



pulse

Texas Tech University Health Sciences Center
Winter 2005

Youthful Spirit

Through an initiative that encompasses innovations in education, research and patient care, the Health Sciences Center focuses on healthy aging.

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Mission

The mission of Texas Tech University Health Sciences Center is to improve the health of people by providing educational opportunities for students and health care professionals, advancing knowledge through scholarship and research, and providing patient care and service.

Vision

Texas Tech University Health Sciences Center will be recognized as a top-ranked health sciences university.



The President's Message



Aging initiative demonstrates multidisciplinary approach to health care

Doctors, nurses, pharmacists and allied health professionals. Today, health care has evolved into a comprehensive delivery system encompassing a network of individuals working together for the good of the patient.

In early September, there was perhaps no greater demonstration of this team approach than when Health Sciences Center faculty, staff and students responded to the relief efforts following hurricanes Katrina and Rita. The Health Sciences Center volunteers were commended for their dedication, not only in attending to the evacuees' health care needs, but also in responding with compassion to their human needs.

In a like manner, this multidisciplinary team of health care professionals has worked for the past five

years to create synergy in the topic of aging. To most, caring for the elderly is an expected part of health care delivery. But just meeting the health needs for an aging population is not our only goal. Growing old is inevitable; however, healthy aging is an attainable goal. The aging initiative at the Health Sciences Center focuses on discovering how to facilitate that outcome.

One of two goals established by Healthy People 2010 is to help individuals of all ages increase life expectancy and improve quality of life. Healthy People 2010 is a comprehensive set of national disease prevention and health promotion objectives for the first decade of this century. For the Health Sciences Center, this is an area in which we can contribute not only in the actual delivery of patient care, but also in training future physicians and in advancing new knowledge.

While many of the nation's academic health centers have a focus on geriatric care, we believe the multidisciplinary approach to aging established at the Health Sciences Center reflects a broader idea. No longer is there a singularity in the delivery of health care, nor is one discipline more important than the others. This issue of Pulse presents a comprehensive look at the concerted efforts of all schools on all of our campuses working toward one common goal: ensuring that the golden years are ones of vitality and good health.

A handwritten signature in black ink, appearing to read "M. Roy Wilson". The signature is fluid and cursive.

M. Roy Wilson, M.D., M.S., President

Texas Tech University Health Sciences Center

Texas Tech University System
launches new visual identity initiative



TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER™



The Texas Tech University System has embarked on a bold new initiative to bring greater consistency and visibility to its institutions. This new visual identity, which includes use of the Double T, represents the goal of the Board of Regents to bring unity and cohesion to the way Texas Tech University Health Sciences Center presents itself to the rest of the world. We have always known we have something special here; now is the time to let everyone else know.

From here, it's possible.



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Healthy Aging

Throughout the past decade, the Health Sciences Center has been developing a multidisciplinary initiative in aging that encompasses the institution's mission of education, research and patient care.

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One-stop shopping

The Garrison Institute on Aging is the cornerstone for the Health Sciences Centers' aging initiative.

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Yes, we make house calls

A program supported by the School of Nursing provides in-home visits to meet health care needs.

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East meets West

Researchers study Eastern exercise regimen as a preventative measure to curb falls among elderly.

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Fleeing the flood

Faculty, staff and students respond to needs of Hurricane Katrina evacuees.

Departments

17 Rounds

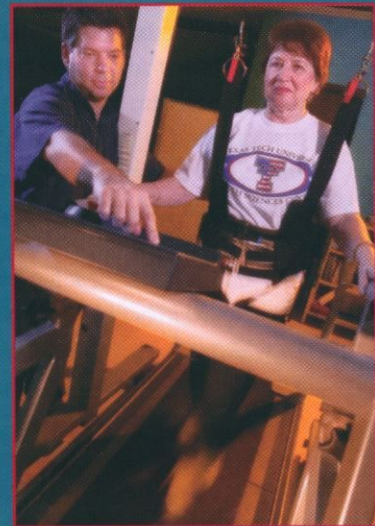
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The Last Word

PULSE is published to serve Texas Tech University Health Sciences Center and its alumni in the schools of Allied Health Sciences, Medicine, Nursing, Pharmacy and the Graduate School of Biomedical Sciences. The magazine is published by Texas Tech University Health Sciences Center Office of Communications and Marketing, 3601 Fourth St. STOP 6235, Lubbock, Texas 79430, (806) 743-2143. Text from PULSE may be reprinted without permission, provided credit is given to the Texas Tech University Health Sciences Center. Please direct all inquiries concerning text and photography to the Office of Communications and Marketing at the above address.

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In compliance with HB 423, PULSE is now available in an electronic format. If you no longer want to receive the printed version, please notify the editor in writing at the above address.



On the cover:

Tom and Nelda Rollins take every opportunity that health affords them to attend Texas Tech football games at Jones SBC Stadium. Enjoying a Red Raider victory is just one reason the couple strives to stay healthy. Their enthusiasm for Texas Tech spills over to the Health Sciences Center, which has a concerted focus on healthy aging. As a side note, Mr. Rollins says he wishes he could be buried on Tech's 50-yard line — but he's not ready to throw in the towel anytime soon!

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Come grow old with me, the best is yet to be.

—Robert Browning

HEALTHY AGING

Fritzie Berk fondly recalls the days when she danced with a children's ballet troupe for residents at the local nursing homes in her hometown of New York. Today, she watches from the audience when the children come to perform at Craig Methodist Retirement Community in Amarillo, where she lives with her husband of 60 years.

"You just have to put things in perspective," said the 83-year-old matriarch. "You won't be able to continue doing everything that you used to do. Just forget it and move on. Focus on what you can do. That's what I do. It's a matter of self-preservation."

Although Mrs. Berk has long since traded in her ballet slippers for walking shoes — knee problems prevent any more strenuous exercise — she maintains an energetic lifestyle, incorporating her love of the arts by playing the piano and painting. She has an engaging social calendar that includes family dinners, organizational events and visits from her grandchildren. Mrs. Berk said she also religiously reads the Amarillo Globe News, USA Today and New York Times to keep up with current events.

Eating healthy, making time to exercise, remaining socially active and being surrounded by loved ones are her mantras for healthy aging. Having two sons in

the medical field, one of whom is Steven Berk, M.D., regional dean of the School of Medicine in Amarillo and a geriatrician, also doesn't hurt any either, Mrs. Berk said. She is quick to praise how her sons and their families care for their parents, and then follows with, "but I realize that I am one of the fortunate ones. I really don't feel my age. Quite honestly, I don't know how I got here this fast."

Mrs. Berk's sentiments echo that of another population rapidly approaching the golden years: the Baby Boomers.

The first wave of this generation — 78 million of them — will turn 60 in 2006. By 2040, Texas will have more than 8 million residents older than 60. Of those, about 1 million are expected to live in the Texas Tech University Health Sciences Center's service area, which is one of the most rural and medically underserved in the country.

Aging has become a major

public health policy issue that has a profound effect on health care and social service delivery, said Glen Provost, J.D., M.P.H., chief planning and project development officer for the Health Sciences Center and an expert in elder law.

"It is an issue that is not going away," Provost said. "You can either ignore it or learn about it and prepare for it. We decided to be prepared."

In the late '90s, the Health Sciences Center began to assess the populations in its 108-county service area. Between 1990 and 2000 virtually every non-urban West Texas county had a significant percentage increase in elderly residents and a decrease in its younger population.

"Over and over the concern expressed by residents of those rural counties was 'How are we going to care for our parents?'" said Provost.

The Health Sciences Center's response, which began

developing almost 10 years ago, is a multidisciplinary aging initiative that fully encompasses the institution's mission of education, research and patient care.

Over a cup of coffee, Provost, Department of Neuropsychiatry and Behavioral Sciences Chair Randolph Schiffer, M.D.; Richard Homan, M.D., then chair of Family and Community Medicine; and School of Nursing Dean Alexia Green, Ph.D.; began to shape the idea for such an initiative.

"Many big-name schools were involved in aging initiatives, but not many had incorporated teaching, research and patient care, nor was there any one place that had a focus on improving the quality of long-term care," said Barbara Cherry, R.N., M.S.N., M.B.A., director of Operations and Interdisciplinary Programs in Aging at the Garrison Institute on Aging. Cherry was the School of Nursing representative on the initial aging executive committee.

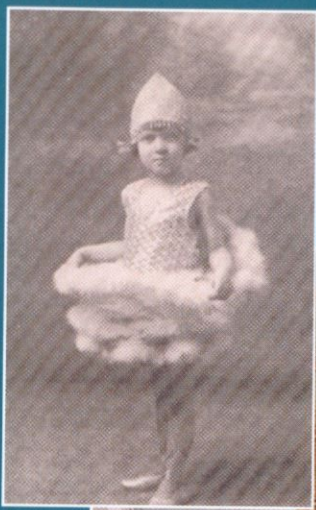
"Out of those community

Significant milestones in the development of the Texas Tech University Health Sciences Center aging initiative

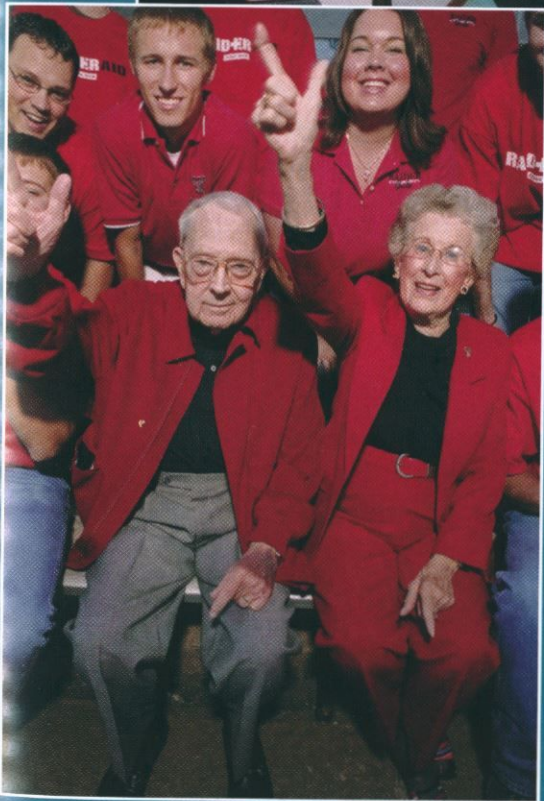
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■ Aging, diabetes, rural health and Hispanic/border health identified as priority areas.

■ Assessment of West Texas communities identifies long-term care as a major concern.



Frizie Berk, then and now.



Tom and Nelda Rollins at Jones SBC Stadium.

assessments came our focus on Alzheimer's research and other dementia issues. We had Dr. Schiffer and his strengths in Alzheimer's to build on; we had Glen (Provost) and his expertise in public policy, and we had Dr. (Richard) Homan's expertise as a geriatrician," Cherry said. "We had the beginnings of a comprehensive aging initiative."

In 1998, the Health Sciences Center identified healthy aging as a priority.

"Aging was seen as an area where all schools could and do make a contribution," said Provost. "One reason we have been so successful is that we were able to involve the deans and faculty members from all schools. This sent a strong message that the Health Sciences Center's aging initiative was being developed and implemented as a real multi-school collaboration."

In 2000, the Health Sciences Center, with approval from the Board of Regents, established the Institute for Healthy Aging, which was renamed the Garrison Institute on Aging in February 2005. Since the establishment of the institute, the Health Sciences Center has experienced a "sea change in its approach to geriatrics, teaching, research and clinical care," said Lynn Bickley, M.D., associate dean for curriculum in the School of Medicine and professor in the departments of Internal Medicine and Neuropsychiatry and Behavioral Sciences. Bickley served as executive director in the early days of the institute. She now serves on the Garrison Institute on Aging Advisory Board.

"Ninety-five percent of the

older population lives in home settings and are still actively contributing to their communities," Bickley said. "The other 5 percent are the frail that traditionally are thought of as needing medical care. What we're working toward is getting more into that 95 percentile."

Education is a key component in making that happen, said Paula Marshall-Gray, an instructor of cultural anthropology at Texas Tech University and ethnographer for the Garrison Institute on Aging. She has chronicled the development of the aging initiative since its inception.

"From an anthropology standpoint, the better we train our health care professionals, the better care they can give. Texas Tech is among the first to really tailor curriculum and education to geriatric care."

The Health Sciences Center's School of Pharmacy was first to implement geriatrics into its core curriculum. With the first class admitted in 1996, the school introduced geriatric-specific clinical experiences and a required six-week geriatric clerkship for all senior pharmacy students. Today it remains one of the few pharmacy schools in the country that requires this rotation, said School of Pharmacy Dean Arthur Nelson.

"Essentially, geriatric training is important to pharmacists because senior citizens are heavy users of medications," he said. "It is also important because our drug metabolism changes as we age, so pharmacists need to understand how to dose patients of every age and how to advise elderly patients and other health

1998

- Representatives from each school study the feasibility of a campus-based teaching nursing home.
- The Texas Legislature designates

the Health Sciences Center to head the Texas Alzheimer's Consortium.

- Health Sciences Center selects Sears Methodist Retirement System as the developer/operator of the campus-based teaching nursing home.

1999

- Texas Tech Board of Regents approves establishment of the Institute for Healthy Aging.
- School of Pharmacy commences six-week geriatric clinical rotation for

senior pharmacy students and post-doctoral residency program in geriatric pharmacy.

- Health Sciences Center seeks federal funding through Congressional earmark to support a Center for Healthy Aging.

care professionals on the safe use of medications. Another reason we implemented geriatrics is that young students often aren't as comfortable interacting with senior patients. We want to teach them to effectively interact with senior patients as part of the overall education experience."

Likewise, the School of Allied Health Sciences was on the leading edge in regard to its geriatric course offerings. Throughout the various disciplines within the school, specific geriatric focused courses are taught — ranging from lab time for occupational therapy students working with the elderly on skills such as dressing and grooming to a six-week geriatric clerkship in the physician assistant program, said School of Allied Health Sciences Dean Paul P. Brooke Jr., Ph.D.

The schools of Nursing and Medicine also redesigned curriculum to focus on geriatrics. The School of Nursing revamped its curriculum to include two new gerontology courses, as well as threaded geriatric content throughout all courses with clinical experiences in adult day care and Alzheimer's disease centers. Such actions were recognized in 2002 by the American Association of Colleges of Nurses and the John A. Hartford Foundation. Craig Cookman, Ph.D., assistant professor in the School of Nursing, revised the school's graduate curriculum to include classroom as well as clinical learning experiences in geriatrics.

These courses, now offered electronically, make such training available to students in rural areas as well, Cookman said. The

School of Nursing also offers a Geriatric Nurse Practitioner Program, which produces mid-level providers for the geriatric population who can diagnose, intervene and prescribe health care for the elderly, said Barbara Ann Johnston, Ph.D., associate dean for graduate programs, School of Nursing.

With grants from the Hartford Foundation and the U.S. Health Resources and Services Administration, the School of Medicine began expansion of its geriatric curriculum in 2000. In August 2005, the school implemented a new curriculum. Geriatrics training is a major theme in the revised curriculum and will be continuous throughout the four-year program. Last year, the school added a geriatric fellowship training program in Amarillo.

"Up to this point in our efforts, we have had a cadre of health care faculty with a strong interest in geriatrics, but who specialize in other areas," said Bickley. "Now we want to develop a core of geriatricians, people who are specialists in geriatrics, who can support our aging initiatives and create new programs for geriatric care in our West Texas communities."

In 2000, Texas had less than 100 practicing physicians with a primary or secondary focus in geriatrics and there were only 600 academic geriatricians in the country, said Bickley. "The 126 medical schools are training only about 100 geriatrics fellows per year, which makes recruiting highly competitive."

Yet, developing a core group of geriatric specialists is key to



Mildred and Shirley L. Garrison Geriatric Education and Care Center

keeping seniors active in their families and communities throughout their older years. Proper geriatric care can drop hospital, home health and nursing home costs by 10 percent, collectively saving states \$50 billion in health care costs, according to a 2002 report from the Texas Department on Aging.

Additionally, understanding the dynamics of aging can help improve the quality of life so that people can continue living healthily into their late years — said Paula Grammas, Ph.D., executive director of the Garrison Institute on Aging.

While the Health Sciences Center works on building a cadre of aging specialists, students in all disciplines are receiving a hands-on approach at the Mildred and Shirley L. Garrison Geriatric Education and Care Center in Lubbock as well as the Craig Methodist Retirement Community in Amarillo, both of which are operated by Sears Methodist Retirement System Inc.

The Mildred and Shirley L. Garrison Geriatric Education and Care Center, built in 2003, was the first teaching nursing home

constructed on a university campus.

At the center, students observe and participate in the research and patient care they learn about in the classroom, said Kena Dubberly, assistant administrator of the Garrison Education and Care Center. "Here at the center there is the opportunity to change the minds of those who never thought they wanted to do elder care."

One of the most significant accomplishments to date for the Health Sciences Center's aging initiative has been the hiring of Grammas, who has been charged with the task of bringing the scientific and educational aging programs at the Health Sciences Center to national prominence.

"Some facilities in Texas do research and some focus on education, but very few are trying to put the whole package together. I think we have the resources and the provisions to do it right," Grammas said. "Thanks to our generous donors and research support, we are strongly positioned to make a difference."

—Danette Baker

■ Texas Tech Chancellor John T. Montford signs ground lease and master coordinating agreement with Sears Methodist Retirement System for campus-based teaching nursing home.

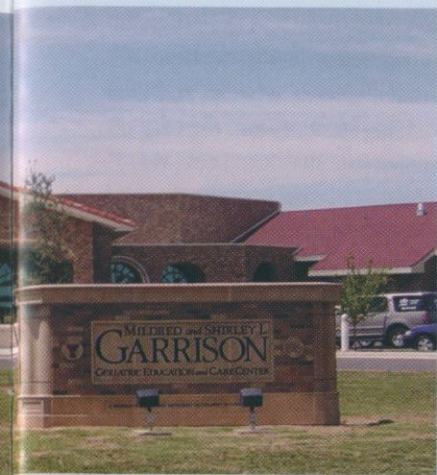
■ Congress appropriates \$2 million through the U.S. Administration on Aging to establish the Institute for Healthy Aging.

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■ U.S. Administration on Aging approves first-year funding for the Institute for Healthy Aging.
■ Groundbreaking for construction of the teaching nursing home, named

the Mildred and Shirley L. Garrison Geriatric and Care Center.

■ Hartford Foundation awards grant to the School of Medicine to expand its geriatric curriculum.
■ Carillon House of Lubbock awards the Department of Neuropsychiatry



Garrison Institute on Aging proves cornerstone for comprehensive aging initiative

The Garrison Institute on Aging has the potential to do for aging what M.D. Anderson has done for cancer, says Paula Grammas, Ph.D., the institute's executive director.

