

NATIONAL PUBLIC HEALTH WEEK

*A collaborative initiative presented by
Hofstra's School of Health Professions and Human Services
and the Division of Student Affairs*



Schedule of Events • April 2018

For more information and to RSVP to any event, please visit hofstra.edu/nphw2018.

Join the online conversation with [#HofNPHW2018](https://twitter.com/HofNPHW2018)



MARCH 28-APRIL 11, 2018

STEPS PLUS: HOFSTRA FITNESS AND HEALTH CHALLENGE

This year, April is Exercise is Medicine Month! In recognition of this global health initiative, the undergraduate Exercise Science and graduate Health Administration programs are proud to sponsor the Steps Plus: Hofstra Fitness and Health Challenge – a two-week team competition (teams of 2-5 people, including current undergraduate or graduate students, faculty, and staff) from March 28 to April 11, 2018.

The goal of the challenge is to accumulate as many steps as possible each day throughout the two weeks (a team average for each day will be recorded). In addition to steps acquired through walking, jogging, and other activities throughout the day, steps will be “awarded” for time spent exercising at the Hofstra Fitness Center and for completing health challenges posted daily on a Blackboard page. Gift prizes of \$300, \$200, and \$100 will be awarded to the teams finishing first, second, and third! To sign up, please go to hofstra.edu/stepsplus (all team members should sign up individually). Please direct any questions to **Dr. Katie Sell** at Katie.Sell@hofstra.edu.

APRIL 2-8, 2018

Monday, April 2
11 a.m.-1 p.m.

I DON'T SAY

Atrium, Sondra and David S. Mack Student Center, North Campus

Stop by to check out the “I Don’t Say” campaign, which aims to highlight and eliminate defamatory language. You can make your own campaign photo and find out ways to get involved with the project! No registration is required; this event is open to everyone.

Sponsored by Student Advocacy and Prevention Awareness.

Tuesday, April 3
8 p.m.

MINDFULNESS MEDITATION

Wellness and Campus Living Center, North Campus

Learn ways to relax and manage stress, anxiety, and other emotions by staying in the present moment. This group is open to all enrolled Hofstra University students. For more information, please contact the Student Health and Counseling Center at **516-463-6745**.

Sponsored by Student Health and Counseling Center.

Thursday, April 5
11 a.m.-1 p.m.

POSITIVE PSYCHOLOGY INSTITUTE TABLING

Atrium, Sondra and David S. Mack Student Center, North Campus

Dr. Jeffrey Froh and **Samantha Bausert** from Hofstra’s Positive Psychology Institute for Emerging Adults discuss how to use your character strengths to find your support network, friends, work, romance, and much more. No registration is required; this event is open to everyone.

Sponsored by Student Advocacy and Prevention Awareness, and Student Health and Counseling Center.

Thursday, April 5
7 p.m.

MINDFULNESS MEDITATION

Wellness and Campus Living Center, North Campus

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Sponsored by Student Health and Counseling Center.

Thursday, April 5
 8 p.m.

RECOVERY GROUP

Wellness and Campus Living Center, North Campus

Learn techniques to build and maintain motivation; cope with urges; manage thoughts, feelings, and behaviors; and live a balanced life through recovery from substance use. This group is open to all enrolled Hofstra University students.

Sponsored by Student Health and Counseling Center.

Friday, April 6
 6-10 p.m.

TAKE BACK THE NIGHT

Student Center Theater, Mack Student Center, North Campus

Come together to empower survivors with a speak-out against sexual assault, followed by a march around campus to protest sexual misconduct. Counselors from both the Student Health and Counseling Center and Safe Center LI will be available. No registration is required; this event is open to everyone.

Sponsored by Students Advocating for Safer Sex, Campus Feminist Collective, Queer and Trans People of Color Coalition, Collegiate Women of Color.

Sunday, April 8
 8 a.m.

