



Good night, sleep tight

New service treats insomnia without medications

For 40 million Americans, a good night's sleep is little more than an impossible dream. But there are a number of effective therapies for insomnia and frequently the best treatments do not come in a pill, according to Christina McCrae, Ph.D., an assistant professor in the department of clinical and health psychology.

As a board-certified behavior sleep medicine specialist, McCrae uses psychological interventions to help people change their thinking about sleep and put an end to counterproductive bedtime habits.

In a number of patients, insomnia can be caused by a psychological condition such as anxiety or depression. Sleep disorders can also be a side effect of some medications and can be attributed to chronic medical conditions such as pain, cardiovascular disease and cancer, which is especially true in seniors.

"Six months or more of insomnia is termed chronic and some people have had sleep problems for years," said McCrae, adding that the average bout of chronic insomnia lasts seven years.

The most common prescribed treatment for insomnia is sleep medications, but they can present their own set of problems, said McCrae who is launching a UF sleep disorders clinical service this summer. Most sleep medications are meant to be used for short periods of time, no longer than 14 days.

"Over the long term, people develop a tolerance to the medication and their sleep problems go back to baseline," she said. "And when patients go off the medication they can suffer from withdrawal symptoms."

One of the first steps in behavioral therapy is helping patients associate the bed with its intended purpose — sleep.

"Insomniacs do things in the bedroom that have nothing to do with sleep," McCrae said. "So the bedroom becomes associated with arousing activities such as reading or watching

television. We need to eliminate these kinds of bedroom activities so that the patient can re-establish the connection between the bedroom and sleep."

Another behavioral therapy technique requires patients to get out of bed when the tossing and turning starts.

"Insomniacs spend a lot of time in bed, but for much of that time they are not sleeping," McCrae said. "They may spend 10 hours in bed, but only get five hours of sleep. If you can't sleep, don't lie in bed — get up and only come back to bed when you feel sleepy."

It may relieve people with sleep problems to know that the gold standard of eight hours of sleep a night is a myth and over the life span, the amount of sleep a person needs decreases.

"The amount of sleep you need varies from person to person," McCrae said. "The key is, how do you feel the next day? If you feel well rested and have no difficulties functioning, then you have found the right amount of sleep for you."

McCrae is currently researching the connection between lack of sleep and thinking problems in older adults. In the study, participants complete daily sleep and cognitive dairies throughout the course of a standard behavioral treatment program for insomnia. The study is the first of its kind to use daily diaries and new techniques to capture day-to-day variability in individuals.

"Despite the large amount of research, the true purpose of sleep is not known," McCrae said. "However, intuitively, most sleep researchers would likely agree that sleep serves restorative purposes for both body and mind." ●



Dr. Christina McCrae

Jane Dominguez, Courtesy CIAS News & Publications

Researchers to examine sexuality education in Florida's schools

PHHP researchers will perform the first statewide assessment of sexuality education in Florida's public schools with support from a \$100,000 grant by The Picower Foundation.

"The state of Florida currently ranks in the top 3 in the nation in terms of incident HIV infections and overall AIDS cases; we also have high rates of other sexually transmitted infections and unintended pregnancies, particularly among young adults," said principal investigator Brian Dodge, Ph.D., an assistant professor in public health programs. "Little is known about what is being taught in our state's classrooms to prepare youth to deal with these significant public health challenges."

Florida is one of 23 states that require schools to teach sexuality education and HIV prevention, but there are no other requirements or standards for the course content. Previous national studies have consistently shown that the majority of parents want some form of sexuality education to take place in the schools, but there is no consensus on what should be taught, Dodge said.

The research team, which also includes Dodge's department colleague, Ellen Lopez, Ph.D., assistant professor, and Michael Reece, Ph.D., of Indiana University, will develop a survey for middle and high school teachers, with input from a six-member scientific advisory committee and a 20-member community advisory committee.

