderful event please contact the School of Nursing at 619-594-5357 for more information.

SDSU NURSES NOW

SDSU Nurses Now, once a three-year partnership between SDSU School of Nursing and local hospitals, has seen a rebirth as Partner hospitals are renewing their pledges. The *SDSU Nurses Now* program, established in May 2000, was originally started with a short-term goal to help alleviate the nursing shortage in San Diego by increasing enrollment in the School of Nursing. As unpredictable as the market is, the shortage continues, but so will the graduation of many more bachelor-prepared nurses.

As the final pledge payments arrived, so did word that they would be continued for at least another three years. This news comes on the heels of the first graduating class that was directly affected by the program. The *SDSU Nurses Now* Partnership allowed the School of Nursing to nearly double its capacity by adding the necessary staff and infrastructure to handle the students. In May, the School of Nursing will graduate more students than they have in the past several years, sending more qualified nurses into the San Diego workforce.

The new pledges will now ensure that the program can continue to expand enrollment through the year 2005. This will equate to nearly 300 more nursing graduates over the next three years. When the *SDSU Nurses Now* Partnership started, nursing vacancies in San Diego and Imperial Counties exceeded 700 openings. Through continued support of the partners, in conjunction with the School of Nursing, San Diego State University will be working hard to fill the nursing shortage for many years to come.

GOT NURSES?

Back due to popular demand, was our *SDSU Nurses Now* Job Fair. Usually held during the Spring semester, it was unanimously decided to become a bi-annual event, thus producing our first Fall Semester Job Fair. Each fair has become more successful than the last, and this one proved to be no exception. We were happy to have all partner Hospitals present, showcasing what each organization has to offer.

The Fair was again held in the Hepner Hall Quad allowing maximum exposure to the

GOT NURSES? CONTINUED

School. Each partner set up their displays, most passing out informative brochures and goodies.



Students from all levels in the School of Nursing had the opportunity to talk with each of the recruiters. They learned about available positions, benefits, and other items to assist them in choosing a great place to work. The students weren't the only ones listening. It seems that recruiters are the ones that learn the most, gaining insight to what students are looking for when they enter the workforce.

Over the past couple of years, we have seen the job fairs become a more integral part of development for the School of Nursing. Starting with just six partners during the conception of *SDSU Nurses Now*, it has grown to 10 and has expanded its role in increasing enrollment in the School of Nursing. The job fairs lend another exciting element to our program and are only possible because the leadership and wisdom of our *SDSU Nurses Now* partners. The College of Health and Human Services would like to thank the recruiters from each hospital for their overwhelming support. We look forward to another great job fair in the Spring.



SCHOOL OF SOCIAL WORK TURNS 40

Throughout the past 40 years, the School of Social Work at San Diego State University has evolved with the times. As we approach the 40th anniversary, we thought it would be interesting to look at the history through a timeline.

1940's-1950's SDSU offers undergraduate social work courses through the Sociology Department

1963 Dr. Ernest Witte begins to establish three schools of Social Work; San Diego, Sacramento and Fresno

1964 Dr. Witte assumes full time responsibility as first Dean of the SDSU School of Social Work. September 22, the school has its formal dedication and the master's program begins

1966 First MSW class graduates 45 students. MSW program receives accreditation

1966-1972 Social Work students, alumni and faculty work with community leaders to develop several community based organizations; The Community Crisis Center; The Bridge (later to become San Diego Youth and Community Services); the Inbetween (later to become the Ocean Beach Community Services); A Teaching Center for Nursing Home Workers; A Drug Control and Prevention Program for the City of Escondido (later to become the Escondido Youth Encounter or EYE); Help Center; Dare; Welfare Rights Organization; and the Community Congress develops as a coalition of community-based organizations in San Diego.

