

AHS YEAR IN REVIEW 2012



COLLEGE OF APPLIED HEALTH SCIENCES

MOVING FORWARD



“The only way of finding
the limits of the possible is by
going beyond them
into the impossible.”

– Arthur C. Clarke



A MESSAGE FROM THE DEAN

I am proud to bring you the 2012 issue of *Moving Forward: AHS Year in Review*. The College has had a tremendous year of growth and change, and you'll read about some of our accomplishments within these pages.

One of the most exciting developments last year was the announcement in February of our plans to build the Center for Wounded Veterans in Higher Education. Continuing our leadership on behalf of people with disabilities, this facility will provide educationally integrated services to student veterans of recent conflicts who have sustained severe and multiple injuries. We received a generous lead gift of \$6 million—half of the construction costs of the building—from University of Illinois alumnus Ron Chez and the Chez Family Foundation. Also in December, Illinois Governor Patrick Quinn announced that the State of Illinois would commit \$4 million in capital funds to the project. We are well on our way to raising the final \$2 million needed to build the facility and are hoping to break ground on the building this spring.

This fall, the College's Division of Disability Resources and Educational Services (DRES) and Timothy J. Nugent Hall, which houses our Beckwith Residential Support Services Program, received the 2012 Barrier-Free America Award from the Paralyzed Veterans of America association (PVA). It was my honor and privilege to accept the award at PVA's Americana Gala in Washington, DC, on October 2.

We welcomed several new faculty members this year, as well as a new department head for the Department of Recreation, Sport and Tourism, Dr. Laurence Chalip. Dr. Chalip joined us from the University of Texas at Austin, where he was a professor of Kinesiology and Health Education and the coordinator of the Sport Management Program. As always, our faculty continued to break new ground through their research. In the pages that follow, we give you just a few snapshots of the important work our faculty are doing in areas related to improving health, optimizing the aging experience, increasing the quality of life for people with disabilities, and building healthy communities.

We also honored two outstanding alumni at our Distinguished Alumni Awards event. Dr. Bryce Rutter, a graduate of the Kinesiology and Community Health program, has earned renown as a leader in the area of ergonomic design and received the 2012 Distinguished Alumni Award from the College of Applied Health Sciences. The 2012 Harold Scharper Award, given by the Division of Disability Resources and Educational Services, went to Tiana Tozer. Ms. Tozer, a recipient of DRES services while attending the University of Illinois, has worked tirelessly to improve the lives of people with disabilities in the Middle East and has inspired thousands of young adults here in the United States.

What is clear in the pages ahead is that the College of Applied Health Sciences is strong. We are growing. We are addressing some of the most pressing quality-of-life issues facing our society, and we are making a difference. As you read this issue of *Moving Forward*, I hope you, too, will feel both proud of your College and its achievements, and optimistic about the year ahead.



Sincerely,
Tanya Gallagher
Dean, College of Applied Health Sciences





AHS TO ESTABLISH CENTER FOR WOUNDED VETERANS

Building on its outstanding history of service to students with disabilities, the University of Illinois and the College of Applied Health Sciences will soon break ground on a center for student veterans who have sustained severe and multiple injuries while serving in the military. The Center for Wounded Veterans in Higher Education will provide comprehensive, integrated educational support to veterans of recent conflicts who are pursuing degrees at the University of Illinois.

The official announcement of our intention to build the Center came in February 2012, after AHS received a \$6 million lead gift from the Chez Family Foundation. In December, Illinois Governor Patrick Quinn announced \$4 million in capital funding for the project from the State of Illinois. (See related stories following.) The College of Applied Health Sciences is in the process of raising the final \$2 million needed to construct the facility, which will be located next to Doris Kelley Christopher Hall, home of the Family Resiliency Center.

The Center will include transitional residential facilities for 12 to 14 veterans with severe and multiple disabilities who require assistance in the performance of daily living tasks. It will also offer a full range of non-residential services to an additional 150 wounded veterans and their families, including health and life skills management, training in the use of assistive technologies, academic coaching and tutoring, career counseling, peer mentorship, psychological counseling, rehabilitative services, and family counseling.

In addition to offices and residential suites, the Center will house an adaptive recreation center, a training kitchen and



Illinois Governor Patrick Quinn shakes the hand of student and veteran Travis Dodson as he announces state funding for the Center for Wounded Veterans in Higher Education.

dining area, rehabilitation and counseling services offices, and classrooms. Special sections of classes and academic tutoring can assist in the transition from military to civilian life.

“There’s a tremendous difference between the kind of life one has in the military, not only in a combat situation but in the sense of having a fully organized day,” AHS Dean Tanya Gallagher said. “They wake up in the morning and they have a scheduled day. It’s very different when they arrive on campus and that kind of structure isn’t there anymore. Part of what we need to do in the transition is to provide supports for making the adjustment.”

The Center will employ veterans as much as possible in key positions so that it may function as a locus of identity, affiliation, and activity for veterans on campus. Veterans Administration and University personnel will be accommodated on-site to provide programmatic support for veterans and to capitalize on lessons learned, leading to the development and wide dissemination of best practice guidelines.

CENTER FOR WOUNDED VETERANS IN HIGHER EDUCATION

THE CENTER’S MISSION:

to provide a strong educational program and personal services support structure to severely wounded veterans and their families to help these wounded veterans align their career goals with the educational access, excellence, and academic opportunities offered by the University of Illinois

THE CENTER WILL SERVE:

12 to 14 veterans in transitional residential accommodations

Up to 150 veterans and their families with non-residential services

SERVICES WILL INCLUDE:

Health and life skills management

Training in the use of assistive technologies, accommodations, and auxiliary aids

Academic coaching, tutoring, and adaptive learning strategies

Career counseling, academic preparation, and employment services

Facilitated peer mentorship

Psychological counseling

Rehabilitative services

Counseling and outreach to family members



Ron Chez, student and veteran Travis Dodson, and Wayne Wagner, Department Commander, Illinois VFW

LEAD GIFT JUMPSTARTS FUNDRAISING

Ron Chez, a 1962 graduate of the University of Illinois and U.S. Army veteran, has given a lead gift of \$6 million to the Center for Wounded Veterans in Higher Education through the Chez Family Foundation. Mr. Chez is president of Chicago-based Ronald L. Chez Inc., a financial management consulting firm, and also is chairman of the board of EpiWorks, a semiconductor manufacturer in Champaign.

