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GUIDE Lines

College of Health and Human Services

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Spring 5-2020

### GUIDE Lines Vol. II, Issue 3 - May 2020

College of Health and Human Services

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## GUIDE Lines

### Advancing Health Equity in the Southlands

Vol. II, Issue 3

**MAY 2020**

#### *A personal message from our Dean Catherine Balthazar:*

This May, I am happy to report that the partnerships we have been developing with the University of Illinois-Chicago are blossoming in multiple ways. First, we have been working together to apply for more funding for undergraduate research education programming. We also have been developing STEM and research experiences for undergraduate students, and teaching and mentoring programming for UIC post-docs. Second, our GUIDE alumni have exciting news – Richa Patel has been accepted into medical school, Kaylan Norise is enrolled in a pharmacy program, and David Swanson has been accepted into a Master of Social Work program. Congratulations to you all! And finally, we have seen our GUIDE Faculty participants flourishing in their academic careers as well, with two of them moving into their tenure year: Dr. Giesela Grumbach and Dr. Vickii Coffey. You may have seen Dr. Coffey in the GSU Agora recently, talking about the impact of COVID-19 on incarcerated and formerly-incarcerated individuals in our community.

While we were not able to deliver a summer research experience for undergraduates this year, Dr. Karriem Watson, Dr. Paul Grippo, Dr. Tonya Roberson and I are all looking forward to making that possible next year.

Finally, congratulations to our 2020 graduating class! I wish you the very best and hope you will always be a part of our GSU community.

#### **In this month's announcements you will find:**

- [How to Receive COVID-19 Testing at Ingalls Memorial](#)
- [Announcements](#)
- [May is Mental Health Awareness Month](#)

- Individuals Recognitions
- Events
- Grant opportunities
- How to share your stories

Testing is available to anyone who has symptoms of influenza-like illness, which include fever, cough, stuffy nose, sinus pain, difficulty breathing and body aches. Testing is not available without an appointment. You must be screened by our triage team before you can be tested. **To be screened at Ingalls Memorial (Harvey)**, call 708-915-2683 (available to the public and established patients)

Testing is available to symptomatic adults only

Telephone Triage Hours: Monday – Friday, 7:30AM – 3:30PM

Testing Clinic Hours: Monday – Friday, 8AM – 3:15PM .

## PSA-Cleaning and Disinfecting Surfaces

You can reduce your risk of COVID-19 by cleaning and disinfecting frequently touched items and surfaces every day. These items include remotes, tables, counters, light switches, doorknobs, handles, toilets, and sinks. Wear disposable gloves to clean and disinfect. If you can see that the item is dirty, wash first with soap and water or another general cleaner. Then, use a household disinfectant to kill germs. Follow manufacturer's instructions for application and proper ventilation to safely use the product. For phones or other electronics, follow the manufacturer's instructions for cleaning and disinfecting. If no instructions, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly

## Announcements

Ning Lu, PhD, MPH, Chair and MHA Program Director and her team published an article titled ***Weathering COVID-19 Storm: Successful Control Measures of Five Asian Countries is published on AJIC. Please see the link below.***

[https://www.ajicjournal.org/article/S0196-6553\(20\)30268-6/fulltext](https://www.ajicjournal.org/article/S0196-6553(20)30268-6/fulltext)

Tonya S. Roberson, PhD, MPH, DTR, Director of Community Engagement, Program Development and Academic Support - ***We Are Not All in This Together: COVID-19 and African American Communities, Op-Ed***

<https://gsunews.govst.edu/we-are-not-all-in-this-together--covid-19-and-thafrican-american-communities/preview/1bb449bc7f4e8f7acc2038fd135b8434cba5fd86>

## ***May is Mental Health Awareness Month***

### **COVID-19 and Anxiety: 10 Tips for Managing Stress**

Staying up all night and worrying about COVID-19 won't help find a cure. And it won't help your state of mind. Fortunately, there are many things you can do to help manage escalating stress and anxiety.

1. Detach – If you're listening to the news about COVID-19 a little too much, and it's got you feeling overwhelmed, it may be a good idea to try to detach. Stop watching the news, turn the television off, quit scrolling through your favorite sites, and turn off the social media notifications on your phone.
2. Stay active – Exercise truly does boost the immune system and a healthy immune system is very. Not only can it help keep you healthy, it also can also provide emotional relief. Go for a walk, find [a great cardio fitness app](#) or video, or dance in your kitchen. Whatever gets your heart pumping will help lower your stress and clear your mind.