5K CHARITY FUN RUN/WALK

Race begins at the David S. Mack Fitness Center, North Campus

The American Public Health Association has challenged all Americans to take 1 billion steps during National Public Health Week. We need everyone to join together in this 5K Charity Fun Run/Walk to meet this challenge. Registration for this event is \$20 – and includes a free T-shirt. All proceeds go to GlobalGiving. To register, visit <https://www.athlinks.com/event/1-billion-steps-for-global-giving-197593>.

Sponsored by Society of Public Health Advocates (SOPHA).



APRIL 9-13, 2018

Monday-Friday,
April 9-13
 11 a.m.-1 p.m. daily

NATIONAL WEEK OF ACTION TABLING: IT'S ON US

Atrium, Sondra and David S. Mack Student Center, North Campus

Join *It's On Us* and decorate a small quilt square in support of survivors of sexual assault to be displayed for our campus community. No registration is required; this event is open to everyone.

Monday, April 9
 7-9 p.m.

REFRAME YOUR THINKING AROUND AUTISM

Rochelle and Irwin A. Lowenfeld Conference and Exhibition Hall, Joan and Donald E. Axinn Library, 10th Floor, South Campus

Speaker: **Holly Bridges**, Author and Advocate

Join us for a presentation with renowned Australian author and practitioner Holly Bridges, as she describes her Autism Reframing Technique (A.R.T.). Holly's approach starts with the premise that everyone on the spectrum is intelligent and can upgrade their mind/body connection — if they are given the right tools and are treated respectfully, positively, and creatively. A.R.T. is a process and toolkit to realize and sustain positive outcomes, and the results can be amazing.

This event is presented in collaboration with Pop.Earth (Westbury, NY), popearth.org.





Tuesday, April 10
9 a.m.-3 p.m.

GUN VIOLENCE PREVENTION: AN INTERACTIVE EXHIBIT

Atrium, Sondra and David S. Mack Student Center,
North Campus

This interactive display offers information on gun violence along with ways to advocate for prevention. Visitors to this exhibit will have the opportunity to send postcards to New York state government officials, take a photo, and join other students who are standing up to create awareness for gun violence prevention.

Tuesday, April 10
8 p.m.

MINDFULNESS MEDITATION

Wellness and Campus Living Center, North Campus

Learn ways to relax and manage stress, anxiety, and other emotions by staying in the present moment. This group is open to all enrolled Hofstra University students. For more information, please contact the Student Health and Counseling Center at **516-463-6745**.

Sponsored by Student Health and Counseling Center.



Wednesday, April 11
9 a.m.-noon

GUN VIOLENCE PREVENTION: AN INTERACTIVE EXHIBIT

Atrium, Sondra and David S. Mack Student Center, North Campus

This interactive display offers information on gun violence along with ways to advocate for prevention. Visitors to this exhibit will have the opportunity to send postcards to New York state government officials, take a photo, and join other students who are standing up to create awareness for gun violence prevention.

Wednesday, April 11

INTERSECTION OF ENTREPRENEURSHIP AND COMMUNITY HEALTH

9:35-11 a.m.

Student Center Theater, Sondra and David S. Mack Student Center,
North Campus



Opening Remarks:

John E. Brooks, New York State Senator

Kemp Hannon, New York State Senator; Chair, Senate Health Committee

Speakers:

Christel Hyden, EdD, Program Consultant, Healthcare Entrepreneurship Community Challenge

Nisha Masharani, Product Manager, Google

Luis Romo, CEO, PurpleSun

Britt Martin and **Jenn Kim**, Founders, Food Period

This interactive event focuses on what entrepreneurship is and how it can be used to solve community health issues. Audience members will hear pitches from health care technology companies and respond to interactive questions.

Wednesday, April 11 CELL VS. SELF: KNOWING WHEN TO RECHARGE

11 a.m.-1 p.m. Atrium, Sondra and David S. Mack Student Center, North Campus

Speakers: **Dr. Dan Rinaldi**, Staff Psychologist and Assistant Director of Outreach Programs, Hofstra University
Donna Willenbrock, Director of Student Health Services, Hofstra University
Jessica Jager, Campus Dining Nutritionist, Hofstra University

Learn about PLEASE skills and tips to take care of your body and mind!
 No registration is required; this event is open to everyone.