"We have a very strong initiative going at (Texas Tech University) Health Sciences Center, and the institute is the way to bring it all under one roof," she said. "The Garrison Institute (on Aging) gives the initiative a face and personality."

In 2000, the Board of Regents approved the establishment of the Institute for Healthy Aging, which was changed to the Garrison Institute on Aging in February 2005 to recognize the long-time support of Mildred and Shirley L. Garrison. The institute is the administrative structure for the aging research, patient care and training programs at the Health Sciences Center, said Barbara Cherry, R.N., M.S.N.,

M.B.A., director of Operations and Interdisciplinary Programs in Aging for the institute.

"It is a collaborative initiative which offers educational opportunities to students, health care professionals and the public, as well as providing geriatric health care services and advocating for health policy innovation," she said.

Catalysts for developing the institute and its programs and activities include funding from the U.S. Administration on Aging, the U.S. Department of Education, the Association of American Medical Colleges, John A. Hartford Foundation and support from local families.

One of the first projects for the Garrison Institute was to establish a teaching nursing home, Cherry said. In June 2001, the Texas Legislature designated the Health Sciences Center as a Center for the Advancement of Quality in Long-Term Care. Additionally, the institute's staff has worked with the Texas Department on Aging and Disability Services to implement electronic medical records and provide training for nurses in long-term care facilities. The institute also partnered with the University of Texas at San Antonio to provide advanced education for state nursing home inspectors regarding long-term care issues such as nutrition, oral care and medication delivery.

"These designations and partnerships were based in substantial part on the fact we had developed the Mildred and Shirley L. Garrison Geriatric Education and Care Center,

which was a natural extension of our strategic plan to focus on the mission of the Health Sciences Center, which has at its core education, patient care and research," Cherry said.

The Garrison Geriatric Education and Care Center provides state-of-the-art patient care with a specialty in Alzheimer's disease, as well as hands-on training for Health Sciences Center students in allied health, medicine, nursing and pharmacy. The center is a partnership between the Health Sciences Center and Sears Methodist, a not-for-profit long-term care provider, creating the first long-term care center on a university campus.

"Most people view long-term care facilities as a place people go to die," said Kena Dubberly, assistant administrator of the Garrison Geriatric Education and Care Center. "We view this as a place to live and are very passionate about the opportunity we have to work with the students to help them understand this season of life."

With the opening of the Garrison Geriatric Education and Care Center in 2002, the Institute for Healthy Aging executive committee began focusing on the research element of the strategic plan. Again with support from the Garrisons and other local families, the Health Sciences Center recruited Grammas for the Garrison Endowed Chair. Grammas brought with her a background in Alzheimer's research and National Institutes of Health funding, said Cherry.

Grammas said the local support was part of what at-

tracted her to the institute. "Such support provides a place where I could come and do my work," she said. "That in turn makes it more attractive to other scientists who come and bring their funding. Like a domino effect, you create this group of experts that brings a certain scientific (NIH) level of respectability to the institute and university."

In fiscal year 2005, local support to the Health Sciences Center's aging initiative totaled more than \$9.5 million, which included the establishment of three endowed chairs: The CH Foundation Endowed Chair for Parkinson's Disease Research; the Don-Kay-Clay Cash Foundation Regents Endowed Chair in Alzheimer's Research; and the Corinne Payne Wright Regents Endowed Chair in Alzheimer's Disease in the School of Medicine's Department of Neuropsychiatry and Behavioral Sciences.

Most of the research within the Garrison Institute on Aging focuses on Alzheimer's and Parkinson's diseases and stroke. Grammas said the singular focus is intentional.

"You can't really be like a Noah's ark and have one or two of everything. Instead you want to bring together people who can synergize in one or two areas to get the biggest bang for the buck."

While research is a key element, the institute prides itself on providing educational opportunities for students, professionals and the public, said Cherry. Such endeavors include the Lecture Series on Healthy Aging.

and Behavioral Sciences a three-year contract to conduct research in long-term care and geriatric psychiatry.

■ Institute for Healthy Aging Steering Committee established; executive director, medical director and research director named.

■ Congress appropriates about \$1 million to fund year two of the Institute for Healthy Aging.

2001

■ Construction begins on the Mildred and Shirley L. Garrison Geriatric Education and Care Center.

■ The Texas Legislature designates the Institute for Healthy Aging as a Center for the Advancement of Quality

in Long-Term Care.

■ Mildred and Shirley L. Garrison's gift to the School of Nursing establishes an endowed professorship in geriatric nursing.

■ The Health Sciences Center establishes the Mirick-Myers Endowed Chair in Geriatric Medicine.



The Mildred and Shirley L. Garrison Geriatric Education and Care Center provides hands-on learning for students in all disciplines.

Other community outreach activities include Texercise, a statewide fitness campaign developed by the Texas Department of Aging and Disability Services, and caregiver seminars.

The institute also is active in educating health care professionals. The Geriatric Education and Training Academy, established in 2002 with funding from the U.S. Department of Education, is designed to educate health care professionals already in the field, specifically those working in long-term care. The institute also sponsors an annual symposium.

Additionally, the institute offers specific programs for students with an interest and dedication to geriatrics. The Student Scholars in Geriatrics program recently selected eight students representing the schools of Medicine, Nursing, Allied Health Sciences and Pharmacy who will participate in activities such as case studies, speaker's bureau and community service.

The institute also supports outreach efforts in patient care including the Memory Shoppe and Memory Disorders Clinic through the School of Medicine's Department of Neuropsychiatry and Behavioral Sciences; Senior

House Calls through the School of Nursing; and the Speech, Language and Hearing Clinic, a part of the School of Allied Health Sciences.

The Garrison Institute on Aging recently moved to the Health Sciences Center's Southwest Campus, located at South Loop 289 and Quaker Avenue in Lubbock, in an effort to make the institute more accessible and gain visibility.

In the coming years, Grammas would like to see the institute in its own free-standing building to provide "one-stop shopping" for patient care, research and education.

"We want people to immediately think 'Garrison Institute' when they have questions about aging - whether for themselves or for someone they care for," she said. "The Garrison Institute can put us on the map and can be the answer to aging issues in West Texas and beyond."

To learn more about the Garrison Institute on Aging and its programs, visit their website at www.ttuhsu.edu/aging/ or call 806.743.7821.

— Danette Baker

Senior House Calls program takes health care to patients

After about two years of providing primary health care to patients in the home, the Senior House Calls program is thriving.

Stacey Slavik and Cheryl Burwick, certified nurse practitioners, serve as primary health care providers for the elderly during health and illness. Both are registered nurses who have advanced education and clinical training.

"Basically we take the doctor's office to the patient," Slavik said, noting the program now has about 130 patients.

Another member of the Senior House Calls team, Sally Coates, is a licensed social worker who oftentimes helps patients find financial assistance in paying for prescriptions.

One of the first such services in West Texas, the collabora-

tive Senior House Calls program integrates residents, medical students, social workers and nursing students into the care of senior patients. Kim Peck, M.D., assistant professor in the Department of Family and Community Medicine, serves as medical director of the program.

About twice a month, she visits patients in the program who have been identified by the nurse practitioners as having more complex medical problems or needing a physician to have an active role in their care.

"A unique, and sometimes confusing, aspect of this program is we function as the patient's primary care provider, which is not the same as home health," Peck said.

The patients primarily are those with significant physical or mental difficulties that prevent them from coming to the doctor's office.

"We are able to do many of the things in the home that

Cheryl Burwick, R.N., M.S.N., F.N.P., checks on a client of Senior House Calls.



■ Interdisciplinary planning committee is appointed to develop a strategic plan for the Institute for Healthy Aging.

2002

■ The CH Foundation awards grant to School of Nursing to plan the Senior House Calls Program.

■ Construction of Mildred and Shirley L. Garrison Geriatric Education and Care Center is completed at a cost of \$11.8 million.

■ Congress appropriates about \$1 million to the Institute for Healthy Aging for year three.

■ Grand opening of Mildred and Shirley L. Garrison Geriatric Education and Care Center features U.S. Sen. Kay Bailey Hutchison and U.S. Congressman Larry Combest.

■ Board of Directors named for the Institute for Healthy Aging.

normally would be done at the doctor's office, such as x-rays and drawing blood and urine samples," Peck said. The Senior House Calls providers also perform diagnostic testing including EKGs, pulmonary function tests and psychotherapy.

"The goal is to enable people to receive health care at home and hopefully avoid hospitalizations," Peck said.

The program is a venture of the School of Nursing, but also offers an educational focus for the School of Medicine. Family medicine residents and third-year medical students also have the opportunity to make house calls.

"It is enlightening for the students," Peck said. "They have the opportunity to see how, as a physician, you can help and maybe even make changes in the home environment to improve their health."

Another unique aspect of the program is having a full-time social worker and counselor.

"One of the best features of this program is we can coordinate care between families, the community, social services and home health management," Slavik said. The program utilizes home health when appropriate for skilled nursing care, and utilizes hospice services for patients needing end-of-life care.

Senior House Calls serves patients in Lubbock and outlying rural communities, where elderly patients often have a harder time accessing health care.

"This program provides assistance to a truly underserved population," Peck said.

— Julie Toland

- The institute board adopts a strategic plan and appoints an executive committee; Lynn Bickley, M.D., named executive director of the institute.
- Laura Baker, M.D., is appointed medical director of the Mildred and

Geriatric programs focus on patient care, training physicians

The School of Medicine at Amarillo and the Amarillo Area Foundation partnered to establish the Mary E. Bivins Geriatric Fellowship Program. Dennis P. Zoller, M.D., a board certified geriatrician in the Family and Community Medicine department, serves as the program director.

Accredited in 2004 by the American Board of Family Medicine, the program currently educates one fellow per year in a 12-month, patient-oriented training program encompassing instructive and bedside training, analysis of current literature, and opportunities for clinic and laboratory research. Three years of previous training in internal medicine or family medicine is required for those interested in participating in the program.

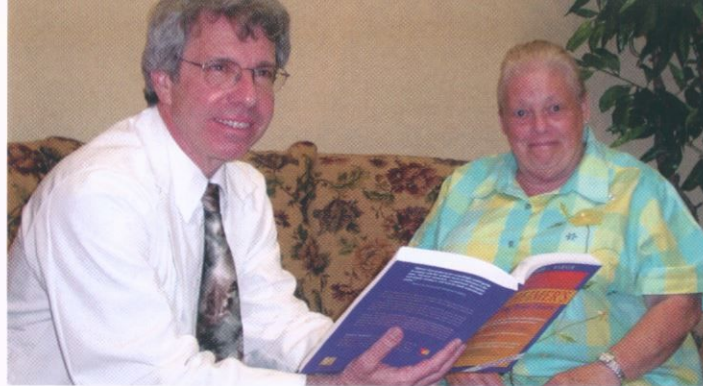
"The Health Sciences Center at Amarillo has been very proactive in expanding their emphasis on senior care," Zoller said.

"This enhanced activity started in the fall of 2002 with recruitment for geriatric faculty to develop a geriatric fellowship program. Educational progress directed at community residents and health care providers has been a major activity also since November 2002."

The fellowship's curriculum includes instruction on inpatient medicine, rehabilitation medicine, geropsychiatry, hospice care, neurology, long-term care and research. The geriatric fellow has the opportunity to care for

Shirley L. Garrison Geriatric Education and Care Center.

- Andrew Stenhouse, M.D., is appointed medical director of the Craig Methodist Nursing Home in Amarillo, also a part of the Sears Methodist Retirement System.



School of Medicine at Amarillo Regional Dean Steven Berk, M.D., visits with Shirley Johnson with the Amarillo Alzheimer's Association.

patients in various sites, including an outpatient comprehensive geriatric assessment clinic. Time is spent in long-term care and short-stay rehabilitation. An inpatient geriatric consultation service is offered, as well as house-call experiences in private homes, personal-care homes and assisted-living settings.

Structured experience also is offered in hospice care and an adult daycare center. A four-week rotation at the Health Sciences Center in Lubbock adds additional experience in long-term care, a mood-affective disorder outpatient clinic, a memory disorders clinic and a balance gait disorder clinic.

There are 137 fellowship programs in the country. By recruiting and training skilled geriatricians for the Texas Panhandle, better education can be offered to other physicians, nurses and health care personnel, as innovative models of care at all levels of health and disability are developed, Zoller said.

A direct benefit of the Geriatric Fellowship Program was the establishment in 2004 of the Amarillo Alzheimer's Academy which addresses education of Alzheimer's disease, patient health care and family support. The Alzheimer's Academy, also

located at Amarillo, is a partnership between the Alzheimer's Association Star Chapter, Area Agency on Aging and the Health Sciences Center schools of Medicine and Pharmacy at Amarillo.

School of Medicine Regional Dean Steven Berk, M.D., said, "The Amarillo Alzheimer's Academy is a great resource to the Panhandle of Texas. We work with long-term care institutions to help develop the best possible environment for Alzheimer's patients and also with the community to provide education on the latest in prevention."

The local Alzheimer's Association offers physician consultations with family members free of charge. "Lunch and Learn" gatherings are held at no charge to the community. National research studies are being conducted at the local chapter. Additionally, the medical education component has trained students, residents and practicing physicians to better understand, identify and treat patients.

School of Medicine faculty involved with the Alzheimer's Academy are Berk, Zoller, Stephanie C. Leeper, M.D., and Charles Wright, M.D. School of Pharmacy faculty are Cynthia Raehl, Pharm.D., and Eric MacLaughlin, Pharm.D.

— Cinda Courtney

- School of Nursing establishes Senior House Calls program with funding from The CH Foundation.
- School of Nursing receives award from John A. Harford Foundation and the American Association of Colleges of Nursing for geriatric curriculum.

2003

- Congress appropriates \$250,000 to establish the Geriatric Education and Training Academy in the Institute for Healthy Aging.

Program offers brain training to combat early memory loss

L.G. Smith vividly remembers his time serving at Pearl Harbor on a naval receiving station in 1944. His job was assigning recruits to areas all across the Pacific.

But his favorite memory is the day he met his wife of 64 years, Juna. "I met her on a school bus four years before we married. It was in high school, and we were in the ninth grade," Smith said. "The best day in my life was November 20, 1941. I married Juna that day."

Smith was a banker for 38 years in Brownfield, Texas. Since his retirement more than 21 years ago, his goal has been to serve those who are less fortunate. "I was raised during the depression. I was born in 1921 and we lived a hard life. I think

everybody was born to serve others on this earth," he said. Smith volunteers his time at the correctional unit in Brownfield and at church. Smith's secret to a healthy life — studying, exercising and staying busy, is what keeps him young and his memory strong.

However, Smith recalls how one day when he noticed a difference in his memory.

"I remember thinking that I was not recalling things as quickly as I once did, especially as a banker and knew I needed to start doing something to get my mind healthy as well," Smith said. "I do deep water aerobics three times a week, and now I keep my mind busy as well."

Smith, 84, is a client of Texas Tech University Health Sciences Center's Memory Shoppe, which offers a personalized training program designed to slow memory loss and improve quality of life. It is an outreach program

of the Department of Neuropsychiatry and Behavioral Science and is the first of its kind in the United States, said Department of Neuropsychiatry and Behavioral Sciences Chair Randolph Schiffer, M.D. He said centers such as the Memory Shoppe are needed to help those interested in keeping their minds fit.

"We want to begin the treatment of memory loss before it advances to the stage that is Alzheimer's disease," Schiffer said. "We think we are beginning to be able to do this, now, at least for some people, and we want to make sure the Texas Tech University Health Sciences Center is well represented in these efforts nationally.

"There is accumulating evidence that persons with early cognitive loss syndromes and perhaps people at risk for these syndromes can be helped by cognitive exercises in addition to drugs," he said.

The Memory Shoppe provides an individualized, cognitive strengthening program for individuals with mild cognitive impairments, or those at risk because of age and family history. Clients are assessed, and a cognitive "map" is made, both of their strengths and weaknesses in several cognitive domains. From that, a strengthening program is devised, to be conducted by an individual "Memorcize" trainer. Schiffer said the program is not meant to interfere with ongoing medical, neurological or psychiatric care in any way, but to be complementary with that care.

Smith said the Memory Shoppe has helped him by working with recall and memory exercises. "I can tell you the names of the months in alphabetical order. A lot of people cannot do that. So it has helped me tremendously."

Schiffer said it is known that Alzheimer's disease can begin to affect people in their 30s. "We don't have the answers yet as to how to prevent Alzheimer's and other age related diseases. But what we do know is that keeping your mind active during the middle years of life, the risk of developing the disease can be postponed, perhaps as long as five years."

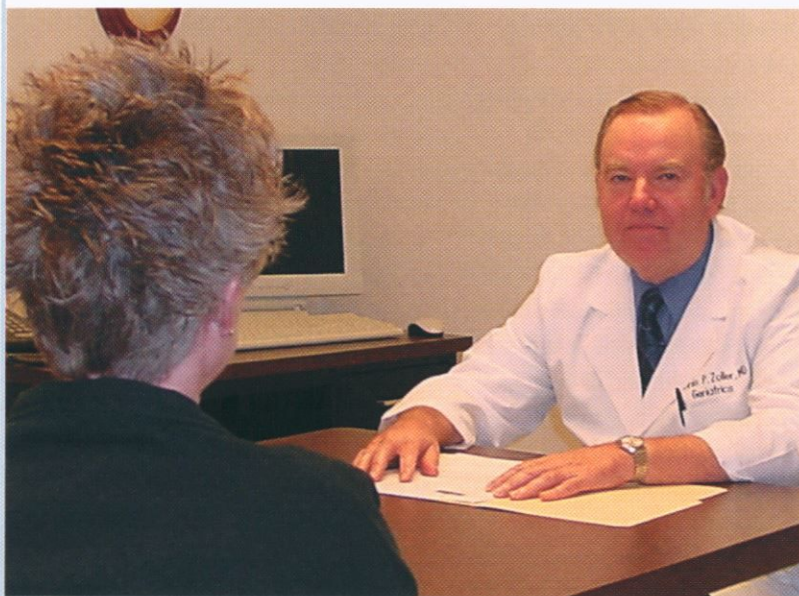
He added that it also is important to stay active physically by taking care of your heart and cardiovascular system, and the healthy blood vessels will help take care of your brain.

"The cognitive loss disorders will be among the top 10 disorders causing burdens of disease for the citizens of the 21st century," Schiffer said. "Staying fit both mentally and physically can help reduce your chances of developing these diseases earlier."

Smith agrees to the importance of keeping his mind and body fit. "There is one thing worse than death and that is having Alzheimer's. I want to stay healthy if I can.

"Keeping your mind challenged is a good thing. After all I don't want the grass growing under my feet until it is my time."

