

College of Health Professions and Wellness

FALL 2021

JSU Nursing Welcomes Fall 2021 Cohort at White Coat Ceremony

JSU Nursing welcomes the Fall 2021 admitted cohort during the Arnold P. Gold Foundation White Coat Ceremony. At the ceremony, 104 accepted students were cloaked with their JSU Nursing white coats, officially recognizing them as nursing students. This ceremony is a rite of passage as incoming students are welcomed into nursing education.

The Arnold P. Gold White Coat Ceremony was established by the Gold Foundation in 1993 and is an iconic ritual providing an important emphasis on compassionate, collaborative, scientifically excellent care. Initially, the ceremony was instituted for schools of medicine. Recognizing the vital role nurses play in the healthcare team, the Gold Foundation partnered with the American Association of Colleges

of Nursing to develop a specific ceremony for nursing education. JSU Nursing is honored that each of these students chose JSU for their path into the nursing profession and welcome them to the JSU Nursing family.

JSU Nursing wish each student the best in their journey. The faculty, staff,

and administration are here to support each student as they learn and grow. Students, your commitment to the profession will have a lasting impact on the communities you serve. Remember, it is the goal of JSU Nursing to empower exemplary nurses to care for anyone, anytime, anywhere.



JSU Respiratory Therapy Set to Celebrate National Respiratory Care Week

Respiratory Care Week will be celebrated October 24th through 30th. This week of recognition began in 1982 as President Ronald Reagan signed a proclamation designating a week as National Respiratory

Care Week. In the text of 1982 proclamation, much was mentioned about advances in the treatment of emphysema, asthma, and bronchitis. As President Reagan signed the proclamation, little did anyone know just how

much more important respiratory care would become in 2020. JSU Respiratory Therapy would like to honor all the respiratory therapists that have contributed their expertise over this past year. Thank you!



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Message from the Dean: Dr. Tracey D. Matthews

Have you ever experienced the concept of paying it forward, either as the giver or the receiver? The first time I experienced this was going through a drive through and after I ordered my coffee and was about to pay for it, the cashier told me that the car in front of me paid for my order. I was surprised but also very grateful for the generosity of this stranger. I remember looking in my rear-view mirror wanting to do the same thing for the next order. Unfortunately, at that time no one was behind me, but I promised myself I would continue to pay it forward another time. I kept that promise as



I was going through a drive through a few weeks later. The gesture felt good, and it brought joy that I was giving another person a nice surprise as they drove to pay for their order.

**“When you learn, teach.
When you get, give”
Maya Angelou**

Paying it forward can be applied to so many industries not only drive-through restaurants. It can be donating gently used items to a homeless shelter or letting someone ahead of you in line when they only have two items at a grocery store. We can also pay it forward in education. Like many of you, I’m sure, I relied on the help of others to get through college. Whether it was student loans, the money my parents sent me every so often, or the cookies my grandmother would send me, these acts of paying it forward or kindness were crucial in my academic success. In honor of paying it forward, I have started a new scholarship within the College of Health Professions and Wellness, simply called the Deans Scholarship. The scholarship is to assist students who are almost to the finish line of completing a degree (undergraduate or graduate). It is so common for students to experience financial shortfalls especially as they

get closer to degree completion. My hope with this scholarship is to assist those students in need to get to that finish line. While I have made a financial commitment to begin this scholarship, I ask you to consider paying it forward and give whatever amount you can afford to assist future CHPW students succeed. To donate, visit the [JSU Foundation](#) and select “College of Health Professions and Wellness Dean’s Scholarship”.

In closing, I hope you enjoy the second installment of our electronic newsletter. I hope you find something inspiring to consider keep paying it forward in any capacity.

Be well and Go Gamecocks!
Tracey
Dean, College of Health Professions and Wellness

JSU College of Health Professions and Wellness Receives Grant for Community Health Fair

The College of Health Professions and Wellness recently received a grant from the Community Foundation of Northeast Alabama’s Stringfellow Health Fund to provide health fairs for the Anniston community. The funds will enable the college to provide much needed health education and services to underserved communities.