Members of the community committee will include teachers, public health workers, nurses, doctors and school administrators. This approach follows a new trend in public health research known as community-based participatory research, Dodge said. ●

dean's MESSAGE

Much of this issue of PPHP News focuses on spring graduation, the most enjoyable event at UF. This year PPHP graduated a record number of students including our first class in the master's of public health program. The graduation of this class highlights the transformation the college is undergoing.

Throughout our almost 50 year history, the faculty members in the college have defined excellence in our respective disciplines. We have committed ourselves to improving the science and translating this knowledge to our educational programs, with much



Dr. Robert G. Frank

of our focus on the rehabilitation of chronic illness or injury, the role of behavior in chronic conditions, and health care systems.

Despite massive spending on health care, Americans are not healthy. Chronic health conditions contribute to as many as 75 percent of all premature deaths and 75 percent of the nation's health care costs. And there are more Americans without health insurance — 45 million — than the population of Canada. Health care systems must now address a continuum of issues including the environment, individuals, systems and national policy.

As was the case when the college was formed to provide an educational model missing in the United States, our faculty members have recognized that current approaches to health care are not sustainable. A new model, focusing upon "the origins of disease as it relates to human activity — in human behavior, interactions with the environment, and within societies" (*Future Roles of Schools of Public Health*) is needed. Chronic conditions and rehabilitation must be addressed from the ecological perspective inherent to public health. In the same vein, the Institute of Medicine recognized the need to expand public health education beyond traditional boundaries to include disciplines such as physical therapy, occupational therapy, audiology and speech and language pathology. The IOM suggests education for these disciplines will be "enhanced and perhaps maximized" when an individual is viewed within the context of the health of the community.

The College of Public Health and Health Professions began moving to the type of model the IOM described more than a decade ago. Our commitment to the treatment and management of chronic health conditions has emphasized the need for a paradigm that recognizes health as a function of the broader community. To address these problems, our students must display competency in public health as well as their disciplines.

In 2001, our faculty began a transformation that rivals the changes wrought with the establishment of the college. We believe, and have set out to demonstrate, that public health models are integral to disciplines we have nurtured for five decades. When we are done, we think we will once again establish a new model that will influence education, practice and thinking in the United States. ●



MPH students who participated in the SHOTS spring break initiative include (back row, left to right): Meghan Schuck, Dana Mora, Evelyn King, Travis Johnson and Amanda Lampe. Front row: Cynthia DePew, Kelly Palmer and Fahima Sharkar.

MPH students give immunization tracking system a boost

Master of Public Health students spent their spring break bringing the state closer to its goal of registering nearly all of Florida's children in the state online immunization database.

The State Health Online Tracking System, or SHOTS, is designed to contain the comprehensive immunization history of children born in Florida since Jan. 1, 2003 to ensure immunizations are up-to-date, to prevent unnecessary duplication of immunizations and to consolidate immunization records from all health care providers. The state hopes to meet the objective set by the Healthy People 2010 initiative — a 95 percent enrollment of children ages 6 years and under in SHOTS.

However, use of SHOTS by pediatrician offices has been slow. Only 30 percent of private providers in Florida are accessing and entering patient records into the confidential Web-based system, which was established in 2000.

"Offices may not be participating because the program is new and different and is perceived to be time-consuming, although it actually saves time in the long run and improves patient care," said Joelisa Sherman, Florida SHOTS regional coordinator.

To address this issue, 11 Master of Public Health students, in partnership with the Suwannee River Area Health Education Center and Florida Department of Health, brought along laptop computers and set up shop in five area pediatrician offices during spring break. By week's end, the students had added several hundred new immunization records to the SHOTS database.

"Having students in the providers' offices helped to jump start their participation in SHOTS and allowed

students to have actual live contact with the offices," Sherman said.

The spring break initiative was so successful that plans are under way to continue the UF students' participation during the summer and to expand the collaboration to include graduate students at other state universities, Sherman said. ●

New distance certificate in public health

Working professionals who want to expand their public health knowledge can now earn a certificate in public health without ever having to visit the University of Florida campus.

