

Ice age science: UT geologist receives national fellowship for glacier, climate change research

By Christine Long

For 26 years, Dr. Timothy Fisher has clocked countless helicopter hours flying to frozen lakes across Canada and the northern United States to study the effects of ancient glaciers.

"We are learning from past global climate change to predict what might happen in the future," Fisher said. "I have disproven common assumptions in the scientific community by coring into the bottom of snow and ice-covered lakes for sediment samples to reconstruct and understand conditions on planet Earth more than 10,000 years ago."

One of the world's largest geological societies recently honored The University of Toledo geology professor and chair of the Department of Environmental Sciences as one of the best in his profession by electing him as a Fellow of the Geological Society of America (GSA), an association with more than 26,000 members in 115 countries. The association promotes geoscience research, discovery and stewardship of the Earth.

"This is quite an honor," Fisher said. "The GSA fellowship carries weight over the quality of my work to reconstruct past positions of receding glaciers and glacial lake levels to decipher whether there is a relationship with climate records in the Greenland ice cores. This adds more confidence to what I do, and perhaps I will be more aggressive applying for research grants."

Fisher was nominated for his "significant contributions to the understanding of Glacial Lake Agassiz, the Great Lakes and associated environments," according to the GSA award. "His field work, which spans several Canadian provinces and northern states, has led to publications that change the way we think about the history of some

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Fisher

FROZEN: Dr. Timothy Fisher and fellow researchers used a hydraulically assisted Livingstone corer to recover sediment cores from lake ice on Skeptic Lake in Ontario. Conducting the work were, from left, Dr. Tom Lowell, professor of geology at the University of Cincinnati; Fisher; and UT graduate students Henry Loope and Bruce Skubon.

Student-athletes earn 3.216 GPA, highest fall semester mark in school history

By Paul Helgren

UT student-athletes earned a combined grade point average of 3.216 in the 2015 fall semester, the highest department GPA for a fall semester in school history.

It is the third-best semester GPA overall, trailing only GPAs of 3.258 in the 2015 spring semester and 3.266 in spring 2012. It is also the 14th consecutive semester in which UT student-athletes earned a combined GPA of 3.1 or higher.

"Our student-athletes have consistently demonstrated excellence in the classroom, and this past semester was certainly no exception," Vice President and Athletic Director Mike O'Brien said. "It says a lot about the type of student-athletes that we recruit to attend our University. It also speaks to the great support they receive from our coaches, academic staff and University faculty members."

Individually, 44 student-athletes earned president's list honors with a perfect 4.0 GPA, while more than 42 percent (166 of 390) earned a spot on



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UT campus master planning team to present findings at two informational sessions

By Jen Sorgenfrei

The University of Toledo's campus master planning team will hold two forums next week to discuss initial findings about the use of UT facilities.

UT's Facilities and Construction staff, working with consultants from SmithGroupJJR, spent fall semester gathering input and ideas about the use of space on the University's campuses from students, faculty, staff and the local community. Interviews, focus groups and open forums held throughout October provided an opportunity for stakeholders to offer opinions, ask questions and raise concerns about instructional space, housing, recreation and community use of campus facilities.

"The team has completed their analysis and is eager to share what they've learned about how well we're using our classrooms and teaching labs, the facility conditions of all of our buildings, the natural resources of each campus, parking, transportation patterns, and other ways to understand our campuses," said Jason Toth, UT associate vice president for facilities and construction.

"Our next step is to talk about where UT facilities are now and where we go from here."

The master planning team will hold the sessions to share the common themes they identified and their findings from examining the University's facilities and to share next steps. Students, faculty, staff and community members are invited and encouraged to attend either presentation:

- Wednesday, Feb. 3, from 11:30 a.m. to 1 p.m. in the Student Union Ingman Room.
- Wednesday, Feb. 3, from 5:30 to 7 p.m. in the Driscoll Alumni Center Auditorium.

The campus master planning team will be on hand at both sessions and includes representatives from UT Facilities and Construction, and consulting group SmithGroupJJR.

For more information about the University's master planning process or to contribute input online, visit utoledo.edu/facilities/master-plan.

Author/activist to give keynote address at Conference for Aspiring Minority Youth Jan. 30

Political activist, motivational speaker and author Kevin Powell will be the keynote speaker at The University of Toledo's 32nd Annual Conference for Aspiring Minority Youth Saturday, Jan. 30.