3. Focus on your breathing – Take some time to be still and to calm those nonstop thoughts running through your head. A great way to do this is to simply focus on your breath and get in a meditative state of mindfulness. Deep breathing can lower blood pressure, improve anxiety and depression, and boost concentration and energy.
4. Get a good night's sleep – Sleep is when we recharge so we can be fully present and ready to take on the day. Avoid screens for an hour before bed, drink soothing chamomile tea, limit caffeine, and take time for physical activity every day.
5. Experiment with new recipes – With limiting our exposure to groups, this means going to the grocery store less often. Stock up on a few staples and experiment with new recipes. Make it fun!
6. Get outside – If you're feeling cramped from staying indoors, don't forget about the great outdoors. With the weather beginning to warm up, go for a walk with your dog, play in the yard

with your kids, or ride a bike. Just remember to wear a facial mask and stay at least six feet away from anyone else you encounter on a track or sidewalk.

7. Connect with your loved ones – Let the people you care about know you're there for them, even if you can't be there in person. This is the perfect time to take advantage of FaceTime, Skype, Google Chat, and other technological tools for making video calls and messaging. In times of social distancing, it's important to stay connected to friends and family – but from a distance.

8. Let go – The most frustrating things in life are the things we can't control. So let go of what you can't change and focus on what you can. What can you control? Your behaviors and actions, such as your habits, choices, self-talk, and the way you respond to others.

9. Have fun – Finding a moment for something enjoyable will help boost your mood. There's no time like the present, so let's make the most of it! With fewer social events and gatherings, you have more time to catch up on that book you've been meaning to read, a movie that you have not been able to watch, the home projects that have gone by the wayside, or that game your kids have been dying for you to play with them.

10. Do what makes you feel safe – While there are basic precautions everyone is encouraged to take, such as washing your hands and staying home if you're sick, do what you need to do to feel comfortable and safe. No judgement. Find more information on the [CDC.gov](https://www.cdc.gov).

## **Individual Recognitions**

**Nadia Barrera (DPT Student at GSU)** was recently selected for the Chicago Area Schweitzer Fellowship Program. She shares what this achievement means to her:

*Being selected as a Schweitzer Fellow is very significant to me. I am a first generation college student, but my parents always did whatever they could to make sure that my education came first. I didn't want to just go to college to get a degree, I wanted go above and beyond whenever the opportunity presented and make an impact in the community around me with resources that were provided to me when I was an undergraduate student and now a student in a Doctoral program at GSU. It may sound a bit cliché, but I want to change the world one day, and the way people see it. By stepping out of my comfort zone and taking on projects like this, I know that I can! I am honored and so very excited to have been selected for the Chicago Area Schweitzer Fellowship Program. I thank Dr. Rebecca Wojcik for providing my cohort with the information to apply for this great opportunity. The Schweitzer Fellowship provides graduate students with the opportunity to design and implement projects to improve the health and well-being of underserved Chicago communities. For my project, I will be implementing a mentorship program for students at Back of the Yards College Prep, a predominantly Latino high school, that will aim to encourage them to pursue a career in physical therapy and bridge the gap in representation of Latinos in this field. The mentorship program will expose them to what physical therapy is and create a pathway that will provide them with access to necessary resources, partners, and tools to gain knowledge on the steps to pursue a degree and career in physical therapy. My goal with this project is to empower these young students to explore their opportunities in a field of study related to*

healthcare after finishing high school. Cultural representation in healthcare is so important. Having a healthcare provider that looks like you, speaks the same language, or that comes from similar socioeconomic backgrounds can truly change a patient's level of comfort and care that is provided. My hope is to inspire these students so that one day, they may be the difference in the quality of care that a patient receives.