After reading a newspaper article about the Beckwith Residential Support Services Program for students whose disabilities require assistance with the performance of daily living tasks, Mr. Chez visited the Beckwith program in Timothy J. Nugent Hall. He was inspired during his visit to establish the Chez Family Foundation Scholarship to provide support to students in the Beckwith Residential Support Services program who have unmet financial needs. It also was during this visit that he learned from Dean Tanya Gallagher that the College hoped to create a similar program and facility for severely injured veterans.

Mr. Chez decided to make a lead gift to support the development of this program at the U of I. "There is no way we can adequately compensate for the courage and service of our wounded veterans," he said. "It's our special opportunity to honor these heroic men and women and their families by helping to provide the services and facilities they require."



GOVERNOR QUINN ANNOUNCES

**\$4 MILLION IN STATE
FUNDING FOR CENTER**

At a December 6 announcement in the Khan Annex of Huff Hall, Illinois Governor Pat Quinn said the state will contribute \$4 million toward the construction of the Center for Wounded Veterans in Higher Education.

In making his announcement, Governor Quinn said it's important to build the Center as quickly as possible to help those who have postponed their degrees to serve the country.

"Our wounded veterans face unique challenges, but they should not face them alone," he said. "The Center for Wounded Veterans in Higher Education will keep Illinois a leader in helping returning members of our armed forces achieve their dreams."

Ron Chez also attended the press conference, after touring Beckwith Residential Support Services in Timothy J. Nugent Hall with Assistant Secretary of the Army Thomas Lamont. Mr. Chez said his family

welcomed the opportunity to pay tribute to the courage and commitment of veterans. "I cannot think of a higher priority for private citizens and government than to provide opportunities for education and independence to those who have served all of us," he said.

Among the other dignitaries attending the press conference were Major General Richard Stone, Deputy Surgeon General of the Army; Erica Borggren, Director of the Illinois Department of Veterans' Affairs; Dr. Tanya Gallagher, Dean of the College of Applied Health Sciences; Christophe Pierre, Vice President of Academic Affairs; Ilesanmi Adesida, Provost of the University of Illinois at Urbana-Champaign; and Dr. Nick Osborne, Assistant Dean of Student & Veterans Services Coordinator. Also attending and making a brief presentation was Travis Dodson, an Iraqi veteran who sustained severe injuries and is now attending the University of Illinois.

THERE'S A NAMING OPPORTUNITY FOR YOU!

If you would like to assist wounded veterans returning from war as they pursue new careers through higher education, we invite you to make an investment in the Center for Wounded Veterans in Higher Education. Your financial support sends a powerful message of commitment to the long-term success of the Center and to the men and women who will secure a brighter future because it exists.

The College of Applied Health Sciences has identified a number of naming opportunities. Spaces in the facility such as the Career Services & Employment Office and the Veterans Administration Office have already been funded and named by donors. There is also a need to build a program endowment for ongoing services. We invite you to consider giving opportunities that reflect your special areas of interest. See page 31 for more information, or visit www.woundedvetcenter.ahs.illinois.edu.

We also welcome you to contact the College of Applied Health Sciences Office of Advancement at 217-333-2131, or email Assistant Dean of Advancement Jean Driscoll at jdris@illinois.edu.

PARALYZED VETERANS' GROUP RECOGNIZES DRES



The Division of Disability Resources and Educational Services (DRES) and Timothy J. Nugent Hall at the University of Illinois at Urbana-Champaign have received the 2012 Barrier-Free America Award from Paralyzed Veterans of America (PVA). Tanya Gallagher, Dean of the College of Applied Health Sciences, accepted the award at PVA's Americana Gala in Washington, DC, on October 2.

As the service unit of the College of Applied Health Sciences, DRES provides both academic and non-academic support services to more than 1300 students with visible and non-visible disabilities each year. Founded in 1948 by Dr. Timothy Nugent, it was the first post-secondary support program for students with disabilities and contributed many "firsts" in the area of accessibility. Examples include the first curb cuts, fixed-route buses with wheelchair lifts, ramps, and architectural accessibility standards that became the foundation for the American National Standards Institute, among others.

The University of Illinois also was the first institution of higher education to offer residential services to students with disabilities who require assistance with the performance of daily living activities. Beckwith Residential Support Services, as the program is known, is now housed in Timothy J. Nugent Hall, a cooperative effort of DRES and University Housing. Opened in 2010, Nugent Hall features several private sleep/study rooms with shared baths, a remote-controlled ceiling lift system, sensor-controlled light switches and keyless entry, and adjustable furniture. The residence hall also offers accessible elevators, wide hallways, a voice recognition computer lab, and a dining hall with wheelchair-friendly lower counter heights.

"At Illinois, we have always focused on the needs of each individual student, and on his or her ability to be self-determining," said Dr. Brad Hedrick, the current Director of DRES. "Since Dr. Nugent was inspired to create DRES to give World War II veterans with disabilities equal access to the world-class education offered by Illinois, it is a special honor to have our efforts recognized by the Paralyzed Veterans of America."

The Barrier-Free America Award was established in 2001 to recognize individuals who have made a significant difference in breaking down the physical barriers that people with disabilities face every day. Mark Licther, Architecture Director of the PVA, said he was impressed by the exemplary accessibility of the University of Illinois campus and Nugent Hall. "The work that the DRES program has done for accessibility over the decades speaks volumes," he said. "We have heard first hand from your staff that every effort is made to make sure the campus, its programs, and its academics are as inclusive as possible." Founded in 1946, the Paralyzed Veterans of America advocates for accessibility. Its Architecture Program develops guidelines, codes, and standards, and works with other architects to help them achieve full accessibility in their designs.

"The work that the DRES program has done for accessibility over the decades speaks volumes. We have heard first hand that every effort is made to make sure the campus, its programs, and its academics are as inclusive as possible."

Mark Licther, Architecture Director of the PVA

AWARDS

Jean Driscoll Receives Prestigious Awards



AHS Assistant Dean for Advancement and world-renowned Paralympic track champion Jean Driscoll was named a Lincoln Laureate, the state's highest honor, and received an Order of Lincoln medallion at an April 21 ceremony at the Illinois State Capital in Springfield. The Lincoln Academy of Illinois was established in 1964 to honor Illinois' most distinguished citizens who have brought honor to the state by their achievements.

In July, Jean was inducted into the U.S. Olympic Hall of Fame in a ceremony held at the Harris Theater in Chicago. She won 12 medals in four Paralympic Games—five gold, three silver, and four bronze—two Olympic exhibition medals, and is an eight-time winner of the Boston Marathon.

