

Jax State CHPW Newsletter

Summer 2024

Message from the Dean: Tracey D. Matthews



Dear Alumni and Friends:

The College of Health Professions & Wellness had a very busy spring semester! I hope you enjoy reading about the wonderful updates from a successful respiratory therapy accreditation to faculty recognitions and most importantly, the amazing opportunities and awards received by our students! As always, we welcome you back to campus anytime and go gamecocks!



Nursing



Respiratory Therapy



Kinesiology

JSU School of Nursing Ranked Among Nation's Best Programs

[Niche.com](https://www.niche.com), a nationally recognized site that provides rankings, report cards and reviews of colleges and universities, has named the Jacksonville State University [School of Nursing](#) to its list of [Best College Nursing Programs in America](#).

Using key statistics and student reviews from data provided by the US Department of Education, the site ranked Jax State Nursing No. 51 out of 774 programs across the nation.

“We are honored at the recognition of our program,” said Dr. Betsy Gulledge, Chief Nursing Administrator and associate dean of the [College of Health Professions and Wellness](#). “JSU has been recognized as having a stellar nursing program for quite some time, however, we certainly appreciate when outside entities recognize us as well.”

Housed within the College of Health Professions and Wellness, the School of Nursing is one of the largest units on JSU’s campus. It offers a [Bachelor of Science in Nursing](#), [Master of Science in Nursing](#), [Doctor of Nursing Practice](#), and a [RN-to-BSN program](#). This school year, the program moved into a state-of-the-art training facility, the JSU South Complex, which once served as a local hospital.

“The school strives to provide a top-notch educational experience in order to prepare its students to care for anyone, anytime, anywhere,” Gulledge said. “I am incredibly proud and humbled by the many nurse educators and clinical agencies that work together in order to ensure our students are well-prepared for an ever-evolving healthcare environment.”

CHPW Faculty and Staff Annual Awards

The CHPW held its annual faculty and staff awards luncheon April 30, 2024. This academic year closed on a high note with several team members recognized for their contributions to the CHPW. Those honored included:

Faculty of the Year: Mrs. Tammy Killen, Nursing
Staff of the Year: Mrs. Pam Jumper, Kinesiology
Community Engagement Award: Dr. Chris Clark, Kinesiology
Emerging Leader Award: Dr. Jolie Wildinger, Nursing
Faculty Fellow: Mrs. Cindy Tubbs, Nursing



Mrs. Tammy Killen
Faculty of the Year



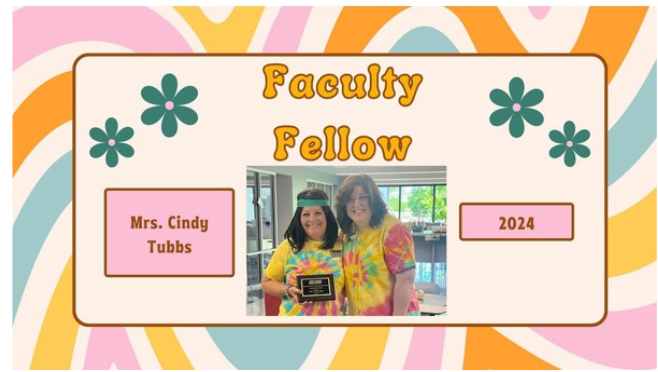
Mrs. Pam Jumper
Staff of the Year



Dr. Chris Clark
Community Engagement



Dr. Jolie Wildinger
Emerging Leader Award



Mrs. Cindy Tubbs
Faculty Fellow

Respiratory Therapy Program Gains Accreditation

by Brett Buckner

JSU's Respiratory Therapy Program has gained continued accreditation from the Commission on Accreditation for Respiratory Care (CoARC).

"It is a complete, and I do mean complete, and thorough examination of the program," said Ed Goodwin, program director. "They look at everything from the curriculum – making sure you're covering the most up-to-date content to application rates, acceptance rates, pass rates, community support and support from the university – making sure we have the facilities that we need. They want to make sure we're doing the absolute best to prepare our graduates to enter the field of respiratory therapy."

In 2015, the program was granted an "Approval of Intent" from CoARC to start the accreditation process. Provisional accreditation was awarded in July 2017, with the program admitting its first cohort of students in Fall 2017 and graduating its first class in Spring 2019. It took three years for the program to build up enough graduate data to gain continued accreditation.

