



CHBS Canopy

Inclusive Excellence

Volume 2 | Issue 15 – April 29, 2024

The CHBS Canopy is our college's newsletter that highlights inclusive excellence efforts within the college, provides insights into issues of inclusion and diversity, and shares learning opportunities on campus and in the region.

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CHBS Highlights

Congratulations to CHBS members on the JMU Libraries' Faculty Advisory Board

Beginning in Fall 2024 the JMU Libraries' Faculty Advisory Board will meet four times per year to provide input and feedback on JMU Libraries services, resources, and programs to help ensure they remain aligned with the evolving needs of the faculty and our campus community. Congratulations to our CHBS members:

Dr. Lori Gano-Overway, CHBS (Kinesiology)

- Dr. Gano-Overway has served on the CHBS IE Council for several years and co-chaired the CHBS IE Curriculum Task Force with Dr. Modjadji Choshi (SON). The Task Force created and presented on Equity Tools for evaluating curriculum courses for inclusion that are available. Dr. Gano-Overway has fostered positive relationships with JMU Librarians Elaine Kaye and Nicole Wilson, who delivered an evidenced-based presentation on belonging to their unit and as a CHBS PLC session.



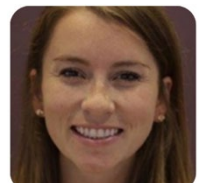
Dr. Raihan Khan, CHBS (Health Sciences)

- Dr. Raihan Khan has served this year as a CHBS LEAD Fellow and will complete the year-long process on May 2nd. He has attended several of CHBS Research sessions this year.



Dr. Molly Bowman, CHBS (IIHHS)

- Dr. Molly Bowman serves as a Licensed Clinical Psychologist in the Child Development Clinic as part of IIHHS and is an alum of the CHBS Graduate Psychology unit.



May is

NATIONAL FOSTER CARE MONTH

NATIONAL **SPEECH-LANGUAGE-HEARING** MONTH

Inclusive Excellence within the Kinesiology Department

By: Lori Gano-Overway

Note: Units were asked to share some of their experiences this year.

One of the goals of the Kinesiology Department Inclusive Excellence plan is to develop professionals committed to engaging with diverse communities in ways that help all individuals reach their full potential. While many learning moments are taking place in KIN classrooms, a key way we support future professionals in our department is by providing programming for students to be mentored in working with and learning from diverse communities. Here are some highlights:

- Physical and Health Education Teacher Education (PHETE) students enrolled in KIN 309 took part in a disability sport focused community engagement partnership with three Harrisonburg City Public Schools. The engagement project, funded by a CHBS teaching grant, brought Parasport Education to the K-5 students at Stone Spring, Keister, and Bluestone Elementary Schools, connecting access, inclusion, and social health principles. The partnership reached over 650 HCPS students and provided hands-on practice to fifteen PHETE students who provided three full days of events embedded into the physical education curriculum.
- Students in the coaching education minor along with PHETE students and KIN 100 students participated in the [Paralympic Skill Lab](#) in the Fall.
- The [Morrison Bruce Center](#) (MBC) is dedicated to enhancing the well-being of girls and women through the promotion of an active and healthy lifestyle. This endeavor is achieved by engaging students and faculty in impact-driven scholarly pursuits and outreach programming. Students are encouraged to volunteer or complete internships associated with various programs offered throughout the year. Some of these programs include:



- **Healthy Kids** (partnered with JMU's Young Children's Program [YCP] preschool) - Healthy Kids is a weekly program that teaches children, ages 3 to 4, basic nutrition concepts (e.g., "Fruits are Good for our Hearts", "Protein Builds Strong Muscles", and "Healthy Snacks Keep Us Full") and provides developmental opportunities in many fundamental motor skills (e.g., running, hopping, sliding, kicking) through age-appropriate, fun, and engaging activities.
- **EmpowHER** - EmpowHER is an event series that aims to provide resistance training programming designed for JMU women (students, faculty, and staff) and the opportunity to experience the weight room in a comfortable, educational, and open setting. The goal of EmpowHER is to provide relevant knowledge and tools needed to develop confidence in incorporating weight training into your own training plan.
- **Virginia Preschool Initiative Partnership** – VPI's collaboration with the MBC allowed us to gain access to this new preschool population for our events, with the goal of reducing disparities in access and understanding of the importance of physical activity in younger children. Family engagement and health education are two of the most important aims of VPI collaborative events, which educate and encourage preschoolers and their families to engage daily in a healthy and active lifestyle. Our program blends nicely with this mission as Families in Motion includes fun games and stations that engage our participants in active health and wellness lessons. To complement this experience, a handout focusing on a lesson and additional activity for each game is sent home with participants to support families' continued activity in their own homes!

- **Girls Have H.E.A.R.T.** - Girls Have H.E.A.R.T. is a 10-week running program that aims to help 3rd through 5th grade girls develop healthy habits through non-competitive running and informative nutrition lessons. The main goal of Girls Have H.E.A.R.T. is to teach the importance of building a healthy lifestyle through fun and interactive activity and to enhance the self-esteem and self-worth of our participants.
- **Older Women’s Wellness for Life (O.W.W.L.)** - Older Women's Wellness for Life (OWWL; a program that evolved from our Alumni Health and Wellness Program) is a one-day event designed for women ages 55 and older to invest in themselves. The day's schedule includes health and fitness assessments along with the creation of a personalized physical activity/exercise plan. Participants will also attend workshops on topics related to nutrition, motivation, and the importance of physical activity for women's health.
- **Gus Bus Partnership** - The Gus Bus is a program housed through the College of Health and Behavioral Studies at James Madison University. This semester, the Morrison Bruce Center partnered with the Gus Bus initiative! The MBC staff incorporated outer space-themed games to teach children of all ages about nutrition and physical activity.
- [Empowerment3 Center for Physical Activity and Wellness for the Underserved](#) offers a variety of weekly physical activity or nutritional interventions (12-15 each semester) to improve the physical and emotional health behaviors of participants and improve the attitudes and self-efficacy of future professionals involved in the program. Programs include:
 - **Overcoming Barriers** - Weekly physical activity and nutrition mentorship program that includes fitness for all, Kidnastics, Challenger Baseball, and the Dinner Club for individuals of any age with any disability.
 - **OrthoAbility** - A program for children and adults with physical disabilities to receive weekly mentorship along with activity packets and a calendar or at-home activities.
 - **Thrive Cerebral Palsy** - Thrive provides connected wellness, individualized fitness and wellness and small group classes for individuals with cerebral palsy.