William Stewart Receives National Award



Dr. William Stewart received the 2012 Theodore and Franklin Roosevelt Award for Excellence in Recreation and Park Research from the National Recreation and Parks Association. The award was presented at the NRPA Congress and Exposition in October. The Theodore and Franklin Roosevelt Award for Excellence in Recreation and Park Research is presented annually to an individual whose contributions to recreation and research have significantly advanced the cause of the recreation movement. Dr. Stewart, who in addition to his position on the faculty of the Department of Recreation, Sport and Tourism is the Associate Dean for Academic Affairs in the College of Applied Health Sciences and Acting Head of the Department of Speech and Hearing Science, engages in teaching and research that facilitates the development of parks and other environmental settings to improve quality of life and community well-being.

Ehud Yairi Receives Lifetime Achievement Award



Professor Emeritus Ehud Yairi of the Department of Speech and Hearing Science was selected to receive the 2012 Kawana Award from the American Speech-Language-Hearing Association. This lifetime achievement award recognizes individual impact on research in fields related to speech, language, and hearing science. Dr. Yairi's research has provided new insight and advanced our understanding of stuttering in substantial ways.

CHIMES QUIET ON SILENT DAY

As part of the observance of the 2012 International Week of the Deaf, the chimes of Altgeld Hall remained quiet on September 26, dubbed Silent Day. Students participating in Silent Day refrained from talking, communicating only through sign language, gestures, and writing.

This was the first time the University of Illinois observed the International Week of the Deaf, always the last full week of September. The event is designed to increase awareness of issues facing deaf and hard-of-hearing individuals, and to celebrate the US Deaf Community. Members of

the Deaf Community are proud of their deafness and their sign language. They view themselves as a linguistic minority group within mainstream society, having their own language and culture.

"The focus is on what Deaf people can do, not upon what they cannot do," said Matt Dye, a professor in the Department of Speech and Hearing Science who worked with American Sign Language instructors Susan Weiss and Donald Haring and American Sign Language Club president Michael Mehlick to coordinate the week's events.





LAURENCE CHALIP JOINS RST AS HEAD



Dr. Laurence Chalip has joined AHS as the Head of the Department of Recreation, Sport and Tourism and the first Brightbill/Sapora Professor. He comes to Illinois from the University of Texas at Austin, where he was a professor of Kinesiology and Health Education and coordinator of the Sport Management Program.

Dr. Chalip completed his doctoral degree in the Irving B. Harris Graduate School of Public Policy Studies at the University of Chicago. His research focuses on theoretical and practical issues in the uses of sport for policy purposes and on policy issues specific to the sport industry. His goal is to elaborate a model that identifies key variables in the provision and leveraging of sport programs and sport events.

At the University of Texas, he oversaw upgrades to sport management curricula at the undergraduate and Master's levels, and developed and implemented a PhD program in sport management. Here at Illinois, Dr. Chalip plans to strengthen the leadership position of the Department of Recreation, Sport and Tourism in interdisciplinary research, teaching, and service.

"Most universities and departments silo recreation, sport, and tourism and treat the three as separate entities. It is a mistake," he said. "The industry is synergistic. The three support and are dependent on each other." Dr. Laurence Chalip

To realize his vision, Dr. Chalip intends to hire leading faculty whose work links recreation, sport, and tourism.

Dr. Chalip is a Research Fellow in the North American Society for Sport Management, from which he received the Earle F. Zeigler Award, the Society's highest honor. He assumed leadership of RST from Dr. Cary McDonald, who has rejoined the RST faculty.

NEW FACULTY

IN THE COLLEGE OF APPLIED HEALTH SCIENCES

The Department of Kinesiology and Community Health and the Department of Speech and Hearing Science added to their faculties last year.

DR. YIH-KUEN JAN



Dr. Yih-Kuen Jan has joined the faculty of the Department of Kinesiology and Community Health as an associate professor with research expertise in the area of disability. He comes to us from the University of Oklahoma Health Sciences Center, where he was an assistant professor of rehabilitation sciences and adjunct assistant professor of physiology. He founded and served as director of the Biomechanics and Microcirculation Lab at Oklahoma. His research focuses on preventing and healing soft tissue injury by advancing knowledge of biomechanics and microcirculation of soft tissues. He is particularly interested in preventing secondary medical complications in people with disabilities. In his current research, he is investigating the role of activity-based rehabilitation in preventing cardiovascular diseases and pressure ulcers in people with spinal cord injury. Dr. Jan completed his PhD in Rehabilitation Science at the University of Pittsburgh.