1978 School of Social Work is merged into the College of Health and Human Services

1981 The Council of International Programs begins

1985 Joint MSW/MPH program established

1989 Center on Substance established

1993 First alumni reunion

1994 Title IVE Child Welfare Training Program established

1995 School of Social Work program initiated

1996 Joint MSW/JD program established

1997 Five County Academy for Child Welfare Training set up

1998 Professional Development Workshops instituted

2002 MSW students complete coursework in Thailand

2003 40th anniversary of the School of Social Work

The School of Social Work is planning a 40th anniversary celebration – watch your mail for more information.

MESSAGE FROM DIRECTOR ANITA HARBERT

For over 35 years, the School of Social Work has not only been committed to excellence in all aspects of professional social work education and training but also has a long history of involvement with the community. Students, faculty and alumni have been instrumental in the creation and development of crucial community services. Faculty are involved in numerous community projects through advisory boards, grant projects and research. It is difficult to find a social problem that the faculty is not addressing through one of their many projects. A five county child welfare training academy, a business development program for at risk youth and a county supported rehabilitation service for drunk drivers are a few of the many projects in which faculty and students participate.



Anita Harbert
Director, School of Social Work

It is the goal of the faculty to provide students with the knowledge and skills necessary to begin careers as professional social workers. We have an excellent faculty who strive to make your educational experience a good one. Our academic program is rigorous, exhilarating and absorbing. Students will have many opportunities to examine, probe and challenge their ideas and capabilities. Some students will have to make numerous adjustments in their schedules in order to attend classes and to fulfill their requirements for the field practicum. I urge students to interact with and make use of the faculty and advisors as they progress through the School's programs.

These times are challenging for the Social Work profession. With Welfare Reform and Managed Care we are poised at the forefront of change as our health care and welfare systems evolve. The School and its alumni will be an important force for change in the development and modifications of those systems. The School takes very seriously its responsibility for educating new social workers who will ultimately initiate, provide direction for, and implement the changes that will be necessary in their communities. We look forward to engaging those challenges and involving students in working toward the development of solutions to society's needs.

Dr. Anita Harbert
Director

Q. What local university has been designated “Doctoral/Research Intensive” by the Carnegie Foundation, placing it among the top 6.7% of higher education institutions in the U.S.?

A. The same one that outsmarted UNLV to win the conference tournament championship in men's basketball last March.

[E's Coming, March 20 03. www.sdsumontH.com](http://www.sdsumontH.com)



RUNYAN IN THE BIG APPLE

Marla Runyan is no stranger to our newsletters. As a student, teacher and alumna, she has inspired us many times over – and this time is no exception. On November 3, 2002, Marla completed her first marathon in New York City. She beat out hundreds of runners and placed fifth among the women with a time of 2:27:10 (less than 2 minutes off the lead). What makes this feat even more impressive is that Marla is legally blind.

Marla had been training for this day for a long time, running competitively throughout the year. In mid-September, she completed the Philadelphia half-marathon with a time of 1:11:19, giving her second place. It didn't seem that she would have any trouble completing the longest race of her career. Her only apparent hurdle was the difficulties she had reading



Runyan in the pack (number 10) in the N.Y.C. Marathon

the mile-markers and race clock. These two elements are crucial to runners to help them gauge their own pace and plan strategy over the 26-mile race. So a simple solution was implemented. Marla would have a cyclist ride behind her to vocalize the times and give her feedback about the course.

To ensure that Marla was not receiving an unfair advantage with the cyclist, the rules of what assistance could be given were established. The first rule was that the cyclist was only permitted to ride behind her because of the potential of the bike acting as a wind-shield and providing a draft effect. Also, the cyclist could only read cumulative times and not split-times because split-times are usually used to measure pace. The cyclist was also allowed to warn Marla of approaching turns, hazards, and water stations. Marla commented after the race that she had a difficult time grabbing fluids from the water stations and race-goers along the streets. She kept missing the cups and didn't get water until mile 8. As the race continued, she was better able to locate the cups, but realized that was something she needs to practice before her next race. The most important element that the cyclist assisted with was how the other runners were grouped in front of her. By letting Marla know if the pack was dispersing or staying close together, Marla was able to slow her pace when needed to conserve energy.