Led by JSU Nursing, a health fair will be held at the Carver Community Center on October 12th and 13th. With the grant funding, JSU faculty and students will offer screenings for blood pressure, cholesterol, blood glucose, weight, and

body mass index (BMI). Additionally, education for smoking/vaping cessation will be conducted.

As October is “Exercise is Medicine” month, the college will deliver information about the program. It is the goal of JSU College of Nursing to be active participants in making a difference in the health of local communities.

COCKYCARES
Calhoun County Health Fair

PRESENTED BY THE COLLEGE OF HEALTH PROFESSIONS & WELLNESS

OCTOBER 12TH 9 AM - 1 PM | OCTOBER 13TH 12 PM - 4 PM

CARVER COMMUNITY CENTER ANNISTON, AL

SERVICES OFFERED:

- Blood Pressure Screening
- Blood Sugar Screening
- Cholesterol Screening
- Weight and BMI Screening
- Smoking/Vaping Cessation Education
- Exercise as Medicine

JSU
JACKSONVILLE STATE UNIVERSITY

Gamecock Gallop 5K Set to Assist Kinesiology Students

Jacksonville State University's Gamecock Gallop 5K began in 2001 to support students within the Department of Kinesiology. Now in its 20th year, over 5000 runners and walkers from Calhoun, Etowah, St. Clair, Talladega, Cherokee, Birmingham, and many other Alabama counties have participated. The Gallop has consistently been a part of the Anniston Runner's Club Grand Prix Race Series.

Most importantly, proceeds from the Gamecock Gallop provide Health, Physical Education, Exercise Science, Sport Management, and Recreation students at JSU an opportunity to attend professional conferences in their field so they may excel as leaders and promote running/walking/movement along

with the benefits of staying fit. Some of the conferences regularly attended by students include Alabama Recreation & Parks Association, American College of Sports Medicine, National Strength & Conditioning Association, and SHAPE America. These professional development opportunities assist the students in becoming leaders in their fields.

The 20th annual Gamecock Gallop 5K run is planned for October 22nd through 24th with opportunities to participate virtually or at the actual event. The on-campus race will be held on Saturday, 23rd at Stepheson Hall at Jacksonville State University. Virtual racing options will be available throughout the race weekend. Race times for virtual runners

will be submitted online. For more information about the Gamecock Gallop, visit

www.jsu.edu/kinesiology/gamecock



JSU Nursing Professors Contribute Knowledge for Future Nurse Practitioners

Professors at Jacksonville State University Nursing hold a wealth of knowledge in a variety of subjects. In the newly published book *Primary Care Pediatrics for the Nurse Practitioner*, Drs. Allison Crabtree, Jennifer Frank, Tammy Morrow, and Mrs. Jenna McDonald collaborated with Dr. Pamela Biernacki of Georgetown University to author a chapter on pediatric prescribing. Some of the key points of the writing include pediatric dosing safety, research, writing prescriptions, and the overuse of antibiotic therapy.

The opportunity to contribute to this publication occurred in 2020 when primary editor, Theresa Kyle and Springer Publishing editor Hannah Hicks approached Dr. Crabtree about assisting with this important chapter in the new textbook. Dr. Frank, Mrs. McDonald, and Dr. Morrow joined when notified of the need for contributors. After much work, the book was published in 2021. The book was developed to prepare future pediatric and family

nurse practitioners for practice in the 21st century. Springer Publishing editors felt there was a need for an engaging, student-friendly text that graduates would study and keep for reference in their future practice for years to come. In searching for clinical expertise, they found Jacksonville State University Nursing.

Congratulations to Dr. Allison Crabtree, DNP, FNP-C, Dr. Jennifer Frank, DNP, RN PCNS, BC, Mrs. Jenna McDonald, MSN, RN, CPNP, and Dr. Tammy Morrow, DNP, MSN, RN for your contributions to nursing.



New Faculty Join Health Professions and Wellness Team

Kristin Young—Kinesiology

Ms. Kristin Young is a native of Cincinnati, Ohio. She received a Master of Arts in Sport Development and Politics from The German Sport University in Cologne, Germany. While at the German Sport University, Kristin had the opportunity to visit the German Anti-Doping Lab which ignited her inter-

est, and subsequent research, in organizational doping and how the sport industry can use current athlete-based doping studies to prevent wider-based organizational doping non-compliance.