**Joseph Day, Dr.PH (Faculty member)** shares about his experience at GSU as well as how COVID19 impacted him and his students

*I've learned so much since joining the faculty of GSU in 2012. I can only hope that my students can say the same. Post-secondary level teaching has been an imprecise science for me, owing much to trial and error. Often, I relied on those who taught me and tend to model their behavior and use the same activities I was exposed to. My expectation is to have included enough beneficial practices to outweigh my own inefficacy. Teaching is an important part of my GSU experience, yet it represents only a portion of my faculty experience. Equally as important are the many service opportunities I have had at GSU. These have provided avenues to contribute to the overall wellbeing of the university through work on committees and other activities, e.g., being a marshal at commencement which I look forward to annually. Lastly, research has been an important part of my GSU experience; this also comes from my professors and mentors. As an undergraduate and graduate student my exposure to numerous research approaches and experiences demonstrated the value of seeking truth through logical examination in order to establish facts and reach conclusions.*

*My experience as a member of the GUIDE project was one such example. The Guide project, a joint venture between GSU and UIC provided students and faculty from each institution the opportunity to share ideas and participate in the advancement of cancer research especially in underserved communities. The importance of such research opportunities cannot be overstated; I have used research, my own and others to help students understand such disparate yet interrelated topics as COVID-19 and the effects of trauma on the longevity of Blacks in America.*

*How do I think my students have been dealing with the pandemic? I must reply, as well as can be expected. I hear about their sleepless nights, their lack of energy, their boredom, because there is nothing to do. I also hear about the loss of a friend or relative or how many patients they have seen die. I use the pandemic as a way to connect to my students and as a teaching opportunity. With my background in public health we discuss epidemiological jargon, i.e. flattening the curve, the kinds of tests being discussed to detect the virus and antigens to the virus, what is social distancing and why it works. We also discuss the relationship between this pandemic, the economy and the political ramifications of these events. An observation made by one of my students I found revelatory. The student, who happens to be female stated, "Dr. Day have you noticed that those countries run by females tend to be reducing the rates of infection, are able to relax restrictions and have a lower death rate than those countries run by males." I hadn't noticed it and did some quick fact checking and found it to be somewhat true in that New Zealand and Germany, both run by women, are doing a wonderful job reducing the infection rate..... However, this discussion led to helping this student in particular and all the students in the class to think of other factors that would bring about these results. These small but important exchanges are*

*critical to teaching and to their and my own growth and development. My hope is to inspire these types of discussions in all my classes as the rule and not the exception.*

**Mayor of University Park** - Mayor Roudez III, response to: Why the trends of deaths in African Americans exist as they do currently?

*1) President Donald Trump, and his administration lacked sorely in notifying states and preparing for the COVID-19 PANDEMIC to best prepare US residents impacting and killing black people disproportionately higher do to failed timely notifications as this was learned about months prior to today, and lack of adequate safe guards at our entry/exit points of America that exposed all Americans to the COVID-19 virus. 2) The TESTING criteria has presented barriers to black people getting access to the test which discriminates based on age, and visible symptoms such as coughing, fever, sore throat, aches, runny nose, tiredness and most important shortness of breathing which is a clear indication that black people should have been prioritized to receive testing for this reason and the fact that the trends in deaths speak urgently to blacks whom are experiencing death faster than any other races as the COVID-19 virus attacks the respiratory system. Everyone should be able to take a test NOW. 3) African-Americans represent a higher rate of health-related illnesses such as diabetes, hypertension, and congestive heart failure of which the COVID-19 virus targets the upper respiratory system of the body. I urge the expansion of this critical work in the areas of testing, data, research, grants and expanded outreach to further address the need to test and engage black families now. More importantly, it is my hope that the Village of University Park, Illinois can and will forge a partnership with Governor's State University to address this glaring pandemic of healthcare disparities existing now in our state and country as blacks continue to die each day from the COVID-19 virus. For more information visit the village website at [university-park-il.com](http://university-park-il.com).*

## Events

**Race & Pandemics: COVID-19 & Global Diseases through Structural Lens, May 8.** The racialization of COVID-19 is representative of ways systemic & structural racism have historically affected these communities, and as a result, continue to show up during this perilous moment. Webinar will use systemic racial analysis to examine the structural roots of the racialization of global diseases. Details: <https://bit.ly/35sBRcV>

**COVID-19 Facebook Live Series: Every Wednesday at 7 PM CT** join hosts Hilary Beard, Phill Wilson, & Dr. Camara Jones for informative & engaging conversations about impact of COVID-19 on communities of color. Previous episodes posted.

