

F A L L 2 0 1 7

# Public Health Connections

*Southern Connecticut State University*  
*School of Health and Human Services*  
**Department of Public Health**



## A Message from the Chair

As I write this welcome message, the weather outside is warm and glorious – just a perfect Fall day. A day like this brings with it a feeling of optimism and hope, and there is so much to be hopeful for as we enter another holiday season and approach the beginning of a new year.

We named our newsletter, *Public Health Connections*, for a reason – to promote and illustrate the ways in which our students, faculty and alumni engage and connect with the world and with each other. In this issue of the newsletter, there is abundant evidence of this from connections made at the Connecticut Public Health Association (CPHA) and American Public Health Association (APHA) annual meetings, alumni and faculty travels around the globe, student engagement with advocacy in Washington, DC; to CARE's important work in our New Haven communities and MPH students connecting and working with alumni on community-based projects. There is so much to be optimistic about when our Public Health family is doing such great work!

The theme of connections and community rang true at this year's APHA meeting in Atlanta as we heard from activists, politicians, public health leaders, and esteemed scientists speak on climate change, racism and health equity. US Representative John Lewis reminded us to "be vigilant and stay informed" in the fight to support health care as a right. Activist Eriel Tchekwie Deranger (Executive Director of Indigenous Climate Action) implored the public health community to "collaborate with indigenous communities" in the fight for health and human rights. And Dr. Camara Jones, on a panel discussing racism and health, urged us to "talk to people who are not in our silos." Indeed, the collaborative and community-based work we are all doing needs to continue if we truly want health equity.

As we inch towards a new year, let us welcome it with open hearts and optimism for all that is possible for us to achieve. I wish you the best for a healthy and magnificent 2018!

A handwritten signature in black ink, appearing to read "Jean M. Ben".

*"Go after what you really love and make that work for you, and then you'll be a happy person." Tom Petty*

## Donate to our Scholarship Fund!

Last year, you will recall we launched a scholarship fund in the Department to support student conference participation and international experiences. This year, we were able to partially fund students' attendance to the SOPHE and APHA annual meetings and an international study abroad trip. We would not be able to provide this assistance without your help and are so grateful to our generous donors. Please consider making a tax-deductible donation by going to: <http://go.southernct.edu/giving/hhs.php>. From the drop down menu for "designation" please choose Public Health Student Development. Thank you!

## Alumni Around the World

In 2015, I was presented with a life-changing opportunity. I was made team member and then later Program Coordinator for our hospital's program through the World Health Organization (WHO) African Partnerships for Patient Safety (APPS). African Partnerships for Patient Safety (APPS) is a program committed to catalyzing improvements in patient care through the use of partnerships and to facilitate the spread of patient safety improvements across and between countries.

The first mission trip began with the selection of appropriate individuals to compromise the team to travel to Kenya. After medical appointments/vaccinations, much planning, and a long haul flight sending us 8,000 miles away from home, we were ready to be in Kenya to begin working on shared goals. Our first day at our partner hospital began with a planning meeting. Based on the results of a situational analysis conducted by leadership of our partner hospital, the first medical mission trip to Kenya focused on a hand hygiene campaign, recommendations to reduce patient wait times, implementation of a patient safety committee and education regarding improving patient-centered care.

In addition to the work done in our partner hospital, our team also had the opportunity to participate in a meeting at the Kiambu County Governor's Office where we discussed with key government officials how our objectives for our partner hospital would align with the county's strategic plan. Our team was also able to visit and tour other hospitals and health care centers to understand how the various organizations operate within a devolved health system and how the devolution of health services has offered the counties with the opportunity to transform the health sector



in Kenya. This first medical mission trip concluded with our team providing two presentations at Kenyatta University in Nairobi. After returning from Kenya, our team was chosen to present at the International Planetree Conference in Boston in October 2015.

Our return to Kenya for our second, follow-up medical mission trip occurred April 2016. This phase of the partnership focused on assessing current progress within our partner hospital as well as plans for going forward. An administrative meeting occurred with both hospitals' teams discussing all of the activities within the past year. The Patient Safety Committee had identified Handwashing Champions within each department. They have been

charged with advising healthcare providers, patients, family members, and visitors to wash or sanitize their hands prior to patient contact. The highlight activity of the April 2016 trips was a Hand Hygiene Kick-Off Day which consisted of fun educational activities for hospital staff members. It was the perfect end to our second trip and motivated everyone to move forward and apply what was learned.