Sponsored by Student Advocacy and Prevention Awareness, Student Health and Counseling Center, and Campus Dining by Compass Group.

Wednesday, April 11 FIFTH ANNUAL INTERDISCIPLINARY STUDENT FILM COMPETITION: SUMMER SAFETY

11:10 a.m.-12:35 p.m.

Student Center Theater,
 Sondra and David S. Mack Student Center, North Campus



**Hofstra Faculty
 Advisors:**

Gioia Ciani, OTD, Assistant Professor of Occupational Therapy
Susan M. DeMetropolis, MA, Instructor of Speech-Language-Hearing Sciences
Aniruddha Deshpande, PhD, Assistant Professor of Audiology
Adam Gonzalez, PhD, Assistant Professor of Health Professions
Robert Hoell, MA, Adjunct Instructor of Journalism, Media Studies, and Public Relations
Kristin LoNigro, MEd, Assistant Professor of Health Professions
Michael Ludwig, PhD, Associate Professor of Specialized Programs in Education
Emily C. Mundorff, PhD, Assistant Professor of Chemistry
Anthony Santella, DRPH, Associate Professor of Health Professions
Scott R. Schroeder, PhD, Assistant Professor of Speech-Language-Hearing Sciences
Katie Sell, PhD, Associate Professor of Health Professions

Judges:

Ellen J. Braunstein, MD, Chair, Nassau County Board of Health
Lawrence Levy, Executive Dean, National Center for Suburban Studies at Hofstra University
Tomeka M. Robinson, PhD, Associate Professor and Director of Forensics, Department of Writing Studies and Rhetoric, Hofstra University
Kyle Rose-Louder, Esq., Deputy County Executive for Health and Human Services, Nassau County Office of the County Executive
John Zaso, DO, Member, Nassau County Board of Health

Teams of students from different programs across Hofstra University compete for best short video, addressing the following topics related to summer safety: skin and sun safety, foodborne illnesses, mosquito-borne illnesses, heat-related illnesses, pool safety, summer driving, fire cracker safety, and safe sex. A professional panel of judges will award cash prizes to the winning videos. A special award will be granted to the team that earns the "audience favorite film" vote.

Special thanks to Lawrence Levy and the National Center for Suburban Studies at Hofstra University for their very generous donation.

Wednesday, April 11 SIXTH ANNUAL PUBLIC HEALTH FAIR

12:30-2:30 p.m. Hof USA, North Campus

**FUN ACTIVITIES | GIVEAWAYS | HEALTH, FITNESS,
AND FOOD DEMOS | AND MORE!**



The sixth annual Public Health Fair is a FREE EVENT that focuses on providing interactive alternatives to address and reduce health care disparities through prevention, education, and awareness of important health conditions. The specific goals of this event are to promote healthy lifestyles, provide crucial information and education about disease prevention, and increase awareness of local health care and social service resources.

Twenty-eight health and social service organizations from across Nassau County will provide information and free resources on dental health, cancer, hypertension, diabetes, infant health, substance abuse, depression and anxiety, domestic violence, and food insecurity, among other important topics. Attendees will have the opportunity to observe and participate in exercise and healthy food demonstrations; sign up for affordable health insurance; and obtain dental, blood pressure, and HIV screenings. This fair will also feature *Gun Violence Prevention: An Interactive Exhibit*, another HPHS signature event.

This event is free and open to the public.

Sponsored by Hofstra University's School of Health Professions and Human Services and the Nassau County Department of Health.

Wednesday, April 11

4:30-6:20 p.m.