"This is just the next step in the journey," Goodwin said. "This proves that JSU is committed to the program. JSU has provided phenomenal resources, classroom space, state-of-the-art facilities. Everything we need, we have – all of which allows us to become the largest bachelor's program in the state."

CoArc will repeat the process again in five years. If that is a success, it moves to every 10 years. "This shows, beyond a shadow of a doubt, that we are preparing our graduates to become respiratory therapists," Goodwin said. "It's such a needed field. We often hear of shortages of health care workers in other fields, but respiratory therapy is not often mentioned. RT gained a lot of press during the pandemic discussing our staffing shortages due to the ventilator shortage, but those staffing issues started before the pandemic. The profession continues to evolve and grow, and RT programs are seeing a lot of growth in our state. JSU RT is a part of that."

JSU offers two options for the bachelor's degree in respiratory therapy:

1. **Entry-Into-Practice:** This traditional option is designed for students wanting to enter the field. It requires approximately two years of prerequisite coursework before beginning the five-semester respiratory therapy program. Graduates become eligible to take their national credentialing exams that lead to the RRT credentials.
2. **RRT-BSRT Bridge Program:** This degree advancement option is designed for practicing respiratory therapists who have completed an accredited associate degree in respiratory

therapy and earned their RRT credential. They can advance their degree to the baccalaureate level at JSU through this online option.

Applications for the Entry-Into-Practice option are open between Feb. 1-June 1 each year, for admission into the fall semester. This option only admits into the fall semester. The RRT-BSRT Bridge Program, or degree advancement option, is 100% online and accepts applications every semester. For more information, visit the [Respiratory Therapy website](#).

Director of Lab Operations, Mrs. Cindy Tubbs, to Retire July 1st, 2024



Mrs. Cindy Tubbs joined the JSU School of Nursing in 2007 as the single lab assistant at Wallace Hall. As JSU Nursing grew, Cindy had vision and the enthusiasm to help us grow from a single, 8 bed, low fidelity lab, to the expansive and multi-tiered Nursing Arts Lab and Simulation Center that we have today. In 2021, she was promoted to the Director of Lab Operations and managed her team of three additional lab assistants. Cindy has overseen not only the increase in lab supplies and multiple high-fidelity simulators, but also the complex scheduling of labs and simulations for the entire CHPW. As many know, Cindy has been responsible, many times, for ensuring our programs move forward, even during times of uncertainty. Following the tornado in 2018, Cindy and her team worked tirelessly to ensure continuity in learning for students. In addition, her work during the COVID pandemic was paramount and essential in us maintaining the nursing program during that time. Her input during the renovation phase of South Complex (Annex and Main) will also leave a lasting legacy of her time at JSU. Above all else, Cindy loves her time with students and faculty. She is dearly loved and appreciated by all that work with her and those she serves. Her laugh is infectious and her energy and zest for the job, admirable. As she retires July 1st of this year, her absence will leave a tremendous void in our SON; however, in true Cindy fashion, she is not totally leaving. She will remain a clinical associate, continuing to assist in the lab on a part-time basis. Her work over the years has made an indelible mark on the School of Nursing and College of Health Professions and Wellness.

Active Shooter Simulation April 11, 2024

Three years in the making, this Interprofessional Education Event brought together students from various departments and programs throughout campus to respond to a pre-planned emergency simulation designed by faculty and staff. Students in nursing, social work, emergency management and athletic training responded to a scenario that used the acting talents of the university's theatre students. See the news coverage below! [Jacksonville State University conducts active shooter training_\(wbrc.com\)](#).





Dr. Laura Walker Awarded Prestigious Lamp Lighter Award



Individuals recognized with the Alabama League for Nursing Lamplighter award have a high professional/ethical standard in service to others, leadership, a caring attitude, support the development of teaching, research, and service in nursing, and/or provide the development of studies, projects, and programs that impact quality of life (per ALN Award Criteria). Dr. Walker consistently displays the utmost compassion for those in her care, whether those are patients in the hospital or students in the classroom. Dr. Walker has been a full-time faculty member at Jacksonville State University since 2008. She has taught in both undergraduate and graduate programs at JSU, developed countless courses and academic research, all while also serving in leadership and service roles. In 2019, Dr. Walker was recognized by JSU with the Ray and Ruth Ringer Award for Research. She is known by her colleagues as one of the most organized, diligent, and thorough faculty. However, at the core of everything she does is her love and passion for developing students and caring for patients. Dr. Walker strives to reach each student and assist them to learn in a supportive but rigorous environment. Most notable is Dr. Walker's passion serving those with mental health and behavioral issues. Her kindness, compassion, and grace are all attributes that make her an exemplary nurse. There have been many students impacted directly by her Psychiatric Nursing course, leading them to careers in the mental health services specialty. Dr. Walker not only teaches the concepts of being a nurse but how to be an empathetic and caring nurse. Her mark on nursing can't be quantified because the depth and breadth of her impact has been so significant.