— Suzanna Cisneros Martinez



Dennis P. Zoller, M.D., a certified geriatrician in the Department of Family and Community Medicine, serves as director of the Mary E. Bivins Geriatric Fellowship Program in the School of Medicine at Amarillo.

■ Mildred and Shirley L. Garrison provide a generous challenge gift to the Institute for Healthy Aging.

■ Mary E. Bivins Foundation in Amarillo awards grant to support a Geriatric Fellowship Program in the

School of Medicine at Amarillo.

■ Donna Owen, R.N., Ph.D., named to Mildred and Shirley L. Garrison Endowed Professorship in Geriatrics.

■ U.S. Health Resources and Services Administration awards grant to

School of Medicine for training family and internal medicine residents in primary care geriatrics.

■ The CH Foundation awards two-year grant to the Institute for Healthy Aging as partial match of the Mildred

and Shirley L. Garrison challenge grant.

■ Institute for Healthy Aging coordinates the first aging symposium.

Simple questions help identify medication misuse

By asking elderly patients a couple of simple questions, health care providers can identify those at risk of not taking their medication as prescribed.

Through a series of tests, researchers in the School of Pharmacy at Amarillo were able to determine certain socioeconomic screening questions such as "Have you owned a car in the last 10 years?" and "Have you received assistance in obtaining food in the last 10 years?" enable health care providers to better assess a patient's ability to understand health information and improve adherence.

In their study of 57 elderly people in retirement communities, researchers in the School of Pharmacy used five testing procedures to identify those most at risk for incorrectly taking prescribed oral medications.

"Medication adherence was positively predicted by the REALM (Rapid Estimate of Adult Literacy in Medicine) word-recognition pronunciation test, along with age, the number of over-the-counter medications and the two socioeconomic questions," said Cynthia Raehl, Pharm.D., professor and chair of clinical research and development for the School of Pharmacy. Other researchers were C.A. Bond, Pharm.D., professor; Tresa J. Woods, M.S.W., research associate; Roland A. Patry, M.S., Dr. P.H., professor and chair of clinical practice and management; and

Rebecca Sleeper, Pharm.D., assistant professor.

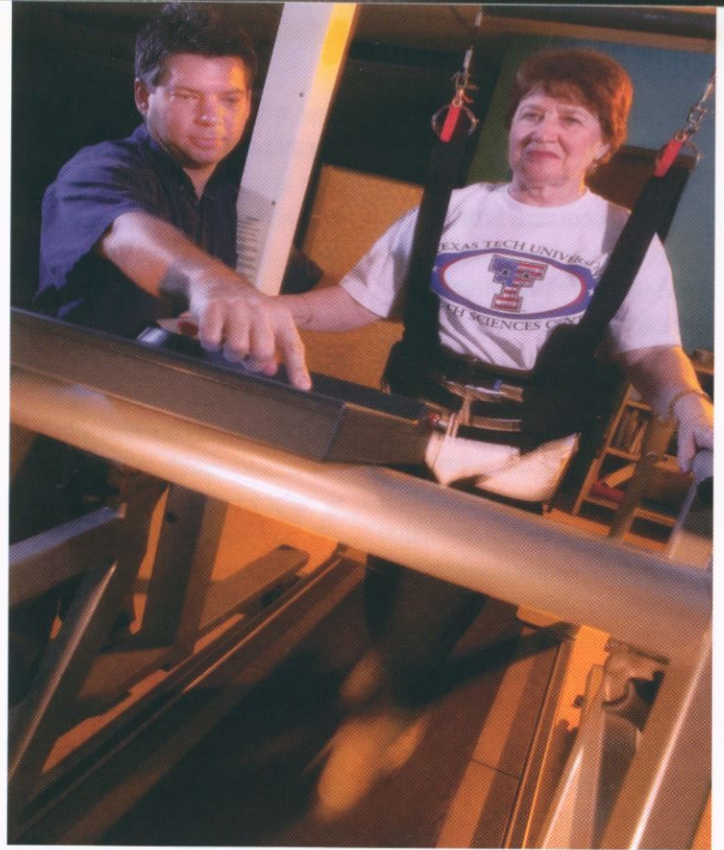
The literacy test revealed all of the study subjects read on a seventh- to eighth-grade level. However, other studies have indicated that almost 40 percent of older persons may not be able to read a simple health brochure, and literacy rates decrease with advancing age, Raehl said.

Medication adherence rates among older adults range from 26 percent to 59 percent, which could be the result of illiteracy, she added. The misunderstanding of directions for taking prescribed medications often is the root cause of poor health outcomes among the elderly and is the cause of up to one-third of elder hospitalizations, Raehl said.

The results of this study, combined with previous studies that indicate a relationship between car ownership and health literacy helped formulate the basis for including socioeconomic variables in predicting medication adherence, she said.

"One of the challenges that primary care physicians, pharmacists and nurses face is the time and resources to conduct detailed medication adherence assessments for each of their older patients," Raehl said. "Our goal was to find screening items that they could use. The REALM test takes about three minutes and the questions can be asked as part of a routine exam. By looking at the risk factors, the health care provider, be it the doctor, nurse or pharmacist, can better ensure that patients take their medicines correctly."

—Danette Baker



State-of-the-art laboratories in the School of Allied Health Sciences support for research studies as well as patient assessments. Roger James, Ph.D., director of the Center for Rehabilitative Assessment, demonstrates an instrumented treadmill in the Clinical Biomechanics (Gait) Laboratory.

Tai chi may help prevent falls among elderly

Eastern and Western medicine principles are being combined in a series of multidisciplinary research projects, the latest which began in August. Women ages 60 to 85 with low bone mass began participating in a free tai chi exercise program as part of a joint project by Texas Tech University Health Sciences Center and Texas Tech University researchers.

The study focuses on the effects of tai chi exercise on reducing the risk of falls in women with low bone mass, or osteoporosis. Tai chi is a centuries-old form of exercise that

utilizes smooth, gentle and flowing movements and requires no equipment.

"We have conducted several tai chi research studies that show this form of exercise can benefit health in many ways, including decreasing pain," said Leslie Shen, Ph.D., one of the principal investigators and assistant professor in the School of Medicine's Department of Pathology. "With this project, we hope to show how tai chi can help prevent falls in women with low bone mass."

During the past three years, research conducted by the team has shown that regular tai chi exercise decreases pain and stiffness in those with arthritic knees. Other studies evaluated how tai chi, in comparison to Western resistance training, helps

2004

■ Geriatric Education and Training Academy offers training for certified nurse aids and licensed vocational nurses employed in long-term care.

■ Institute for Healthy Aging provides grant-writing seminar for faculty and staff.

■ U.S. Department of Education provides second-year funding for the Geriatric Education and Training Academy.

■ Institute for Healthy Aging joins the South, West and Panhandle Consortium Geriatric Education Centers of Texas in collaboration with the University of Texas Health Sciences Center at San Antonio.

■ Paula Grammas, Ph.D., hired as executive director of the Institute for Healthy Aging and occupant of the Mildred and Shirley L. Garrison Endowed Chair in Aging.

bone metabolism in older patients, as well as how tai chi affects those with diabetes.

The tai chi class is being taught by Ming Chyu, Ph.D., professor in the Department of Mechanical Engineering and tai chi instructor in the Department of Health, Exercise and Sport Sciences at Texas Tech and adjunct professor in the School of Medicine's Department of Pathology at the Health Sciences Center. Chyu also is principal investigator for the project.

"The unique thing about our study is that it includes experts in tai chi, as well as those who understand the research methods and clinical applications," Chyu said. "It's the best of both worlds."

The current project includes the use of the state-of-the-art Clinical Biomechanics (Gait) Laboratory and the Balance Assessment Laboratory to monitor participants' progress in gaining strength and stability. Both labs are part of the School of Allied Health Sciences' Center for Clinical Rehabilitation Assessment, located at the Health Sciences Center.

Other members of the research team are: Department of Pathology Chair Dale Dunn, M.D., and Steven Sawyer, Ph.D., Roger James, Ph.D., and Jean-Michel Brismee, Sc.D., all of the Center for Rehabilitation Assessment; and K. Tom Xu, Ph.D., of the Department of Family and Community Medicine.

The researchers plan to continue exploring tai chi's effects on health. "Initially, the question was whether tai chi makes a difference," said James.

"And now the question is whether tai chi makes a difference in specific populations, such as the elderly."

— Julie Toland

Healthy blood vessels in the brain may prevent Alzheimer's

What causes nerve cells to die? The answer could be the key in understanding Alzheimer's disease and other age-related dementia.

"That is the \$64,000 question," said Paula Grammas, Ph.D., executive director of the Garrison Institute on Aging.

Grammas suspects a connection between the declining health of blood vessels in the brain and the prevalence of Alzheimer's disease — much like the connection that researchers discovered years ago between unhealthy vessels and heart disease. Research under her direction at the Garrison Institute on Aging may provide insight into the relationship between damaged blood vessels and nerve cell death, leading to novel prevention strategies and treatments for the disease.

"Alzheimer's disease robs people of quality years of life and is a major financial burden," Grammas said. National direct and indirect annual costs of caring for individuals with Alzheimer's disease are at least \$100 billion, according to estimates by the Alzheimer's Association and the National Institutes on Aging.

Grammas said studies of the

brain vessels show inflammation during the late-stages of Alzheimer's. This could possibly be caused by similar factors that affect the vessels below the neck, such as plaque caused by a buildup of cholesterol and dysfunction of endothelial cells lining the blood vessels.

"We're beginning to see that higher cholesterol in mid-life is a good indicator of one's increased risk for Alzheimer's disease," she said. "What's good for the neck down may also be good for the neck up."

Grammas came to the Health Sciences Center in September 2004, bringing with her a substantial background in Alzheimer's research, said Executive Vice President for Academic Affairs and Dean of the Graduate School of Biomedical Sciences Roderick Nairn, Ph.D.

"With Dr. Grammas on board, we have the opportunity to become a leader in Alzheimer's research," Nairn said.

Her research interests stem from a personal history as well as a background as a vascular biologist. Grammas said her mother had amyotrophic lateral sclerosis, also known as Lou Gerig's disease, which like other types of

neurodegenerative diseases has as one of its basic features cell death in the central nervous system.

"It's all related, so the more we learn about Alzheimer's the more we understand about what happens in all other neurodegenerative diseases," she said.

The encouraging news, Grammas said, is data indicate that many of the statins, or cholesterol-lowering drugs, already on the market are proving helpful in preventing onset of Alzheimer's.

Currently, there are about five drugs that modify symptoms, but are effective only in the early stages. They have no effect on preventing the disease.

"Our goal is to understand what causes nerve cell death and ultimately diseases such as Alzheimer's and then to develop treatments to prevent it," she said.

"Our goal is to understand what causes nerve cell death and ultimately diseases such as Alzheimer's and then to develop treatments to prevent it," she said. "Managing the disease would be the next best thing. Ultimately, we want to minimize the period where people require long-term care and increase the period of life where they can continue to do the things they have always done."

— Danette Baker



Paula Grammas, Ph.D., leads a research team at the Garrison Institute on Aging, in studying the cause of nerve cell death and how damaged blood vessels in the brain may contribute to Alzheimer's disease.

■ Institute for Healthy Aging coordinates the second aging symposium.

■ Institute for Healthy Aging establishes research division with Grammas Research Lab as the first component.

■ U.S. Administration on Aging designates the West Texas Cares Project as a Caregiver Program Champion. West Texas Cares is a collaborative between the Institute for Healthy Aging and six West Texas Area Agencies on Aging.

2005

■ The Garrison Lecture Series in Healthy Aging is established.
■ Mildred and Shirley L. Garrison donate \$5 million to the Institute for

Ethnicity may play role in memory loss

How well aging adults remember may have more to do with ethnicity than researchers once thought, according to a recent research project lead by Department of Neuropsychiatry and Behavioral Sciences Chair Randolph Schiffer, M.D., at Texas Tech University Health Sciences Center.



Randolph Schiffer, M.D.

In a screening of 1,200 Anglo and Mexican-Americans living in El Paso, studies indicated the Mexican-American group failed at least one of the cognitive tasks at twice the rate of the Anglo-American group, Schiffer said. Participants were randomly selected and tested in areas of cognition, such as memory, arithmetic and visual tasks.

"This study suggests that aging may occur in different ways in Mexican-Americans than in Anglo-Americans," Schiffer said.

"It tells us there may be reasons related to an ethnic group that alters performance. This study does not tell us that Mexican-Americans in El Paso are more susceptible to Alzheimer's disease, because we don't know the rates of Alzheimer's in this population."

Many questions remain as a result of the study, Schiffer said, which could be addressed in future studies. The effects of

variables on this ethnic group, such as education, genetics, culture, access to health care and exposure to environmental stresses, may be more powerful than what has been accepted, Schiffer said.

"We don't really know everything that this study means yet," Schiffer said. "What we are seeing is a possible interaction between a poorer education level in the Mexican-American population that results in a diminished way this population handles aging stress. We feel perhaps this poorer education level may contribute to how Mexican-Americans respond to their various life cycles, including a decreased cognitive ability as they age."

The project, completed in 2004, is currently awaiting publication in the *Journal of Neuropsychiatry*. Other research team members, all from the School of Medicine Department of Neuropsychiatry at El Paso, were James Wilcox, D.O., Ph.D., professor and interim chair; Peter Heller, Ph.D., research professor; Martin Guerrero, M.D., associate professor; and Elizabeth Ledger, research associate.

— Jo Vaughan

Researcher seeks to understand aging as a developmental stage

From the moment of conception, human development begins. However, those advanced in age are not often thought of as being in a developmental stage. School of Nursing researchers are investi-

gating how to ensure that normal development continues through the later stages of life via the attachments that people form.

Craig Cookman, Ph.D., assistant professor in the School of Nursing, has focused his research for the past several years on the attachments or emotional bonds that older adults form. These attachments to things, places, pets, ideas and beliefs, which, along with people-to-people attachments, comprise the "attachment structure."

"The role of nursing is to remove the barrier of health issues so that normal development pathways can be cleared," Cookman said, noting that nurses help facilitate age-appropriate attachment and development. "We remove barriers so people can age in a healthy way."

One area of focus for Cookman is pet therapy. He believes that companion animals are developmentally beneficial for older adults. "For many, pets do promote health and healthy aging," he said, noting that pets can open up natural resources within a person, allowing them to nurture and be needed.

Older adults are complex and diverse regarding what they are attached to, whether it is a job, a home or items. These attachments are important sources of security, belonging and self-identity.

Therefore, it is important in

healthy aging, Cookman said, to establish new attachment bonds to replace lost ones.

"Part of healthy aging means emotional well-being during the natural process of handing down things, which could be moving from a long-time home or losing friends and loved ones," Cookman said. "A healthy aging component is changing these attachments to perhaps something more symbolic such as a memory of a trip or place."

Cookman said planning ways to fill the inevitable voids in life should start earlier. "We start financially planning our retirement years in advance," he said. "We should do the same with planning for the 'empty nest syndrome' as an example. A pet is one visible way to establish an attachment to replace a lost one."

Cookman noted that future research should focus on identifying what promotes well-being and life satisfaction, as well as finding ways to get health issues out of the way of healthy development.

"We need to see aging as a time of critically important development and activity," he said.

Cookman also emphasized the importance of constantly defending against the numerous myths and stereotypes associated with aging.

"There is so much pressure to see aging as a time of loss and disability," he said, noting that the majority of older adults are actually happy with their lives and satisfied in retirement.

"We learn healthy aging from people who are doing it," he said.

—Julie Toland

Healthy Aging to support research, education and service activities.

■ Institute for Healthy Aging is renamed the Garrison Institute on Aging in honor of Mildred and Shirley L. Garrison.

■ Don and Kay Cash and their son,

Clay Cash, in collaboration with the Texas Tech Regents establish the Don-Kay-Cash Regents Chair in Alzheimer's Disease Research.

■ The Garrison Institute on Aging begins developing community outreach programs.

■ Glenna Roberts makes a generous donation to the Geriatric Education and Training Academy.

■ The CH Foundation and the Texas Tech Regents establish The CH Foundation / Texas Tech University Regents Chair for Parkinson's Disease Research.

■ The Corinne Payne Wright family and the Texas Tech Regents establish the Corinne Payne Wright Regents Endowed Chair in Alzheimer's Disease.

■ The Student Scholars in Geriatrics program names its first scholarship recipients.

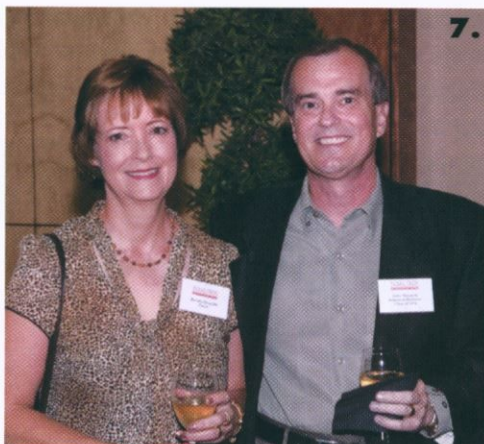
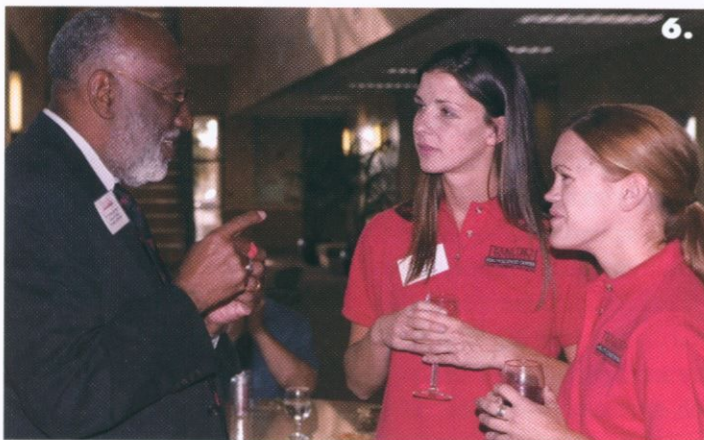
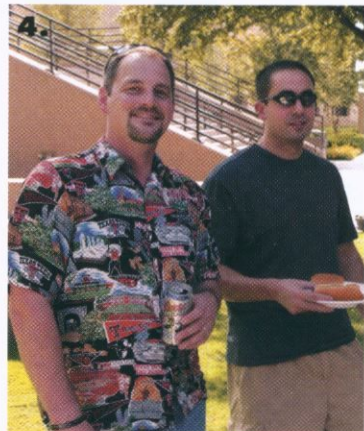
REUNION

Weekend



Hot dogs, hand shakes and honors were the highlights of 2005 Reunion Weekend, held Sept. 16-17. Festivities kicked off with a reception in the Academic Classroom Building, which gave alumni the opportunity to mingle and then tour the state-of-the-art facility equipped with technology-enhanced classrooms and an up-to-date student area.