Sponsored by Toledo Excel and the UT Joint Committee, the conference will take place from 8:30 a.m. until 1 p.m. in the Student Union Auditorium. This year's theme is "Beyond the Classroom: The Rewards of Self-Directed Learning."

An acclaimed community activist and award-winning writer, Powell was born and raised in Jersey City, N.J., by a single mom in extreme poverty surrounded by violence. In spite of these circumstances, Powell studied at Rutgers University and has become one of the most respected writers and voices of his generation. He shared that story in the 2015 autobiography titled *The Education of Kevin Powell: A Boy's Journey Into Manhood*.

He is the author or editor of 12 books, and is working on a biography of Tupac Shakur, the late rapper.

Additionally, Powell has written for numerous publications, including *The Washington Post*, *Newsweek*, *Essence*, *Ebony*, *Esquire*, *Rolling Stone* and *Vibe*.

As a leader, Powell has worked on a range of concerns, including voter registration, Hurricane Katrina relief, education, the environment, eradicating poverty, and supply and resource support for post-earthquake Haiti.

As an extension of his public service work, Powell routinely lectures across America and internationally, and he is a frequent presence on television and radio

offering his commentary on a variety of issues, including the national conversation on domestic violence and how men can help to end the assault on women and girls.

Powell is co-founder of a national organization, BK Nation, which focuses on education, job creation and small business development, civic engagement, and health and wellness.

"Recognized for his sociopolitical influence, Kevin has earned a reputation as a positive force among youth and young adults," said David Young, director of the Office of Excellence and the Toledo Excel Program. "His commitment to fostering broad-based communication about issues related to politics, violence and socioeconomics will make him an outstanding speaker for this conference."

After the general session featuring Powell, there will be a breakout session for parents and educators titled "Stop Picking on Me." This session will be led by Heather Baker, director of pupil placement and child adjustment services for Toledo Public Schools, and Cathleen Smith, Toledo Public Schools educator.

A concurrent session for students titled "Self-Directed Learning: Seeking Education Beyond the Classroom" will be facilitated by Rhonda Sewell, government affairs and media strategist at the Toledo-Lucas County Public Library, and feature a panel of distinguished Toledo Excel alumni.

Toledo Excel was established in 1988 to help groups of students underrepresented in higher education, including African, Asian, Hispanic and Native Americans, for success in college. Through services



Powell

such as summer institutes, academic retreat weekends, campus visits and guidance through the admission process, students increase their self-esteem, cultural awareness and civic involvement.

The Office of Excellence is a hub of academic programs, activities and services that reach students in the eighth grade through high school graduation and beyond. These programs include Toledo Excel, Upward Bound, and the annual Conference for Aspiring Minority Youth. The Office of Excellence is part of the Division of Student Affairs. The UT Joint Committee includes representatives from The University of Toledo, Toledo Public and Parochial schools, and civic and community leaders from the city of Toledo. The mission of the committee is to bring together people in the Toledo community interested in the education of underrepresented youth.

Make a reservation for the free, public conference by visiting utoledo.edu/success/excel or calling 419.530.3820.

Student-athletes

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the dean's list by garnering at least a 3.50 GPA, and 67 percent (262 of 390) achieved a 3.0 grade point average or better for the 2015 fall semester.

Women's golf set the all-time UT record for team GPA with a 3.714 mark.

Women's volleyball (3.570) and women's soccer (3.521) also were above 3.5 as a team.

"Head Coach Nicole Hollingsworth and her women's golf team deserve special recognition for setting the school record for team grade point average," O'Brien said. "For an entire team to average above a 3.7 GPA is really a tremendous accomplishment."

Toledo 2015 Fall Semester Team GPAs (3.0+)

Overall Department GPA: 3.216

Team GPAs (3.0 +)

Women's Golf	3.714*
Women's Volleyball	3.570
Women's Soccer	3.521
Women's Tennis	3.491
Softball	3.487
Women's Cross Country	3.459
Women's Swimming & Diving	3.443
Baseball	3.438
Men's Cross Country	3.316
Women's Indoor/Outdoor Track	3.312
Women's Basketball	3.259
Men's Tennis	3.257
Men's Golf	3.209
Men's Basketball	3.002

*Department record

UT's surgical residency program ranked No. 14 in country

By Brandi Barhite

Newly released research shows that surgical residency programs should be valued for their outcome-based measures, not just their reputation.