CHPW Faculty Achieving Tenure and Promotion



**Dr. Serena Gramling,
Tenure & Promoted to
Associate Professor**



**Dr. Laura Barrow, Tenure
& Promoted to Associate
Professor**



**Dr. Gina Mabrey,
Promoted to Professor**

Nursing Wing of JSU South to be Named in Memory of 1973 Alumna

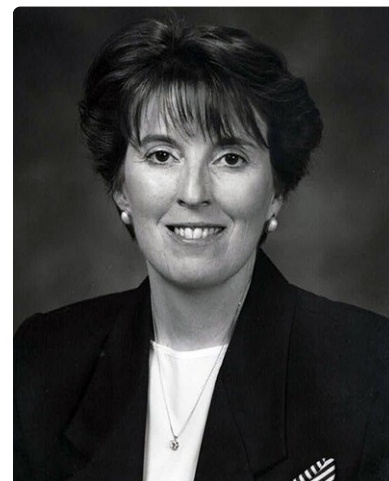


Lynne Cobb Parker could have enjoyed a career in gospel music. The Weaver, Ala., native recorded several albums with her sister and father throughout her childhood as the Bill Cobb Trio, touring with gospel greats. But she was inspired to minister to people through a different path – nursing.

Jacksonville State had just opened its nursing program when Lynne graduated from nearby Jacksonville High School. The opportunity seemed too good to be true, but she worried how she was going to fund her education. Luckily, with her strong academic record, she was awarded a nursing scholarship. It would forever change her life.

Lynne graduated from JSU in 1973 in the second class of nursing students ever to complete the

program. Her life on campus was busy with side jobs, Phi Mu and other extracurricular activities. She launched her career at Anniston Memorial Hospital, now known as Northeast Alabama Regional Medical Center, where she enjoyed working on the med/surgery floor.



Her next big opportunity came when she was offered a full scholarship at the University of Alabama at Birmingham to pursue a Master of Science in Nursing. At first she commuted three days a week to Birmingham while continuing to work nights in Anniston, but ultimately, she decided to pause her career so she could finish the degree program faster. Her husband – Brock Parker – was her biggest cheerleader.

"She graduated with a 4.0 grade point average," Brock said proudly. "She even had one of her papers published in the American Journal of Nursing while still a student there."

After graduate school, Lynne accepted a position at Baptist Medical Center South in Montgomery. As the hospital's first nurse with a graduate education, they weren't sure at first how to put her talents to use. After a brief stint in staff education, she asked to be moved to the med/surgery floor. The bonds she made there with doctors and fellow nurses would form the backbone of her future career accomplishments. She was soon asked to serve as Assistant Director of Nursing, then Director of Nursing, but she maintained her presence on the floors, making rounds.

After a few years, Lynne traded her nurse whites for a tailored suit when she was named Hospital Administrator of Baptist South – becoming its first woman executive.

"It was her education, work ethic and ability to communicate and develop relationships with doctors, nurses, managers, staff and – most of all – patients, that enabled her to be successful," Brock said.

During her time at Baptist, Lynne guided the hospital's growth through many advances in healthcare. One of her significant contributions was partnering with UAB to establish a residency program to attract doctors and nurses. She was also successful at incorporating the Montgomery Cancer Center with Baptist South, as well as opening the Crossbridge Mental Health Facility. She retired as CEO of Baptist South after 38 years in healthcare.

"It all started with a JSU scholarship and believing in herself," Brock said.

The couple spent their retirement traveling the world. "We were very fortunate to be able to just pull the door shut and leave," Brock said. "No kids, no dogs and – most of all – no cell phones."

In what would become their last trip, a three-week cruise in Europe, Brock noticed Lynne didn't look well. After a brief talk about flying home, Lynne said she just wanted to finish the vacation as planned. "I suspect that her years of observing symptoms told her all she needed to know," Brock said.