**FILM SCREENING AND DISCUSSION:
INTERSECTIONS BETWEEN SOCIAL DETERMINANTS
AND HEALTH OF U.S. IMMIGRANTS: THE EMERGING
ROLE OF SOCIAL JUSTICE TO ELIMINATE HEALTH DISPARITIES**



Rochelle and Irwin A. Lowenfeld Conference and Exhibition Hall,
Joan and Donald E. Axinn Library, 10th Floor, South Campus

Moderator: **Omolara Thomas Uwemedimo**, MD, MPH, Assistant Professor of Pediatrics and Occupational Medicine, Epidemiology and Prevention, Donald and Barbara Zucker School of Medicine at Hofstra/Northwell; Program Director, GLOhBAL (Global Learning. Optimizing health. Building Alliances Locally), Department of Pediatrics, Cohen Children's Medical Center, Northwell Health; Adjunct Assistant Professor of Health Professions, School of Health Professions and Human Services, Hofstra University

Speakers: **Linda Rodriguez**, Vice President, Early Childhood and Prevention, The Child Center of New York

Peter Schafer, Director, Center for Health Policy and Programs, The New York Academy of Medicine

Join us for a screening of two short films that highlight the current health disparities that exist among U.S. immigrant populations, as well as potential causes and consequences for individuals, populations, and communities. These videos will serve as a foundation for a facilitated panel discussion on utilizing social justice approaches as a strategy for targeting resource allocation, reforming policies, and building awareness of best practices. By the end of this session, we hope to inspire a call to action in the public health arena to improve the health of immigrants here on Long Island, in New York state, and across the nation. Light refreshments will be served.



Wednesday, April 11 **THE TRUTH ABOUT AIDAN: MY LIFE AS PART OF THE TRANSGENDER COMMUNITY**

6:30-8:20 p.m.

Rochelle and Irwin A. Lowenfeld Conference and Exhibition Hall, Joan and Donald E. Axinn Library, 10th Floor, South Campus

Counselors and health care providers must understand the physical, emotional, and psychological needs of transgender individuals to provide a better quality of care. **Aidan Kircheim** is a transgender male active in the LGBTQ+ community, not only as president of PFLAG Long Island, but also as a member of the Community Advisory Board for the Northwell Health Center for Transgender Care. He now educates using his experiences and personal story to help others understand the journey of transition, as well as details about the LGBTQ+ community. He creates a nonjudgmental space that allows for open conversation, and answers honestly any and all questions attendees wish to ask.

Sponsored by Chi Sigma Iota.

Thursday, April 12 **I DON'T SAY**

11 a.m.-1 p.m.

Atrium, Sondra and David S. Mack Student Center, North Campus

Stop by to check out the "I Don't Say" campaign, which aims to highlight and eliminate defamatory language. You can make your own campaign photo and find out ways to get involved with the project! No registration is required; this event is open to everyone.

Sponsored by Student Advocacy and Prevention Awareness.



Thursday, April 12 **FAIL ▶ SUCCEED: FINDING YOUR PATH OVER, AROUND, AND THROUGH OBSTACLES**

4:30-6:20 p.m.

Rochelle and Irwin A. Lowenfeld Conference and Exhibition Hall, Joan and Donald E. Axinn Library, 10th Floor, South Campus

This event features faculty, staff, and students talking about episodes in their lives where they failed, sometimes spectacularly. Presenters discuss the tools they used and the resources available to them to figure out a way to overcome their failures. Attendees have the opportunity to ask the presenters about their failures, their careers, and the challenges they faced and are facing.

Co-sponsored by the Department of Health Professions, Center for Academic Excellence, and Student Health and Counseling Center.

Thursday, April 12
6:30-8:20 p.m.

STRATEGIC ALIGNMENT IN A TIME OF HEALTH CARE TRANSFORMATION

Student Center Theater, Sondra and David S. Mack Student Center, North Campus



The U.S. health care industry is changing to meet the current and future needs of an evolving patient population, changes in reimbursements, and a shift in the delivery of care. Health systems, hospitals, group practices, community hospitals, insurance companies, and other institutions across the continuum of care are positioning themselves in the health care market to provide value in order to survive. This event examines, from a strategic planning perspective, how health and health care leaders approach partnering with other organizations in order to survive and thrive in the current and future health care landscape. For instance, what drives the strategic decision-making process and how do firms evaluate the organizations, cultures, and operations of possible partners, as well as the economic feasibility of a partnership? The provider-based strategy behind recent health care mergers and affiliations within New York state are given a particular focus.

Light Dinner and Networking: 6-7 p.m. • Panel: 7 p.m.