My involvement in the WHO APPS partnership has been both a personal and professional dream come true. I look forward to future visits where we will have the opportunity to continue to work together to accomplish our mutual goals.

*"Umoja ni nguvu, utengano ni udhaifu"* "Unity is strength, division is weakness.

-Christine E. Marr, MPH ('10), CPN, CHL

## Breastfeeding-Friendly Campus Initiative

The School of Health and Human Services recognizes the importance of creating a family-friendly environment for students, employees, and the community. The school aims to provide a supportive and flexible environment for breastfeeding students and employees as they transition back to study or work. A lactation space is located in Buley Library on the first floor in BU 117. There are also Breast Feeding Champion Sites located throughout campus. **Drs. Evans and Lamonica** have volunteered their offices at the Orlando House and Office Building 1 for this purpose. A breastfeeding champion is someone who is willing to help a breastfeeding mother (student, employee, visitor) at Southern by:

- Directing her to on campus lactation accommodations and online supports,
- Acting as a resource person who can either answer her questions or direct her to someone who can,
- Advocating on behalf of a breastfeeding mother to identify appropriate accommodations, and
- Displaying the universal breastfeeding symbol as an indicator that they are a "SCSU Breastfeeding Champion."



For more information and resources, please contact **Dr. Vancour** in the Office of Faculty Development at 203-392-5488 or email her at [vancourm1@southernct.edu](mailto:vancourm1@southernct.edu)

## Faculty News

### Presentations

**Dr. Deb Risicky:** “Meeting the Health & Wellness Needs of Individuals with Disabilities” November 21, 2017 at Connecticut Recreation & Parks Association Annual Meeting. With Drs. Jim MacGregor and MaryJo Archambault from Recreation, Tourism, and Sport Management. “College Before College: Leveraging the College Campus, Community and Courses to Encourage University Enrollment” July 17, 2017 at Becoming Future Proof: 2017 NCCEP/GEAR UP Conference in San Francisco, CA. With Drs. Joy Fopiano (Curriculum and Learning), Klay Kruczek (Math), and Craig Hlavac (Music)

#### APHA Faculty, Student and Alum Presentations

- **Breny, J., Allen, W. & Zapata, P.** “It’s On Us!” Using Community-Based Participatory Research to Increase Condom Use Among Undergraduate College Males. Oral Presentation at APHA Annual Meeting, November 2017.
- **Erlwein, A., Zigmont, VA.** Geospatial analysis and qualitative inquiry of biking at a medium sized public university in the northeast, (Poster; Abstract #386672) APHA Annual Meeting, Atlanta, GA: November 6, 2017.
- **Grandelski, V., Breny, J., Albritton, T., Kershaw, T.S.** We Are Family: Effects of a Relationship-Strengthening HIV/STI Prevention Intervention for Adolescent Couples on Parenting Behaviors. Poster Presentation.
- **Zigmont VA, Gallup PA, Vignola, A. Tomczak SM.** Helps my family survive hard times: The necessity of a summer meals program in New Haven, Connecticut, (Roundtable Presentation; Abstract #389673) APHA Annual Meeting, Atlanta, GA: November 7, 2017.

#### CPHA Faculty, Student and Alum Presentations

- **Grandelski, V., Breny, J., Kershaw, T.S.** We Are Family: Effects of a Relationship-Strengthening HIV/STI Prevention Intervention for Adolescent Couples on Parenting Behaviors.
- **Zigmont VA, Gallup PA, Rynecki K, Tomczak SM.** Researching and Teaching Food Insecurity, CPHA Annual Meeting, Southington, CT: October 30, 2017.
- **Mitchell, M, Putzer A, Audette K., Santilli A, Zigmont, VA.** The SCSU-CARE Community Garden: A Pilot Community Based Participatory Research and Nutrition Education Program, CPHA Annual Meeting, Southington, CT: October 30, 2017.