DR. SEAN MULLEN

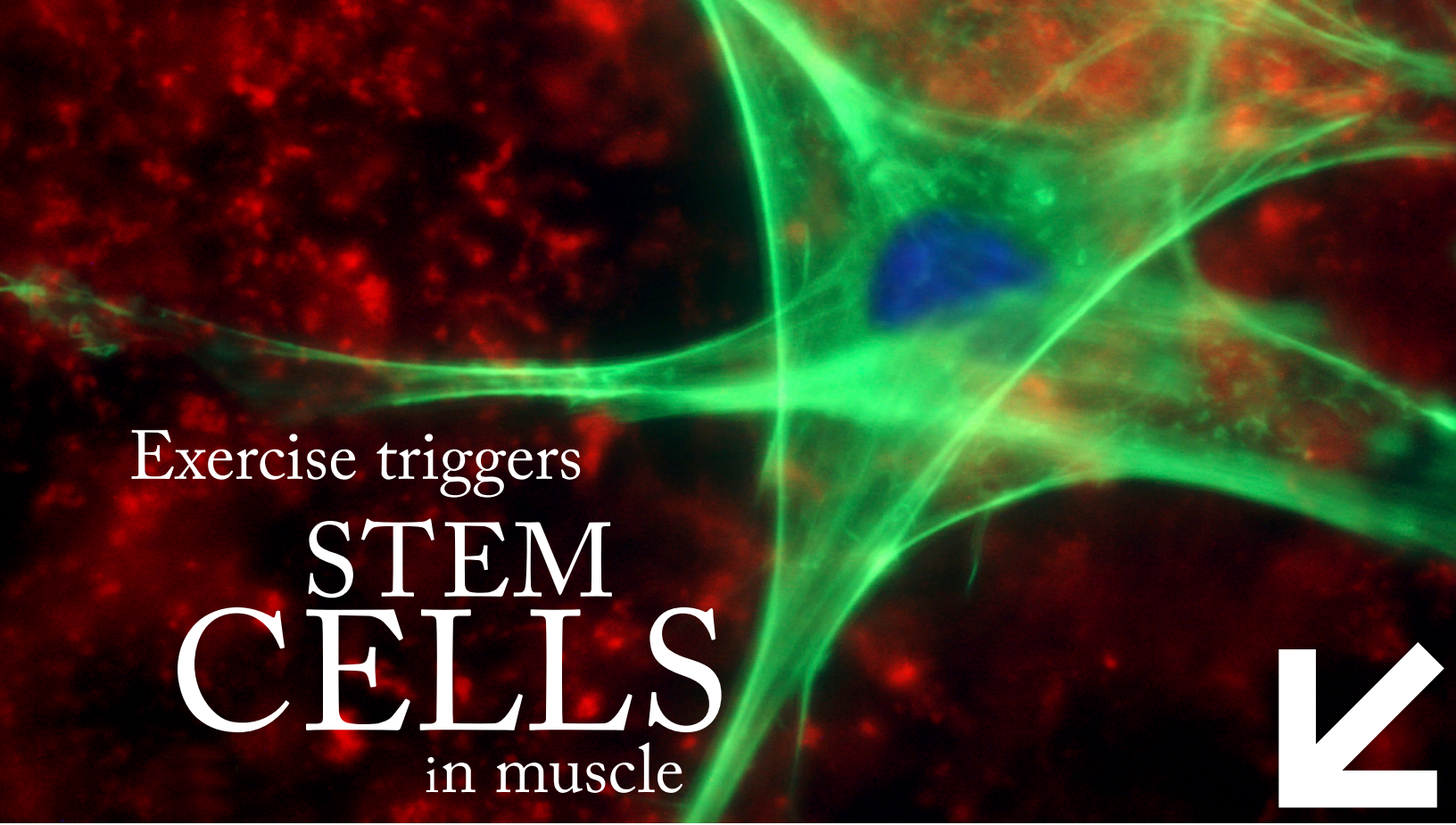


Dr. Sean Mullen has joined the faculty of the Department of Kinesiology and Community Health as an assistant professor. He has held a postdoctoral appointment in Dr. Edward McAuley's Exercise Psychology Laboratory since 2010 and served as an instructor in the Department of Kinesiology and Community Health in Fall 2011. Dr. Mullen completed his doctoral degree in educational psychology with an emphasis in exercise psychology at the University of Virginia. His research focuses on using technology to promote physical activity participation among adults. Specifically, he is interested in web-based and mobile applications designed to enhance exercise self-regulation. His secondary interests include the interrelationships among exercise, self-perceptions, cognition, and brain plasticity, and measurement development.

DR. AARON JOHNSON



Dr. Aaron Johnson has joined the faculty of the Department of Speech and Hearing Science as an assistant professor. His research focuses on understanding, preventing, and treating voice disorders in elderly people. He uses both translational and clinical research methods to investigate the effects of vocal training and vocal exercise on laryngeal neurobiology, vocal function, and quality of life. Dr. Johnson joins us from the University of Wisconsin, where he recently completed his doctoral degree in speech-language pathology. As a Fellow in the Voice Research Training Program, he investigated the effects of vocal exercise on neuromuscular plasticity in the aging larynx. In addition to his scholarly work, Dr. Johnson has been a private voice instructor for nearly 20 years. He is an accomplished vocalist himself, performing as a soloist with the Chicago Symphony Orchestra at both Orchestra Hall and the Ravinia Festival and appearing in several operas.



Exercise triggers STEM CELLS in muscle



Liz Ahlberg
Physical Sciences Editor
University of Illinois
News Bureau

University of Illinois researchers determined that an adult stem cell present in muscle is responsive to exercise, a discovery that may provide a link between exercise and muscle health. The findings could lead to new therapeutic techniques using these cells to rehabilitate injured muscle and prevent or restore muscle loss with age.

Mesenchymal stem cells (MSCs) in skeletal muscle have been known to be important for muscle repair in response to non-physiological injury, predominantly in response to chemical injections that significantly damage muscle tissue and induce inflammation. The researchers, led by kinesiology and community health professor Marni Boppart, investigated whether MSCs also responded to strain during exercise, and if so, how.

“Since exercise can induce some injury as part of the remodeling process following mechanical strain, we wondered if MSC accumulation was a natural response to exercise and whether these cells contributed to the beneficial regeneration and growth process that occurs post-exercise,” said Boppart, who also is affiliated with the Beckman Institute for Advanced Science and Technology at the U. of I.

The researchers found that MSCs in muscle are very responsive to mechanical strain. They witnessed MSC accumulation in muscle of mice after vigorous exercise. Then, they determined that although MSCs don’t directly contribute to building new muscle fibers, they release growth factors that spur other cells in muscle to fuse and generate new muscle, providing the cellular basis for enhanced muscle health following exercise.

"These findings are important because we've identified an adult stem cell in muscle that may provide the basis for muscle health with exercise and enhanced muscle healing with rehabilitation/movement therapy."

Professor Marni Boppart, University of Illinois

A key element to the Illinois team's method was in exercising the mice before isolating the cells to trigger secretion of beneficial growth factors. Then, they dyed the cells with a fluorescent marker and injected them into other mice to see how MSCs coordinated with other muscle-building cells.

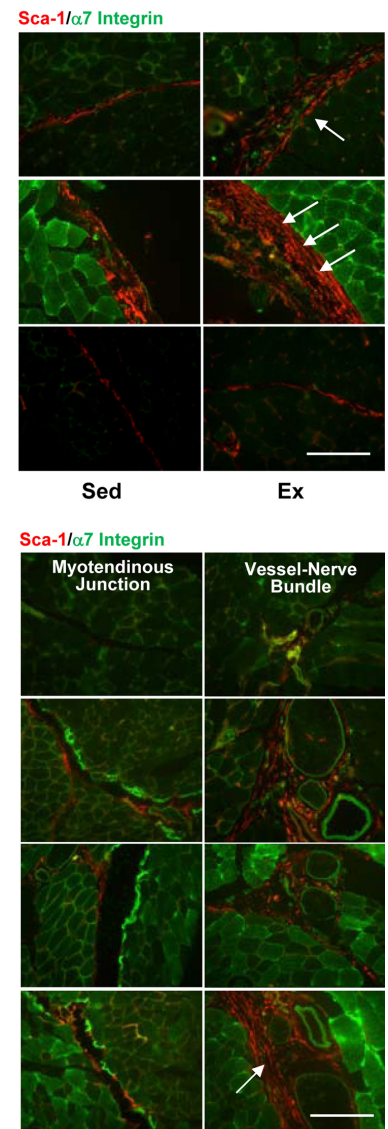
In addition to examining the cells in vivo, the researchers studied the cells' response to strain on different substrates. They found that MSC response is very sensitive to the mechanical environment, indicating that conditions of muscle strain affect the cells' activity.