This bodes well for The University of Toledo's surgical residency program, which ranks 14th when looking at outcomes.

"This solidifies what we already know about UT's surgical residency," said Dr. Munier Nazzal, professor of vascular surgery, director of the General Surgery Residency Program, and chief of the Division of Surgical Education at The University of Toledo Medical Center. "We offer an excellent surgical residency program that results in our alumni contributing to articles, grants and clinical trials in the surgical field."

The article in the *Journal of Surgical Education* stated that reputation alone doesn't do justice for a residency's quality when comparing surgical residency programs across the country. For instance, Columbia University Medical Center ranked 26th for reputation, but fell to 133rd for its outcomes ranking. UT had an even larger discrepancy with reputation of 205th.

The research was compiled through publicly available data from all 218 eligible general surgery residency programs. To generate an outcomes-based program ranking, surgery programs were evaluated according to an average percentile that was calculated using board pass rates and the prevalence of alumni publications. This information was compared against peer nominations generated through

a 2014 national survey that asked 17,000 verified physicians to rate as many as five residency programs.

"Our residency has changed over the past few years," Nazzal said. "The most important step was to improve the educational part of the residency training. We shifted from 'service providers' to 'balanced education, research and service' with well-defined programs of research, teaching and education. The collective efforts of the teaching faculty and the open-door policy to all residents improved communication with residents and, thus, their performance. Continuous improvement and innovation is our goal to become the best in the field."

The article stated that the mean board pass rate of the 218 programs was 72 percent,

and 60 programs were placed in the 75th percentile or above for the number of articles, grants or clinical trials authored by program alumni. UT was among those in the 75-plus percentile.

Nazzal said UT's carefully designed surgical residency program, which has 32 residents, allows residents to get into respectable fellowship programs. The residency was further improved by offering training in and outside of UTMC.

"Focusing on research as part of education helped put our residency program on the map of education and training and introduced us as a program of high caliber into the surgical education community in the country," he said.

UT president to help raise funds at Celebrity Wait Night

By Ashley Gearheart

University President Sharon L. Gaber, Toledo Mayor Paula Hicks-Hudson and other local luminaries will spend part of their evenings waiting on guests of the Eighth Annual Celebrity Wait Night Thursday, Feb. 11, from 6 to 9 p.m. at the Pinnacle, 1772 Indian Wood Circle, Maumee.

The Celebrity Wait Night is hosted by the Catharine S. Eberly Center for Women and will feature a dinner served by local celebrities, as well as a silent auction, scholarship recipient announcement, and live entertainment throughout the evening.

Notable silent auction items include a wine tasting at The Andersons, Detroit Tigers and Toledo Walleye tickets, Toledo Symphony tickets, weekend getaways and more.

Tickets are \$60 each or \$500 for a table of 10, and more than 400 guests are expected to attend. Proceeds go to the Eberly Center's Women's Success Programming, which provides training and workshops to those hoping to go back to school, make a career change or better themselves.

The center provides free resources and education on business etiquette, branding, resumé writing and more.

Dr. Shanda Gore, UT associate vice president for equity, diversity and community engagement, and chief diversity officer, said the goal of the Women's Success Programming is to teach people to be the best they can be.

Kate's Closet, a boutique-style shop that provides free professional clothing to UT students, is another Eberly Center resource that will benefit from proceeds from this event.

"This has been a community of giving," Gore said. "We

THE CATHARINE S. EBERLY CENTER FOR WOMEN CORDIALLY INVITES YOU TO THE
8TH ANNUAL CELEBRITY WAIT NIGHT

Thursday, February 11, 2016 • 6-9 p.m.

6 p.m. "Empower Hour" Cocktail Hour
7 p.m. Dinner

THE PINNACLE, 1772 INDIAN WOOD CIRCLE, MAUMEE, OH 43537

Join us for a night of food, fun and friends, featuring a silent auction, live entertainment and a few surprises! All proceeds benefit women through the Eberly Center's programs and services, including the signature Women's Success Series and Kate's Closet.

To reserve a seat, please call 419.530.8570,
or visit utoledo.edu/centers/eberly to register and pay online.

Single Seat \$60 | Table of 10 \$500

A PORTION OF THE TICKET PRICE IS TAX-DEDUCTIBLE
RESERVATIONS ARE REQUIRED

PLEASE RSVP BY MONDAY, FEBRUARY 1, 2016



really appreciate all the support from our students, faculty, staff and the community."