#### SCSU Research TAPAS

**Zigmont VA and Gallup PA.** Students at SCSU are not immune to Food Insecurity, SCSU Research TAPAs, New Haven, CT: November 20, 2018.



### Articles

Accepted and available on-line (print upcoming): **Deb Risicky**, Ronna L. Chan, **Victoria A. Zigmont**, Syed Masood Asghar, and Nancy DeGennaro. “Examining Delivery Method and Infant Feeding Intentions between Women in Traditional and Non-Traditional Prenatal Care.” *Maternal & Child Health Journal*.

**Zigmont, V.A., Shoben, A., Harris, R., Clinton S., Snow, R., Kaye, G., and Olivo-Marston, S.E.** (2017). An evaluation of reach for a worksite diabetes prevention program focusing on diet and exercise. *Am J Health Promotion*.



CARE released a new report on the State of Hunger in New Haven: Report on Food Insecurity & Recommendations for Action 2017-2018. Written by **Alycia Santilli, MSW**, Director, CARE and Kathleen O'Connor Duffany, Ph.D., Director of Research and Evaluation, CARE, with contributions from **Drs. Peggy Gallup & Victoria Zigmont**. Santilli was also interviewed about the report on *WTNH Good Morning Connecticut*. Here is the link to the report: [http://care.yale.edu/resources/Hunger\\_10272017\\_319495\\_284\\_11205\\_v3.pdf](http://care.yale.edu/resources/Hunger_10272017_319495_284_11205_v3.pdf)



## Public Health Alumni & Student Milestones

**Joanna Ackley, MPH '15** is the new Quality Data Specialist at St. Mary's Hospital with their relatively new Accountable Care Organization (ACO). She will be responsible for the surveillance of the medical practices that are part of the ACO to ensure they are meeting insurance requirements for quality of care.



Former adjunct and MPH graduate, **Comfort Agaba, MPH '10** began her residency in Internal Medicine at St. John's Riverside Hospital in Yonkers, New York. Comfort trained as a public health physician in Nigeria. As a student at SCSU, Comfort worked as a graduate assistant and also coordinated the Connecticut State Environmental Health Training Program, run by the Public Health Department. Upon graduation from SCSU, she received the "Dr. A. Kay Keiser Valedictory Award in Public Health Recipient" for Highest Academic Achievement. After graduation, she was appointed to the adjunct faculty at the Public Health Department where she taught Wellness and Program Evaluation. She also worked at Yale University School of Medicine, and later the School of Nursing, where she was a research assistant on both NIH funded research, and private grants. Comfort says she and her family are "grateful for all her teachers, colleagues and students that provided the experiences, challenges and opportunities to be at this point in their lives." We wish Comfort's family—her

husband, Bernard, also an SCSU MPH graduate, daughter Eunice (high school sophomore), and son Joseph (high school freshman) all the best in this next phase of their lives.

**Matthew Duhaime, BS '17**, is in the Health Care Administration graduate degree program at the University of New Haven. He is currently working as a clinical research intern at the Yale School of Medicine at the Yale Center of Clinical Investigation.



**Mohammed Shajiuddin Faraz, MPH '14** is finishing his residency at New York Medical College and will begin his fellowship in child psychology. He, his wife Shilpa and son Rian (pictured, right) live in Mount Kisco, New York.

On July 17, 2017, **Alicia Mulvihill, MPH '12** and her husband Ed welcomed a baby boy, Zach (pictured left) to their family. Ali teaches Wellness and Internship and is a Health Educator at the Naugatuck Valley Health Department.

**Kira Pavlik, MPH '17**, had her thesis research on men and homelessness written up in the New Haven Register. Here is the link:

<http://www.nhregister.com/connecticut/article/Study-on-homeless-men-in-new-haven-finds-mental-11315866.php>



Undergraduate Public Health student **Natasha Fitzpatrick** was quoted recently in an article on living learning communities for international students that appeared in US News.com.