The annual Distinguished Alumni Awards Luncheon held the next day in honor of 11 alumni was followed with a pre-game tailgate party and Red Raider football or dinner and live theatre in the city's Depot District.



1. Dawn Irwin (SON '94).

2. Twins and fellow alumnae Jana Morris (SOAHS '95), second from left, and Jill Bement (SOAHS '95) along with their husbands, Kevin Morris and Matthew Bement.

3. Regent Windy Sitton and her husband, Frank Sitton.

4. John Driscoll (SOP '03) and Jack Armstrong (SOP '04).

5. Mary Beth Mitemeyer and Diane and Bill Lowell.

6. Charles Henry, M.Ed., and Student Government Officers Christina Powell and Lauren McReynolds.

7. Brenda and Gary Mangold (SOM '76).

DISTINGUISHED

Alumni 2005



School of Allied Health Sciences Dean Paul J. Brooke Jr., Ph.D., with Jeffrey Hill, Barbara Ann Kelly and Tori Gustafson.

Tori Gustafson, Au.D., CCC-A
Department of Speech, Language and Hearing Sciences
School of Allied Health Sciences

Tori Gustafson (SOAHS '90, '92) is an assistant professor at Texas Tech University Health Sciences Center's School of Allied Health Sciences, teaching undergraduate and graduate students in the Department of Speech, Language & Hearing Sciences. As a student, she received awards as outstanding undergraduate and graduate. Gustafson has been successful in applying for and receiving external grants to provide equipment for patients, opportunities for children, training of graduate students in other fields and providing continuing education to professionals in her field.

Jeffrey Hill, M.P.T., P.T.
Department of Rehabilitative Sciences
School of Allied Health Sciences

Jeffrey Hill (SOAHS '97) was a member of the School of Allied Health Sciences' first class to graduate with a Master of Physical Therapy degree. Hill began his career as a staff therapist at University Medical Center in Lubbock. In 1999, he was

promoted to assistant director for physical medicine and rehabilitation and was named director in 2004. Hill serves as political action campaign treasurer for the South Plains District of the Texas Physical Therapy Association.

Barbara Ann Kelly, M.S., M.T. (ACSP), CLSp (MB)
Department of Laboratory Sciences and Primary Care
School of Allied Health Sciences

Barbara Ann Kelly (SOAHS '03) accepted the position as the chief of Molecular Pathology for Scott and White Hospital in Temple, after working as a medical technologist for 30 years. Under her leadership, the hospital's molecular pathology division has expanded from five assays to 50 with a volume of 40,000 tests per year.

Michael Kilgore, Ph.D.
Doctorate of Philosophy
Graduate School of Biomedical Sciences

Michael Kilgore (GSBS '90) is on the faculty at the University of Kentucky, where he is continuing his research on the causes of breast cancer. Kilgore pioneered the study of the role of the PPAR α receptors in breast

cancer, and his work has been funded by the Army Breast Cancer Initiative on two separate occasions. In 2004, he received a four-year grant from the National Institutes of Health to continue his research.

Catherine Ronaghan, M.D., F.A.C.S.
School of Medicine

Catherine Ronaghan (SOM '86) is a partner in private practice at the Medical Arts Clinic of Lubbock Inc. and serves as medical director of the Arrington Comprehensive Breast Center. She is on the board of directors for the state chapter of the American Cancer Society and is chair of the Texas Medical Association's Committee on Cancer. Additionally, she has been a long-time advisor for the Susan G. Komen Foundation, devoting many volunteer hours to that organization.

Brad Snodgrass, M.D., M.B.A.
Priscilla Carter-Snodgrass, M.D., M.B.A.
Community Outreach
School of Medicine

Priscilla Carter-Snodgrass (SOM '88) and Brad Snodgrass (SOM '88) have sponsored the annual Scrub Party, an event for incoming medical students, at their home for the past six years. The couple also is active in the American Cancer



Executive Vice President for Academic Affairs and Graduate School of Biomedical Sciences Dean Roderick Nairn, Ph.D., with Michael Kilgore.

Society's Cattle Baron's Ball, and they encourage medical students to participate as well. Carter-Snodgrass is in private practice at Southwest Diagnostic Clinic and serves as medical director of Infection Control and Prevention for Covenant Health Systems. She serves on the boards of the School of Medicine's Medical Alumni Association and the Women's Health Research Coalition, and previously served on the Lubbock-Crosby-Garza County Medical Society board and the Lubbock chapter of the American Cancer Society. Snodgrass practices at Southwest Diagnostic Clinic and is chief of staff at Covenant Medical Center. In addition, Snodgrass also is a clinical assistant professor in the

DISTINGUISHED

Alumni 2005

CONTINUED



School of Medicine Interim Dean Bernard T. Mitemeyer, M.D., with Catherine Ronaghan and her children, Caiti and Jack, and Gordon E. Schutze, Priscilla Carter-Snodgrass and Brad Snodgrass.

Health Sciences Center's Department of Internal Medicine and serves on the board of the School of Medicine Medical Alumni Association.

Gordon E. Schutze, M.D.
Research Scientist
School of Medicine

Gordon E. Schutze, M.D., (SOM '84) is a nationally recognized academic pediatrician whose research interest focuses on epidemiology and the clinical impact of bacterial pathogens. His research accomplishments have been recognized with acceptance into the Society for Pediatric Research, an elite international society of physician scientists whose research significantly benefits children, and with an award from the Arkansas Children's Hospital Research Institute. After graduating from Texas Tech University Health Sciences Center, Schutze completed an internship, residency and fellowship at Baylor College of Medicine. He is currently on staff at Arkansas Children's Hospital and is director of the Department of Pediatrics Residency Program at the University of Arkansas for Medical Sciences. Schutze was

one of only 10 medical residency directors in the country to receive the Palmer Award in 2004 for his innovative approaches to educating physicians-in-training. Schutze is respected not only by his colleagues in Little Rock, Ark., but also nationally by his academic colleagues in the fields of medical research and medical teaching.

Rodney W. Hicks, M.S.N., M.P.A., A.R.N.P.
Leadership and Health Care
School of Nursing

Rodney W. Hicks (SON '87, '93) is an active researcher investigating medication errors that threaten patient safety. For five years, Hicks has managed Elogs, a nurse-owned company supporting more than 40 universities and colleges in developing outcome criteria from clinical logs. From his work came some of the first studies in the nation to examine safe medication use in perioperative care, resulting in changes in practices. Hicks also has developed an Internet-accessible clinical log system for advanced practice students and is active in the Texas Nurses Association.

Robert L. Martinez, R.N., M.S.N., C.W.S., F.N.P.
Community Advocacy
School of Nursing

Robert L. Martinez (SON '84, '92, '98) works at the Freedom Square Clinic in Lubbock and provides on-call care for clients at the King's Park Urgent Care Clinic. After receiving undergraduate and graduate degrees from the School of Nursing, Martinez completed the Family Nurse Practitioner Program. He is a long-time volunteer with the American Cancer Society and the American Diabetes Association. Martinez also serves on the board of directors for Children's Protective Services and is a member of

the School of Nursing Advisory Committee and the Undergraduate and Graduate Education Subcommittee.

Naomi Warren, R.N., M.S.N., C.S., F.N.P.
Excellence in Clinical Care
School of Nursing

Naomi Warren (SON '96) is the family nurse practitioner at the Winkler County Rural Health Clinic, where she has worked since graduating from the School of Nursing Family Nurse Practitioner Program. For five of those nine years, she has been the sole health care provider in the clinic. Warren says rural health care is unique and believes it is the reason for the nurse practitioner role.



School of Nursing Dean Alexia Green, Ph.D., with Naomi Warren, Robert L. Martinez and Rodney W. Hicks.

rounds

Leff appointed to NIH pediatric initiative

The National Institutes of Health recently appointed School of Pharmacy Regional Dean in Dallas/Fort Worth, Richard Leff to the Scientific, Technical and Regulatory Working group for its Pediatric Formulation Initiative. Leff said he hopes the initiative will complement the work of the school's Pediatric Pharmacology Research and Development Center. The center includes Trey Putnam, Ph.D., assistant professor, pharmacy practice in Dallas/Fort Worth; Reza Mehvar, Ph.D., professor, pharmaceutical sciences in Amarillo; and Sara Swenson, research associate in Dallas/Fort Worth. The Pediatric Pharmacology Research and Development Center is located at Children's Medical Center in Dallas.

SOM opens Ob/Gyn clinic in Hereford

Teresa Baker, M.D., instructor, Department of Obstetrics and Gynecology, conducts a consult clinic for complicated obstetrics and gynecology patients on the first and third Monday at the Hereford Regional Clinic in Hereford. Referrals come not only from Hereford, but also Muleshoe, Dimmit, Vega, Friona and other surrounding communities. The clinic has been in operation almost a year and serves about 10 patients each day.

Geriatrics specialist joins SOM

The School of Medicine announces the appointment of Stephanie C. Leeper, M.D., as associate regional dean for faculty development and professor, Internal Medicine, specializing in internal medicine and geriatrics. Leeper completed her



Stephanie C. Leeper, M.D.

medical degree and residency at East Tennessee State James H. Quillen College of Medicine at Johnson City, Tenn.

Bond receives award for literary work

The American College of Clinical Pharmacy has named C.A. (CAB) Bond, Ph.D., professor of pharmacy practice, School of Pharmacy, its recipient of the 2005 Russell R. Miller Award for his substantial contributions to the literature of clinical pharmacy. The Russell R. Miller Award recognizes an individual who has advanced clinical and pharmacy practice and rational pharmacotherapy through substantial contributions to the literature of clinical pharmacy.



C.A. (CAB) Bond, Ph.D.

Amarillo campus welcomes new development officers

Christen Scivally Woodburn joins the Amarillo campus as the development officer for the schools of Medicine and Allied Health Sciences. She holds a liberal arts degree in English literature from Rhodes College in Memphis, Tenn.

Steven J. Reese has been named the new development officer for the School of Pharmacy. Reese received his Bachelor of Science degree in Human Development Family Studies from Texas Tech.



Christen Scivally Woodburn



Steven J. Reese

SOP investigator wins South African award

Neels Van der Schyf, B.Pharm., Ph.D., associate professor and graduate program advisor, School of Pharmacy's Department of Pharmaceutical Sciences, has been awarded the FARMOVS Prize in Pharmacology and Drug Development by the South African Academy of Sciences and Arts. This award is the country's equivalent of the National Academy of Sciences. The FARMOVS Prize is South Africa's highest award for pharmacology and drug development research.



Neels Van der Schyf, D.Pharm., Ph.D.

Busti receives leadership award, appointment to drug review board

The Body.com, awarded Anthony Busti, Ph.D., assistant professor, School of Pharmacy in Dallas/Fort Worth, to receive one of its Outstanding Pharmacist HIV Leadership awards for 2005. The Body.com, an Internet service provided by Body Health Resources Corporation in New York City, selected Busti for his research efforts and for the direct patient care he provides HIV patients at the Dallas Veterans Affairs Medical Center. In addition, the Texas Health and Human Services Commission Executive Commissioner selected Busti as chairman of the Commission's Drug Use Review Board for the Texas Medicaid program. The Drug Use Review Board is comprised of physicians and pharmacists from across Texas that promote more rational medication prescribing and dispensing in the state.



Anthony Busti, Ph.D.

rounds

Women's health gets specialized focus with fellowship program

During the past decade, the medical community has recognized that in order to provide optimal medical care to women, better information about women's health issues is required. Gaps in knowledge about women's health are particularly striking for those women at highest risk for poor health - the elderly, minorities and those living in poverty. Equally important is research into the major causes of death among women - heart disease, stroke and cancers of the lung and colon.

The Women's Health Research Institute of Amarillo, established in 2000, is a community-wide effort dedicated to improving women's health through education and research. With a collaborative effort between Texas Tech University Health Sciences Center schools of Medicine and Pharmacy and other local medical entities, the Women's Health Research Institute provides seed grants to investigators in the area of women's health. Northwest Texas Healthcare System has been the primary supporter of the institute, providing \$100,000 of funds annually. Amarillo researchers have received funding for more than 30 grants during the last several years.

"Priority areas of investigation are breast cancer, osteoporosis, teenage pregnancy in the Panhandle of Texas, student competency in women's health, interviewing strategies and health education in domestic violence, depression in women, health maintenance and disease prevention in the elderly, menopause and hormone replacement therapy," said School of Medicine Regional Dean Steven Berk, M.D., and a member of the institute's board of trustees.

Each summer, the institute sponsors a research program for high school and college students. Participants present their findings at a special program upon completion of the internship.

In July 2005, the institute funded a Women's Health Fellowship Program, which offers additional types of training where a physician will have very special knowledge and skills in the care of women. The fellowship program, one of only about 15 in the country, was developed by and is under the direction of Marjorie Jenkins, M.D., associate professor, departments of Internal Medicine and Obstetrics and Gynecology.

"This 12-month fellowship consists of core rotations in women's health, gynecology, gynecological procedures, breast health and imaging, metabolic bone disease, adolescent and geriatric medicine, and women's health research," said Jenkins, who also serves as co-chair of the institute.



Dawn Bradford, M.D.

Dawn Bradford, M.D., who completed her residency in family medicine last year, is the program's first fellow.

— *Cinda Courtney*

Symposiums offer forum for women to learn about well-being

Amarillo was one of only three cities nationwide chosen to host *Hablando de la Salud de la Mujer*. The sold-out event was held Nov. 19. The all-day bilingual symposium, attended by 400, provided encouragement for women to take charge and embrace the personal, physical and emotional power that they have to enhance their health, well-being and personal safety.



Marjorie Jenkins, M.D., co-director of the Women's Health Research Institute; Germán Núñez G., Ph.D., vice president of Diversity and Multicultural Affairs; Maury Roman, anchor for Telemundo; and Lisa McDaniel Brown, Hablando national program director.

Texas Tech University Health Sciences Center Office of Diversity and Multicultural Affairs in Lubbock brought 50 Hispanic women to this event.

For the fifth consecutive year, the Health Sciences Center at Amarillo hosted a one-day spring symposium designed to educate women on issues related to their health and well-being.

The growth of the Hispanic population in the Texas Panhandle coupled with the Women's Health Research Institute's dedication to community education and success of the spring symposium was encouraging. Marjorie Jenkins, M.D., associate professor, departments of Internal Medicine and Obstetrics and Gynecology, sought a grant from the National Speaking of Women's Health Foundation in Cincinnati, an organization that provides grant funding for women's health symposia across the country.

Health screenings included blood pressure, glucose and cholesterol, osteoporosis, mammograms, body mass index, risks of falls, and carbon monoxide testing.

Breakout sessions have been offered on timely topics such as aesthetic surgery and treatments, depression, menopause, incontinence, exercise modalities for different age groups, care of the feet, heart health and sexuality. Additionally, keynote speakers have lectured on topics such as women and heart disease and popular trends in diets, exercise and medical treatments.

— *Cinda Courtney*

rounds

Handal receives honors for work

Department of Pediatrics Regional Chair Gilbert Handal, M.D., was honored recently by the New Mexico Border Health Council for his work to improve children's health along the border. The Council presented Handal with a 2005 Lifetime Achievement Award.

Pediatrics' teaching cartoon wins award

The Department of Pediatrics has won a Silver Remi Award from the 38th Worldfest-Houston Film Festival, for their teaching animated cartoon segment "DTAP Vaccine," featuring the child character, Pepin. Pepin teaching cartoons are viewed in waiting rooms of pediatric clinics as well as Head Start and daycare centers. In the last year, material for the cartoon was developed for migrant workers in conjunction with a grant for the Centers for Disease Control.

This project led to research studies to measure the effects of improving communication with Hispanic patients through pictorials or comics. Research participation includes El Paso pediatric residents and faculty led by Gilbert Handal, M.D., Marie Leiner, Ph.D., assistant research professor, and Pratibha Shirsat, M.D., associate professor.

Tyroch to serve another term on state trauma committee

Alan Tyroch, M.D., trauma medical director and chairman, Department of Surgery, has been re-appointed to the Trauma Systems Committee for a three-year term by Eduardo Sanchez, M.D., commissioner, Texas Department of State Health Services.

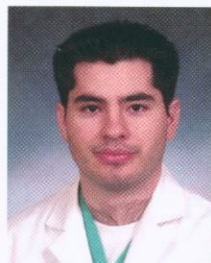
The committee reviews pertinent issues and makes recommendations to the Governor's EMS and Trauma Advisory Council which, in turn, makes recommendations to the Department of State Health Services.

New pediatric clinics provide more access to health care for children

Children living in east El Paso will have greater access to health care with the opening this summer of two new pediatric clinics, Texas Tech Physicians East Clinic and the Tornillo Wellness Center. The Department of Pediatrics held grand opening celebrations at each site earlier this year. The Tornillo Wellness Center is a collaborative effort with the Tornillo School District. Department of Pediatrics Chair Gilbert Handal, M.D., an advocate for El Paso's children, believes that all children should have access to health care, regardless of where they live or go to school.

Senior surgery resident awarded fellowship

Alfredo A. Santillan, M.D., M.P.H., a fourth-year surgical resident at Texas Tech University Health Sciences Center at El Paso, has been selected for the Dr. Alando Ballantyne Distinguished Fellowship Program for senior residents in head and neck surgical oncology at M.D. Anderson Cancer Center, beginning in April 2006. Santillan will also participate in clinical research.



Alfredo A. Santillan,
M.D., M.P.H

Camacho appointed managing director of Dean's Office

Zenaido Camacho, Ph.D., has been appointed managing director of the regional Dean's Office at the School of Medicine. Camacho will be actively involved in curricular issues as well as the admission processes for the four-year medical school. Camacho previously served as vice presi-



Zenaido Camacho,
Ph.D.

dent for Student Affairs at Rice University in Houston from 1994 to 2004.

He holds a master's of arts in biochemistry/physiology from Baylor University and a doctorate in chemistry from the University of Texas at Austin.

El Paso regional dean named to new vice president position

This summer Texas Tech University Health Sciences Center President M. Roy Wilson, M.D., M.S., named Jose Manuel de la Rosa, M.D., vice president of the Texas Tech University Health Sciences Center at El Paso.

The newly created senior-level administrative

position was created to fill the need for greater visibility in the progression of the development of the four-year El Paso medical school, said Wilson.

One of the main challenges for de la Rosa in this new position will be to pursue collaborations with higher education institutions in Mexico.

"Not only do we look to expand opportunities for the Office of Border Health, but he will serve as an ambassador to the local El Paso community and to local, state and international governmental offices, institutions of higher education and national organizations," Wilson said.