The New York Marathon was just another exciting chapter in Marla Runyan's career. She became the first legally blind athlete when she competed in the 2000 Summer Games in Sydney. She has also won a National Championship in the 5000 meter.

When Marla was a young child, she was diagnosed with Stargardt's disease, a macular degeneration that left gray splotches in her vision. Wearing corrective lenses, her vision is still only 20/400. Marla continues to be an inspiration to all of us and we are proud to call her an alumna of the College. We congratulate her on an excellent finish in New York! To read more about her amazing life story and accomplishments, visit her website at <http://www.marlarunyan.com>.

SDSU MONTH TO HONOR IMPACT OF ALUMNI, STUDENTS, FACULTY

The Celebration includes events and promotions throughout March 2003.

San Diego State University plans to paint the county red - and black - in March 2003 with a monthlong celebration to highlight the accomplishments of its alumni, students and faculty, as well as their enormous impact on the San Diego region.

"San Diego State University has a relationship with the community that's unparalleled by any other institution in the region. We hope SDSU Month helps bring this full picture to light," SDSU President Stephen L. Weber said.

SDSU Month will feature a series of special events on campus and around San Diego, as well as promotions at entertainment, cultural and business venues around the county.

"Our graduates include famous athletes and astronauts, and thousands of the region's teachers, nurses, engineers, and business and civic leaders," Weber said. "Our faculty pursue innovation in areas from education to biotechnology to the arts, and their projects share the common theme of enhancing lives in the community. San Diego can justly take pride in the works of SDSU's past, present and future scholars and students."

Many cities in the region, the county of San Diego, along with the U.S. Congress, have issued proclamations declaring March 2003 to be SDSU Month. March is significant to SDSU because the San Diego Normal School, which later evolved into SDSU, was founded on March 13, 1897.

Cornerstone events of SDSU Month will include the 31st annual Montys Awards Gala to honor alumni, the 14th Annual Venture Challenge business plan competition sponsored by SDSU's Entrepreneurial Management Center, an Athletics Day, Arts (un)Plugged, a series of performances and showcases integrating SDSU's arts and science disciplines,

SDSU MONTH TO HONOR IMPACT OF ALUMNI, STUDENTS, FACULTY CONTINUED

and solo concerts by world-renown classical guitarist Ricardo Iznaola. SDSU Month will also feature other activities throughout March such as lectures, cultural events and more, including the 50th anniversary party for the School of Nursing.

Students, faculty, alumni and the entire San Diego community will also have the opportunity to receive an SDSU Month card, which will entitle them to discounts and other benefits at businesses and destinations around the county during SDSU Month.

“There’s so much substance to the relationship between SDSU and San Diego that you can’t reflect it with an honorary day, or even a week,” said Ron Roberts, chairman of the San Diego County Board of Supervisors and a SDSU alumnus. “There’s more than a century of history, and one out of every seven people in the county who holds a college degree attended SDSU. When you add that the county also has tens of thousands of current students and their parents, current and former employees, donors, sports fans and others who share some close affiliation with this university, you have a strong thread running through the county’s population that ties the school and the region together and makes them inseparable.”

Sponsors of SDSU Month include U.S. Bank, Sempra Energy, Nextel, the SDSU Alumni Association, Aztec Shops, Associated Students and the SDSU Foundation.

Media Partners include The San Diego Union-Tribune, NBC 7/39, KPBS, San Diego Magazine, Cox Communications, Clear Channel Communications, Hispanic Broadcasting Corp., the T Sector, and Univision. Information about SDSU Month is available online at www.sdsuonth.com.