Claire Brown MSN, CRNP, NP-C—Nursing

Clair Brown started her career with Jacksonville State University as a clinical adjunct in NU 426, NU 326, and NU 455. She is now a full-time faculty member and an instructor in NU 311 Foundations of Nursing Practice. Previously in her professional career, she worked as a RN

in labor and delivery and as a Family Nurse Practitioner in an urgent care setting. She received both her BSN and MSN from the University of Alabama at Birmingham.



Jennifer Hand, MSN, RN, CPNP—Nursing

Jennifer Hand is from Spring Garden, Alabama, a small community in Cherokee County. She attended JSU for undergraduate studies in nursing and completed graduate studies at the University of South Alabama. As a Certified Pediatric Nurse Practitioner, she has experience in pediatric primary care at a rural pediatric clinic. Before obtaining her MSN, Jennifer was cross

trained in women and children's services where she served for nine years working primarily in pediatrics, newborn nursery, and lactation education. Additionally, she has served as a clinical adjunct for two years and taught full-time in a concept-based ADN program in Georgia prior to coming on board with JSU. Mrs. Hand continues to work in pediatrics and NICU PRN.



Jolie Wildinger, DNP, FNP-C, AGACNP-BC

Dr. Jolie Wildinger nursing experience is primarily in intensive care and emergency departments. She has also served as an international flight nurse transporting patients around the globe. Additionally, Jolie worked in specialty pharmacy, treating patients with immunodeficiencies, pulmonary arterial hypertension, and alpha 1 antitrypsin deficiency. As a nurse practitioner,

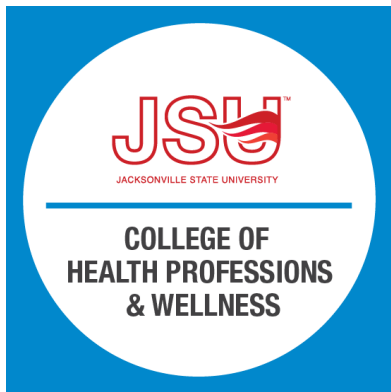
Dr. Wildinger is dual certified as a Family NP and Acute Gerontology Acute Care NP. Her certifications are through American Academy of Nurse Practitioners (AANP) and American Nurses Credentialing Center (ANCC).



Jacksonville State University
College of Health Professions and
Wellness

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We Are on the Web!
www.jsu.edu/health

Today's Inspirational Quote

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion"

- Dalai Lama

JSU Department of Nursing BSN Program Ranked by U.S. News and World Report

The JSU Nursing BSN program has been ranked among accredited, 4-year programs by U.S. News and World Report.

Established over 50 years ago, JSU's Bachelor's of Science in Nursing program has long been known for academic and clinical excellence. With top quality facilities, simulation lab, and faculty, JSU nursing students receive an exceptional education. JSU Nursing is delighted to have this national recognition. Our faculty and staff have ensured that JSU nurses are well-prepared to be empowered and exemplary nurses who can care for "anyone, anytime, anywhere."



College of Health Professions and Wellness Hosts "Develop Your Online Presence" Workshop

Social media can have a significant impact on our lives...both good and bad. This is especially true when it comes to career development and the search for employment. Recently, the College of Health Professions and Wellness hosted a "lunch and learn" workshop to provide students the tools needed to leverage social media in their careers. The workshop was part of the "Retain Alabama Initiative" grant in conjunction with ACHE and the Economic Development Partnership.

Ms. Sydney Jones-Wright, Director of Media Services at Jacksonville State University conducted the workshop that was organized by Ms. Jimmeka Leverette, Career Development Coordinator and Dr. Windon Edge, Director of Collaborative Affairs.

In the workshop, students

learned strategies to refresh their online presence and how to leverage social media to their advantage. Emphasizing the importance of a professional online profile, students learned how to make their online presence stand out. These tips were designed to give our graduates a competitive

advantage as they enter the job market.

The College of Health Professions and Wellness is working to ensure the success of our students, today and in the future!