In his primary role as vice president, de la Rosa will foster interdisciplinary and intercampus education, research and patient care initiatives among the Health Science Center campuses, and he will oversee general operations on the El Paso campus.

He will also serve as a liaison to the Texas Tech System Facilities, Planning and Construction for the master plan, design and construction of the campus.



Jose Manuel de la
Rosa, M.D.

rounds

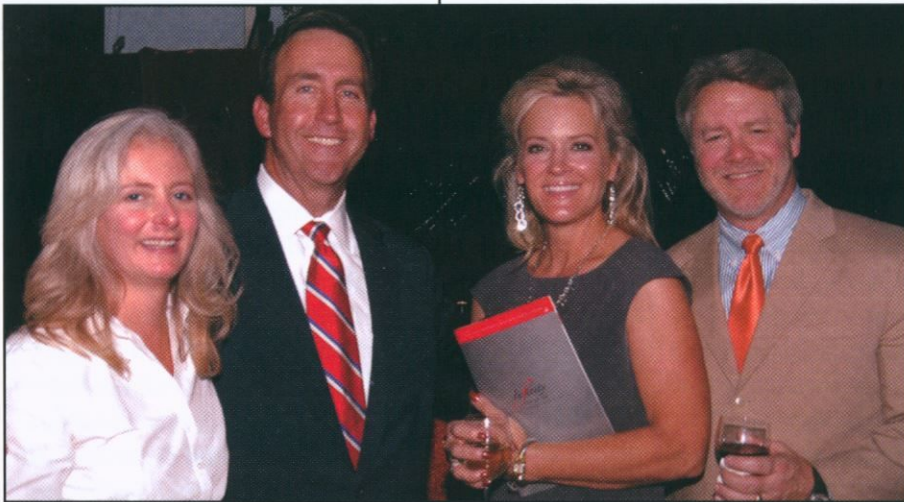
Infinity Campaign enlists community support for medical school expansion

The El Paso community is moving forward in its quest to fund the first four-year medical school on a U.S. border. Community leaders and supporters of the Texas Tech University Health Sciences Center four-year medical school initiative recently turned out in mass to help the El Paso campus kick off its Infinity Campaign, which is set to raise \$25 million during the next two years.

"This is the most ambitious fundraising effort that our campus has ever undertaken," said Regional Dean for the School of Medicine at El Paso Jose

Manuel de la Rosa, M.D. "But with nearly \$16 million already committed by local benefactors and the level of support demonstrated by El Pasoans, we will certainly achieve our goal."

Since the four-year medical school's inception, the community has shown its support - from donating the land, to millions more in financial support. El Paso Electric pledged \$5 million for the four-year medical school, which is the largest donation the El Paso campus has ever received. According to Texas Tech University Health Sciences Center President M. Roy Wilson, M.D., M.S., the funds will go toward finishing the third floor in the Medical Science Building I, currently under construction.



Celebrating the successful launch of the Infinity Campaign are, from left, Leanne Hedrick, Steve Helbing, chair of the Four-Year Medical School Capital Campaign, Joy Helbing and Gary Hedrick, CEO and president of El Paso Electric.



Attending the kickoff of the Infinity Campaign are, from left, Texas Tech University System Board of Regents Chairman Rick Francis and his wife, Ginger Francis, who are joined by community supporters Patti and Tim Gallegly, School of Medicine at El Paso Regional Dean Jose Manuel de la Rosa, M.D., and Terry and Linda Hudson.

Legislative Update

Although medical school funding was not appropriated during this year's regular session or the first special session, the end of the second special session brought new hope.

Gov. Rick Perry recommended funding through a special process requiring approval by the Legislative Budget Board.

Unfortunately, the state Legislature's funding priorities shifted dramatically as hurricanes Katrina and Rita pounded the Gulf Coast. The Lieutenant Governor's office is now dealing with costs associated with the natural disasters.

"We remain hopeful that the impending visit will demonstrate the importance and need for our project and that some level of support will be provided," said de la Rosa.

rounds

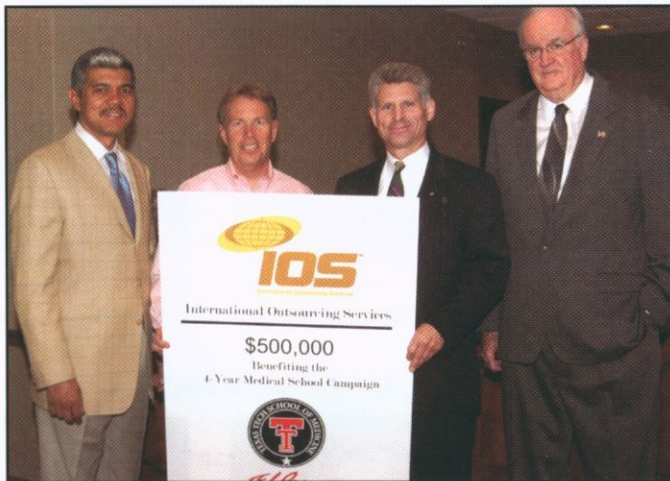


El Paso Electric pledges \$5 million

El Paso Electric recently pledged \$5 million to the four-year medical school. President and Chief Executive Officer Gary Hedrick said the company's commitment to the establishment of a medical school marks its support to a project that will positively affect the lives of thousands of area residents. Hedrick presents the company's pledge to School of Medicine at El Paso Regional Dean Jose Manuel de la Rosa, M.D., Health Sciences Center President M. Roy Wilson, M.D., M.S., Texas Tech University System Board of Regents Chair Rick Francis and State Representative Joe Pickett.

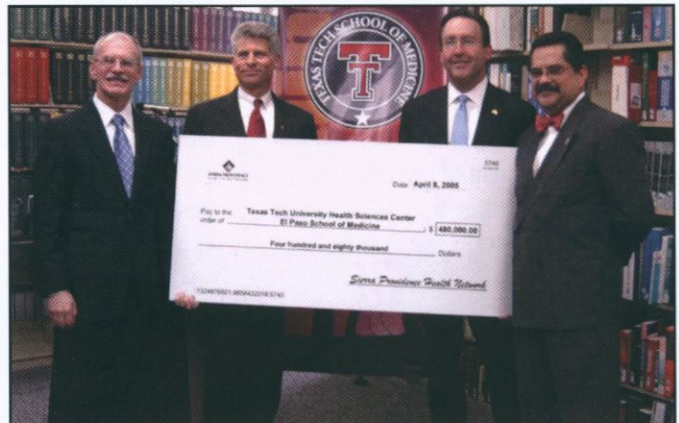
Western Refining joins supporters of four-year medical school

Western Refining recently donated \$500,000 to the School of Medicine for its four-year medical school campaign. Western Refining supports many important public services, including education, health, public safety and improvements to city and county infrastructures. Texas Tech University System Board of Regents Chairman Rick Francis, Health Sciences Center President M. Roy Wilson, M.D., M.S., President and Chief Executive Officer of Western Refining Paul Foster, Four-Year Medical School Capital Campaign Chair Steve Helbing, and School of Medicine at El Paso Regional Dean Jose Manuel de la Rosa, M.D.



IOS donates half a million for medical school

International Outsourcing Services, a local El Paso company, donated \$500,000 to the School of Medicine for its four-year medical school campaign. From left are Texas Tech University Health Sciences Center President M. Roy Wilson, M.D., M.S.; IOS Chief Executive Officer Chris Balsiger; Texas Tech University System Board of Regents Chair Rick Francis; and IOS Vice President for El Paso John Thompson.



Sierra Providence Health Network presents gift to support residency programs

The Infinity Campaign recently received a gift of \$480,000 from Sierra Providence Health Network in support of residency programs at the four-year medical school. Attending the award presentation are Senior Vice President of Operations for Tenet Robert Smith, Texas Tech University System Board of Regents Chairman Rick Francis, Four-Year Medical School Capital Campaign Chair Steve Helbing, and School of Medicine at El Paso Regional Dean Jose Manuel de la Rosa, M.D.

rounds

Medical residents find watching movies helpful to bedside manners

Social scientists and mass communicators have long looked at the effects of mass media on the user and society. For example, Albert Bandura, a contemporary psychologist, discovered through the social learning theory that aggressiveness is learned through a process called behavior modeling. The thought behind the theory is that people learn aggressive responses from observing others, either personally or through the media and the environment.

But what if observing others through the mass media could be helpful? What if it could be used in an educational setting? What if it could teach the physicians of tomorrow empathy, sympathy and compassion? As the result of a project funded through the Texas Tech University Health Sciences Center's Innovations in Education and Scholarship Award program, faculty members are trying out that theory. Those involved in the project are Sam P. Hooper Jr., Ph.D., assistant professor, Department of Family and Community Medicine; Terry Allbright, M.Ed., faculty associate, and James Burks, M.D., professor, Department of Internal Medicine; and Christine Wan, M.D., a local private family physician and alumna. The faculty members were given the \$10,000 grant to develop a curriculum that could be used in a group setting with first-year residents. They wanted to do something

that would encourage the residents to put themselves in the patients' shoes.

Although the idea of cinemeducation, or using films in medical education, is being used across the United States, Allbright and Hooper are leading the way by speaking at national conventions and as contributing authors to a textbook, "Cinemeducation: A Comprehensive Guide to Using Film in Medical Education."

"We wanted a medium for residents to look at and experience the physician and patient relationship and then be able to discuss what they saw as a group. Film works because movies are emotionally gripping, portraying things you can't put into words," said Hooper.

The premise of the project begins by using film vignettes to teach aspects of psycho-social aspects of medical education, he said. For example, residents will watch a short movie clip from a movie such as "Patch Adams," the 1998 film starring Robin Williams. The clip will demonstrate to the residents how William's character, a doctor, interacts with a patient. Then in a group setting they will talk about all the non-medical aspects of being a physician — communication, empathy and understanding, the physician response to patients and families, and quick thinking.

"Film works. It's non-threatening. Residents can talk about their own experiences and then talk about what they saw," Allbright said. "They don't feel like they're being criticized."

Hooper said that movies offer a multidimensional aspect involving audio and visual elements causing more emotional arousal in the viewer. They also seem to have no barriers enabling the vignette to be understood, no matter what the resident's cultural background.

—Catherine Page

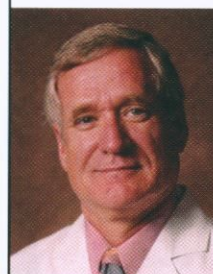
New leadership for Schools in Permian Basin

The School of Medicine and one of its departments as well as the School of Allied Health Sciences and two of its programs are under new leadership.

Robert E. Bennett Jr., M.D., was named interim regional dean for the School of Medicine, and Christopher G. Maguire, D.O., as interim chair for the Obstetrics and Gynecology department.

They replace the leadership team of Donald Loveman, M.D., and Thomas McHattie, M.D. Loveman will serve as a faculty member in the Department of Internal Medicine and continue his rheumatology practice. McHattie will join the faculty in the Obstetrics and Gynecology department.

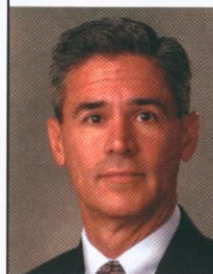
In the School of Allied Health Sciences, Tony Domenech, Ed.D., PTOCS, was appointed as regional dean for Odessa. He also serves as the assistant director for the physical therapy program. Ed Maxwell, MPAS, PA-C, is now regional dean for the Midland campus. He also serves as director of the physician assistant program.



Robert E. Bennett Jr., M.D.



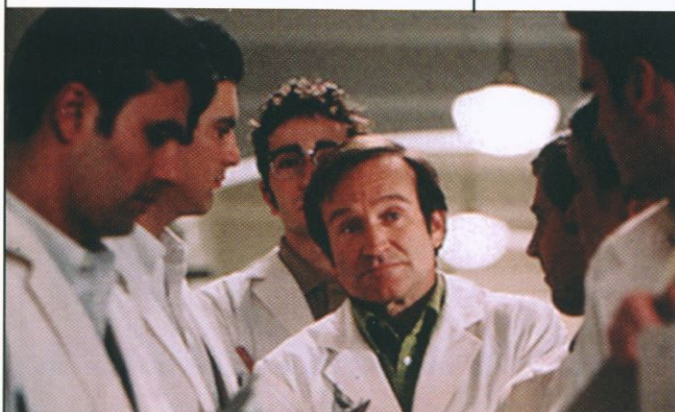
Christopher G. Maguire, D.O.



Tony Domenech, Ed.D., PTOCS



Ed Maxwell, MPAS, PA-C



"Patch Adams"

rounds

Surgery department added to Odessa campus

Opening of the Department of Surgery brings the Odessa campus one step closer to being able to accept third and fourth year students. But more importantly, the department fills a void in the community.

"The Department of Surgery brings a tremendous impact to the community by serving patients who were previously without access to care," said Leonidas Miranda, M.D., one of the department's three faculty members.

With its official opening earlier this spring, Miranda joined by John Delacambre, M.D., and Kyron Tamar, M.D., adds the next-to-last piece needed before the Odessa campus can take third- and fourth-year medical students. The campus needs a psychiatry department.

New development officer picks up fund-raising task in the Permian Basin

David Gray brings a much needed area of support to the Texas Tech University Health Sciences Center in the Permian Basin by filling a vacant spot while helping to position the campus for future growth.

"I'm hoping to establish a Permian Basin development fund that will significantly meet the needs of the local campus through relationship building and fundraising," he said.

Working closely with the Permian Basin Advisory Council, Gray's main goal is to fully fund a computer lab for students, training, staff development and

community members. He will continue to work closely with local and university leadership to determine the needs of the campus and how to best



David Gray

accomplish those needs. He also will assist faculty with grant coordination and scholarship fundraising.

School of Nursing celebrates 20 years in Permian Basin

Two decades of nurses, nursing educators and friends got together Sept. 6-10 to celebrate "Nursing Legacy 2005: A Meeting of the Minds, Celebrating Success" in honor of the 20th anniversary of the School of Nursing in the Permian Basin.

"We wanted a special celebration to honor our alumni and their accomplishments over the past two decades," said School of Nursing Regional Dean in Odessa Sharon Cannon, R.N., Ed.D.

The accomplishments are many since 1985. As of this summer, there were 309 graduates from the Bachelor of Science in Nursing program and 42 graduates in the Masters of Science in Nursing program. Since inception of the Permian Basin graduate program in the fall of 1988, enrollment has increased from two students in year one of the program to 26 students for the 2004-2005 academic year.

Currently, the school also offers a Second Degree program for students who have a bachelor's degree in any field and want to obtain a Bachelor of Science in Nursing.

Alumni and guests joined Texas Tech University Health Sciences Center President M. Roy Wilson, M.D., M.S., on Sept. 8 at the alumni banquet. Wilson congratulated the group on their accomplishments and continued success. The guest speakers for the evening were Teddy Jones, professor emeritus and founding dean of the School of Nursing, and Jim Bob Jones, former director of the Health Sciences Center Relations Office. Also attending the event were former regional deans Ella Herriage, R.N., Ph.D., and Brenda Cleary, R.N., Ph.D.

On Sept. 9, a community luncheon featured First Lady of Texas Anita Perry and Ray Perryman, Ph.D., CEO and president of The Perryman Group. Perry, a nurse, spoke on "A Legacy in Nursing — The Role of Nurses in Texas" and Perryman, an economist, spoke on "Economics of Nursing and the Nursing Shortage."

"Looking back, I believe the celebration helped me realize our school must continue fostering community partnerships, since our success is the community's success," said Cannon. "We will continue to investigate innovative strategies for meeting community needs through nursing education."

—Catherine Page



Texas Tech University Health Sciences Center President M. Roy Wilson, M.D., M.S., from left, School of Nursing Regional Dean Sharon Cannon, Ed.D., R.N., and School of Nursing Dean Alexia Green, R.N., Ph.D., reminisce with Bill Lewis, Brenda Cleary, R.N., Ph.D., and Ella Herriage, R.N., Ph.D. Cleary and Herriage are former School of Nursing regional deans for Odessa.

rounds

SON graduate program ranks among nation's best

The U.S. News & World Report's 2006 edition of America's Best Graduate Schools ranked the School of Nursing as one of the top nursing schools in the nation for the second year in a row.

The School of Nursing master's degree program ranked 75th in the nation in the exclusive annual listing and is the only ranked nursing school in the West Texas region.

School of Nursing Dean Alexia Green, Ph.D. said, "An honor like this will further enhance our efforts to recruit top-notch students and faculty."

Former regent, alum named to Anesthesia Hall of Fame

The School of Medicine's Department of Anesthesiology presented its first Distinguished Alumnus Award Sept. 30 to Carl Noe, M.D., and inducted him into the Department of Anesthesia Hall of Fame.

"Dr. Noe has brought international recognition to the Health Sciences Center through his work in pain management. He never forgets to give praise to the university that trained him," said Department of Anesthesiology Chair Jon Michael Badgwell, M.D.

Noe, who served on the Texas Tech University Board of Regents from 1993-1999, is the medical director of Baylor Center for Pain Management in Dallas. He also is a diplomate of the American Board of Anesthesiology, has subspecialty certification in critical care medicine and pain medicine.

Noe completed his internship and residency in anesthesiology at the Health Sciences Center from 1984 to 1987, and in 1989 was a Pain Fellow. During this tenure he was named chief resident of the Department of Anesthesiology.



Carl Noe, M.D.

Stetson to lead Department of Dermatology

Cloyce L. Stetson, M.D., has been named as chairman of the Department of Dermatology. Stetson has served as associate professor in the department since 1995.

"Dr. Stetson's past experience and contributions with the Health Sciences Center have demonstrated his ability to serve in this leadership role," said School of Medicine Interim Dean Bernhard T. Mitemeyer, M.D. "We look forward to his direction for the faculty and residents as well as his commitment to providing the best care for the patients of this department."



Cloyce L. Stetson, M.D.

Wesson to serve as president-elect of national board

Department of Internal Medicine Chair Donald Wesson, M.D., was named in October as president-elect of the American Board of Internal Medicine and will serve a one-year term beginning Oct. 2006.

The organization oversees administration of the internal medicine certifying exam and sets standards for the specialty.



Donald Wesson, M.D.

Health Sciences Center selected for Medicare pilot project

Texas Tech University Health Sciences Center was selected this summer as one of six organizations nationwide, and the only one in Texas, to operate a three-year demonstration project to help Medicare beneficiaries improve their quality of life while reducing medical expenses and Medicare program costs.

Texas Senior Trails, a consortium of the

Health Sciences Center, Texas Tech Physician Associates and TrailBlazer Health Enterprises LLC, will coordinate an integrated health care delivery pilot project for beneficiaries in 48 counties in the Panhandle and South Plains.

The Texas Tech University Health Sciences Center project will be a collaborative effort between the schools of Medicine, Nursing and Pharmacy on the Lubbock and Amarillo campuses.