For more information on SDSU Month or how to get an SDSU Month card once they are available, visit www.sdsuonth.com, e-mail info@sdsuonth.com or call (619) 594-7085.

San Diego State University is the oldest and largest higher education institution in the San Diego region. Founded in 1897, SDSU has grown to offer bachelor’s degrees in 78 areas, master’s degrees in 62 areas and doctorates in 14. SDSU’s more than 33,000 students participate in academic curricula distinguished by direct contact with faculty and an increasing international emphasis that prepares them for a global future. For more information log on to www.sdsu.edu.



Celebrating the minds that move the world.

ALUMNI MONTY AWARDEE: MARLENE RUIZ CONTINUED

Marlene is an active member of Sigma Theta Tau International, the nursing honors society. She organized joint professional programs with the organization and the School of Nursing, which benefits the school tremendously. Her efforts locally have raised the stature of the chapter to national and international prominence. Through the society, she arranged for nurses from Russia and China to study nursing in the United States. She organized the program and arranged for room, board, funds for travel and personal expenses.

Through the course of her professional career, Marlene is most proud of her work in psychiatry. This started while at SDSU as

she reported that she worked with a great group. “The student interaction was fantastic. We applied all we learned and supported each other through the process.” She also reports that her success is partially due to the support of her husband. Marlene has been married for 32 years and has been fortunate that her husband supported her through her “crazy antics.” She is proud of her children and says that her grandchildren are her new delight.

When asked about her future, Marlene says that would like to accomplish more of the same. She enjoys the role that she created for herself at Kaiser Permanente, in the community and in the professional organizations. San Diego State University and the School of Nursing are looking forward to working with Marlene for many years to come and to continuing to be the recipient of her time, treasure and talent.



CLASSTOTES

COLLEGE OF HEALTH AND HUMAN SERVICES

Karen Knappe Charland, B.S.N. '83, works for the Internal Medical Association as a Nurse Practitioner. She obtained her Masters of Nursing from UCSF in 1988 and her Nurse Practitioner Certificate from the University of Colorado in 1998. She is nationally certified and was recently published regarding wound care.

Lisa (Davis) Gittleman, B.S.N. '88, M.S.N. '00, is currently a Nurse Practitioner for the San Diego County Tuberculosis Program. Since graduating from SDSU, she has worked as a staff nurse in pediatrics, maternal health, and in public health and clinic supervision. She received her Family Nurse Practitioner certificate from UCSD, concurrently with her M.S.N. in 2000. Since her dual graduation, she has been working as a Nurse Practitioner in the San Diego Community. Her fondest SDSU memories are finding sunny, grassy spots on campus to get in last-minute studying and the wonderful camaraderie among our nursing class. Lisa also married her husband the week after graduating from SDSU in 1988 and has "one terrific daughter," Amanda, age 12.

Sarah Ann Baum Lopez, B.S. Nursing '83, is working as a Clinical Nurse III in NICU at the University of California Los Angeles. She has worked in NICU for over 19 years and says that she has seen a lot of changes. One of the changes was prompted by her when she started a lactation program in 2001. Sarah is certified in Neonatology. She teaches breastfeeding and skin care for neonates as a Lactation Educator. Her career achievements include spending six months in India with Missionaries of Charity in 1987. In 1998, she taught neonatology nursing in Lithuania.

Nancy (Gonzalez) Ludwick, B.S.N. '90, has been working at Scripps Memorial Hospital since her graduation from San Diego State University. She has worked in the SICU/MICU/CCU for the past 11 years. She is happily married with two lovely children. Her most memorable SDSU moment was when she declared in nursing school that she would never work in the ICU, and now it been 11 years and she loves it!

Karen O'Connell, B.S.N. '83, is working with the Heart Surgery Team at Hoag Hospital. She meets with the patients in pre-op and prepares them and their family for heart surgery. Karen follows each patient through their entire stay and sees them again in the follow-up clinic. Karen's achievements include CCRN, Sigma Theta Tau, Masters in Nursing (UCLA), and CNS Certification.