By the time they arrived back home in Montgomery, Lynne was very ill. She was diagnosed with pancreatic cancer and began treatment immediately. Sadly, on May 31, 2022, she passed.

"She was finally in the Heaven she sang about for so many years," Brock said, adding that, even in her last six months of life, his wife's courage and faith served as an example to others.

When asked what made their marriage so special, Brock said theirs was a truly "synergistic relationship" and they were "worth more together than the sum of their two parts." The couple met in sixth grade and were married nearly 49 years.

"I was able to get her to close the books and have fun," he said. "She was able to show me there's more to life than having fun – it has to have meaning, worth."

Though the tears still come freely, Brock knows how lucky he was to have shared a life with his best friend. To honor her memory and support the education of future nurses, he gives back to the JSU School of Nursing. He ensured the nursing wing of the newly renovated JSU South Complex was named the Lynne Cobb Parker Wing. He has also established the Lynne Cobb Parker Memorial Nursing Scholarship on campus.

"I am blessed with the opportunity to contribute to the JSU School of Nursing, where a kid from Weaver was able to flourish because of her dedication to her goals and a JSU scholarship," Brock said. "Perhaps it will serve as an inspiration for others."

About the Photos (From Top of Article):

Lynne Cobb Parker at the height of her career. (Courtesy photo)

Lynne Cobb stands with her JSU nursing peers in front of the (then) future home of JSU Nursing, Wallace Hall. (JSU Photo/Opal Lovett)

A composite of two album covers from Lynne's years as part of the Bill Cobb Trio gospel music singing group. (Courtesy)

As a JSU student. (JSU Photo/Opal Lovett) Portraits from Lynne's career as a nurse. (Courtesy)

To contribute to Lynne Cobb Parker Memorial Nursing Scholarship, visit www.jsu.edu/givejsu or call University Development at 256-782-5605.

Student Awards and Congratulations!

2024 Honors Recipients & Daugeette Forney Awards

Graduating Summa Cum Laude with a 4.0 GPA:

Emma R. Fincher- Bachelor of Science in Nursing

Heather Felicia Thomason- Bachelor of Science in Nursing

Eryn Anarrah Wells- Bachelor of Science in Exercise Science and Wellness

Eryn A. Wells is also the recipient of the Dr. Clarence William Daugeette Award
2024 Spring Honors Student

2024 Spring Honors Program Awards

Ariya DeVine- ROTC- B.S. Kinesiology

Sport Management Poster Presentations

The Sport Management and Recreation Studies program recently held its annual Senior Poster Presentation, where students could present their research to sports and recreation professionals. Many thanks to the Rocket City Trash Pandas, the Rome Emperors, the Memphis Grizzlies, the Tennessee Titans, Peak Sports Management, the Huntsville Visitors Bureau, the Huntsville Sports Commission, and JSU Athletics for engaging with our students.



2024 ASRC Annual Conference and Exhibits

JSU RT Senior Student, Kaytlyn Hooks, presented at this conference and shared her story from being on the ventilator when first receiving her acceptance to the JSU RT Program through her journey of recovery and now completing the program. She graduated with her BSRT on May 3rd, 2024.

Kinesiology Club Awarded

The Kinesiology Club, under the leadership of the outstanding and outgoing club president, Erin Wells, won the coveted "Community Impact" award at this year's JSU "The Cockies"! Way to go, Kinesiology Club! Erin is leaving the club with obvious impact upon the Jacksonville State University community, money in the bank, and a great legacy!



Respiratory Therapy Awards & Pinning Ceremony 2024

Congratulations to the Respiratory Therapy Class of Spring 2024!



JSU RT Leadership Award- Tamm'ra Hardiman



JSU RT Clinical Excellence Award - Demetria Renfroe



JSU RT Outstanding Scholar Award - Tyler Freeman



**JSU RT True Grit Award -
Kaytlyn Hooks**



**JSU RT Preceptor of the
Year - Chris Williams,
RRT, RMC Anniston**



**JSU RT Advisory Board
Member of the Year -
Callie Henderson, RRT,
Huntsville Women's and
Children's Hospital**

Congratulations to the following Respiratory Therapy students for being inducted into the Lambda Beta Honor Society:

Emmalee Eaton
Tyler Freeman
Mary Claire Grogan
Tamm'ra Hardiman
Kelsie McVeigh
Krina Patel
Hunter Perrigin