The Texas Senior Trails Project will begin enrolling beneficiaries as early as March 2006 and will employ a variety of models including physician and nurse home visits, self-care and caregiver support and transportation services.

Health Sciences Center schools recognized for degrees awarded to Hispanics

Hispanic Outlook in Higher Education, the sole Hispanic journal on today's college campuses, has listed the schools of Pharmacy and Medicine as two of its top 25 colleges that award professional degrees to Hispanics.

The School of Pharmacy ranked fourth in the nation on the list. The school admitted 89 students in 2004, of which 14 percent were Hispanic.

The School of Medicine also received recognition, placing 20th in the nation with a 9 percent Hispanic graduation rate.

Health Sciences Center President M. Roy Wilson, M.D., M.S., said these rankings demonstrate the institution's commitment to diversity.

"Diversity in health care will help strengthen the overall health of our communities and our increase in admission and graduation of diverse students shows we are on the right track in accomplishing this goal," Wilson said.

rounds

Keller named president-elect of state organization

Judith Keller, M.S., assistant professor and clinical coordinator in the Department of Speech-Language and Hearing Sciences, was elected president-elect of the Texas Speech-Language-Hearing Association.

Keller is one of a seven-member executive board charged with various tasks, including working with the legislature to maintain the highest quality services for Texans with a communication disorder and



Judith Keller, M.S.

helping solve the vacancy shortages of speech-language pathologists.

Ragain named to Texas Medical Association

Braddock Chairman in the Department of Family and Community Medicine R. Michael Ragain, M.D., was named to the Texas Medical Associations Council on Medical Education.

The TMA councils research, review and create policy for the association. The association has 30 boards, councils and committees of physicians and medical students who meet several



R. Michael Ragain, M.D.

times a year to study and recommend action on a variety of subjects. Each year these recommendations are voted on by the House of Delegates, which is the Texas Medical Association's governing body.

School of Allied Health Sciences names new associate dean

Robin Satterwhite, Ed.D., has been named the new associate dean for Education Outcomes and Technologies within the School of Allied Health Sciences.

The position helps sustain the quality and effectiveness of evolving educational technologies adopted to meet the distance education needs of the school, said School of Allied Health Sciences Dean Paul P. Brooke Jr., Ph.D.

Additionally, Satterwhite is chairman of the Department of Clinic Administration and Rehabilitation Counseling. This new department will meet the rapidly increasing demand for distance education programs offered by the School of Allied Health Sciences. These programs, including a Bachelor of Science in clinical services management, a Master of Science in clinical practice management, and a master's degree in Rehabilitation Counseling, have grown to represent a major academic product line within the school.

Satterwhite previously served as the regional dean for the School of Allied Health Sciences in the Permian Basin.

Annual Phonathon benefits needed scholarship fund

Since its inception in 1989, the annual Phonathon has raised more than \$1.4 million for the Student Endowed Scholarship Fund at Texas Tech University Health Sciences Center. The scholarship fund benefits students from all of the Health Sciences Center schools.

Because of the decrease in state support for higher education, contributions from the private sector are essential. Again this year, the Texas Tech University Call Center made calls to Health Sciences Center alumni for this campaign. Last year,



Robin Satterwhite, Ed.D.

as a result of using the Call Center, more money was given and/or pledged than in any year in the past. "Thank you" calls, however, will come from Health Sciences Center students, who ultimately receive the scholarships.

Last year, approximately 56 scholarships totaling \$38,000 were given to Health Sciences Center students from this campaign.

Rolfe to fill new associate vice president position

Rial D. Rolfe, Ph.D., has been selected as the new associate vice president for Academic Affairs for all campuses.

Rolfe has served as the founding dean for the Office of Faculty Affairs and Development in the School of Medicine since August 1998.

He is a professor and has been interim chairman and associate chairman in the Department of Microbiology and Immunology in the School of Medicine.

Rolfe joined the faculty in 1981.

"Dr. Rolfe's experience is extensive in these areas, and his many contributions to the Health Sciences Center over numerous years demonstrates his in-depth knowledge of this institution," said Executive Vice President for Academic Affairs Roderick Nairn, Ph.D. "He has a tremendous commitment to the students, faculty and academic programs of the Health Sciences Center."

Rolfe's position as associate vice president began Oct. 1.

Thomas E. Tenner, Jr., Ph.D., a professor in the Department of Pharmacology will serve as interim associate dean for Faculty Affairs and Development in the School of Medicine.



Rial D. Rolfe, Ph.D.

rounds

School of Nursing dean earns top honors from state association

The Texas Nurses Association named School of Nursing Dean Alexia Green, Ph.D., as its 2005 Nurse of the Year. Bestowed selectively, the award



Alexia Green, Ph.D.

recognizes a Texas nurse who has contributed significantly beyond their employment arena to the nursing profession.

Texas Tech University Health Sciences Center President M. Roy Wilson, M.D., M.S., noted Green's student-focused leadership in the School of Nursing, as well her leadership and advocacy statewide and nationwide.

Green served as TNA president from 1999-2001, helping to bring statewide focus to the depth, complexity and future ramifications of a then-newly identified nursing shortage. Her work in health policy has always been consistent, especially around the work force/nursing shortage. Currently she co-chairs the Nursing Workforce Data Advisory Committee, established in 2004 to help provide policy recommendations that assure an adequate nursing work force for the state of Texas.

She also is an alumna of the Robert Wood Johnson Executive Nurse Fellow Class of 2001, founding member of the Texas Nursing Education Policy Coalition, Texas Nursing Legislative Agency Policy Coalition, and the Texas Patient Safety Alliance. Her leadership in a community coalition resulted in a \$2.9 million grant from the U.S. Department of Labor to address the nursing shortage in West Texas. In addition, she has been recognized as a Distinguished Lecturer of Sigma Theta Tau International, a Great 100 Nursing Alumni of Texas Woman's University, and Teacher of the Year from the Texas Nursing Students' Association.

Cochlear implant team performs first surgery

The first cochlear implant surgery at Texas Tech University Health Sciences Center has been successfully performed by the team of Joehassin Cordero, M.D., assistant professor in the Department of Surgery, under the guidance of Ming Zhang, M.D., Ph.D., assistant professor in the departments of Speech, Language and Hearing Sciences and Surgery.

The first primary fitting was performed by audiologists Dwayne Paschall, Ph.D., also under the guidance of Zhang. Audiologist Steven Zupancic, Au.D., also participated in this first fitting. Both audiologists are in the Department of Speech, Language and Hearing Sciences. Fitting, or mapping, is a process in which timed and appropriate electrical currents are sent to the electrodes of the cochlear implant, located inside the cochlea of the inner ear. The electrodes provide a way for sounds to then be transmitted to the auditory nerve.

Zhang initiated formation of the cochlear implant program when he came to the Health Sciences Center in 2001. That year, the program implemented doctoral-level cochlear implant courses. In 2003, cochlear implant equipment was obtained, and then a fitting service was initiated in 2004. This year, the program was able to report research data and conduct the first successful implant and fitting.

"This is very rewarding work for us," said Zhang. "It indicates that the rehabilitation strategy we formulated is also successful."

Patterson to serve as president of Texas Pediatric Society

The Texas Pediatric Society has elected as its president Patti J. Paterson, M.D., M.P.H., vice president for the Office of Rural and Community Health at Texas Tech University Health Sciences Center. Patterson assumed the duties of president at the society's annual meeting Oct. 1. She will serve a one-year term.

The Texas Pediatric Society works to ensure all children have access to high quality medical care. Patterson said pediatricians work to assure that the most vulnerable children get appropriate health care - such as children in foster care and children with disabilities. The society includes 2,800 physicians, 600 medical students and is the largest chapter of the American Academy of Pediatrics.

Researchers awarded patent on artificial insemination device

Samuel Prien, Ph.D., associate professor in the Department of Obstetrics and Gynecology, and Dustie Johnson, Ph.D., a recent doctoral graduate in the Department of Animal and Food Sciences at Texas Tech University, have developed a device to improve the quality of semen used in fertility treatments.

A patent for the device, licensed with Embryonic Technologies, was issued in March by the U.S. Patent and Trademark Office. The patented technology encompasses the method of collecting sperm, as well as the container into which the sperm are collected.

Devices for use with cattle, horse and sheep are currently in production and being marketed worldwide. Designs of the semen devices for use with pigs and with humans are complete and should be ready for testing by Jan. 1, 2006.

A better quality of sperm cells will be beneficial for medical purposes, and improvements in artificial insemination will also reduce the need for couples to undergo the expensive process of in vitro fertilization, the next step when insemination doesn't work.



Samuel Prien, Ph.D.

rounds

Groundbreaking brings new name, expansion opportunities for International Pain Center

With more than 50 million Americans suffering from pain-related conditions, Texas Tech University Health Sciences Center and Gene and Carlene Messer are partnering to build a center that will work to find solutions for pain sufferers. The center renamed the Messer-Racz International Pain Center in honor of the Messers and Gabor B. Racz, M.D., a professor of anesthesiology and internationally recognized pain expert, is under construction on the Lubbock campus.

Groundbreaking was held June 13 for the 12,700-square-foot facility, designed for vertical expansion.



Texas Tech University Chancellor David R. Smith, M.D., Health Sciences Center President M. Roy Wilson, M.D., M.S., Gabor Racz, M.D., with Gene and Carlene Messer.

Included in the design are exam rooms, procedure rooms, nurse's stations, preceptor spaces, consultation space, clinical operations support spaces and staff offices. Under the direction of Racz, the Health Sciences Center's International Pain Center has grown to international prominence, attracting patients and visiting physicians from around the world.

Racz, chairman emeritus of the Department of Anesthesiology, said pain is one of the reasons medicine exists. "Our responsibility is to discover new methods of pain relief to improve medical care as a whole," he said. "My mission always has focused on quality of life for all patients. This center will allow us to continue to search for new research and treatment methods for pain."

Graduation honors

Graduation for all schools at Texas Tech University Health Sciences Center took place May 20 at the United Spirit Arena.

At graduation, each school recognized highest academic award recipients, along with special honors. Those receiving recognition were:

- Graduate School of Biomedical Sciences: Prasad Chimalakonda, Ph.D., Outstanding Graduate Student; Audra Day, Ph.D., Dean's Recognition Award
- School of Medicine: Lesley Crowley Motheral, M.D., Gold Headed Cane; Michelle Babb Tarbox, M.D., Dean's Highest Academic Achievement
- School of Nursing: Carl Austin Willeford Jr., M.S.N., Graduate Award for Excellence in Nursing; Rachel Cook-Norris, B.S.N., Undergraduate for Excellence in Nursing
- School of Allied Health Sciences: Rolando Ramirez, MAT, Dean's Award for Excellence, graduate; Logan Alise Horner, BSSLHS, Dean's Award for Excellence, undergraduate
- School of Pharmacy: Shawna Elizabeth King, Pharm.D., Bowl of Hygeia; Angela R. Wills, Highest GPA

School of Nursing faculty complete training as Sexual Assault Nurse Examiners

Four faculty members in the School of Nursing recently completed training as Sexual Assault Nurse Examiners; two of those have received certification. Carrie Edwards, R.N., M.S.N., and Patti Salazar, R.N., B.S.N., Karen Esquibel, R.N., M.S.N., and Ann Utterback, R.N., M.S.N., were among the first cohort to complete the program. Edwards and Salazar also received certification as examiners.

A Sexual Assault Nurse Examiner is a registered nurse who receives

additional training to provide comprehensive care to sexual assault victims in a timely and compassionate manner. The training includes conducting a complete forensic exam and preparing to be an expert witness.

Sexual Assault Nurse Examiners provide prompt and quality care to victims. The extensive documentation and evidence provided by these nurses increases the chance that law enforcement officials will find and persecute sexual predators.

Chris Scott-Johnson, R.N., B.S.N., a School of Nursing alumna, also completed the training.



Clarissa Villarreal, Erin Spangler, Melissa Smith and Susan Slinger are all smiles at the convocation ceremonies for the School of Allied Health Sciences held in May. They all received bachelor's degrees in Speech, Language and Hearing Sciences.

rounds

New research coalition aims to support projects that improve women's health

Physicians from Texas Tech University Health Sciences Center and the Lubbock community have developed a Women's Health Research Coalition to support women's health research. The goal of this new initiative is to transcend generational, cultural, ethnic and educational barriers to promote research and improve the quality of life for women.

Marsha Sharp, head coach of the Texas Tech University Lady Raiders, hosted a reception in October to introduce the coalition to the community. Daniel Hardy, Ph.D., associate professor of Cell Biology and Biochemistry at the Health Sciences Center served as the speaker.

Hardy's research on ACL, or anterior cruciate ligament, injuries in women is the first project the coalition will support. Already, Hardy's research has

made positive breakthroughs in women's bone-health issues, including osteoporosis. His study provided information beyond original expectations and more funding could provide for greater discovery.

Sharp said she supports the research and goals of the coalition because as a women's basketball coach, she has a vested interest in women with ACL injuries.

The coalition's primary focus will be to address women's health issues in the community and find the resources to help support this research.

Involved in the coalition are Lubbock physicians in private practice, research, multidisciplinary groups and academic settings. Melinda Garcia, M.D., orthopaedic surgeon at Covenant Medical Center, serves as president, and Mimi Zumwalt, M.D., assistant professor of orthopaedic surgery at the Health Sciences Center, serves as vice president.

The Board of Directors works as a voting board to identify beneficial research to the future of women's health.



Texas Tech Lady Raiders Head Coach Marsha Sharp, center front row, with members of the Women's Health Research Coalition. Back row, left to right, Lynn Bickley, M.D., Kelly Flood-Shaffer, M.D., Rebecca Raedeke, M.D., Cynthia Jumper, M.D., and Leigh Ann Jenkins, M.D., Cynthia Dunn, M.D.; front row, left to right, Chrissy Aronoff, M.D., Catherine Ronaghan, M.D., Melinda Garcia, M.D., and Barbara Pence, Ph.D. Not pictured, Mimi Zumwalt, M.D., and Priscilla Carter-Snodgrass, M.D.

Wright family gift helps establish Endowed Chair in Neuropsychiatry

The Texas Tech University Health Sciences Center received a gift in August from long-time West Texas supporters, the Bill and Corinne Wright family. The gift will help establish the Corinne Payne Wright Regents Endowed Chair in Alzheimer's disease.

The endowment, which aims to improve the cognitive disorders of late life, will be located within the School of Medicine's Department of Neuropsychiatry and Behavioral Sciences. The endowment is created through funds contributed by the Wright family along with a one-third match from the Health Sciences Center.

Corinne Payne Wright was diagnosed with Alzheimer's disease in 2001; she died Sept. 11, 2005. Paula Wright Key said her mother is a Texas Tech fan and supporter. "Our family wanted to honor

her and Dr. Randolph Schiffer," Key said. "When mother was too ill to bring in for her appointments, Dr. Schiffer personally paid a house call to her. He is a good friend and supporter of our family."

"The Wright family gives back to the community in many ways, with notable contributions in community leadership, business success, financial support for education, and academic endowments at

the Texas Tech University Health Sciences Center," Department of Neuropsychiatry and Behavioral Sciences Chair Randolph Schiffer said. "Their beliefs and core values stress service, spirituality and generosity to their employees. With the Wright family by our side, I don't see how we can fail to make a difference in the fight against Alzheimer's disease."



Steve Wright, Paula Wright Key, Health Sciences Center President M. Roy Wilson, M.D., M.S., and Department of Neuropsychiatry and Behavioral Sciences Chair Randolph Schiffer, M.D., Bill Wright and Brax Wright.

rounds



1. Nursing students Alyson Wilburn, Terran Johnson, Melissa Holman and Hannab Deal prepare items for the third annual Stork's Nest Baby Shower, hosted in July by nursing students in the maternal/child class. This year, students raised a more than \$15,000 in donated baby items and funds, an increase of \$2,764 over last year's total. Proceeds benefit the Stork's Nest, a community program designed to increase the number of women who receive early and regular prenatal care.



2. Texas Tech University Health Sciences Center sponsored the Lubbock Avalanche-Journal's A Time for Women Expo held Oct. 11. More than 2,000 people attended the expo, which featured the Health Sciences Center's Healthy Living Pavilion. Several schools and departments had information and activity booths, and health experts gave lectures on the Healthy Living Pavilion stage.



3. Patti Patterson, M.D., M.P.H., vice president for Rural and Community Health, and Kyle Hulme, a first-year resident in family practice, with Marie F. Hall at a dinner held in May honoring her long-standing support of the Health Sciences Center.

4. Giles and Louise McCrary of Post, Texas, seated, visit with Wanda Mitchell during a dinner given June 3 to honor the couple for their long-time support of Texas Tech University and Texas Tech University Health Sciences Center.

5. School of Medicine alumni Priscilla Carter-Snodgrass, M.D., and Brad Snodgrass, M.D., welcome incoming students. The couple hosts the annual Scrub Camp party each August at their home.

6. Medical students receiving their first set of scrubs include, from left, Ellen Lee, Helen Tang, Jobee Alvarade, Alan Coleman, Wilfried Foacley, Vinh Nguyen and Chris Ang.



rounds

School of Medicine dean leaves for position in Philadelphia

What started as a five-year stay turned into 16 years of service to the Texas Tech University Health Sciences Center and the West Texas community, culminated this summer when Richard V. Homan, M.D., resigned as vice president of clinical affairs and dean of the School of Medicine.

Homan left the Health Sciences Center in August to serve as senior vice president for Health Affairs and



Richard V. Homan, M.D.

Annenberg Dean of the College of Medicine at Drexel University in Philadelphia.

One of Homan's primary goals when appointed by then Health Sciences Center President

David R. Smith, M.D., now chancellor of the Texas Tech University System, was to help the underserved areas of West Texas by training primary and specialty care physicians.

Smith said Homan's accomplishments as dean and vice president reflect his character for improving health care.

"When I think of Rick Homan, I can easily say he is the finest human being I've ever met," Smith said. "Because of him, this Health Sciences Center and community are better, healthier places."

Homan was the residency director and then chairman of the Department of Family and Community Medicine before becoming dean of the School of Medicine.

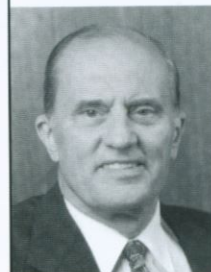
"I love this community and it has become home to me and my family. But we now have an opportunity to return back to my original home," he said. "One of the hardest things about leaving is the relationships I have developed with my patients."

Bryce McGregor, chief operating officer of the School of Medicine, said Homan has incredible knowledge of fiscal management and was instrumental in pulling the school out of a deficit.

"He is a believer in handshakes," McGregor said. "Dr. Homan greatly improved our relationship with the hospitals and worked with community leaders at all our campuses to provide the best quality care for our patients and enhance the educational mission of the school."