"These findings are important because we've identified an adult stem cell in muscle that may provide the basis for muscle health with exercise and enhanced muscle healing with rehabilitation/movement therapy," Boppart said. "The fact that MSCs in muscle have the potential to release high concentrations of growth factor into the circulatory system during exercise also makes us wonder if they provide a critical link between enhanced whole-body health and participation in routine physical activity."

Next, the group hopes to determine whether these cells contribute to the decline in muscle mass over a person's lifetime. Preliminary data suggest MSCs become deficient in muscle with age. The team hopes to develop a combinatorial therapy that utilizes molecular and stem-cell-based strategies to prevent age-related muscle loss.

"Although exercise is the best strategy for preserving muscle as we age, some individuals are just not able to effectively engage in physical activity," Boppart said. "Disabilities can limit opportunities for muscle growth. We're working hard to understand how we can best utilize these cells effectively to preserve muscle mass in the face of atrophy."

The team published its findings in the journal *PLoS One*. The Illinois Regenerative Medicine Institute, the Ellison Medical Foundation and the Mary Jane Neer Foundation supported this work.



"Disabilities can limit opportunities for muscle growth. We're working hard to understand how we can best utilize these cells effectively to preserve muscle mass in the face of atrophy."

Professor Marni Boppart, University of Illinois



UNRAVELING THE MYSTERY OF TINNITUS

Why do some people with hearing loss develop tinnitus while others do not?

About 50 million people in the United States suffer from the chronic condition known as tinnitus, which has no cure. Many of them are war veterans. According to the American Tinnitus Association, the number of veterans with tinnitus disabilities more than doubled between 2000 and 2005. A recent study showed that 49 percent of all soldiers exposed to blasts in Iraq and Afghanistan developed tinnitus. While it is often associated with hearing loss, not everyone with hearing loss will develop tinnitus. In fact, tinnitus sufferers represent only 40 percent of the hearing-impaired population.

Why do some people with hearing loss develop tinnitus while others do not? This is a central question in Fatima Husain's research work in the Auditory Cognitive Neuroscience Lab in the Department of Speech and Hearing Science.

Dr. Husain, who completed her doctoral degree in Cognitive and Neural systems at Boston University, says few studies have carefully examined the relationship between hearing loss and tinnitus. In a recent brain imaging study, she investigated brain activity patterns in people with normal hearing, people with hearing loss and tinnitus, and people with hearing loss and no tinnitus, the group that has heretofore been missing from research in this area. Subjects were asked to identify whether two sounds were alike or different. In both 25-year-old and 50- to 55-year-old subjects with normal hearing, the same areas of the brain were stimulated in response to the task.

People with hearing loss and no tinnitus performed equally well on the task as those with normal hearing, but MRIs revealed their brains were working harder, with more areas stimulated.

Based on these findings, Dr. Husain, an assistant professor in the Department of Speech and Hearing Science, expected people with hearing loss and tinnitus to have even more activity in the brain. In fact, only one area in their brains was stimulated. "So when the brain has an internal noise, the tinnitus, that is distracting it from doing other tasks, it ignores the distraction, and does not send any attentional resources to it," she explained. "If I had not included the study of hearing loss without tinnitus, I wouldn't have seen this." She has also found through her research that neuroanatomical changes in both gray and white matter in the vicinity of the auditory cortex were more profound for individuals with hearing loss without tinnitus than those with hearing loss and tinnitus when compared to those with normal hearing. Hers is one of the first whole-brain studies to report on gray matter changes with hearing loss.

Armed with a deeper understanding of how the brain responds differently in hearing loss with and without tinnitus, Dr. Husain hopes eventually to develop objective bio-markers of the subjective disorder. She will also use her findings to evaluate and modify existing therapies, and to generate new therapies.

DISTINGUISHED ALUMNI AWARD

Bryce Rutter, founder and Chief Executive Officer of Metaphase Design Group in St. Louis, Missouri, received the 2012 Distinguished Alumni Award from the College of Applied Health Sciences in ceremonies held on October 26. He completed a bachelor's degree in Industrial Design at Carlton University in Ontario, a master's degree in Industrial Design at the University of Illinois, and a PhD in Kinesiology at the University of Illinois.

While earning his PhD, Dr. Rutter became aware that we primarily use our hands when interacting with 95% of all the products we use. He brought his fascination with hands together with his expertise in industrial design and kinesiology and founded Metaphase Design Group in 1991. It is the first and remains the only design consultancy that specializes in the research, ergonomics, and development of hand-held products across all industries.

The company's extensive list of innovative and award-winning designs include the Oral-B Cross Action toothbrush, which was recognized for excellence by the Chicago Athenaeum Museum of Architecture and Design; the Microsoft Mouse 2.0, which revolutionized mouse design and earned accolades from PC and I.D. Magazines, an Excellence in Design Award from Appliance Design, and installation in the Museum of Modern Art's permanent collection; the Medtronic Hydrodebrider, the

first and only powered irrigation system that removes bacteria from the paranasal sinuses in the operating room or office, which received a 2010 Medical Device Excellence Award from the Medical Device and Diagnostic Industry and a 2010 Excellence in Design Award from Appliance Design magazine; and the Microlet and Breeze Meter designed for Bayer, which enables diabetics to check blood glucose levels discreetly and without pain. This product earned a Good Design Award, the most prestigious global award for new product design, and was named one of the top 36 products of the 1990s by Business Week.

In 2005, Dr. Rutter received the Alexander C. Williams, Jr. Design Award from the Human Factors & Ergonomics Society for outstanding contributions to designs that significantly impact users and exemplify the excellent use of empirical human factors and ergonomic design principles. In 2009, he was named Inventor of the Year by the Bar Association of Metropolitan St. Louis for his work in combining kinesiology and industrial design, which has resulted in more than 100 patents. He also received the 2011 AAMI/Becton & Dickinson Professional Achievement Award from the Association for the Advancement of Medical Instrumentation in recognition of his contributions to the improvement of medical devices, instruments, and systems.