Kimberly Willis Field, B.S.N. '71, holds the position of Nurse Consultant Advisor - TB Program Manager at the Department of Health in Olympia, Washington. Kim is now the President Elect to the National Tuberculosis Controllers Association. Some of her other achievements include being a Clinical Instructor for the University of Washington School of Nursing (2002-2003), Affiliate Clinical Faculty Pacific Lutheran School of Nursing (2001-2004), Washington State Public Health Association Exec-

utive Board Secretary (2001-2003), and the American Lung Association of Washington Board of Directors (2001-2003). Kim has also published several articles.

Ken Apel, B.A. '81, M.A. '83, Communicative Disorders, moved to Wichita, Kansas in August of 2001 to become the Chair of the Department of Communicative Disorders and Sciences. Ken also recently co-authored the book *Beyond Baby Talk: From Sounds to Sentences, A Parents Guide to Language Development* (Prima Publishers, 2001). He was named a Fellow of the American Speech-Language-Hearing Association in 2001. He is married to Lynda (Perrin) B.A. '80, and has two wonderful children, Nick (19) and Genevieve (16).

Marilynne J. Brown, B.A. Health Sciences and Education '83, is a retired RN. She continues to work at Grossmont Hospital as a Certified Emergency Nurse and Mobile Intensive Care Nurse. Previously she worked as an instructor at Health Occupations until July 1990. Marilynne feels that her greatest achievement was to have made a difference as an MICN member of an emergency care team. She has a wonderful husband and four great children, who she is proud of because they are living successful and productive lives.

Jalaine Cook, B.S. '80, recently relocated to San Diego after residing in Indianapolis for 13 years. She is working as a clinical/technical service specialist for Biosite. The memory that most stands out in her mind was taking class pictures in their white uniforms with coffee filters on their heads for caps! She has a 14-year-old daughter who is looking forward to attending High School in San Diego.

Julie B. De Graw, B.S. Health Science '99, is working for the County of San Diego as an Environmental Health Specialist II. She is registered with the State of California Department of Health Services as a registered environmental health specialist. Her job includes working as a health inspector enforcing public health laws and educating the community about these laws in Oceanside, California. She says that her favorite SDSU memory is pursuing her passion for environmental health, and meeting other students and professors that continue to inspire her to make a difference.

Teri (Henderson) Thompson, B.S. Health Science '78, M.S.W. '85, Currently working as Program Coordinator, Northern California region with a statewide birth defects screening program for pregnant women through DHS/Genetic Disease Branch. Previously she worked as a social worker, and for 14 years in both San Diego and Sacramento in healthcare. Her favorite SDSU memories include soaking up the beautiful San Diego sun, surrounded by the splendid Spanish-style campus. She also like meeting new people and enjoyed the new experiences of a young person pursuing an education. She has a loving marriage of 16 years and is raising her "enchanted and well-rounded" son, now 12 years old.

CLASS NOTES CONTINUED

Jerry L. Rappaport, M.A. Economics '89, M.S. Occupational Health '92, is employed by AIG, and recently started working in New York City as a Technical Service Manager. Working in the Commercial Risk Group, he supports the New York/New England Region, supporting loss control services

Mark Dickenson, M.D., M.P.H. '88, works in primary care at a federally financed community health center in northern New Mexico. He supervises the school-based teen clinic and is involved in many quality improvement projects.

Patricia M. Kissel, M.P.H. '84, was trained by the Stanford Patient Education Center to be a volunteer health educator for their "Living a Healthy Life with Chronic Condition," an outreach program to the community. Each class is taught through the senior centers in the Santa Clara, with the assistance of the Santa Clara County Wellness Office. If additionally, she is an official Kaiser Permanente "Health Educator."