RSVPs are requested by Monday, Feb. 1; call 419.530.8570.

In memoriam

Dr. William U. McDonald, Toledo, who taught in the UT Department of English nearly four decades, died Jan. 13 at age 88. He joined the University as an instructor in 1955. Two years later, McDonald became an assistant professor, was promoted to associate professor in 1961, and was named professor in 1966. During his career, he served as assistant chair of the English Department and chair of basic English classes from 1960 to 1966; director of graduate studies in English from 1966 to 1968; director of freshman English from 1968 to 1972; and associate chair of the English Department from 1966 to 1985.

A well-known scholar of Eudora Welty, McDonald started a newsletter dedicated to the author in 1977 and served as editor of the publication for 20 years. He retired in 1985 and continued to teach part time until 1993, when he was named professor emeritus. McDonald donated his scholarly papers on Welty to the Ward M. Canaday Center for Special Collections, which featured his work in an exhibition in 1993.

Andrew J. Minet, Toledo, a former UT Medical Center employee, died Jan. 9 at age 71.

Mary Ann (Braucher) Wilczynski, Toledo, died Jan. 4 at age 67. She was a custodian at UT from 1989 to 2008.



McDonald

MLK Scholarship recipients recognized



Photo by Mickey Ross

Students receiving The University of Toledo's 2016 Dr. Martin Luther King Jr. Scholarship were announced at the MLK Unity Celebration last week. They were, from left, Sheri Saka, a junior in the Doctor of Pharmacy Program; Patricia Jones, a senior studying criminal justice with a minor in forensic science; David Jones, a sophomore in the pre-med program studying public health; and Jemila Council, a junior majoring in psychology with a pre-med concentration. UT established the scholarship in 1969 shortly after the death of the civil rights leader. Thanks to Paramount Advantage, the scholarship has been funded for the past two decades.

Undergraduate students design exhibition featured at Toledo Museum of Art

By Lindsay Mahaney

The best way to prepare for life after college is to get hands-on experience. That's the philosophy of a UT class working with the Toledo Museum of Art.

Featuring numerous print pieces depicting cities — grand views from famous boulevards to glimpses of anonymous corners — the Toledo Museum of Art's exhibition "The City" is filled with unique prints of bustling metropolises. What's more, the exhibition was curated by the UT Art Museum Practices class.

Students were responsible for creating the themes for the exhibit and choosing relevant work to display from the museum's permanent collection of prints, in collaboration with staff members from the museum. They then wrote labels for the works, and the copy was reviewed by the museum's managing editor. Finally, they planned the sequence of the pieces in the gallery.

"I think we did really well," said Alyx Smith, a fourth-year art history student in the class. "There's a lot of work in a small space, but it doesn't look too busy. I wouldn't change anything. I really like how it looks."

Working with the Art Museum Practices class was a New Media Design Practices course, which was responsible for creating exhibition graphics for print and web interfaces.

"I really liked being able to work directly with the art museum," said Emily Rose, a fourth-year new media design student. "I was able to take pictures of the installation of the show, which was really neat because usually you never get to see that process."

The exhibition implementation course is the third in a series of four classes that comprise the art museum practices concentration, a self-selected area of study for students who want a career in an art museum.



SCOPING OUT SPACE: Crystal Hand, left, and Alyx Smith, both students in the Art Museum Practices class, and Dr. Thor Mednick, assistant professor of art history, checked out the Toledo Museum of Art Hitchcock Gallery.

Throughout the series, students have the opportunity to meet museum professionals and learn the various responsibilities of a museum worker.

"Rather than a primarily theoretical or speculative approach, we attempt to prepare the students for the actual working life of a museum professional," said Dr. Thor Mednick, assistant professor of art history, who taught the Art Museum Practices course.

Rose said her experience working on the exhibition will help her grow her wedding photography business: "It also looks good on a resumé saying that you were able to work with a major art museum."

"The whole reason I picked this University is because of this concentration," Smith said. "I want to go into exhibition design, so this was perfect. Having the opportunity to design an exhibition and do a whole show is something not a lot of people have the chance to do, especially as an undergraduate."

The free, public exhibition is on display in the Toledo Museum of Art Hitchcock



Photos by Emily Rose

WALL TO WALL WORK: "The City" was curated by students in the UT Art Museum Practices class, with assistance from their peers in a New Media Design Practices course.

Gallery through Sunday, Feb. 14.