"Rather than say, 'We can't do that; we've never done it before,' ask, 'What if..?' Think of 'what if?' as a way to open your mind to the possibilities—a new product, a new career, doing things you've never done before."

Bryce Rutter

Founder and CEO

Metaphase Design Group
and recipient of the 2012 AHS
Distinguished Alumni Award



Ian Rice

Assistant Professor, Department of Kinesiology and Community Health

OPTIMIZING THE MATCH BETWEEN PEOPLE WITH DISABILITIES AND MOBILITY TECHNOLOGY

Concerned about the quality of life of people with disabilities, Ian Rice takes a unique approach to understanding problems wheelchair users encounter, combining motor learning theory and ergonomics.

Although the design of wheelchairs has progressed from a “one size fits all” approach to more individualized fittings, the advantages of better design are often neutralized by incorrect configuration. Configuring a wheelchair correctly, which involves manipulating the chair so that the user’s center of mass is in the right place, minimizes rolling resistance. “In addition to inadequate wheelchair fitting, few users receive training on how to propel the chair properly,” he said. “Taken together, these phenomena can result in upper extremity pain and injury, which currently affects nearly 70 percent of wheelchair users.” By tackling the issues of wheelchair configuration and propulsion training within one recent study, Dr. Rice hopes to determine the optimum combination of training and fitting to reduce injuries and prevent the development of secondary health problems.

Dr. Rice also is interested in differences in mobility, social integration, and cognitive independence between users of manual and power wheelchairs. With its unusually disability-friendly environment, the University of Illinois presented an ideal setting to assess differences related to chair usage alone. Preliminary results indicate that although power chair users are just as socially integrated as those who use manual chairs, they feel less mobile and have lower levels of self-esteem and cognitive independence. In another study funded by the National Multiple Sclerosis Society, Dr. Rice is assessing whether people with MS who must use wheelchairs can benefit from increased levels of activity given a highly adjustable and lightweight wheelchair and a program of support and reinforcement.

Matthew Rispoli

Assistant Professor, Department of Speech and Hearing Science

HOW CHILDREN ACQUIRE LANGUAGE AND DEVELOP LINGUISTIC ABILITIES

Matthew Rispoli has been studying grammatical development in children for more than 25 years. Working primarily with typically developing children, he has contributed toward a greater understanding of the external and internal factors that influence morphosyntactic growth and the development of sentence production.

Recently, he and Dr. Pamela Hadley have completed a four-year study of the growth of verb and noun tense and agreement among typically developing toddlers, 21 to 36 months old (NSF BCS 08-22513; The Growth of Tense and Agreement). The two major findings of that study were that children accelerate in the acquisition of tense and agreement through a process of cross-morpheme facilitation. Because of this process, input from parents to one part of the tense and agreement system indirectly affects the growth of other parts of the system, a linguistic form of generalization during learning.

Based on the findings of The Growth of Tense and Agreement, Drs. Hadley and Rispoli are now engaged in an intervention study (1R21HD071316-01; Simple Strategies to Accelerate Children’s Early Grammatical Growth). This project is designed to accelerate the rate at which the tense and agreement system is acquired in typically developing children. If successful, the intervention can be applied to children at risk for atypically slow grammatical development.



Andiara Schwingel

Assistant Professor, Department of Kinesiology and Community Health



CULTURAL PERSPECTIVES IN PROMOTING HEALTHY LIFESTYLES

While awareness of the health benefits of physical activity has increased, participation rates have not. Research has consistently shown that older Latinas are particularly vulnerable for unhealthy lifestyle behaviors and chronic health issues such as obesity and diabetes.

In a study of cultural factors that contribute to physical activity decisions, Dr. Andiara Schwingel found that 85% of older Latina women were physically inactive. They often reported the importance of family and the responsibility they feel as providers of care to family members, especially grandchildren. Also, many of the participants reported that the Roman Catholic Church played an important role in their lives. Many attend church services on an almost daily basis. For some, walking to church was identified as an opportunity for physical activity and many of the women frequently attended social events and programs organized by the church. Although caregiving often serves as a barrier to initiating and maintaining healthy behaviors, the research team perceived this as an opportunity for introducing an intergenerational component into future health promotion interventions. Overall, little is known about the impact of church-led programs that address topics related to healthy lifestyles. Exploring this cultural element is important because many older Latinas reported placing their “trust in God,” while others reported placing great value on advice and suggestions given by the priest, nuns, and other religious workers in the parish.

Dr. Schwingel is exploring intergeneration and religion in her current research project, the “Abuelas en Acción” (Grandmothers in Action) program that proposes to explore the feasibility of implementing a behavioral change program addressing physical activity, nutrition, and stress management for Latina grandmothers aged 50 and older. Her team of scholars and graduate students has designed an intervention that is culturally sensitive to the targeted population by partnering with faith-based organizations to develop and deliver an evidence-based behavioral change curriculum that incorporates both intergenerational activities and religious content. During years 2012 and 2013 key issues related to efficacy, adoption, implementation, and maintenance of the program in Latino communities at the individual (study participants) and organizational (provider organization) levels will be evaluated.



Scott Tainsky

Assistant Professor, Department of Recreation, Sport and Tourism



ECONOMICS, CULTURE, AND COMMUNITY OF SPORT

What makes fans loyal to certain teams? How does sport build community among disparate groups of people? How does consumer demand affect sports broadcasting? These are some of the questions that Scott Tainsky addresses in his research.

In a co-authored paper published last year in the *Journal of Sport Management*, Dr. Tainsky examined the charitable activities of professional athletes. Prior to this study, little scholarly attention had been paid to professional athletes as philanthropists. The study, which included more than 30 interviews with athletes, foundation directors, league and team executives, and sports agents, sought to determine the type of athlete who formalized charitable efforts by establishing foundations, as well as the motivations and beliefs behind the founding.

Dr. Tainsky found that professional athletes are focusing increasing efforts on charitable and philanthropic activities beyond monetary contributions by forming charitable nonprofit organizations. Athletes who form foundations appear to hold both altruistic and self-interested motives for doing so. They strategically use their fame to increase awareness of the charity and the issues addressed by it, to generate revenue for the foundation, to attract volunteers, and to leverage other resources of nonprofit and corporate partners in order to reach a broader audience. Results also indicated that athletes who have more years of service and higher salaries have a higher rate of forming charitable foundations. Dr. Tainsky and his colleagues concluded, “By identifying trends in players who have established individual foundations we can begin to evaluate to what extent philanthropy promotes loyalty and other benefits to the player and his foundation, team, and league.”