Moderator: **Solomon Torres**, FACHE, LNHA, Vice Chair and Administrator, Orthopedic Service Line, Mount Sinai Health System

Panelists: **Leonard Achan**, RN, MA, ANP, Chief Innovation Officer, Hospital for Special Surgery
Kevin McGeachy, MBA, FACHE, Senior Vice President, Strategic Alliances, Northwell Health
Israel Rocha, CEO, NYC Health + Hospitals/Elmhurst; Vice President, OneCity Health
David Shih, MD, Executive Vice President, Strategy, Health and Innovation, CityMD

Thursday, April 12
6:30-8:20 p.m.

Delta Omega Public Health Honor Society presents PUBLIC HEALTH CAREER PANEL AND ROUNDTABLE

Rochelle and Irwin A. Lowenfeld Conference and Exhibition Hall, Joan and Donald E. Axinn Library, 10th Floor, South Campus



Public health is a growing and diverse field that promises opportunities to work in a variety of settings. Although working in public health is an exciting concept, too many options can leave many students and graduates feeling overwhelmed about the the job search process. This event allows attendees to listen, ask questions, and engage with public health professionals working across the core disciplines of public health. Our panel of distinguished public health practitioners will provide knowledge, advice, and tools that cannot be acquired through course work and textbooks. This is an opportunity you do not want to miss!

Moderator: **Linda Courtien**, MS, CCC-SLP; MPH, '17
New York State Office for People with Developmental Disabilities
President, Delta Kappa Chapter, Delta Omega Public Health Honor Society

Roundtable Participants: **Meaghan Abrego**, MPH, Program Research Specialist III, AIDS Institute, New York State Department of Health

Shirley Bejarano, MPH, MS, CPH, Director of Education and Prevention, AIDS Center of Queens County

Caitlin DeCoster, MPH, '17, Research Coordinator, Department of Medicine, Center for Health Innovations and Outcomes Research, Northwell Health

Elsie Essien, MPH, Program Coordinator, GLOhBAL (Global Learning. Optimizing health. Building Alliances Locally), Cohen Children's Medical Center, Northwell Health

Sarah Johnson, MS, MPH, Senior Spatial Analyst, Bureau of Environmental Surveillance and Policy, New York City Department of Health and Mental Hygiene

Nuzhat Quaderi, MPH, '15, CHES, Program Manager, Northwell Health Solutions

Amanda Raker, MPH, Implementation Specialist, HIV Care and Treatment Program, New York City Department of Health and Mental Hygiene

Thursday, April 12
7 p.m.

MINDFULNESS MEDITATION

Wellness and Campus Living Center, North Campus

Learn ways to relax and manage stress, anxiety, and other emotions by staying in the present moment. This group is open to all enrolled Hofstra University students. For more information, please contact the Student Health and Counseling Center at **516-463-6745**.

Sponsored by Student Health and Counseling Center.

Thursday, April 12
9 p.m.

KINKS AND FETISHES CONVERSATION

Room 106 Wellness and Campus Living Center, North Campus

Join **Dr. Dan Rinaldi**, staff psychologist and assistant director of outreach programs, and Hofstra students for this sex-positive talk. The focus of this community conversation is how everything and anything can be part of a sexual relationship between adults, as long as they are consenting partners who are on the same page! This event is open to all enrolled Hofstra University students. If you are interested in attending the event or would like to ask a question anonymously in advance, please email Dr. Rinaldi at **Daniel.Rinaldi@hofstra.edu**.

Sponsored by Student Health and Counseling Center.

APRIL 16-20, 2018

Tuesday, April 17
11 a.m.-1 p.m.

CANNABIS AWARENESS WEEK: JOINT CONVERSATION

Atrium, Sondra and David S. Mack Student Center, North Campus

The Student Health and Counseling Center and Student Advocacy and Prevention Awareness provide information about medical marijuana and how this topic relates to private institutions and campus resources. No registration is required; this event is open to everyone.

Sponsored by Student Advocacy and Prevention Awareness, and Student Health and Counseling Center.