In association with the exhibit, the films "Chinatown" and "Blade Runner" will be featured in the Toledo Museum of Art Little Theater in January. Students will introduce the films and discuss their relationship to the city theme.

For more information, visit toledomuseum.org/exhibitions/the-city.



24-Hour Plays to spotlight student creativity Jan. 30

By Angela Riddel

Students will unleash their own brand of creativity when The University of Toledo Department of Theatre and Film hosts the annual 24-Hour Plays, to be presented Saturday, Jan. 30, at 7:30 p.m. in the Center for Performing Arts Center Theatre.

The event is being coordinated by the UT chapter of Alpha Psi Omega, the national theatre fraternity.

For the performers, the mayhem will begin the night before on Friday, Jan. 29,

when students are divided into teams whose members collaborate to write, produce and rehearse the play. They have until just before showtime Saturday to pull it together for performance.

"It's always amazing to me how the deadline crunch squeezes out some of the most creative juice from our students. They always have a blast doing it, and audiences always enjoy it, too," said Dr. Edmund Lingan, UT associate professor and chair of

theatre and film. "Most of the plays end up being short comedies, but not always. You just never know exactly what they're going to come up with, but it's always a fun time."

For those wishing to participate in the 24-Hour Plays, sign-up sheets are available on the Alpha Psi Omega bulletin board in the Center for Performing Arts near the vending machines.

Tickets to the 24-Hour Plays are sold in advance or at the door for \$10 general

admission and \$5 for students, children, seniors, members of the military, and UT faculty and staff. Advance tickets are available through the Center for Performing Arts Box Office by calling 419.530.ARTS (2787) or online at utoledo.tix.com.

Creative wellness to be discussed at opening of Health Science Campus Artist Showcase

By Vicki L. Kroll

Laura Miller shared her story about how picking up a paintbrush and putting bold, eye-catching colors on canvas helped her cope with cancer in U.S. News & World Report in 2014.

The former oncology nurse will visit The University of Toledo to talk about “Art and Creative Wellness” at the opening of the 2016 Health Science Campus Artist Showcase Friday, Jan. 29.

Her talk will be at 4 p.m. in the Mulford Library iCare Room 028/029. A reception with the artists will take place from 5 to 6 p.m. on the fourth floor of the library, where more than 60 pieces are on display.

“I started painting a few months after my diagnosis,” Miller said. “I found that while painting, I lose myself to the process and moment, giving me a mental break not otherwise possible. It gave me a good

distraction during a difficult time. I like to say I ‘self-medicated’ with art.”

That self-medication with art helps one’s health, too.

“Research now shows that creativity can ease pain, decrease blood pressure, help overall mental health, among other benefits,” Miller said. “The creative process helps patients heal by giving them a break from their worries, even if for a brief time, relax and express themselves.

“My creative outlet was painting, but there are many other creative outlets such as visual arts, music, writing, cooking and gardening, to name a few.”

The Monclova, Ohio, resident will discuss the importance of scheduling time to use your imagination.

“We need to think about creative wellness just as we think about diet and exercise,” Miller said. “We all know that it’s

important to eat right and be active. So if we know creativity is good for us, we should try to include that as part of our overall wellness plan, too.”

A total of 26 artists will share their inspiring talents in the 2016 Health Science Campus Artist Showcase. Works in several 2- and 3-dimensional media by students, faculty and staff affiliated with the health sciences on Health Science and Main campuses will be on display during the 11th annual event.

“The artist showcase is very popular with our students, faculty and staff,” Jodi Jameson, instructor in the College of Nursing, librarian in Mulford Library, and member of the artist showcase committee, said. “It’s always fun to see the creative side of those that you work or study with on a daily basis.”

The free, public exhibition will be on display through Friday, March 18.

For more information on Miller, go to lauramillerartist.com; for more information on the showcase, visit libguides.utoledo.edu/hscart or call 419.383.4218.