The College of Public Health and Health Professions is offering the 15-credit certificate online, beginning this fall. The program is designed for people who already have a bachelor's degree and would like additional training in public health. Applicants do not have to apply to the Master of Public Health program, but credits may be transferred into the MPH program upon successful completion.

Certificate course work includes classes in each of the five core areas of public health.

The certificate is offered at the same rate as on-campus tuition, even for out-of-state participants.

For more information on the certificate in public health, visit www.mph.ufl.edu, e-mail ph@php.ufl.edu or call 1-866-62-UFMPH. ●

Adams named University of Florida distinguished alumna

Sandra Adams, Ph.D., a PPHP graduate and infant mental health care advocate, received one of UF's highest honors, the distinguished alumna award, at the college's commencement ceremony on May 4.

Adams has served as a consultant to early intervention programs for infants, both nationally and internationally, for more than 20 years. She initiated the development of Florida's Strategic Plan for Infant Mental Health and established three infant mental health pilot projects funded by the Florida Legislature. Adams also served as chair of the Florida Partnership for School Readiness and the Florida Developmental Disabilities Council.

A two-time PPHP graduate, Adams earned bachelor's ('68) and master's ('75) degrees in occupational therapy and a Ph.D. from the University of South Florida.

"The experiences and relationships you have in college are long-lasting," Adams told graduates at the college's commencement ceremony, adding that three former chairs of the department of occupational therapy were key in helping her achieve her goals. They include Alice Jantzen, Lela Llorens and Kay Walker, whom Adams described as "my best friend and colleague."

Adams also recognized a special member of the audience.

"With me here today is my first college roommate from 40 years ago, Bonnie Cox, who taught me how to stay up until 2 a.m. studying in order to get the grades that were needed to get accepted into OT school," Adams said.

Adams has received numerous honors, including the college's Alumna of the Year Award in 1998. She has twice been recognized for outstanding contributions to the field of occupational therapy and received the Award of Excellence in 1998 from the Florida Occupational Therapy Association. She is a Fellow with ZERO TO



Dr. Sandra Adams

THREE, the National Center for Infants, Toddlers and their Families in Washington, D.C., and is a noted speaker, teacher and author of numerous publications.

In addition to clinical practice, Adams served on the faculty of the college's department of occupational therapy from 1975 to 1980. After leaving Gainesville she started her own company, Developmental Consultations Inc. and became active as an advocate for programs and policies to benefit children with

disabilities. In 1993, she was named executive director of the Child Development Center, a comprehensive early intervention program serving children birth to 5 years and their families in Sarasota.

Adams currently serves on the faculty of the Florida State University Center for Prevention and Early Intervention Policy in Tallahassee where she is director of special projects. She is also involved in fundraising and advocacy for regenerative research on paralysis and other neurological disorders.

Adams is married to Mike Adams and has two children, Dhalyn and Barrett Adams. They live in Sarasota and Miami while Barrett participates in the Miami Project to cure paralysis. ●

Stacy Dodd (department of clinical and health psychology) received a \$1,000 trainee travel award from the Psychoneuroimmunology Research Society.

Vonetta Dotson and Bonnie Sachs (department of clinical and health psychology) were selected to attend the American Psychological Association's Advanced Training Institute on functional magnetic resonance imaging. Sachs also received the Behavioral Science Student Fellowship from the Epilepsy Foundation.

A paper by **Emily King** (department of clinical and health psychology) was selected as the best student research paper in cognitive neuroscience by the American Psychological Association's Division of Clinical Neuropsychology.

Min Liu, M.D., (rehabilitation science) received a travel award/educational stipend from the International Society for Magnetic Resonance in Medicine.

Bhagwant Sindhu (rehabilitation science) received a Mentorship Opportunity Program grant from UF's Graduate Student Council.

Lauren Vazquez Sowell (department of clinical and health psychology) received a National Research Service Award training grant from the National Institutes of Health.