Student Symposium Awards

- **Health Professions and Wellness, Undergraduate:** Caroline Lively, "Optimizing Athletic Recovery: The Role of Nutrition and Supplements in Combatting Exercise-Induced Muscle Damage"
- **Health Professions and Wellness, Graduate:** Cody Hopkins, "Is the Lever Sign an Effective Diagnostic Tool for Acute Anterior Cruciate Ligament Tears: A Critically Appraised Topic"

Best Posters

- **Undergraduate:** Caroline Ducato, "An Examination of Implementing a Hard Salary Cap for NILs in Collegiate Sports"
- **Houston Cole Library Award for Research Excellence:** Victoria Tillman, "Physical Activity in Epileptic Patients: A Critically Appraised Topic"

Other Presentations:

Clough Krystle, Majid Koozehchian, Gina Mabrey. Endurance Athletes' Nutrition and Supplementation: A Holistic Review of Macronutrients, Hydration, and Performance-Enhancing Substances. Feb 13, 2024.

Carter Caroline, Majid Koozehchian, Gina Mabrey. Endurance Athletes' Nutrition and Supplementation: Ginseng in Sports Nutrition: Mitigating Muscle Damage and Enhancing Athletic Performance. Feb 14, 2024.

Brendyn Knight, Majid Koozehchian, Gina Mabrey. The Comprehensive Impact of Beta-Alanine on Sports Performance and Muscle Dynamics. Feb 13, 2024.

Cassidy McDaniel, Majid Koozehchian, Gina Mabrey. Enhancing Muscle Function and Endurance in Aging: Nutritional Strategies and Exercise Interventions. Feb 14, 2024.

Kylee Williams, Majid Koozehchian, Gina Mabrey. Mastering Nutrition in Ultramarathon Training and Racing. Feb 13, 2024.

Emma Jones, Majid Koozehchian, Gina Mabrey. The Impact of Arginine Supplementation on Energy Metabolism in Sports. Feb 13, 2024.

Joshuah Woodard, Majid Koozehchian, Gina Mabrey. Strategic Protein Intake and Timing in Exercise Performance. Feb 14, 2024.

Steven Williams, Majid Koozehchian, Gina Mabrey. Unveiling Curcumin's Role in Enhancing Athletic Performance and Recovery. Feb 14, 2024.

Skylar Roy, Majid Koozehchian, Gina Mabrey. Ashwagandha in Sports: Investigating Its Impact on Physical Performance and Athletic Enhancement. Feb 15, 2024.

Faculty Celebrations and Recognitions

Conference attendance

MS Koozehchian, AT Newton, G Mabrey, A Naderi. Dose-Response Effects of Short-Term Rhodiola Rosea Supplementation on Cognitive Function and Readiness to Perform in Athletes: A Randomized, Crossover, Double-Blind, and Placebo-Controlled Study. APS, Apr 5, 2024.

MS Koozehchian, G Mabrey, AT Newton, A Naderi. Dose-Response Effects of Short-Term Rhodiola Rosea Supplementation on Anaerobic Exercise Performance in Resistance-Trained Athletes: A Randomized, Crossover, Double-Blind, and Placebo-Controlled Study. APS, Apr 5, 2024.

Journal Article

Gina Mabrey, Majid Koozehchian, Andrew Newton, Alireza Naderi, Scott Forbes, Monoem Haddad. The Effect of Creatine Nitrate and Caffeine Individually or Combined on Exercise Performance and Cognitive Function: A Randomized, Crossover, Double-Blind, Placebo-Controlled Trial. *Nutrients*, 2024, 16(6), 766.

New Employee Recognition

We have had a wonderful year long ONE (orientation of New Employees/ educators) program with Dr. Dave Kean and Dr. Shanteia Beavers. These two new employees joined the College of Health Professions and Wellness at the beginning of the 2023-2024 academic year and we are so happy to celebrate them!



Congratulations Ed Goodwin

Mr. Goodwin was the recipient of the 2024 ASRC Ronda Hood Award!



Jax State College of Health Professions and Wellness

Website: www.jsu.edu/health

Location: 700 Pelham Road North Jacksonville, AL 36265

Facebook:

<https://www.facebook.com/JSUHealthProfessionsandWellness/>

Instagram: https://www.instagram.com/jsu_chpw/

LinkedIn: [JSU College of Health Professions and Wellness: Overview | LinkedIn](#)



TammyJohnson

Tamatha is using Smore to create beautiful newsletters