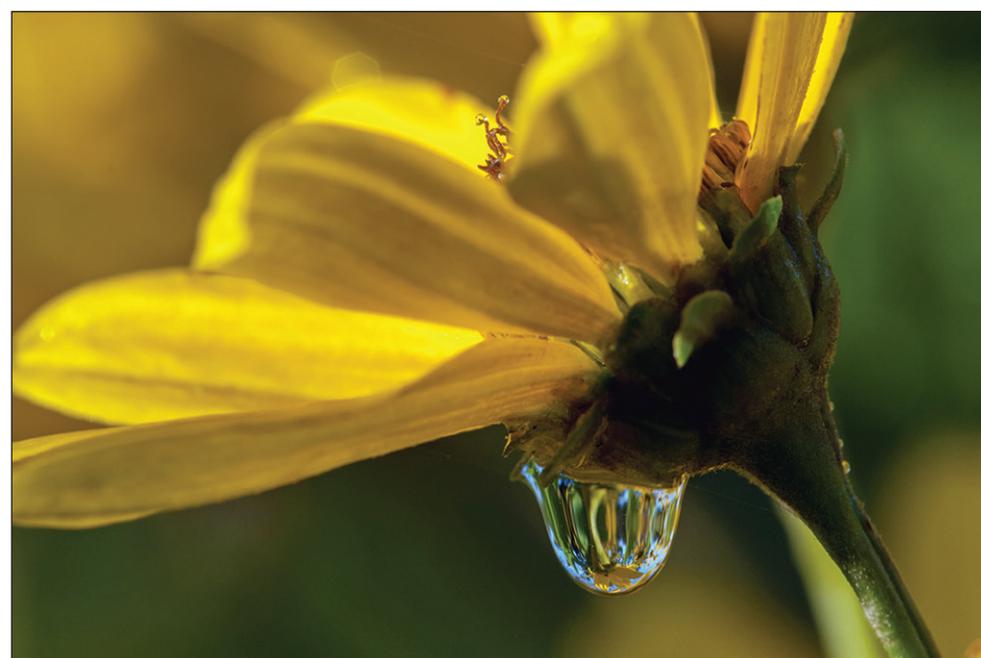
“Marley Turner,” oil, by Jennifer Diaz Warner Giovannucci, technician in the Department of Neurosciences, is included in the 2016 Health Science Campus Artist Showcase.



“Healing Meadow,” acrylic, by Laura Miller



Miller



“Dewdrop Flower Closeup,” photography, by Dr. Rick Francis, director of research and sponsored programs, is one of the pieces on display in this year’s showcase on the fourth floor of Mulford Library.

Celebrating lab in Pakistan with UT connection



Dr. Kris Brickman cut the ribbon to open a plastination lab at Khyber Medical College in Peshawar, Pakistan, as Dr. S. Amjad Hussain, center right, watched. The lab was established after Dr. Qaiser Inayat, Khyber professor of anatomy, spent three months at the UT College of Medicine and Life Sciences for a research visit to learn the technique of plastination in the lab of Dr. Carlos Baptista, UT professor of neurosciences and an internationally recognized authority in the field of plastination. Brickman, UT professor and chair of emergency medicine and director of global health, and Hussain, UT professor emeritus of thoracic and cardiovascular surgery and member of the University Board of Trustees, were in Pakistan to teach and meet with medical authorities to strengthen existing programs between the UT College of Medicine and Life Sciences and medical institutions in Peshawar.

Arctic blast



Photo by Daniel Miller

Students encountered frigid temperatures, snow and wind chill advisories for the start of spring semester.

Ice age science

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of the predominate landscapes of North America.”

“I am very pleased to congratulate Dr. Fisher on his election as a Fellow of the Geological Society of America,” Dr. Karen Bjorkman, dean of the UT College of Natural Sciences and Mathematics, said. “His selection is a recognition of his outstanding work in improving our understanding of glacial landscapes, including our own Great Lakes. It also provides additional evidence of the excellent faculty members we are fortunate to have here at The University of Toledo.”

Fisher has written 67 peer-reviewed publications to argue ideas in his areas of

specialty, including the history of Great Lakes sand dunes and how they serve as a record of climate variability. One article published in the *Journal of Paleolimnology* recently was named one of the top 10 most cited papers in the scientific publication in 2014.

Fisher’s main research focus has been on the problems of a long-gone glacial lake in north-central North America known as Lake Agassiz, which filled with meltwater at the end of the last glacial period over an area more than three times larger than the modern Great Lakes combined.

“Lake Agassiz doesn’t exist anymore. Remnants of the glacial lake are in Lake

Winnipeg in Manitoba,” Fisher said. “The controversy lies in where all of that freshwater went at the end of the last ice age. Did it drain into the Arctic or North Atlantic oceans, slow down the Gulf Stream and trigger rapid climactic shifts in the Northern Hemisphere? That’s now unlikely because the drainage outlet routes are too young. My age control data from coring lakes leads me to believe it’s possible that much of the freshwater from Lake Agassiz evaporated.”