The college held its 19th Annual Research Fair for graduate students and postdoctoral fellows in March. The winners include: **Lauren Gibbons, Adam Hirsh, Sally Jensen, Emily Kuhl, Min Liu, Kimberly Miller, Vanessa Milsom, Christina Posse, Michelle Woodbury and Jingbo Yu**. In addition, the college awarded research grants to graduate students **Neha Dixit, Chetan Phadke, Christina Posse and Bonnie Sachs**. ●

LOOKING BACK



The spring 2006 graduation ceremonies marked 100 years of University of Florida commencements. On May 30, 1906, the 14 members of the first graduating class of UF received their diplomas. This year, more than 14,000 joined them as UF graduates. Pictured above are nine of the 14 members of the Class of 1906.

faculty NOTES & staff

Andrea Behrman, Ph.D., an associate professor in the department of physical therapy, received the Award for Research from the American Physical Therapy Association's Neurology Section.

Mark Bishop, Ph.D., an assistant professor in the department of physical therapy, is the recipient of the 2006 Margaret L. Moore Award for Outstanding New Academic Faculty Member from the American Physical Therapy Association.

Dawn Bowers, Ph.D., a professor in the department of clinical and health psychology, has been named a 2006 UF Research Foundation Professor.

Brian Dodge, Ph.D., an assistant professor in public health programs, received the 2005-2006 Excellence in Mentoring Award from the UF Gator Launch program.

Staff members **Andrea Burne and Shankar Manamalkav** were recognized by the state-wide Davis Productivity Awards program. ●



Photo by Renee Moyer

“You can see the accomplishment in the children’s faces. They are so pumped.”

Hands to Love Camp

OT students reach out to special group of children

Some of the most memorable moments at Hands to Love Camp, a camp that allows children with congenital hand differences to interact and explore new activities, happen at Alpine Tower, the 50-foot high ropes course.

“The younger children are a little intimidated by the course, but watching others, they are determined to try,” said Wendy Holt, a lecturer in the department of occupational therapy.

Once they are fitted with climbing gear and any assistive devices for their upper limbs, the children work their way up the course with lots of encouragement and coaching from below.

“When they get up to the top the kids stand up and are so excited,” Holt said. “You can see the accomplishment in their faces; they are so pumped. They want to climb the ropes over and over again.

“What’s amazing is that almost all of these kids can climb the course, even children as young as 5 years old,” she added. “It shows them that regardless of their limb differences, they can still do



something that not everyone can do, even people who have all their limbs.”

Hands to Love Camp is also an unforgettable experience for the college’s occupational therapy students, who volunteer as family pals for each of the 30 families attending camp.

“Seeing a child learn to control the fingers on a mechanical hand with the muscles in their upper arm or watching them learn to use a splint that will help them be able to ride a bike is magical,” said student Ali Ulmer. “The families and kids are in a safe, protected environment where they can learn to build confidence and relate to others who face the same type of challenges and opportunities.”

While the parents attend family counseling sessions, the occupational therapy students join the campers and their siblings for recreational activities.

“These students are tireless, motivated, willing to help with any need and always have a smile on their faces,” Holt said.

Held annually at Camp Crystal Lake in Keystone Heights, Fla., Hands to Love Camp offers all the experiences of a traditional camp — campfires, arts and crafts, a talent show and several kinds of sports, such as archery, basketball, swimming, fishing and golf. But the camp also features adaptations fair to improve functional needs of campers, and visits with psychologists, hand therapists, orthopaedic physicians, nurses, dental



students and family counselors.

Hands to Love camp was founded in 2001 by Paul Dell, M.D., a UF professor of orthopaedics in the College of Medicine and two Shands Rehabilitation hand therapists.

“What makes Hands to Love Camp special is that it provides a network for parents as well as a true camp experience, both physically and emotionally, for kids challenged with limb differences,” Holt said. ●



Championing the cause

Photo by Sarah Kiewel

Genné McDonald named Yoplait Champion in fight against breast cancer

Genné McDonald had some trouble shaking that “what am I doing here?” feeling at a recognition ceremony in March, held at the Condé Nast building in New York’s Times Square and catered by Bon Appétit magazine.