Homan added that the Health Sciences Center has outstanding and innovative people. "I am most proud of our faculty

who has worked so hard to meet the clinical needs and those who provided outstanding research.



Bernhard T. Mitemeyer, M.D.

The strength of the Health Sciences Center is the quality of people, including the students, who have such a dedication for caring, excellence and knowledge," he said.

Bernhard T. Mitemeyer, M.D., professor in the Department of Surgery, will serve as interim dean for the School of Medicine. Mitemeyer served as executive vice president and provost of the Health Sciences Center from 1986 to 1996. In 1996, the Health Sciences Center established the \$1 million Bernhard T. Mitemeyer Endowed Chair in Community Medicine in his honor.

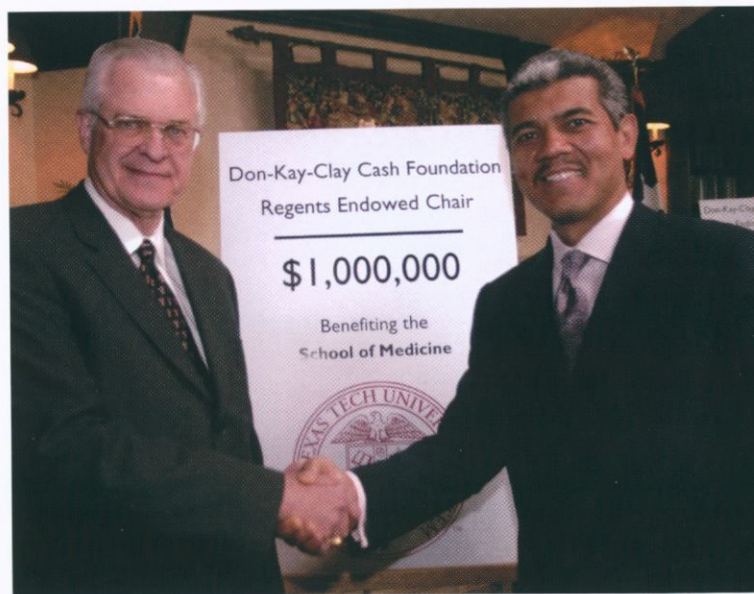
Health Sciences Center President M. Roy Wilson, M.D., M.S., said most will remember Homan as a compassionate physician fully dedicated to his patients. "He is an exceptional physician and friend. Dr. Homan will always have a home here at the Health Sciences Center."

— Suzanna Cisneros Martinez

Cash family establishes regents endowed chair

Texas Tech University Health Sciences Center received \$1 million last spring from the Don-Kay-Clay Cash Foundation to establish a regents endowed chair in Alzheimer's disease research in the Garrison Institute on Aging.

Executive Director of the Institute Paula Grammas, Ph.D. said donations such as this one by the Cash family are instrumental in recruiting nationally recognized researchers. The goal is to build a cadre of scientists and physicians to focus on the neurodegenerative diseases of late life, she said.



Don Cash with Health Sciences Center President M. Roy Wilson, M.D., M.S.

in memoriam



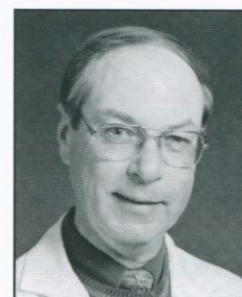
LUBBOCK — **Paul G. Meyer, M.D.**, died March 3, 2005, in Lubbock. Meyer was instrumental in designing and teaching the basic neuroscience course for medical students at the School of Medicine. He also served on the Texas State Board of Medical Examiners.



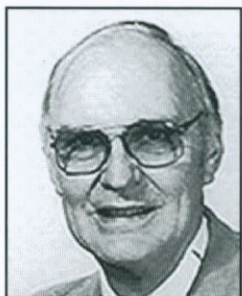
LUBBOCK — **Carol Ann Sweet** died April 20, 2005, in Lubbock. Sweet was a unit supervisor in the Cataloging Unit at the Preston Smith Library of the Health Sciences for 26 years. She was responsible for cataloging books for the libraries in Lubbock, Amarillo, El Paso and Odessa.



LUBBOCK - **Corinne Payne Wright**, died Sept. 11, 2005, in Lubbock. In August 2005, Wright's family helped established the Corinne Payne Wright Regents Endowed Chair in Alzheimer's Disease in the Department of Neuropsychiatry. Memorials in her honor may be made to the endowed chair.



EL PASO — **John D. Foley, M.D.**, died June 25, 2005, in El Paso. Foley joined the Health Sciences Center in 1995. He was associate professor of pediatrics and director of adolescent medicine.



ODESSA - **John Colloway Hundley, M.D.**, died Aug. 22, 2005, in Odessa. Hundley served from 1983-1986 as associate professor of family medicine at the Health Sciences Center in Odessa, where he helped start the family practice program.



LUBBOCK — **Mary Ann Lubno, R.N., M.S.N., B.S.N., Ph.D.**, died Sept. 15, 2005, in Chandler, Ariz. She was an assistant and associate dean and professor of the School of Nursing at the Health Sciences Center in Lubbock from 1984-1994. Memorials in her honor may be made to the Dr. Mary Ann Lubno Scholarship Endowment.



LUBBOCK - **Kayla Weitlauf, M.D.**, died Oct. 10, 2005, in Lubbock. She was a School of Medicine alumnae, graduating with the Class of 1989. Weitlauf participated in the Women's Health Research Coalition and the Medical Alumni Association. Memorials in her honor may be made to the Women's Health Research Coalition Endowment.

Gifts in memory of or in honor of are routed to the desired location of the donor through the TTUHSC Office of Institutional Advancement, 3601 4th Street, Stop 6238, Lubbock, Texas 79430.

Couple strives to fill therapy need in rural areas

You won't see the name Community Therapy Systems printed anywhere — not on business cards, entryways or shirts. That's because the business itself is a part of the facility it is contracted to, said owners Larry and Carissa Rossi (SOAHS '94, '93). The husband and wife team, who are graduates of the School of Allied Health Sciences' Physical Therapy program, live in Plainview where they operate the rehabilitation center out of Covenant Hospital.

The couple started their business in Seminole and Denver City in 1997 in an effort to ease the physical therapist shortage in rural areas and small towns. Larry, who earned his bachelor's degree in Medical Technology and a master's in Business Administration at West Texas State University, worked in hospital administration in Amarillo and Plainview for several years before becoming a physical therapist. As an assistant administrator, Larry spent much of his time frustrated by the cumbersome task of finding and keeping physical therapists in the small towns.

Discouraged by the situation, Larry decided to take action. He enrolled in the School of Allied Health Sciences, where he met his wife, Carissa.

Raised in rural communities, the couple said they knew what it was like to live and work in small towns. They established a goal to bring stability to rural rehabilitation programs, and that goal is one they have remarkably achieved in more places than one.

In 1999, the couple was asked by Covenant Hospital in Plainview to begin operating the rehabilitation center there. Accepting that offer, the couple packed

up and moved from their home in Seminole to Plainview, leaving two of their fellow physical therapy alumni to operate the rehabilitation center in Seminole.

Today, Community Therapy Systems operates in Seminole and Plainview at the local hospitals, as well as onsite at the Excel Meat Packing Plant in Plainview. The company has 13 licensed therapists on staff providing occupational and physical therapy services.

"In administration there are so many times when you go home at night wondering what good you have done," said Larry. "In physical therapy you make a difference in people's lives every day. You don't always fix them, but you do help them to be at their best."

"It's so rewarding to connect with the patients," said Carissa. The couple said they feel deeply rooted in the community, and it is a root system that continues to grow as they treat multiple generations. While Larry and Carissa say they are regularly approached by hospitals on the South Plains to expand into other communities, they are careful when considering expansion.

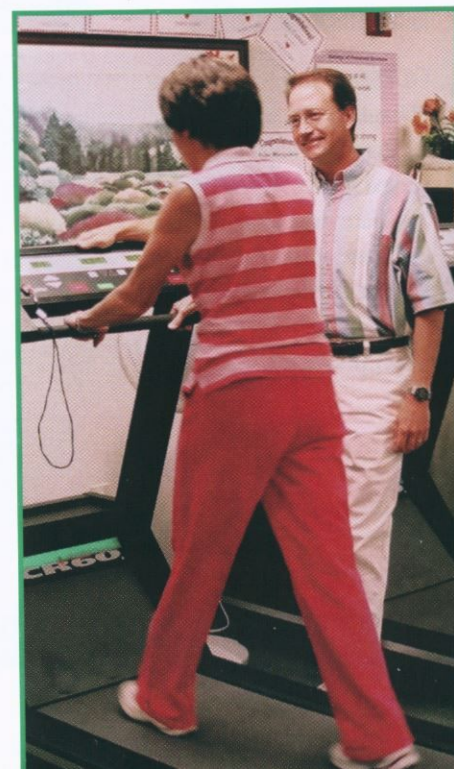
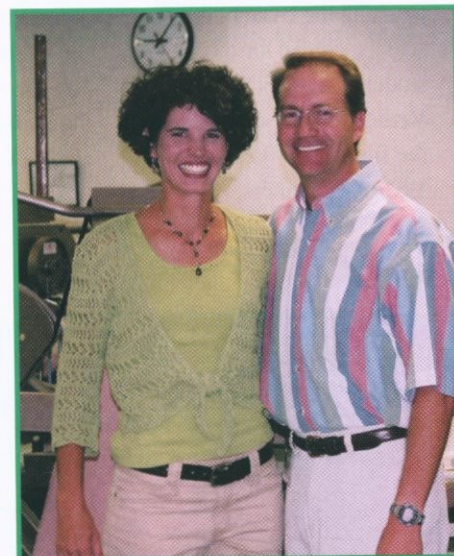
"We don't want to grow larger than we can manage. Our success depends on our therapists being a part of the community," said Larry. He and Carissa attribute a huge part of that to the Health Sciences Center. "The variety of campuses, some located in rural areas, provides us with graduates who are willing to live and work in small towns," Larry said.

He and Carissa said many of their volunteers are interested in physical therapy, and they encourage them to attend the Health Sciences Center. The couple stays in touch with those who choose to attend

school. That technique has led to the employment of several Health Sciences Center graduates who had previously been volunteers.

Larry and Carissa Rossi and their employees at Community Therapy Systems have touched many lives across the South Plains and they hope to continue to do so for years to come.

— Rebecca Hardin



(top) Larry Rossi, M.B.A., M.T., PT, and Carissa Rossi, PT

Larry Rossi works with a patient at Community Therapy Systems in Plainview.

SCHOOL OF NURSING ALUMNI

Warren provides continuity in care for residents of rural West Texas

Naomi Warren always wanted to be a nurse, but she never imagined having the type of relationships with patients that would result in gifts of jelly and vegetables.

Warren has been a nurse practitioner at the Winkler County Rural Health Clinic since she graduated from the School of Nursing's Nurse Practitioner Program in 1996.

For five of those nine years, she was a sole provider in the clinic. Because Winkler County is considered a health care shortage area, the county usually contracts doctors who are required to work in a shortage area for three years as part of their visa. Therefore, Warren said providing continuity of care can be difficult.

Continuity is what Warren feels she brings to the picture.

"Rural health is so unique; it is the reason for the nurse practitioner role," said Warren. The practice in Winkler County is busy year-round serving the citizens of Kermit and Wink, Texas, and Jal, N.M. Warren said she sees acute and chronic patients in all age ranges. The clinic staff also provides primary care including well-child exams, immunizations, general physicals and women's health care. Warren said the clinic staff also makes home visits to several homebound multiple sclerosis patients.

"The patients know us, and we know them," she said. Warren says she doesn't have to take a health and social history on many patients, she knows their medical backgrounds as well as their happiness and heartaches, and they know that she will listen to them.

That is the focal point of the clinic, health teaching and therapeutic listening, Warren said.

"We focus on the whole person, helping each to achieve and maintain his or her physical and mental health," she said.

Warren obtained her associate's degree in nursing from Arkansas State



Naomi Warren, R.N., M.S.N., C.S., F.N.P., often times is the sole health care provider in the rural clinic where she works.

University in Jonesboro, Ark. While attending school, she spent a summer working in a clinic with missionaries in Guatemala. As a rule, Warren always worked full time while pursuing higher education at night and on weekends. She obtained her bachelor's degree from the University of Texas at Arlington and then continued on at Texas Women's University to obtain her master's degree. Upon receiving her master's, Warren then obtained a joint appointment with the Baylor School of Nursing as a lecturer while working in the Nursing Education Department at Baylor University Medical Center.

In 1992, Warren moved from Dallas to Jal, N.M., where she traveled each day to Odessa College to teach. She soon realized however that while she had adapted well to the rural area her personal needs were not being met. Odessa required traveling three hours each day from home and with three children at home, Warren realized it would not work out.

Instead, she decided to enroll in the School of Nursing's Nurse Practitioner Program in Lubbock, where she found the perfect solution for her situation.

"I loved the rural area, and the nurse practitioner program allowed me to contribute to rural health care, as well as, providing me with professional, personal and financial benefits. The program schedule allowed me to continue to teach, while furthering my education."

In September, Warren was recognized as the School of Nursing's 2005 Distinguished Alumni for Excellence in Clinical Care.

— Rebecca Hardin

Alumnus expresses gratitude for education

TTUHSC SON Professors & Staff,

I am a proud graduate of the Texas Tech University School of Nursing May 2001 class. At the time of my graduation, I did not fully comprehend the impact my education would have on my life and the lives of my patients. I want all of the Texas Tech SON professors to know that your excellence has inspired and motivated me to get where I am today. I am currently the Director of Nursing for the Medical and Cardiac Intensive Care units at University Medical Center here in Lubbock. I know that my success, in the nursing profession, is directly related to the phenomenal education that I received at the Texas Tech SON. You all have my utmost appreciation and respect. I do hope that this email will serve as a small motivation to continue with the endeavor everyone of you have chosen.

Sincerely,
John Parsons R.N., B.S.N.
Director of Nursing
Medical and Cardiac
Intensive Care Units
Submitted via email

GRADUATE SCHOOL OF BIOMEDICAL SCIENCES ALUMNI

Gervitz credits education at HSC for successful career

Most former Texas Tech University students have no problem choosing sides between Tech's Red Raiders and the University of Texas Longhorns, but for Leon Gervitz, Ph.D., M.B.A., ('03) the decision is a bit tougher.

Gervitz began his college career at the University of Texas in Austin. In 1996, he graduated with honors and received Bachelor of Science degrees in biology and zoology. He went to work for Micro-Bac International in Austin as a laboratory technician before being recommended to a lab at the Texas Tech University Health Sciences Center, where he decided to pursue his graduate education.

"I knew that I wanted to work in industry, and Tech afforded me that possibility with the graduate program and the business school," Gervitz said.

While at the Health Sciences Center, Gervitz served as a medical technician, research assistant and later postdoctoral research associate in the Department of Physiology. In 2002, he received a Doctorate in Physiology having completed his work in the laboratory of John Fowler, Ph.D. As a student, he served as an officer each year for the Graduate Student Association and president of the council twice. In 2003, he earned his Master's of Business Administration from Texas Tech University with a concentration in Health Organizational Management.

Gervitz taught classes at the Health Sciences Center in the schools of Medicine, Nursing and the Graduate School of Biomedical Sciences; he also taught in the Honors College of Biomedical Sciences at Tech.

Today, Gervitz works as a senior medical science liaison for Procter and Gamble Pharmaceuticals. He is part of a team that provides scientific information and educational resources to scientific



Leon Gervitz, Ph.D., M.B.A.

thought leaders. This exchange of scientific information encompasses both disease management information and pharmaceutical information, which can lead to extended research on specific therapeutic topics. Currently, Gervitz divides his time between two therapeutic categories: osteoporosis and inflammatory bowel disease. He works with clinicians to coordinate research projects and clinical trials, and he also supports the technical development of sales personnel with perspective on product initiatives and technical product knowledge.

Throughout his career, many organizations have recognized Gervitz's dedication to his work. In 2001, the Society for Neuroscience presented him the Eli Lilly Award: Abstract of Scientific Merit. At Procter and Gamble, he has received multiple awards for leadership qualities.

Despite the distance from Lubbock to Minnesota, Gervitz remains tied to the Health Sciences Center. Barbara Pence, Ph.D. recently applied for a Howard Hughes Medical Institute grant to develop a clinical, patient-oriented research track within the doctoral

programs in biomedical sciences. If the grant is funded, Gervitz will serve on the external advisory board. Gervitz also continues to share close ties with some of his former instructors, namely Lorenz Lutherer, M.D., Ph.D. "Lori and I talk at least once a month, and he's always been a great mentor and confidant," Gervitz said.

On a more personal level, Gervitz is married and has two daughters, ages 4 and 6. Those that remember Gervitz may not recognize him today. Since leaving Lubbock, he has lost 100 pounds.

So, Red Raider fan or Longhorn fan?

Although Gervitz still cheers for the Longhorns, he said that he owes much of his success to the Health Sciences Center. "I received an absolutely top quality education from the Department of Physiology," he said. "I left Texas Tech extremely prepared to do what I do."

— Lindsay Davis

Alumnus tapped for award from Mercer University School of Medicine

Henry E. Young, Ph.D., ('83), was presented the Arnold P. Gold Foundation Faculty Humanism in Medicine Award from Mercer University School of Medicine during commencement May 7 in Macon, Ga. He was the first non-physician to receive the award.

Young was chosen by the Class of 2005 for his empathetic, sensitive and respectful behavior in providing patient care. Young joined the medical school faculty at Mercer in 1988 and has held various positions since. He is an internationally recognized authority in the field of adult stem cells.

Metting's breaks stereotype of traditional pharmacist's career

Many people typically think of pharmacy school graduates as being the man or woman working the counter at the corner drugstore or the person from whom they pick up prescriptions while shopping for groceries.

Those people never met Traci Metting, Pharm.D.

Since graduating from the School of Pharmacy in 2000, Metting has completed a pharmacy practice residency at St. Luke's Episcopal Hospital in Houston, a specialized residency in primary care at Parkland Health and Hospital System in Dallas and served as a clinical manager for the pharmacy department at the Medical Center of Mesquite.

She is presently the director of clinical pharmacy in pharmacy consulting for Broadlane, a group purchasing organization whose purpose is to help its member hospitals, clinics and physicians' offices join together to gain lower pricing on pharmaceuticals and other consumables used by health care organizations.

"I consult with our members to help them develop clinical pharmacy programs that optimize their contracts on medications and improve utilization of medications," Metting said, adding that her role with Broadlane gives her the chance to travel about five days each month.

"I try to make time in every city to go out and experience a little that the city has to offer. In January of this year I was blessed with the opportunity to work on a project in the United Kingdom, so I spent most of the month living in Birmingham, England. On the weekend I was able to visit wonderful places in



Traci Metting, Pharm.D.