Wednesday, April 18 CANNABIS AWARENESS WEEK: MARY JANE JEOPARDY

Atrium, Sondra and David S. Mack Student Center, North Campus

11 a.m.-1 p.m.

The more you play, the more chances you have to win an Amazon gift card! No registration is required; this event is open to everyone.

Sponsored by Student Advocacy and Prevention Awareness.

Thursday, April 19 CANNABIS AWARENESS WEEK: LET'S BE BLUNT

11 a.m.-1 p.m.

Atrium, Sondra and David S. Mack Student Center, North Campus

Don't let your facts be half-baked! Spin the wheel for stats and facts about marijuana's impact on the brain, and win a sweet treat! No registration is required; this event is open to everyone.

Sponsored by Student Advocacy and Prevention Awareness.

Thursday, April 19 ESCALATION WORKSHOP

8 p.m.

Multipurpose Room East, Sondra and David S. Mack Student Center, North Campus

The Escalation Workshop is a film-based discussion that examines the warning signs of relationship abuse. The workshop consists of a film titled *Escalation*, followed by a discussion led by a trained facilitator. No registration is required; this event is open to everyone.

Sponsored by Hofstra Athletics.

Thursday, April 19 RECOVERY GROUP

8 p.m.

Wellness and Campus Living Center, North Campus

Learn techniques to build and maintain motivation; cope with urges; manage thoughts, feelings, and behaviors; and live a balanced life through recovery from substance use. This group is open to all enrolled Hofstra University students.

Sponsored by Student Health and Counseling Center.

Friday, April 20 YARDS FOR YEARDLEY

10:30 a.m.-4:30 p.m.

Field Hockey Stadium, North Campus

Walk, run, jog, row, roll (heck, even skip if you want to!) 1 MILLION YARDS with friends or on your own as a way to raise awareness and educate others about relationship abuse. No registration is required; this event is open to everyone.

Sponsored by Hofstra Athletics.

APRIL 23-29, 2018

Thursday, April 26
 4-6 p.m.

GRAND ANNUAL AUDIOLOGY DEBATE

Student Center Theater,
 Sondra and David S. Mack Student Center, North Campus



Complementary and Alternative Medicine (CAM) refers to the use of non-allopathic methods to treat illness. These include means such as acupuncture, acupressure, Chinese medicine, homeopathy, non-prescription drugs, herbs, and supplements. With the rise in the use of CAM to treat “incurable” conditions like tinnitus (ringing in the ears), audiologists face the question, “Should complementary and alternative medicine be used to treat tinnitus?” This student-led debate explores both sides of this important and timely question. Parallels can be drawn between tinnitus and similar health conditions such as intractable pain.

Panelists:

Aniruddha K. Deshpande, PhD, CCC-A, Assistant Professor of Speech-Language-Hearing Sciences and Director of the Hear-Ring Lab, Department of Speech-Language-Hearing Sciences, School of Health Professions and Human Services, Hofstra University

Wendy C. Silverman, MS, CCC-SLP, Clinic Director and Adjunct Assistant Professor, Speech-Language-Hearing Clinic, Joan and Arnold Saltzman Community Services Center, Hofstra University

Maja Svrakic, MD, Assistant Professor of Otolaryngology, Donald and Barbara Zucker School of Medicine at Hofstra/Northwell

Jason Thomas, AuD, CCC-A, F-ADA, Clinical Coordinator of Audiology, Speech and Hearing Center, College of Liberal Arts and Sciences, St. John’s University

Saturday, April 28
 5 p.m.-5 a.m.

RELAY FOR LIFE

Intramural Fields, North Campus

Relay For Life brings communities together to remember loved ones lost, honor survivors of all cancers, and raise money to help the American Cancer Society make a global impact on cancer. Relay is a team fundraising event where team members take turns walking around a track or designated path. Each team sets up a themed campsite at the event and continues their fundraising efforts by collecting donations for food, goods, games, and activities. This event is open to the public, but you must be pre-registered to participate. To register, visit hofstra.edu/rflregistration.

Sponsored by Colleges Against Cancer.



HOFSTRA UNIVERSITY®

pride and purpose