As one of 25 leaders in the fight against breast cancer selected by the Yoplait company, McDonald was in good company. Fellow honorees included Ethel Kessler, who designed the first breast cancer postal stamp, and Heather Pick, a TV news anchor who shares her battle with breast cancer with her Columbus, Ohio viewers.

But McDonald, a physical therapy affiliate faculty member in the College of Public Health and Health Professions, soon realized that the other Yoplait Champions were a lot like her.

“They are ordinary people who are doing extraordinary things,” McDonald said. “Just regular Joes like me who have made an impact in their communities. I realized that one little person can make a big difference.”

The Champions were named in conjunction with Yoplait’s “Save Lids to Save Lives” campaign, which encourages consumers to mail in pink lids from their yogurt containers. For each lid received between March 15 and May 15, Yoplait donated 10 cents to the Susan G. Komen Breast Cancer Foundation, up to \$1.5 million.

In addition to a trip to New York City, the Yoplait Champions each received \$1,000 for the charity of their choice and were featured in special advertising sections in the April issues of Allure, Bon Appétit, Glamour, SELF and Vogue magazines.

It is well deserved recognition for McDonald, who has been working to improve the lives of cancer survivors for 16 years. As a physical therapist, she treats the special needs of patients recovering from breast cancer. As a believer in exercise for improving recovery and preventing cancer recurrence, McDonald founded Team

Survivor North Florida to encourage women who have had cancer to be more physically active. And as a survivor who was diagnosed with breast cancer in 2000 at age 34, McDonald is active in the Young Survival Coalition.

“I have two great aunts and two grandmothers who had radical mastectomies,” she said. “I had genetic testing for the breast cancer gene mutation and the test was negative, but when you look at my family tree there is no denying that there is a connection — I even have a male relative who has had breast cancer. Most likely, researchers haven’t yet discovered the particular gene mutation that has caused cancer in my family.”

Still, McDonald was surprised when she was diagnosed with breast cancer at such a young age, particularly since she had no other risk factors that may contribute to the development of the disease. She ate well, exercised regularly, did not smoke and gave birth to her children at a young age.

McDonald’s often bewildering and sometimes frustrating experience with her diagnosis and treatment strengthened her commitment to help other women become their own health care advocates and have the courage to ask for what they need.

To offer support and empowerment to other women with past or present diagnosis of cancer, McDonald launched Team Survivor North Florida, which offers free activities such as tai chi, yoga, walking, biking, triathlons, 5 K and 15 K races, half marathons, dragon boating, swimming and art classes.

Her personal life, career and outside interests have now come full circle into one awesome package, McDonald said.

“Breast cancer has given me more than it has taken away,” she said. “I have had more of an impact as a physical therapist than I would have, I’ve been able to do some amazing things and I’ve met some great people.” ●

The following awards were presented at the college’s commencement ceremony on May 4.

Dean’s Office

Judson A. Clements, Jr. Memorial Scholarship – Jenna Lee
Horse Farm Hundred Scholarship – Ameen Baker and Justin Wright

Dean’s Scholar, undergraduate – Erin McCrea

Dean’s Scholar, master’s – Erin DeFries

Dean’s Scholar, doctoral – Michael Larson

Shands UF Auxiliary

Lindsay Cheezum, John Hance, Peter Samai, Alina Stefan and Ashley Thomas

Communicative Disorders

Kenneth R. Bzoch Speech-Language-Hearing Award for Excellence in Research – Harrison Jones

Lowell C. Hammer Outstanding Clinical Speech Language Pathology Award – Dana Griffis

Kenneth C. Pollock Outstanding Clinical Audiology Award – Karen Pinsky

Endowed Scholarship in Honor of Dr. F. J. Kemker – Alexa Murzyn

Clinical and Health Psychology

Molly Harrower Award – Megan Gaiefsky

Florence Shafer Memorial Award – Daniel Bagner

Award for Excellence in Clinical Psychology Research – Lisa McTeague

Geoffrey Clark-Ryan Memorial Award – Kristen Marciel

Robert and Phyllis Levitt Research Award – Paul Seignourel

Excellence in Health Psychology Research – Adam Hirsh

Scientist-Practitioner Award – Daniel Bagner

Audrey Schumacher Award for Teaching Excellence – Dr. Michael Marsiske

Research Mentor Award – Dr. Gary Geffken

Hugh C. Davis Award for Excellence in Clinical Supervision – Dr. Patricia Durning