**ChicagoCHEC Seminar Series - NIH Biosketch Webinar, May 27.** Webinar is on crafting and strengthening your NIH Biosketch to better highlight goals

**Virtual Training: Using Focus Groups in Research & Evaluation, May 29, 10:30 AM-12 PM.** Intro to focus groups- what they are, when to use them, how to conduct them, and what to do with the data once you are done. Open to everyone but designed for community organizations. Co-hosted by Northwestern's Alliance for Research in Chicagoland Communities (ARCC) and Buehler Center for Health Policy and Economics. <https://planitpurple.northwestern.edu/event/565583>

**Webinar Series: Communities in Partnership: Ensuring Equity in the Time of COVID-19:** Sessions on Wednesdays at 12 pm CT highlighting the disparate impact of the disease in the most vulnerable communities in our nation. Each session is recorded & transcribed. Co-hosted by Community-Campus Partnerships for Health & UNC Center for Health Equity Research. [http://www.ccphealth.org/covid-19equity/?mc\\_cid=67000e11f0&mc\\_eid=0d313f947a](http://www.ccphealth.org/covid-19equity/?mc_cid=67000e11f0&mc_eid=0d313f947a)

## Grant Opportunities

### Governors State University Research Grants

**RWJF Funding Opportunity: Pioneering Ideas: Exploring the Future to Build a Culture of Health:** Seeks proposals that are primed to influence health equity in the future. We are interested in ideas that address any of 4 areas of focus: Future of Evidence; Future of Social Interaction; Future of Food; Future of Work. Deadline: rolling. Details: <https://rwjf.ws/3fhRvMM>.

**AARP's Community Challenge Grants:** "quick-action" projects that promote livability for people of all ages. Applications accepted for projects to improve housing, transportation, policymaking, smart cities, civic engagement and more. Deadline: May 15. Details: <https://bit.ly/2Wpgkxx>.

**Northwestern Alliance for Research in Chicagoland Communities 2020 Community-Engaged Research Seed Grants:** Grants will support the development of partnerships that engage communities and stakeholders in research collaboration with Northwestern research teams. Priority will be given to applications addressing health inequities in Chicagoland communities. Partnership Development Seed Grants- Up to \$5K, Up to 12 mos. Research Pilot Seed Grants- Up to \$25K, Up to 24 mos. Extended Deadline for Partnership Development: Jun 25. Deadline for Research Pilots: May 28. Details: <http://bit.ly/34dkryY> ▪ COVID-19 Funding Opportunities: <https://www.nucats.northwestern.edu/funding/covid19.html>

**Eugene Washington PCORI Engagement Award:** Awards will support patient-centered outcomes research capacity building, evidence dissemination initiatives, and stakeholder convenings. Goal is to support projects that build communities prepared to participate in PCOR and comparative clinical effectiveness research, as well as to serve as channels for disseminating study results. Deadline: May 22. Details: <https://bit.ly/2GFjWDW>

**Telligen Community Initiative (TCI) 2020 Grant Cycle #2 (Illinois & Iowa):** TCI works from a vision of helping empower organizations and citizens to improve their individual and overall community health. Deadline: June 12. Details: [https://ica.formstack.com/forms/telligen\\_loi\\_2020](https://ica.formstack.com/forms/telligen_loi_2020).



**Robert Wood Johnson Foundation RWJF:** Evidence for Action: Investigator-Initiated Research to Build a Culture of Health. Aims to provide individuals, organizations, communities, policymakers, & researchers with empirical evidence needed to address key determinants of health. Will also support efforts to assess outcomes & set priorities for action by encouraging and supporting creative, rigorous research on the impact of innovative programs, policies and partnerships on health and well-being, & on novel approaches to measuring health determinants and outcomes. Approx. \$2.2 million awarded annually. Expect 5-12 grants/year for periods of up to 30 months. Deadline: Rolling. <http://bit.ly/1KQES8c> ▪ Robert Wood Johnson Foundation's Leadership Development Programs. Health Policy Research Scholars, Interdisciplinary Research Leaders, Clinical Scholars, and Culture of Health Leaders—all provide financial

**Send your announcements for next month's issue to:**

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