Allison Winn Hemingway, M.P.H. '93, went back to school and graduated from Emory University with a Master of Medical Science degree. She currently works as a Physician's assistant in the reproductive endocrinology for the Emory Clinic. She's been married for 10 years to Steve, and has a 19-month-old daughter named Anna, and is due in February with another girl.

Patricia A. Wood, M.P.H. '83, Patricia works as a data analyst for San Diego State University Foundation.

Jennifer L. Clements (Formerly Elliott/Morris), B.A. Social Work, '83, is an elementary school teacher with Washoe County School District, Reno, Nevada. She has been working in education since 1983 in the areas of high school guidance, special education, and elementary education. Her achievements include a master's degree in Special Education. Jennifer is also a key trainer for Guided Language Acquisition Design.

Kirin A. Amiling, M.S.W. '02, is currently a grantwriter for Paradise Valley Hospital Foundation in the South Bay. She has fond memories of having intense debates with her classmates about current social issues. Her favorite professors include Eichler, Degennaro, Packard, Min and Jones.

Michael B. Beeson, M.S.W. '71, retired in December 2001, after 17 years of service as a licensing inspector for the California Department of Social Services. Michael was a Russian language graduate of the Defense Language Institute in Monterey (1959), earned a B.A. in Sociology (1969) from Cal State San Bernardino and went on to complete his M.S.W. from SDSU in 1971. Michael has resided in Yountville, located in the Napa Valley, since 1973. He was a psychiatric social worker at the Napa State Hospital for several years – serving as a field instructor for Sacramento State College. He was named lead social worker for the Adolescent Treatment Program. Now

happily retired, Michael is affiliated with Antique Tours, which provides vineyard tours and wedding transportation in a classic 1947 Packard Convertible limousine. (www.antiquetours.net)



Patricia Calvert Seaborg, M.S.W. '78, is a second-year doctoral student at USC.

Traci Cornelius, M.S.W. '93, is a Social Work Case Manager for the Riverside County Office on Aging. She finds it rewarding to work professionally with her peers from graduate school. She has been married to Michael for 13 years and has two kids.

Adria Emberson, M.S.W. '83, is a supervisor of the Huntington Senior Care Network and focused most of her career on assisting older adults during a transition in their health status. She was licensed in 1986 and has worked the continuum of care: Acute Hospital, Home Health, Hospice, Care Management, Adult Day Healthcare, Nursing Home consultation, and Geriatric Assessment. Adria also operates a private non-profit geriatric care management program for Huntington Hospital with a terrific team of professionals. Adria was married in 2001.

Che A. Lesuer, M.S.W. '94, has been employed at the Health and Human Services Agency – Children's Services Bureau, for the County of San Diego since 1994. She also does per diem work for Sharp Healthcare as a therapist for chronic mentally ill adults. She obtained her LCSW in May of 1999. Her fondest SDSU memory is the special friends she met during grad school, especially her dear friend Jaime Nunez.

Janet Abbey Sisson, M.S.W. '82, has been working for Hospice of the Foothills since 2001 as a medical social worker. She focuses on working with the terminally ill, addressing emotion and spiritual needs. She is a proud wife and mother of two teenage daughters. She left San Diego 13 years ago and happily resides in Grass Valley, California.

Ellen Graham-Pottorff, M.S.W. '82, resides in Ontario, California and is the Director of Social Services for Sun Pius Home Health. She has served in a variety of settings including inpatient psychology, foster care, hospice and home health since graduation. Her current position is providing psychotherapy and casework services and supervising all social services at Sun Pius/Ontario. Her other achievements include her LCSW.

Coleen (Johnson) Stivers, M.S.W. '83, recently went into private practice with her husband. She is thoroughly enjoying being her own boss and is keeping herself extremely busy. Coleen says her major achievement is living sanely in Montana!

SELMA REED BRINGS UNIQUE PERSPECTIVE TO SDSU

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The College of Health and Human Services

Advisory Board members are listed below. This board assists the Dean with program and fundraising development. We thank them for their continued service to the College.