**Susan Hurt, BS '10, MGA** appeared in a promo piece about the Centella Street Community Garden she and her husband, Tom, joined since moving to Carlsbad, California. Here is the link to that story: <https://www.facebook.com/sevelyzone/videos/vb.1111575088923117/7772213970067/>

The life of **Fereshteh Ganjavi**, who graduates with a BSPH in December 2017, was recently featured in a program called Unpacked: Refugee Baggage, the brainchild of two New Haven artists, Mohamed Hafez who is an artist and architect, and Ahmed Badr, a writer and speaker. For this program, Mr. Hafez created a collage of items packed in a suitcase. These items represented the life of a refugee who has escaped to build a new life in America. Mr. Badr collected and curated stories of 10 refugees from Afghanistan, Congo, Syria, Iraq and Sudan. These suitcases, including one about Fereshteh's life, were exhibited on September 17 in New Haven and in November 16, at the United Nations in New York City. Visitors to the exhibit can listen to short audio clips and read stories on line and on exhibit placards. The website is <https://www.unpackedrefugee.com/>

Although Fereshteh's family is originally from Afghanistan, she was born and grew up in Iran. At age 22, she founded a secret elementary school for undocumented Afghan refugee children in Iran who were not allowed to attend school because of their immigration status. Classes were held in a dark basement under makeshift light. She applied for refugee status in Slovakia where she worked as a United Nation volunteer. She arrived in the U.S. in 2011. While working for her degree in public health, she works as a medical translator at a hospital in New Haven. She has a degree in business administration, which she earned from a university in Iran. You can read more about Fereshteh's amazing story and see her suitcase in <https://www.unpackedrefugee.com/fereshteh>.

MPH student **Ravindra Sharma** and his wife welcomed baby girl Ria on November 3rd at 11:16 PM, weighing 6 pound 9.8oz and 20 inches in length. Baby and mother are doing well. She is pictured at right wearing traditional Nepali dress.



## Mike Pascucilla Presents Research in Rome

As I write this newsletter article on a flight from Rome to New York, I feel compelled to share a few fun facts with you. I am traveling at an altitude of 32,008 feet over the Atlantic Ocean at 503 mph with an outside air temperature of -68 degrees Fahrenheit – just saying... On a serious note, over the last several years of my professional life, I must admit, I have had several amazing public health opportunities, in fact, I would consider them career milestones.

In May 2016, I had the privilege to travel to England to conduct research on food allergies, as I was the recipient of the National Environmental Health Association's Professional Sabbatical Award. This award afforded me the opportunity to live in England for a month as I traveled throughout the country interviewing our United Kingdom colleagues/counterparts in government, academia and private industry sector while studying their food allergy educational policies/regulations. Upon returning home, I compared the UK food allergen safety system to that of the US and completed my research report entitled "Food Allergies - U.S vs U.K. Comparison". To date, I have had the privilege to present this research throughout Connecticut, nationally and now, internationally.

Food Allergen research continues to be a focus of my career, not just professionally, but on a personal level as this significant and emerging public health concern also impacts my immediate family. Given my passion for this subject, another unexpected opportunity arose and allowed me to present my research on an international stage at the Seventh International Conference on Food Studies where I was selected as one of a handful of Emerging Scholars Recipients by the Common Ground Research Networks. Hence, why I was traveling from Rome where I truly felt

honored and humbled to have presented my food allergy research to my international colleagues.

The next step in my journey towards a safer food allergy dining system in the US will be at the US Conference of Food Protection (CFP) in April 2018 to provide both oral and written food allergy testimony based my public health research that will be reviewed and hopefully "approved for consideration" as all regulatory code revisions must go to a vote of all fifty states. Every two years, the US FDA, it's States and business partners hold a national meeting with all stakeholders to review/revise food safety improvements to the FDA Food Code, as all regulatory changes must be vetted through the CFP Council.

It truly was both a professional and personal experience of a lifetime, and I am forever humbled and grateful to have been afforded the opportunity to represent the US Public Health Community. I also need to thank my employers; ESDHD & SCSU from their support.

To my many friends and colleagues in England, your warm-hearted welcome and invaluable advice, support and guidance made my sabbatical an invaluable professional experience that I will always treasure. A warmhearted thanks to Graeme Mitchell and Mark McRiley from Liverpool John Moores University, Peter Wright who served as my ambassador in the UK, and a special thanks to my family and friends for their encouragement, patience and understanding, for they made this opportunity possible through their confidence and inspiration.