Health Services Research, Management and Policy

Master of Health Administration Faculty Award for Excellence – Andrew Emery

Master of Health Administration Alumni Award for Service – Christopher Louis

Master of Health Administration Excellence in Teaching Award – Dr. Murray Côté

Occupational Therapy (awarded in Dec. 2005)

Alice C. Jantzen Award for Academic Excellence – Ciara Garrott

Ann Sirmyer Ballard Memorial Award for Outstanding Graduate – Emily Sorgius

Jane Slaymaker Memorial Award – Sarah Bollinger and Stephanie Foreman

Kay F. Walker Distance Learning Student Award – Judy Hamby and Morgan Sherman

Physical Therapy

Claudette Finley Scholarship – Stacy Gorski

Frederick Family DPT Student Scholarship – Drew Oswald

Frederick Family RSD Level Student Scholarship – Min Liu

Dr. Mark Trimble Memorial Scholarship – Kim Deskins

Julia Conrad Trojanowski Scholarship – Alina Stefan

Rehabilitation Counseling

Graduate Leadership Award – Patricia Linn

Undergraduate Leadership Award – Sherri Weissman

Scholarship Award – Christine Penko

Bruce Thomason Memorial Award – Pamela Cohen

Horace Sawyer Clinical Excellence Award – Judith Wilson

John Muthard Research Award – Chad Betters and Frank Lane

Public Health

MPH Exemplary Student Award – Janiece Davis

Public Health Award for Faculty Excellence – Dr. Nabih Asal

Health Science

Outstanding Student Award – Jamie Guley, Jacky LaGrace and Crista Seipp

Outstanding Faculty Award – Dr. Orit Shechtman

Outstanding Teaching Assistant – Maria Rattray

Outstanding Service – Dr. John Saxon

Alumnus of the year

Michell recognized for health administration leadership

Longtime health administrator Dyer Michell has been named the College of Public Health and Health Professions' alumnus of the year.

Michell, a 1967 graduate of the college's master's in health administration program, served as President and CEO of Munroe Regional Health System Inc. in Ocala for 30 years before retiring last year. During his tenure, Michell witnessed and led the development of Munroe Regional from a small rural community hospital to a nationally acclaimed, 421-bed tertiary care organization serving a broad range of medical needs.

"Dyer Michell is one of the program graduates of whom we are especially proud," said R. Paul Duncan, Ph.D., chair of the department of health services research, management and policy. "Dyer is so well regarded throughout Florida. He is known for having been an effective, steady administrator no matter what changes were taking place in the health care system."

Michell's career highlights include the creation of one of the country's premier invasive cardiology programs in cooperation with the Ocala Heart Institute. He is also recognized for his participation in the development of a nationally recognized primary indigent health care system in Ocala. Munroe Regional is highly ranked by virtually all national third-party monitoring organizations including HealthGrades and Solucient's *100 Top Hospitals*.

At the time of his UF graduation, the Medicare program had just begun and for-profit hospitals were a new concept, Michell told graduates at the college's commencement ceremony on May 4.

"My classmates and I were very close knit and we spent a lot of time talking about these major changes to the health care

industry and what they meant to us personally and to the country," he said.

Today's graduates in the health professions must tackle the issue of widespread lack of health insurance, Michell said. There are 44 million people in the United States who are having difficulty accessing the health care system.

"Twenty-five years from now what will be the situation for our children and grandchildren? What's the number going to be then?" Michell asked. "You and I are in the health care business and what happens is up to us.

"Stay in contact with your classmates, the people you've been talking to about these issues," he continued.