HAROLD SCHARPER AWARD

“What I took away from the University of Illinois was that I should be somebody in this world and that I should contribute. Having people expect something of you is a great motivator.”

Tiana Tozer

humanitarian and professional speaker and recipient of the 2012 Harold Scharper Award

As a college sophomore majoring in romance languages and political science at the University of Oregon, Tiana Tozer had her sights set on a career in international relations, starting with a stint in the Peace Corps. Her plans changed dramatically when an intoxicated driver hit a car she was riding in. Her legs were crushed when she was thrown from the car and run over. She endured more than 30 surgeries to rebuild bone and muscle and though she can walk short distances, relies upon her wheelchair for maximum mobility.

Within six months of her accident, Ms. Tozer was appearing in schools as a speaker for Mothers Against Drunk Driving. Within a year, she was playing wheelchair basketball. She completed her undergraduate degrees at the University of Oregon and came to the University of Illinois at Urbana-Champaign to pursue a master's degree in international relations. She was a standout player on the Illinois women's wheelchair basketball team, and was twice named the team's Most Valuable Player. During her three years at Illinois, the team won three national championships. In 1992 and 1996, she played on Team USA's bronze and silver medal-winning Paralympic wheelchair basketball teams.

Ms. Tozer was invited to Bosnia to teach wheelchair basketball to veterans of the war in Bosnia and Herzegovina. Upon her return to Portland, Oregon, she

worked first as a public relations specialist for the Standard Insurance Company and then as a program manager for Mercy Corps, a Portland-based nonprofit organization that works to alleviate poverty and oppression by building secure and productive communities around the world.

She spent nearly a year-and-a-half in Iraq, where she managed, implemented, and enhanced disability services and programs. She battled to overcome attitudinal and physical barriers that kept Iraqis with disabilities from having full lives, and managed a literacy program that taught more than 10,000 women to read and write. After her work in Iraq, Mercy Corps sent Ms. Tozer to Sudan, where she eventually assumed responsibility for all of the organization's projects in Southern Kordofan before returning to the United States in 2011.

As a professional motivational speaker with Fisher's Speakers Agency since 1998, Ms. Tozer has spoken with thousands of teenagers across the country about responsible choices, self-esteem, and overcoming obstacles. She addresses both youth and adult audiences to dispel myths about disability. An accomplished writer who has published articles, opinion pieces, and short stories, she is now working to complete her memoir. In 2010, she received the Outstanding Young Alumni Award from the University of Oregon.

HONORS

Cynthia Johnson Receives Campus Teaching Award

Cynthia Johnson, an associate professor in the Department of Speech and Hearing Science, received a 2012 Campus Award for Excellence in Undergraduate Teaching. Dr. Johnson has appeared on the List of Teachers Ranked as Excellent 68 times in her 29 years at Illinois. An enthusiastic teacher and mentor, she provides opportunities for students to take part in laboratory research through independent studies and has directed six to 12 undergraduate students each semester in her Child Language Laboratory.



Charles Hillman Named 2012 McCristal Scholar

Dr. Charles Hillman, a professor in the Department of Kinesiology and Community Health, was named the 2012 King James McCristal Scholar by the College of Applied Health Sciences, the highest award given by the College. The annual award recognizes faculty excellence for significant contributions in research, teaching, service humanitarianism, administration, and advising. Dr. Hillman's research examines the relationship between physical activity and neurocognitive function and the relationship between emotion and motivated behavior.



Laura Payne Joins Academy of Achievement

In April, Dr. Laura Payne, an associate professor in the Department of Recreation, Sport and Tourism, was inducted into the College of Applied Science and Technology's (CAST) Academy of Achievement at Illinois State University. The Academy works to bring together "thought leaders" in their fields who, through their life work, serve as an inspiration to others to pursue similar career paths. Dr. Payne completed bachelor's and master's degrees in the School of Kinesiology and Recreation at ISU. Her research and public engagement activities focus on improving the health and well-being of rural Illinois residents by assisting park and recreation planning efforts that result in high-quality and sustainable recreation, parks, and wellness programs and services.



DRES Takes Part in Folklife Festival

In 1862, President Abraham Lincoln signed the Morrill Act, which provided for the education of "the industrial classes" through the establishment of land-grant colleges, including the University of Illinois. The Act was the focus of the Smithsonian Museum's 2012 Folklife Festival in Washington, DC, in June. Invited to participate, the University chose to highlight its contributions to accessibility for people with disabilities. Visitors interacted with cutting-edge adaptive technologies, participated in wheelchair sports, and learned about Illinois' impact on public policy and perception related to disability. Dr. Timothy Nugent, founder and former director of the Division of Disability Resources and Educational Services, shared the history of Illinois' rehabilitation program, while the current director of DRES, Dr. Brad Hedrick, spoke on expanding educational and career opportunities for people with disabilities.



Growing Hope

Leisure activities cultivate hope, resilience in disaster survivors.

Sharita Forrest, Social Sciences Editor
University of Illinois News Bureau

For survivors of natural disasters, the emotional toll is as profound as the physical devastation. However, a new study of people who survived Japan's deadly earthquake and tsunami in 2011 suggests that leisure activities can play critical roles in victims' psychological recovery.

"The magnitude of natural disasters is often measured by the number of fatalities, but beyond the casualties are family members, neighbors, and friends who survived yet continue to suffer considerably," said study author Shintaro Kono, a graduate student in the Department of Recreation, Sport and Tourism.

"Disasters are life-shattering events, and just simple resumption of activities that a person enjoyed before the event provides a sense of continuity and normalcy,"

Shintaro Kono, Graduate student
Department of Recreation, Sport and Tourism

Kono, who is from Japan, was visiting a friend in the country's northern region when the earthquake and tsunami struck. In response to the disaster, the nonprofit organization Make the Heaven initiated the Megumi-Japan project to identify people believed to be at risk of physical or mental health-related problems. Three to five volunteers worked with each participant in reconstructing their household gardens, providing survivors with physical and recreational activity as well as regular social interaction. Volunteers also organized other recreational activities for adults who were living in temporary housing and reconstructed and maintained playgrounds for children.

While working as a volunteer in an area of northeast Japan that suffered extensive damage and many casualties, Kono interviewed 16 survivors and five volunteers who worked with them. He found that one of the most important factors affecting victims' mental health was the subjective meaning that they attached to their experiences and leisure activities.