*Michael A. Pascucilla, M.P.H., REHS is a graduate of the SCSU Undergraduate Public Health program.*





## SCSU Public Health Students on The Hill



*Pictured from left to right: Amalia Mahon, BSPH student; Whitney Allen, MPH student; Veronica Cortes, BSPH student; Bianca Flowers, MPH student; Ermonda Gjoni, MPH student; Jamie Curtis, BSPH student; and Valen Grandelski, PCH faculty*

Advocacy is at the heart of the public health profession and this past October, six public health students honed their advocacy skills at the Society for Public Health Education (SOPHE) Advocacy Summit in Washington, DC. Over one and a half days of training, students learned about the priorities of the Advocacy Summit, the power of policy to improve health outcomes, and effective strategies for conducting Hill visits with legislators. This year, the Summit priorities were protecting the Prevention and Public Health Fund (PPHF) and key public health initiatives supported by the fund, including the CDC Office on Smoking and Health and the CDC National Diabetes Prevention Program.

Immediately following the advocacy skill-building sessions, Summit attendees ascended onto Capitol Hill in Washington, DC to meet with federal legislators and

champion the value of prevention. The Connecticut contingent,

consisting of SCSU students and faculty, Southwest

Community Health Center WIC nutritionists, and even the SOPHE President (for one visit), conducted five “Hill” visits with the offices of Congresswoman DeLauro, Congressman Courtney, Congressman Himes, Senator Murphy, and Senator Blumenthal. Congressman Courtney even made a surprise appearance and greeted students during their Hill visit and his staff has been in contact with the group for more information on the PPHF in CT. Overall, the SOPHE Advocacy Summit was a phenomenal experience for students that will have long-lasting effects on their development as public health professionals and effective advocates.

Students who are interested in getting involved in SOPHE and the Advocacy Summit for October 2018 can become [SOPHE student members](#) to receive a series of membership benefits, including being eligible to apply for a SOPHE travel scholarship, [the 21<sup>st</sup> Century Student Scholarship](#). The application usually is due in April. Graduate students have access to [conference travel funds from the Graduate Student Affairs Committee \(GSAC\)](#) and applications need to be submitted at the beginning of the semester (at least 30 days prior to the conference). Finally, the School of Health and Human Services has graciously provided funding support for a small number of students through a competitive application process,

which usually

closes early in the fall semester. Department-wide announcements will be emailed to all students when the application cycle opens for 2018.

Contact Professor Valen Grandelski at [grandelski1@southernct.edu](mailto:grandelski1@southernct.edu) with questions and to indicate interest in the SOPHE Advocacy Summit.

*“The SOPHE Advocacy Summit has been an empowering experience. I am fully confident in the skills I have gained and I intend on becoming more involved in support of public health prevention funds. Thank you to Dean Bulmer and Professor Grandelski for the great opportunity.”*

*-Ermonda Gjoni, MPH student*



*“Attending SOPHE was an informative experience. I learned how to use my voice and to fight with passion about the things that are most important to me.” -Jamie Curtis, BSPH student*

## Urban Farming Comes to Campus

“Eat your vegetables” is time-honored advice for anyone looking to improve the quality of their diet. But for some people who don’t have easy access to fresh produce, preparing and eating healthy meals can be a challenge. This summer, area residents who wanted to learn about growing fresh fruits and vegetables, nutrition, and healthy cooking were able to take part in a campus outreach program developed and run by the Sustainability Office and CARE (Community Alliance for Research and Engagement), assisted by New Haven Farms (NHF). The program involved improving the university’s organic garden, located near Davis Hall, while teaching participants about growing and preparing produce from the garden. Sessions took place on six Tuesday evenings, from early July through mid-August.