"Develop a fire, a passion for the things you hold important to health care and where it's going to go. I hope we have

another transition in the industry and you'll be a part of that. You can make a difference." ●



Dyer Michell

Walker reflects on UF career

Founding chair's encouragement led to 30 years in occupational therapy department

Kay Walker, Ph.D., has Alice Jantzen, founding chair of UF's occupational therapy program, to thank for a push in the right direction early on in her career.

"She must have seen something in me that I didn't," Walker said of Jantzen. "She urged me to go to graduate school after receiving my bachelor's degree from the UF program in 1964, and then she asked me to teach."

One of the college's 2005 Outstanding Alumni of the Year, Walker went on to serve more than 30 years on the faculty of the College of Public Health and Health Professions' department of occupational therapy, including the role of department chair, before retiring in 2004.

Looking back on her years as chair (1984-2000), Walker said she is proudest of her role in helping the department weather storms and

keeping the educational programs strong and growing. She developed one of the first master's programs in the country for people with a bachelor's in non-occupational therapy fields and one of the

first occupational therapy distance learning master's programs for working professionals. She is proud of her role in supporting the career development of young faculty and has seen her dream of a doctoral program realized with the development of the college's rehabilitation science degree.

"The students who come into our field genuinely want to help humankind," she said. "Being able to be with fine, bright, challenging, diverse students has been very rewarding and I've learned a lot from them."

Walker's retirement plans include developing the publishing business she co-owns, which produces texts for the study of the



Dr. Kay Walker



Walker (front row, far left) and the OT Class of 1964

human sciences. She is active in her church where she serves in community ministries, committees and international medical missions. Walker also teaches graduate distance education courses and sets aside time to fulfill her list of "100 things you want to do when you retire." ●

Leonard Carter, master's in health administration '03, was promoted to the position of vice president of clinical services at Crisp Regional Hospital in Cordele, Ga. last November.

Janet Barwick Chmela, occupational therapy '02, moved to Arizona and continues to work part-time in rehabilitation and school systems. She lives in Cavecreek, Ariz.

Lindzee Kasper Folgate, bachelor's in health science '04, married Erik Folgate on July 23, 2005. She enters the UF physician assistant program in June 2006.

Diane Kurtz Hartley, physical therapy '74, is the owner/clinical administrator of Hartley Health Care in Pinellas Park, Fla. "At 52, I just completed my doctorate in physical therapy," she writes.

Roberta Isleib, Ph.D., clinical and health psychology '85, recently published the murder mystery *Final Fore*, the fifth and final book in her series featuring Cassandra Burdette, a fictional LPGA golfer and UF grad. She is planning a new series, featuring a psychologist/advice columnist, due out in April 2007.

Bill Kanasky Jr., Ph.D., clinical and health psychology '03, was promoted to the position of senior litigation consultant at the firm of Courtroom Sciences Inc. in Chicago. Two recent cases for which he provided research and consultation were voted "Top 10 Defense Verdicts of 2004" by the *National Law Journal*.

Patty Bunch Mark, medical technology '69, now holds the new laboratory point of care coordinator position at Flagler Hospital in St. Augustine. She is responsible

for the implementation, training and supervision of the growing number of lab tests performed at the patient's bedside. She and husband Joe, bachelor's in design '70, have two daughters, one of whom is a UF grad.