The scientist is working to document a chronology of when and how glaciers retreated to understand the relationship

between lake levels and past climate changes.

“I am working on big questions, such as if that relationship is cause and effect,” Fisher said. “This is background for trying to understand climate change in the future.”

As debate rages worldwide over warming temperatures, Fisher said. “We won’t see a similar glacial cycle again. The chemistry of Earth’s atmosphere has forever changed with the steady influx of greenhouse gases.”

Read more about Fisher and his work at <http://utole.do/timfisher>.

Leadership training connects UT Health directors, managers

By Amanda Benjamin

A group of directors and managers at UT Health is learning how to become effective leaders through biweekly training.

The goals of the Leadership Breakfast Series, held by UT Health's Service Excellence Department, are to improve leadership skills, provide networking opportunities with those in similar positions, and share learning experiences with each other.

The first session of the series started last March, the second session started in May, and the third session started in August. The program has grown from 12 directors and managers to a group of 31.

"This series has allowed me to build relationships and connect with my counterparts, and have the opportunity to reach out to others for guidance and support," said Angela Ackerman, director of outcome management.

Joshua Krupinski, assistant director for food and nutritional services, also values the connections he developed through the training.

"Having this opportunity to really dive in and connect with leaders across the different departments was truly engaging," Krupinski said. "It was astonishing to

see how leaders that are seemingly worlds apart can have such shared vision and passion for their people, the University and our community."

The next round of training started in January, including Leadership Breakfast Series I and II for those who have completed the first training.

"The opportunity to learn with colleagues and engage in a universal vision has been instrumental to the culture at UT," said Corey Overmyer, director of therapy services. "The professional growth achieved by this group during the breakfast series will drive this organization forward toward a bright and positive future for years to come."

Tony Urbina, service excellence officer and facilitator of the Leadership Breakfast Series, emphasized the importance of

developing a team atmosphere and taking the time to invest in each other.

"A team atmosphere doesn't just happen; it's one of those things you need to cultivate," Urbina said.

In addition to creating a support system among directors and managers at UT Health, Urbina said he also plans to build a mentorship program for employees at all levels.



Photo by Amanda Benjamin

POWER DISCUSSION: Robin Horani, administrative director in Revenue Cycle, center, talked at a recent Leadership Breakfast as, from left, Christina Powlesland, nurse manager in the operating room, James Seiwert, director of patient financial services, and Holly Hill, coding manager in Health Information Management, listened.

Recreational therapy recognized as a best value degree program

The University of Toledo offers the country's best value degree in recreational therapy, according to College Values Online.

UT's bachelor of science degree in recreational therapy is listed No. 1 by the website in its rankings of the 30 best parks, recreation and leisure degree programs in the United States.

UT ranked highest based on the criteria of low tuition, high return on investment, high percentage of students receiving financial aid, and the number of minors, concentrations and areas of emphasis offered within the program.

"Parks, recreation, tourism and hospitality is a massive global industry, and a degree from a reputable university in your specific area of interest can get you off to a great start," College Values Online editors wrote. "In today's economy, with student debt piling up ever higher on graduates,

value is an important consideration. Cost, financial aid, program flexibility, and return on investment are all major concerns. That's why we focus not just on the quality, but the value of the degree programs in our ranking."

The editors noted UT's Recreational Therapy Program is accredited by the Council on Accreditation of Parks, Recreation, Tourism and Related Professions, and offers concentrations in pre-occupational therapy, therapeutic arts, geriatrics, pediatrics and communication.

College Values Online's mission is to provide assistance in selecting the best college for each individual situation by offering rankings of schools and various degree programs.

Visit collegevaluesonline.com for additional information.

UT NEWS

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Mental Wellness Month draws to a close, but UT continues to care for seniors

By Samantha Watson

When it comes to mental health, caring for seniors can be very different than caring for children, adolescents or young adults.

For the past year and a half, the University has been providing specialized care for adults 55 and older through UT Health's Senior Behavioral Health.

"Senior Behavioral Health is a specialized program that is able to provide appropriate and individualized care for older adults," said Ryan Domschot, community education manager for Senior Behavioral Health.