Suzanne Huminski, coordinator of the Sustainability Office, and **Alycia Santilli**, director of CARE, teamed up with a few of their interns to establish the community garden education program. Santilli says that CARE “dedicated some limited grant funds to consult with New Haven Farms and expand the growing capacity of the garden.” Two public health interns planned and piloted the garden-based nutrition education program, which was based on New Haven Farms’ more extensive health education curriculum. Two Sustainability Office interns cared for the garden and worked with participants on growing and harvesting vegetables. Families from low-income communities that surround Southern were invited to take part in the program. New Haven Farms’ 16-week garden program is open to people who are referred through a health center, Santilli explains. For instance, individuals at risk for diabetes might be referred to the program so they can learn healthier eating habits. “We’ve adapted their program to ours,” Santilli says, “but ours is not connected to health centers or prescriptions.” Sustainability intern **Kaelyn Audette** visited New Haven Farms to learn about the garden program and bring back what she learned to Southern’s garden. **Abby Putzer** and **Meadeshia Mitchell**, both graduate students in public health, went to NHF once a week starting in May to help with NHF’s health education program, so they could understand how it works. While CARE sponsored the health education component of the program, with the help of interns Putzer and Mitchell, sustainability interns Audette and **Megan McNivens** gave the participants a weekly garden tour, answered their questions, and did some cooking demonstrations. Guest chefs also visited the program to do cooking demonstrations. Huminski says it was “very impressive to watch how Kaelyn and Megan stepped up and went above and beyond.” A core group of about seven participants came every week. The program was an opportunity for the interns to work with community members and to learn how to manage a project themselves. In addition to nutrition education, garden tours, and cooking demonstrations, participants received free produce from the garden. And the garden is now so productive, thanks to



Audette and McNivens, that the Sustainability Office is also able to continue making donations to the St. Ann’s soup kitchen, which it has done for years. “Our goal was to double the produce in the garden so we could continue donating to the soup kitchens but also give a bag of produce to each of the participants,” says Huminski, and the goal was met. She says 363 lb. of produce was harvested from mid-July through early August, and the yield is expected to increase through September.

The weekly garden tour was exciting, says Audette. Many of the participants don’t have a yard, so they can’t have a garden, and they enjoyed watching the vegetables grow. Teaching people to eat more healthily – how to use different vegetables and make healthy food choices – was gratifying, the interns say. Participants got to see vegetables go from farm to plate, and they enjoyed taking home what they learned and sharing it with their families. “It was fun to see them come excitedly each week to show what they’d learned,” says McNivens. Audette graduated in May; she majored in public health and plans to go to graduate school. McNivens is a junior psychology major. Putzer and Mitchell are MPH students, and this project was part of their practicum.

There is a demand in urban neighborhoods for fresh produce, Santilli says, and beyond the community garden program, participants can continue to eat healthily even if they don’t have a yard where they can grow vegetables. New Haven has a network of about 50 community gardens where residents can grow their own produce, and farmers markets and farm stands around the city, as well as a mobile pantry through Connecticut Food Bank, offer fresh produce. Santilli says, “We are hopeful that this will be a successful pilot year – and then we hope to start fundraising to become a more institutionalized program. It’s a fantastic university-community partnership.” Huminski agrees, adding, “this is just the start,” of using the campus garden for community-based projects. “That is a big hillside back there, and it can work harder for the community, the education of our students, and for the environment.”



## True Connections and Re-Connections

As part of the PCH 504 Health Promotion Practice class' community assessment project, four students joined SCSU Alum **Sonia Marino (MPH '14, BS '08)** and **Linda Rogen (MPH '04)**, in participating in a focus group to identify needs and assets among members of the intellectually disabled community. The students along with the Westbrook Health Department organized this focus group and the students will submit their findings to the Westbrook Health Department and Vista. The group shared meaningful perceptions and had a wonderful time as can be seen by the camaraderie in the picture.



## State DPH Commissioner Visits SCSU Campus



Dr. Pino took time out to meet with Public Health students, Desiree Rondeau, Dannielle Dixon, Whitney Allen and Meadeshia Mitchell.