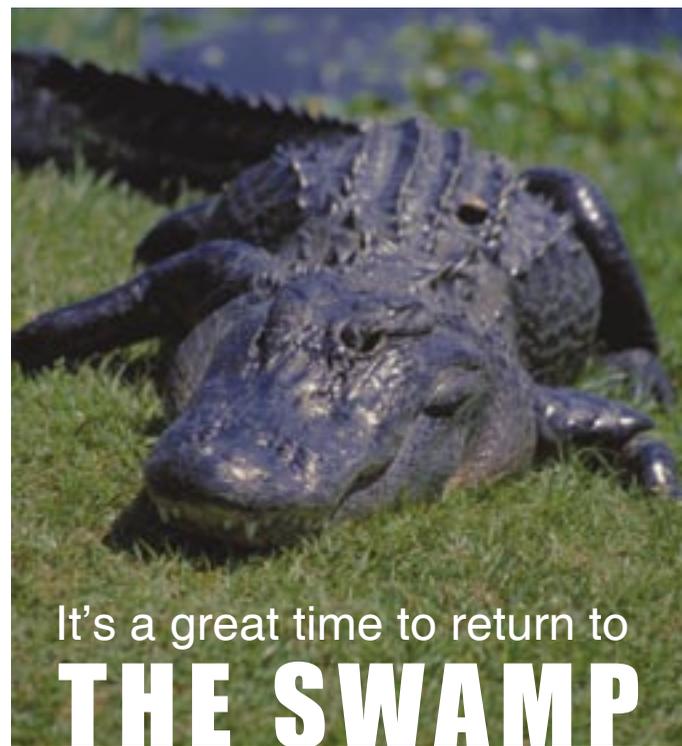
Debra (Hoemke) Matthews, occupational therapy '88, is an occupational therapist/hand therapist living in Orlando. She successfully passed the Hand Therapy Certification Exam in November 2005.

John F. Murray, Ph.D., clinical and health psychology '98, is a licensed clinical and sport performance psychologist in Palm Beach. He has been providing professional consulting services to individuals, organizations and teams for more than 12 years. He is a bestselling author and columnist. For more information, visit www.johnfmurray.com.

Lilia Oquendo-Solis, rehabilitation counseling '90, is the director of the Secretariat of the Judicial Conference at the Supreme Court of Puerto Rico. She completed a J.D. at the University of Puerto Rico in 1998.

Chanda Layne (Buurma) Pollock, occupational therapy '96, worked full time as an occupational therapist for six years until she became pregnant. She is currently at home with her two sons Tanner, 3, and Holden, 1, and their three big dogs. Chanda does part-time therapy work on Saturdays. Her husband, Derek, is a detective in narcotics for the Manatee County Sheriff's Office.

Melanie Quito, occupational therapy '03, works in Orlando as an occupational therapist in an outpatient and home health setting. She became engaged last July and is planning a November 2006 wedding.



It's a great time to return to **THE SWAMP**

Mark your calendars for the **PHHP 2006 Alumni Reunion** on Friday and Saturday, Sept. 8 and 9! Join us for a "Meet the Dean" wine and cheese reception at 4:30 p.m. on Friday and a barbecue at 3 p.m. on Saturday before UF's game against the University of Central Florida at 6 p.m. The reunion registration form is available online at www.phhp.ufl.edu/alumni. Fax completed forms to 352-273-6574.



WHAT'S NEW

Share your news with classmates!

Submissions will be published in the Alumni Updates section of a future issue of PHHP News.

NAME (INCLUDING MAIDEN)

MAJOR/YEAR

PHONE

HOME ADDRESS (CITY, STATE, ZIP)

E-MAIL ADDRESS

CURRENT POSITION

NEWS TO SHARE

Mailto PHHP News, Dean's Office, P.O. Box 100185, Gainesville, FL 32610; fax 352.273.6199; e-mail jpease@phhp.ufl.edu or post your news online at www.phhp.ufl.edu/alumni

Wayne Stephens, Ph.D., occupational therapy '78, was profiled in the March 6, 2006 issue of *Advance for Occupational Therapy Practitioners*. He is the deputy chief of the Office on Smoking and Health's epidemiology branch at the Centers for Disease Control and Prevention in Atlanta.

Linda (Horne) Wright, Au.D., doctor of audiology '02, opened a private practice in DeWitt, Mich. following graduation. She also teaches an audiology course at Central Michigan University and works with two county school districts. She and husband Andy have a daughter, Evelyn, 1.

OUTSTANDING YOUNG ALUMNI

Gila Kimmelman, master's in health administration '01, and **Brian Unell and Hilary Lawn Unell**, both master's in health administration '00, are recipients of UF's 2006 Outstanding Young Alumni Award. They were honored at a recognition breakfast and were invited to sit in the President's Box at the annual Orange and Blue football game. The award recognizes Gators who have distinguished themselves in business, community or service and have received a UF degree within the past 10 years. ●