England, including London. I even had the opportunity to spend a weekend in Paris."

Despite the fact she is only five years into her career, Metting has made an impression on her peers. She has received the Clinical Excellence Award from Health Management Associates and was named in 2003 as Distinguished Alumni Award winner for the School of Pharmacy.

In addition, Metting has served as a Texas House delegate to the American Society of Health-System Pharmacists and is a preceptor for three of the four Texas pharmacy schools. She has also remained active in the Texas Society of Health-System Pharmacists. Metting received the organization's 2005 New Pharmacist Award and was elected in April as to serve as its president for 2005-2006.

"I became involved with the society as a student," Metting said. "As a member of the first class at the School of Pharmacy, we were charged with chartering all of the

organizations. I was active in the society's student chapter, and when I went on to do my residency I stayed active in the society, moving through different positions on the board."

She credits the School of Pharmacy faculty with encouraging her involvement in student organizations because they showed her the benefits that can come from being a member.

"I think that professional organizations are the gateway into the heart of the profession," Metting said. "The organizations help to shape policy in the state and on the federal level with regard to the practice of the profession. They also represent the face of the organization to the general public. The people who lead the organizations have a vision of where the profession needs to be in the future, and they help to drive the profession to this goal."

On the rare occasions when she gets time to herself, Metting says she likes reading suspense and mystery novels and watching movies. But her favorite way to relieve stress is gardening.

"There is something very therapeutic about pulling weeds and chopping at the hedges. You can see completion and beauty almost immediately. After just a few hours you can transform a flower bed from a weedy mess into a beautiful, colorful reflection of the season."

— *Mark Hendricks*

Medical training prepares alumnae for mission field

Ellen Little, M.D., ('97) can explain with one word the challenges she faces in delivering health care: poverty. In Kampala, Uganda, where she practices medicine in a small clinic adjacent to the church building, the lack of resources is the reason for most illnesses.

Poor nutrition means a lot of people are sicker than they would be with the same diseases in the United States. AIDS is among one of the greatest culprits as it leaves families with too many elderly relatives and young children and no breadwinners. The citizens there also have very little access to medications to treat HIV or other medicines that would alleviate some of the illnesses and diseases.

But, Little said there is no place she would rather be. "My faith is the most important thing in my life, and working as a medical missionary gives me a chance to integrate that with the joy I get from practicing medicine," Little said.

The Abilene, Texas, native moved in 2001 to Kampala, the capital city of Uganda, to serve as a medical missionary — a career choice she made before graduating from high school. When she was about 17, Little said she took a missions anthropology course at Abilene Christian University, just a week after graduating from Abilene High School, and never looked back. During medical school, she did clinical rotations on the Whiteriver Apache Reservation and in Nigeria, arranged with the help of Richard Homan, M.D., then professor in the Department of Family and Community Medicine.

"Texas Tech (University Health Sciences Center) was my first choice, as I interviewed with medical schools," Little said. "I liked the smaller class size and the emphasis placed on primary care, and even during interviews the faculty was able to point out ways that Tech could help me achieve my goals. Many of the

other places I interviewed were not really interested in helping me with the career path I had chosen."

Unaware of its future importance, Little said, she also completed a summer preceptorship at the Health Sciences Center School of Medicine at El Paso.

"On an almost daily basis, I draw from that training as I try to connect with people whose cultural beliefs are so different from mine," she said. "Many people here are pretty skeptical about what we readily accept such as viruses causing diseases. I work with more than a dozen different language groups, mostly through translators, and each one has their own beliefs about health-related topics such as measles, malaria and childbirth. So, I spend a lot of time trying to build rapport, and then the people are more willing to take my advice and use the treatments I suggest."

The people repay her with their smiles, free meals in their homes, sacks of mangos and occasionally live poultry.

"Actually I kind of like it," she said. "I love having the chance to see patients anywhere, but it is particularly gratifying to

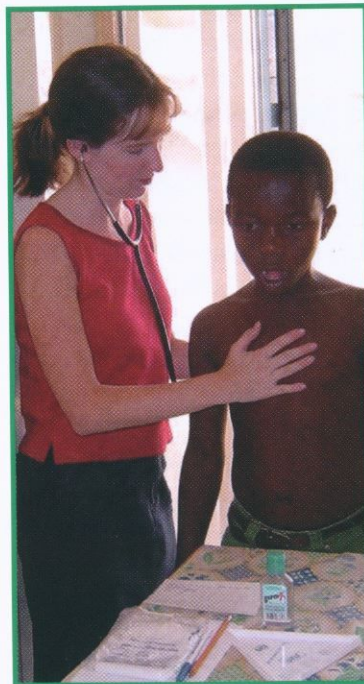
be able to take care of patients who would otherwise have no medical care at all."

In addition to seeing patients in her clinic, Little makes home visits and travels to remote villages and nearby cities such as Rwanda, Kenya and Sudan to host medical clinics. She also teaches health classes, and trains pre-med and medical students who do rotations with her. Little serves as host to visitors of many different nationalities, answers medical questions for other missionaries and teaches occasionally at Makerere University, which has a student population of about 30,000.

Little was a pediatric resident when Patti J. Patterson, M.D., M.P.H., vice president of Rural and Community Health, came to the Health Sciences Center. Patterson said she got to know Little as an instructor before she went to the mission field.

"Ellen has an incredible sense of peace and purpose about her that comes from her deep and active faith," Patterson said. "To me, Ellen has the most courage of anyone I have ever met. She will tell you that she is doing exactly what she was put on earth to do."

— Danette Baker



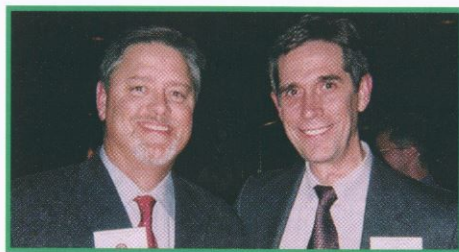
Ellen Little, M.D., uses her medical training in education and patient care as a medical missionary in Uganda.

Alumni host annual receptions in Dallas-Fort Worth, Houston for future medical students

On Oct. 24, alumni hosted the sixth-annual reception for Dallas-Fort Worth Metroplex applicants to the School of Medicine at the Four Seasons Resort and Club in Dallas. Bernhard T. Mitemeyer, M.D. and Bernell Dalley, Ph.D., associate dean, Admissions and Student Affairs, and several practicing physician alumni from the Dallas-Fort Worth area were there to field questions and offer information about the School of Medicine and the admissions process. Approximately 130 people attended the event. The Metroplex-area alumni who co-sponsored the event were Drs. Fred Bishop, Todd K. Cowan, E.J. De La Torre, Craig L. Dearden, Tom Fogarty, Sue Hilton, Richard Johnston, Peter J. Rappa, Michael R. Whetstone, Terry L. Wilkinson and Timothy N. Zoys.

A second reception was held Nov. 1 at the Briar Club in Houston for approximately

120 Houston-area applicants to the School of Medicine to meet and visit with Interim Dean Bernhard T. Mitemeyer M.D., and Herbert Janssen, Ph.D., associate professor for research, and several practicing physician alumni from the Houston area. This was the seventh year for the reception. Houston-area alumni who co-sponsored this event were Drs. Fred Aguilar, Paul E. Bing, Kelly McCullough, Philip M. Brown, Edythe P. Harvey, Marque A. Hunter, Anthony Lucci, Randall E. and Helen Rhodes Morris, Louis H. Roddy, Nick Holdeman, Gregory Stocks, Sarah Farah, Johnnie Frazier, and Lisa D. Santos.



Rick Whetstone, M.D., left, and Terry Wilkinson, M.D., were among those hosting the Dallas-Fort Worth reception.

Aguilar noted for reconstructive ear surgery

School of Medicine alum E. Fred Aguilar, M.D., of the Ermosa Centre for Plastic Reconstructive and Aesthetic Surgery in Houston graduated in 1979 and completed his residency at the University of Texas Medical School in Houston. He is board certified by the American Board of Plastic Surgery, the American Board of Otolaryngology, and the American Board of Facial Plastic Surgery.

Aguilar performs many types of reconstructive procedures. Of particular interest is his reconstructive ear surgery. Aguilar does two types of ear surgery to correct microtia, a congenital ear deformity that can cause devastating physical and psychological trauma in children.

Through a series of surgical procedures, including ear reconstruction, and with minor complications, the child ends up with a reasonable facsimile of an ear.

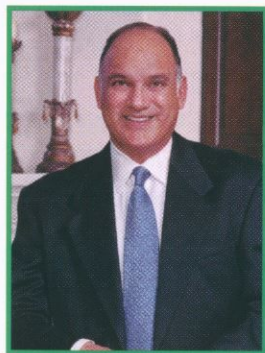
He has patients who travel from as far away as Russia and Germany. In addition, he

also travels to Honduras, Ecuador, Brazil and Mexico to provide reconstructive surgery for children.

Since 1986, Aguilar has performed approximately 500 of these surgical ear procedures and completed 400 ears. In 1992, Aguilar received the Jefferson Award for his outstanding service to his community and his volunteer work for children.

Aguilar recently received national attention for his work on the TV show "Extreme Makeover."

"Nothing is more memorable than the face of satisfied patients who have had surgery and feel that the changes have turned their lives around," he said.



E. Fred Aguilar, M.D.

— Judith Tiner

Class Notes

Paul Salva ('88) was a co-author of "The Bronchial Lavage of Pediatric Patients with Asthma Contains Infectious Chlamydia," which published in May in the American Journal of Respiratory and Critical Care Medicine, a publication of the American Thoracic Society.

Nicky R. Holdeman ('87) associate dean for Clinical Education at the University of Houston, had the second edition of his text, "Ocular Therapeutics Handbook: A Clinical Manual" released in May by publishers Lippincott, Williams and Wilkins.

Michele Lehr Neblock ('96) was named Physician of the Year by the Belleville News-Democrat Reader's Choice Poll for Southern Illinois. She is a member of a three-physician family practice in O'Fallon, Ill., just outside of the St. Louis area, where she lives with her husband, Carl, and their son, Eric. She would love to hear from other graduates in the area or from her class.

Marla Neiman, M.D., ('83) passed away this summer. The last known address for her was in St. Petersburg, Fla.

Christopher Smith, M.D., ('94) an orthopaedic surgeon with the Lone Star Bone & Joint Clinic in Houston, recently took part in a mission project in Trinidad with the Operation Rainbow, a not-for-profit organization that performs corrective surgery on crippled children. During the visit, the surgeons worked approximately 13-hour days, screened more than 120 children and performed 34 surgeries.

Douglas G. Cummins, M.D., ('94) has been inducted as a Fellow of the American College of Surgeons. The 64,000-member society, recognized as one of the premier societies in the world, is active in scientific, legislative and professional issues facing the surgical profession. He is a staff physician at Covenant Hospital in Plainview and also has an office at the Plainview Rural Health Clinic. He and his wife, Christine, have two daughters, ages 11 and 8.

Report on Giving

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Fleeing the floods

Health Sciences Center faculty, staff and students provide support to Hurricane Katrina evacuees

In the days after hurricanes Katrina and Rita, Texas Tech University Health Sciences Center communities in Lubbock, El Paso and Amarillo opened their hearts to evacuees. With help from Health Sciences Center faculty, staff and students, more than 1,000 evacuees received help and support.

The Office of Rural and Community Health in Lubbock served as the liaison between the city and relief organizations to coordinate medical care and other services at the Reese Technology Center. The center served as a Red Cross Shelter for approximately 430 evacuees. The Department of Family and Community Medicine provided physicians, and the School of Nursing provided around-the-clock care. The School of Pharmacy staffed a temporary pharmacy, and the School of Allied Health Sciences provided support staff. The Department of Ophthalmology provided eye exams to the evacuees and assisted in acquiring corrective lenses for those who needed them.

In El Paso, physicians from the Health Sciences Center helped staff the Office of Emergency Management. Physician assistants and residents either worked or were on call for the first 48 hours after the arrival of the evacuees, and the Ophthalmology Clinic provided eye check-ups for those needing corrective lenses.

Amarillo Health Sciences Center faculty and staff were vital in giving medical attention to the 127 evacuees in that city. The School of Medicine operated an on-site medical clinic, and residents, nurses and other staff members volunteered around the clock. The Department of Pediatrics provided care for most of the children, and the School of Pharmacy set up an on-site pharmacy, also staffed by faculty and students. Clinics from the schools of Medicine and Pharmacy also provided medical supplies.

At the Health Sciences Center in Dallas, faculty with the School of Pharmacy served as first responders at the Dallas Veterans Administration Medical Center.

Hurricane Rita forced more people to evacuate, and these displaced victims also found relief in Lubbock. The Department of Family and Community Medicine provided medical care to the evacuees in coordination with city officials.

The Health Sciences Center also opened its doors to transfer students from Louisiana universities affected by the hurricane and to a Louisiana physician and his family. Donald Faust, M.D., joined the Department of Orthopedic Surgery and Rehabilitation as an associate professor in September. He previously worked in private practice in New Orleans.

Last summer, Jonathan Nathan graduated from Texas Tech with a Masters in Business Administration. Three and a half weeks before the hurricane hit, he moved to New Orleans to begin graduate school at Tulane University. "I was very out of touch with reality because I was spending so much time studying," Nathan said. "The next thing I knew, people were boarding up their windows."

Nathan is now studying pharmacology in the Graduate School of Biomedical Sciences at the Health Sciences Center in Lubbock, and he said the institution has been very helpful in accommodating his needs.

To date, the Graduate School of Biomedical Sciences has accepted three transfer students, and the School of Pharmacy in Amarillo has accepted two students.



Anne Fossum, a senior in the School of Nursing, helps sort through supplies.

Pictured in the top photo with nursing students and other volunteers are Rural and Community Medicine Vice President Patti Patterson, M.D., Family and Community Medicine Department Chair Mike Ragain, M.D., and School of Nursing Dean Alexia Green, Ph.D.

—Lindsay Davis

■ By Shirley L. Garrison

Gray Matters

It was 1991. Mildred and I were preparing to celebrate our 50th wedding anniversary. She was cognizant, quite sociable and always took care of things. But I remember noticing a change. She struggled to help with the invitations. It was hard for her. I knew something was wrong.

We took her to what would be a first of many exams. Mildred was diagnosed as having dementia. It was the beginning of our long road with what we now know is Alzheimer's disease.

At the time, it was very frightening. Mildred had a history of the disease in her family. Her daddy died in 1950 from Alzheimer's disease. At the time the family did not know what it was until many years later it became evident. Her sister also had Alzheimer's and died about eight years after her diagnosis. And now Mildred started showing signs of this cruel disease.

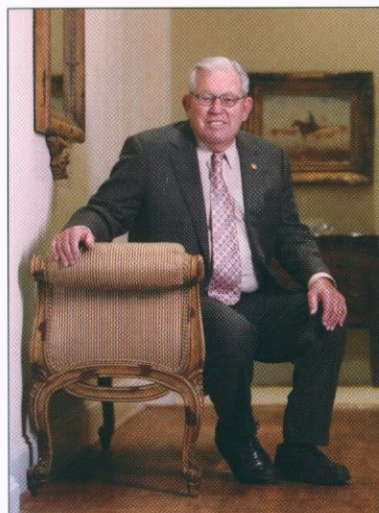
Life has changed for our family since Mildred moved into the middle stages of Alzheimer's.

After meeting in a church youth group in 1939, we dated until marrying in 1941. We moved to Idalou in 1948 and began a farming career. From there, our family's legacy began with the purchase of land and other partnerships in ranching, cattle feeding and banking. All these years Mildred was the loyal supporter, maintaining the status of mother to our three children, and homemaker — a true partner in all of our life's endeavors.

Now Mildred is a resident of the Mildred and Shirley L. Garrison Geriatric Education and Care Center, a member of the Sears Methodist Retirement System, Inc. I was Mildred's primary caretaker in the beginning stages of her illness. But as many families and friends of people who suffer from the disease know too well, the job requires assistance from professional caregivers, especially when the person is into the advanced stages of Alzheimer's disease.

Currently one in 10 people older than age 65 and nearly half older than age 85 are affected by Alzheimer's disease. By 2050, the number of people with Alzheimer's could be as high as 16 million in the United States.

In keeping with our lifetime of partnership, the Garrison family has dedicated our resources to finding



answers for not only our family but for the millions affected by aging diseases. You could call them gray matters. Everyone knows someone who has a loved one with Alzheimer's. Our hope is deterring the disease or hopefully finding a cure one day. The key is to make these efforts collaborative with all contributors whether it is researchers, legislators, health care professionals or even a family member who has a loved one with Alzheimer's.

Today we are fortunate to be living at a time when medications can help manage the symptoms of Alzheimer's disease. These medicines are most effective in the earliest stages of the disease. One of the most exciting projects I have the good fortune to be a part of is the development of an early differential memory screening tool. One day I hope that this tool, GrayMatters™, will be in every physician's office and part of every person over the age of 55's annual exam.

The Garrison Institute on Aging is targeting many of these issues, primarily the early detection of Alzheimer's disease and dementia. The Texas Tech University Health Sciences Center is in a unique situation that it is collaborating with the Sears Methodist family as well as Texas Tech University.

Recently I was nominated by U.S. Congressman Randy Neugebauer to attend the White House Conference on Aging. Many Health Science Center experts also were nominated. The aging issues are countless and the input given will help set the agenda for the next legislation for seniors for the next ten years. We must continue our push to target Alzheimer's and age related diseases. The more we question and research, the more we will find answers. After all, — gray matters.

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Experts named to White House Conference on Aging



Arredondo

Garrison

Johnston

Provost

Three Texas Tech University Health Sciences Center experts and one of its aging initiative's strongest advocates have been selected to the 2005 White House Conference on Aging.

Rodolfo Arredondo Jr., Ed.D., professor of the Department of Neuropsychiatry and director of the Southwest Institute for Addictive Diseases, to the Conference's Advisory Committee. He was named to the committee by President George W. Bush.

Attending the conference as delegates representing the state of Texas will be **Glen Provost**, chief planning and program development officer, and **Shirley L. Garrison**, a community advocate and supporter

of the Health Sciences Center's aging initiative. The delegates were named to the conference by U.S. Sen. Kay Bailey Hutchison and U.S. Rep. Randy Neugebauer, respectively. Additionally **Barbara Johnston, Ph.D.**, associate academic dean for the School of Nursing, will serve as an alternate delegate. She was appointed by U.S. Sen. John Cornyn.

The 2005 White House Conference on Aging, scheduled to meet Dec. 11-14 in Washington, D.C., is mandated by the Older Americans Act to outline recommendations for the President and Congress that will shape aging policies for the next decade and beyond.