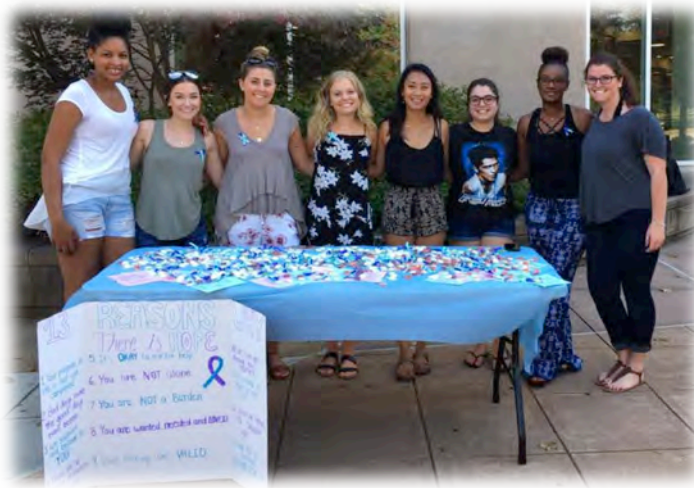
Dr. Raul Pino visited campus on October 25<sup>th</sup> to present on the State of the State's Health and discuss the functions and roles of the State Department of Public Health. More than 60 students, faculty and community members attended his presentation and the Department hosted a reception afterwards.





## Public Health Society

The student-run organization participated in a number of activities this fall, including a fundraiser for hurricane relief. Also, as part of Social Justice Month, the PHS had a program called Diversity Soup - making a "cup" of soup with diverse ingredients to represent themselves and a great discussion after. Several PHS members attended the CPHA Annual Meeting and Conference as a group. **Dr. Deb Risisky** serves as their faculty advisor.



## SHHS INQ students present research at First Year Research & Artistry Experience (FYRE)

Twenty four students from Communication Disorders, Nursing, Public Health and Social Work presented their research at a poster session held on Friday, December 1<sup>st</sup>. According to their instructor, Public Health Associate Professor **Dr. Deb Risisky**, "students had a theme of health equity to guide the class discussions and the students' research projects. They were instructed to come up with a research question of interest that related to health equity in their intended field of study." Public Health students who presented are pictured at right.





### Adopt-A-Family Food Drive

The faculty, staff and students at the Department of Public Health collected **nine (!)** boxes of food and toiletries for the annual Adopt-a-Family food drive. Donations went to the Family Center Services of CT and the Mobile Food Pantry, benefiting our Southern Owls. The SCSU Mobile Food Pantry has served over **800** students and provided **7,000** meals!

### Pink Pedals Gets Closer to Free

Department Chair, **Dr. Jean Breny**, SHHS Dean, **Dr. Sandy Bulmer**, Associate Professor **Dr. Deb Risisky**, Department Secretary, **Michelle Mann** and friends rode and were cheered on by **Dr. Vicky Zigmont**, in the 7<sup>th</sup> Annual Closer to Free bike ride to benefit Smilow Cancer Hospital. Their team, Pink Pedals, raised over \$7,000.





## Like us on Facebook

<https://www.facebook.com/SCSU-Department-of-Public-Health>

We are looking for more Alumni Updates! You can use the questions below to guide your update or write about what you'd like. Please email your update to me at [vancourm1@southernct.edu](mailto:vancourm1@southernct.edu). Thanks in advance!

1. What led you to study public health?
2. What year did you graduate from SCSU? Which degree did you receive – BS or MPH?
3. Where do you currently work? What is your position?
4. What is the most rewarding aspect of your work?
5. Did you continue your education after graduating? If yes, where and towards which degree or purpose (i.e. professional development)?
6. What's a piece of advice you can share with new public health students?
7. What are three things you would recommend public health students take advantage of during their education or early in their career development?
8. Is there any other news you can share (e.g., awards received, birth announcements)?
9. What do you do for fun or for your health?
10. Do we have your permission to post on FB and share your information in our materials? If yes, provide your contact information with your answers to these questions in an email to [vancourm1@southernct.edu](mailto:vancourm1@southernct.edu). Thank you!



### Southern Connecticut State University Department of Public Health

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Dr. Stanley Bernard, Internship Coordinator

Michelle Mann, Secretary, Editor, Public Health Connections

## Save the Dates

Student Research & Creative Activity  
Conferences



**April 14, 2018**

4<sup>th</sup> Annual  
**Undergraduate**  
Research & Creativity  
Conference

**May 7, 2018**

2<sup>nd</sup> Annual  
**Graduate**  
Research & Creative Activity  
Conference