"What is traumatic depends on an individual's personal history, their memories, and way of thinking," he said. "Home represented not just shelter to many people in this relatively rural area of Japan, but also the place that all of the person's memories were connected to. Therefore, losing their homes was very traumatic for these people."

Resuming recreational activities that victims had enjoyed before the disaster aided in their post-disaster coping and psychological recovery in a variety of ways, enabling them to engage in enjoyable, personally meaningful activities; offering opportunities to escape mentally and physically from stressful situations such as crowded living conditions in temporary housing; and providing activities that people could look forward to with anticipation.

Accessing social support through group leisure activities enabled some people to regain feelings of being in control of their lives by providing opportunities for sharing their feelings and experiences with others.

Kono's study, completed as his master's thesis under the mentorship of Dr. Kimberly Shinew, was preceded by a pilot study in which he explored leisure activity and coping behaviors among Hurricane Katrina survivors who were of Japanese ancestry.

Leadership.

It's something that is nurtured, recognized, and celebrated throughout the world.

Some leaders have immediate name recognition. Most, however, are known primarily by those whose lives have been personally impacted by their influence. The College of Applied Health Sciences has enjoyed a distinguished history of leadership and continues to benefit from some of the brightest faculty and students today.



As you've seen in the pages of *Moving Forward*, AHS is committed to expanding its reach to serve our community like never before. Research is central to the college's mission and opportunities for interdisciplinary research are giving rise to new discoveries. Our faculty members are partnering with colleagues in industrial design, biomechanical engineering, psychology, architecture, medicine, and numerous other areas to address some of society's most pressing issues. Students are engaged in this research as well, working alongside their mentors and training to become the next generation of leaders.

Another way that AHS is serving its community is through the Center for Wounded Veterans in Higher Education. Just as we were the first institution of higher education in the country to open its doors to wounded veterans from World War II, we will also be the first to provide residential accommodations for the most severely wounded veterans returning from current conflicts. It has been a vision of Dean Tanya Gallagher for several years to assist these men and women as they pursue new careers and reintegrate into their communities. Because of the support from the Chez Family Foundation, the State of Illinois, the University of Illinois, and important private donors, construction for the Center will begin in 2013.

It will continue to be a focus of our fundraising as we seek to build a program endowment of \$8 million to help cover the costs of adapted technologies, therapies, and other specialized services. Support at all levels will be enthusiastically received and is central to meeting our goal. Wounded veterans will appreciate knowing that alumni and friends cared deeply for them every time they enter the facility.

Students are another important focus of our college. Today's students are intelligent, active, technologically savvy, and have a strong desire to serve. You may have heard from them when they called to say thank you for your gift or invited you to speak to one of their classes. In March 2012, they hosted the first ever "Experience AHS" event for prospective students and their parents. Each department had interactive displays about career opportunities in their fields of study and provided tours of their facilities. It was so successful that they plan to do it again in 2013.

The Office of Advancement welcomed three new staff members in 2012. Troy Collier (1996 MS, Recreation, Sport and Tourism) is our Assistant Director of Development, Krista Kimme (2006 BS, Community Health) is our Associate Director of Development, and Liz Pelletier (2011 BS, Speech and Hearing Science) is our graduate assistant (with a joint appointment in Advancement and Academic Affairs). They are energetic and passionate about our college, and always ready to serve. I hope you can meet them when they travel to your state.

Please stay in touch with us by visiting the AHS website, www.ahs.illinois.edu, or by letting us know when you plan to be on campus for a sports activity, reunion, or impromptu visit. We would enjoy meeting you if we haven't already done so, or seeing you again if we've become acquainted in the past. Although the names may have changed since you were a student, AHS is still your college. We are grateful for your friendship and look forward to seeing you in the coming year.

A handwritten signature in black ink that reads "Jean Driscoll".

Jean Driscoll
Assistant Dean and Director
AHS Office of Advancement

Uof I Shines in Paralympics



More than 30 athletes with ties to the University of Illinois took part in the 2012 Paralympic Games, which took place in London in August. The London games were the largest ever, featuring 4,200 athletes from 160 countries who competed in 20 sports.

U of I athletes earned 22 medals—11 gold, six silver, and five bronze. Brad Hedrick, Director of the Division of Disability Resources and Educational Services, said, “If Illinois athletes were a country, we would have placed 18th among the 74 competing nations by total medal count. And, if you just want to count gold, we would have been 10th.”

AHS STUDENTS, ALUMNI, AND STAFF WHO PARTICIPATED INCLUDED:

Team USA

Adam Bleakney Head Coach, U of I Men's and Women's Wheelchair Track, Field, and Racing
Matt Buchi Recreation, Sport and Tourism
Ryan Chalmers Recreation, Sport and Tourism
Anjali Forber-Pratt Speech and Hearing Science
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Ray Martin Kinesiology
Christina Schwab Community Health
Steve Serio Kinesiology

Team Australia

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Brandon Wagner Recreation, Sport and Tourism

Team Germany

Edina Mueller Kinesiology

Team Great Britain

Helen Freeman Kinesiology

Team Japan

Hiroaki Kozai Recreation, Sport and Tourism

Kinesiology Freshman Earns Paralympic Honors

Raymond Martin, a first-year student in the Department of Kinesiology and Community Health, was named Paralympic SportsMan of the Year by the United States Olympic Committee. Ray won four gold medals during the Paralympic Games in London, taking first place in the 100-, 200-, 400-, and 800-meter track events for the T52 wheelchair class. Wheelchair racers are classified by their mobility, from T51 (least mobile) to T54 (most mobile).

A native of Jersey City, New Jersey, Ray began racing at the age of 5. He was a member of the North Jersey Navigators, a competitive adaptive sports team, and had trained for the London Games since 2010. At the Paralympic trials in Indianapolis, he set a world record in the T52 200-meter race, finishing in 30.18 seconds. He also holds the American records in his class for the 400- and 800-meter events. He plans to pursue a career in occupational therapy after completing his undergraduate degree in Kinesiology in 2016.



THANK YOU, DONORS

Private gifts play a critical role in our ability to enhance teaching, research and outreach programs within the College that impact not only our students, but also the health and wellness of our society. We are pleased to recognize those who have contributed to our success, both those who have given throughout their lifetime and those that give on

an annual basis. Together, we are shaping the future of our society's health and well-being across the lifespan. Although every effort is made to ensure accuracy, errors may occur. If we have omitted your name or listed your name incorrectly, please contact the Office of Advancement, College of Applied Health Sciences.

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Ai Leen Choo
Doctoral student, Speech and Hearing Science

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