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After counseling convicts, assistant dean is happy to work with students.

Working with students is a dream come true for Selma Reed, the assistant dean of student affairs in the College of Health and Human Services. After five and a half years working with prison inmates, she appreciates the uplifting environment of higher education.

Reed has been in her current position a little over two years, but in that short time, she has amassed a slew of awards that line her office. "I'm most proud of the Aztec Achievement Award from the Associated Students because it comes directly from the entire student body," she said.

This is not Reed's first time at SDSU. She grew up in Colorado and graduated from the University of Colorado at Boulder with a bachelor's degree in biology and psychology. She came to San Diego to attend the California School of Professional Psychology (now Alliant) where she earned a Ph.D. in clinical psychology in 1989.

After receiving her license, she came to SDSU to work as the research services coordinator for the human subjects committee for three years. While in this position, she obtained an MBA from SDSU.

"The Executive MBA program is geared toward working professionals," she said. "I had physicians, bankers and others from a wide variety of careers who were my classmates. It was quite interesting, and it's a great program to augment management skills."

After completing her MBA, Reed took on a job that had a big impact on her life. She went to work for the Federal Bureau of Prisons, which falls under the Department of Justice, working at the Metropolitan Detention Center in Los Angeles as the director of psychology training.

"Fifty percent of my job involved supervising and developing our interns, but the other 50 percent involved direct contact with inmates," she said. "Working in a prison is an experience like no other. It was a high-risk facility, so once there, I rarely left the building. Needless to say, the stress level is incredibly high in that environment." Reed explained that this particular prison was for individuals arrested for federal crimes, which range all over the board.

Several celebrity inmates were housed at the facility, including Whitewater figure Susan McDougal,

Hollywood madam Heidi Fliess, the notorious computer hacker Kevin Mitnick and racist killer Buford Furrow.

Several incidents affected her in various ways. One in particular, which she characterizes as life altering, was when she was part of a crisis support team. An inmate at the penitentiary in Lompoc murdered an officer. Reed and a colleague were called in the middle of the night and required to be at that prison, a three-hour drive away, by 7 a.m.

"What first struck me was being greeted by officers with shotguns. We arrived just as they were cleaning up and photographing the scene, which was quite grizzly," she said. "It was a complete lock down situation, and remained so the eight days we were there."

"Debriefing each person helped us piece the inmate's actions together, and it was chilling. Then working with the murdered officer's widow and children brought the incident home. I immediately called my husband." Reed is married to SDSU associate professor Richard Reed in the School of Nursing.

Eventually, the stress of working in a prison started to catch up with her. "The last six months there I began to burn out," she said. "I knew it was time for a change." Although she and her husband lived in Pasadena at the time, Richard commuted to his job at SDSU. They decided that a move to San Diego would be better for both of them.

When the assistant dean position opened, Reed knew it was right for her. "What I love most about this job is the students," she said without hesitation. "They are great. It's such a positive atmosphere. I consider myself an educator, not just an administrator. When problems arise, I help students handle them and to live in the real world. After dealing with the problems of inmates, I figure I can handle anything!"

Reed also has high esteem for her colleagues. "My dean and associate dean have been incredibly supportive of my work. They have afforded me the independence to grow as a professional and direct my energies to what's in the best interest of our students.

"My fellow assistant deans are so talented and were very welcoming," she said. "I'm still learning, and they have been a tremendous source of inspiration to me."

Reed learned the importance of balance from her days in the prison system. Delving into interests outside of work helps her keep perspective. "I'm an exercise nut," she said. "I start almost every day with cardio and weight lifting." The Reeds, who live in the heart of downtown San Diego, also enjoy movies, dining with friends, traveling and reading.