According to Domschot, a majority of the individuals seen at Senior Behavioral Health are experiencing some behavioral issues that are unusual for them. The patients are having difficulties expressing their feelings, and they can become combative, verbally aggressive, and/or physically aggressive, and may have thoughts of hurting themselves or others.

Senior Behavioral Health works on creating a better quality of life for the patient and helping manage these behaviors.

"One of the primary ways we help patients is to evaluate their medications," Domschot said. "Many of our patients come in on a variety of unnecessary medications — and may have been misdiagnosed or over-medicated by other doctors."

Domschot said Dr. Bryan Moloney, medical director at Senior Behavioral Health, is able to spend more time with patients than a doctor seeing someone on an outpatient basis, and is able to gain an accurate assessment of how to effectively work with patients and meet their needs.

"The way geriatric patients metabolize medications is different than adults," Domschot said. "It takes a little bit longer so see any results; therefore, we tend to work with our patients on average 10 to 12 days before discharge. This helps us observe any adverse behaviors and make adjustments as necessary. Our goal is to give the patient the best quality of life with the least amount of medication."

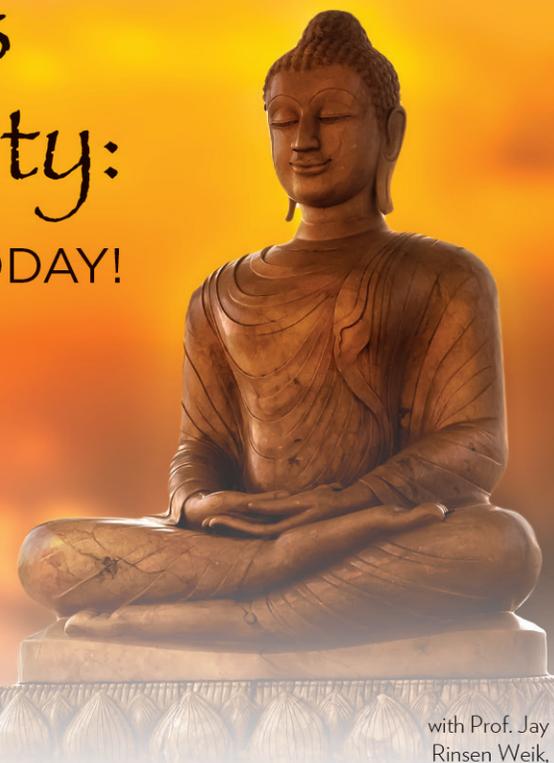
The program also provides patients with individualized occupational, physical and other therapies from an integrated health-care team that includes nursing staff, recreational therapists and family therapists.

"Our results speak for themselves," Domschot said. "We have seen a great improvement with individuals who suffer from depression, anxiety and dementia-related issues. We are always working to improve our program, but so far we have been very satisfied with the outcomes."

If you think Senior Behavioral Health can make a difference in your life or the life of a loved one, call 844.266.4889. A clinical staff member will assist you in determining whether an inpatient stay is necessary or if the issue can be addressed by another local resource.

Within the next three months, the program will offer a virtual tour to give the community an online experience

Mindfulness and Creativity: ZEN LESSONS FOR TODAY!



with Prof. Jay Rinsen Weik,
UT Department
of Music, and
Director, UT
Mindfulness and
Creativity Initiative

Tuesday, Feb. 2, 2016, at 7 p.m.

Center for the Performing Arts Recital Hall (PA 1025)
UT Main Campus

The program is free and open to the public, with a reception following.

Visitors parking in UT's Law Center parking areas (12, 12S and 12W) will not be ticketed. See utoledo.edu/campus/maps/maincampus for details.

Questions? Please contact cfriu@utoledo.edu or call 419.530.6187.

This lecture is sponsored jointly by the UT Mindfulness and Creativity Initiative and the UT Center for Religious Understanding. It is made possible by the University's College of Languages, Literature and Social Sciences, the Toledo Community Foundation and other local individuals, families and corporations that support the Center for Religious Understanding.



of what is available and how it can help. Be sure to check <http://utole.do/seniorbehavioralhealth> for updates.

Domschot also leads educational seminars in the community on a variety of topics, including dementia, hoarding versus collecting, holiday blues, interacting with staff members and more. The next free

seminar, which is geared toward caretakers and seniors but open to all, will be Wednesday, Feb. 24, from 1 to 3 p.m. at the Sylvania Senior Center, 7140 Sylvania Ave, Sylvania. The topic will be hoarding versus collecting.