Selma Reed,
Assistant Dean of Student Affairs

PLANNED GIVING

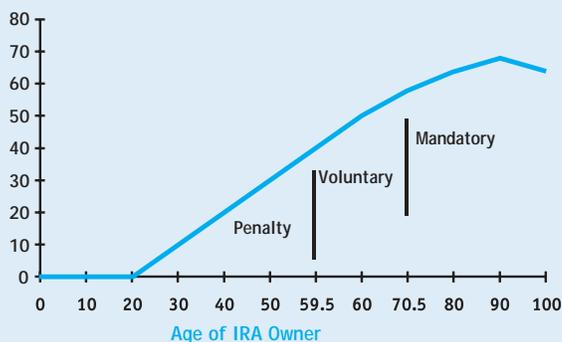
San Diego State University has undergone transformational changes over the last century. While exploring our mission to educate, explore and serve, we've become an institution known for our ground-breaking research, distinguished faculty, hands-on graduates and commitment to serving our community.

SDSU's Office of Planned Giving is pleased to assist alumni with their financial planning, offering free advice about how you can leverage your tax savings and the return on your investments. At the same time, you can also provide a vital source of funding for your alma mater.

The reality

The graph represents the 90-90-90 Rule

2002 Rules IRA Balance



A majority of people avoid taking distributions from their IRAs or pension plans before the required age of 70 due to the significant tax ramifications they'd incur in doing so. And, once they reach this age, many choose to take the minimum distribution allowed in order remain in their current tax bracket. Consequently, 90% of the individuals who reach 90 years of age have left 90% of their retirement plans untouched. Given a number of factors, such as tax advantages and the rollover of pension plans, retirement plans have become the largest asset in most families' portfolios, surpassing the value of the family home.

Optimize your investment

The drawback of investing substantial sums in a retirement plan, and then failing to cash it out, is that retirement plans are not meant to be inheritance plans. In fact, when they are left to heirs through an estate, they are subject to multiple layers of taxation—so much so that they can reduce the benefits received by remaining family members to as little as 25 cents on the dollar.

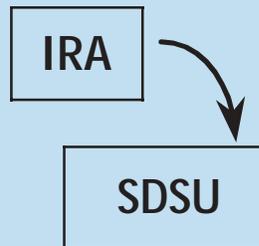
Illustration I: IRA TO CHILDREN



- Federal Estate Tax
- State Inheritance Tax
- Federal Income Tax
- State Income Tax

Illustration II: BEQUEST OF IRA TO SDSU

- Bypass Income Tax
- Bypass Estate Tax
- Part or All of IRA
- Beneficiary Designation



However, there is a way to avoid these substantial tax penalties while also making a difference in the lives of others: it is often better to transfer cash, stock or land to children and give an IRA or pension plan to charity. You can optimize your investment by bequeathing a portion, or all, of the funds in a *qualified retirement plan/IRA* to San Diego State University. Not only will you enjoy the satisfaction of knowing that you are helping ensure continued academic excellence at SDSU, but you will play a role in building an innovative University that remains responsive to students needs in this millennium.

For more information about how you can take advantage of this mutually beneficial opportunity to enjoy a tax savings while your deferred gift leaves a lasting legacy at SDSU, please contact Patricia Moulton, a SDSU planned giving representative, at 619/594-7090 or pmoulton@mail.sdsu.edu.

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The College of Health and Human Services shapes the future, meets the challenge, and makes a difference in the health and social well-being of the community.

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NAME: _____ CLASS YEAR: _____

DEGREE MAJOR: _____ HOME TELEPHONE NUMBER: _____

SSN: _____ CURRENT POSITION: _____

DATE OF BIRTH: _____ BUSINESS TELEPHONE NUMBER: _____

E-MAIL ADDRESS: _____

BUSINESS ADDRESS: _____

FAVORITE MEMORY OF SDSU: _____

CAREER NEWS AND PROFESSIONAL AND PERSONAL ACHIEVEMENTS: _____

linkage WITH ALUMNI

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