The 2023 research findings demonstrated 28% improvements in upper and lower body strength, 55% reduction in depression, 21% improvement in cardiorespiratory endurance, and 78% reduction in ER visits among program participants. Additionally, 98% of participants indicated an improvement in quality of life, 96% indicated an increase in health literacy, and 65% increased their utilization of preventative healthcare. Further benefits were found for the mentors and instructors with 98% reporting a significant improvement in their attitude towards persons with disabilities, English language learners, and older adults as well as 94% reporting a significant improvement in their self-efficacy to meet the needs of persons with disabilities, English language learners, and older adults during community-based physical activity programming.

Joy Toth, one of the MBC staff, stated the following about her time working with Healthy Kids. “It has been extremely rewarding for me because it gives me an opportunity to work with socioeconomic populations and younger age groups that I would not have been able to serve otherwise. Many of the students come from families where English is not the primary language spoken at home, so it has been a great learning opportunity to discover new ways to teach them using demonstrations, images, or sometimes just taking the time to learn different words in their first language. It’s truly such a blessing to be a part of a program that is seeking to impact the health and wellness of children at such a young age. I know the work we’re doing has an impact; I will often see YCP students from previous semester in the halls and they’ll have the biggest smiles on their faces and tell me a phrase or slogan they learned from Healthy Kids (“dairy gives us strong bones,” “fruit is good for your heart,” etc.)”

Earth Month Ending



Take time to recognize April as Earth Awareness Month, which has expanded its original April 22nd Earth Day to now global events. Earth Day is credited to former Wisconsin Senator Gaylord Nelson, who proposed this day in response to a 1969 oil spill in Santa Barbara, California. In 1970, there were national demonstrations to raise awareness about environmental issues. It has become a day of action and awareness, with over 193 countries and one billion people working to improve the earth. World-renowned environmentalist John Meier wrote [Speaking for the Earth](#), which is considered the first Earth Day book. His family has reissued it with updates on [50 years of progress](#).

Environmental risks and harms are often exponentially and disproportionately experienced by individuals (or communities) who are among the youngest or oldest, live in poverty, are rural or city-centered, or have a racialized identity. Forty-eight percent of households on Native American reservations do not have clean water or adequate sanitation. African Americans are seventy-five percent more likely to live in [“fence-line” communities](#), areas near commercial facilities that produce noise, odor, traffic, or emissions that directly affect the population. [People of color](#) are more likely to die of environmental causes, not due to their actions or behaviors. Fifty-five percent of [Latino-Americans](#) live in the three states (TX, CA, FL) experiencing serious climate change consequences. They are more likely to work in occupations with environmental health risk exposures such as air pollutants or chemicals, and one in two live in counties that frequently violate ground-level ozone standards.

Limited and substandard housing exasperates standards of environmental well-being. The availability of any housing or affordable housing is a crisis condition in many communities. What housing low-income community members can afford is often in less desirable areas of the community with [greater risks](#), such as by highways, factories, industrial areas, and city dumps. These are associated with traffic exhaust, air pollution, and irritants. Living by a busy road has [adverse health outcomes](#) for vulnerable populations, including respiratory symptoms, asthma attacks, decreases in lung function, heart attacks, and low birth weight.

Within Virginia, we see the impact of climate change on working-class groups like the fishermen of [Tangier Island](#), where the island has lost two-thirds of its land mass due to sea-level rise or accelerated land mass sinking due to groundwater withdrawal around the [Hampton Roads](#) area. In the [Shenandoah National Park](#), winter ice storms brought down trees, closing Skyline Drive for a month. These were followed by drought conditions across the park and more recent fires across the mountain range. In all of these areas, vulnerable people live impacted by changing environmental factors, but also contend with depressed areas with limited housing, few services, where transportation needs are unique, and often left to their own efforts to manage environmental conditions not of their making. Our area was impacted for days with cloudy skies resulting from fires occurring on the west coast! Clearly, we should recognize that the big blue marble is not so big.

An Earth Day reminder – We are all interconnected and interdependent. What we do, our choices matter and impact others in the world.

What have you done to help the Earth today?



While many are engaged consistently in efforts or groups to address the damage done to Mother Earth, let's explore other perspectives on how the Earth relates to other groups starting with Indigenous Peoples.

"We are the land and the land is us" conceptually represents the perspective of many Indigenous Tribes and Nations, like the Hopi and Sioux. Tributes to the Earth occur through traditional song, dance, ceremonies, and stewardship. Paula Gunn Allen, who identifies with her mother's people the Laguna Pueblo, wrote –

We are the land ... that is the fundamental idea embedded in Native American life ... the Earth is the mind of the people as we are the mind of the earth. The land is not really the place (separate from ourselves) where we act out the drama of our isolate destinies. It is not a means of survival, a setting for our affairs ... It is rather a part of our being, dynamic, significant, real. It is our self ...



It is not a matter of being "close to nature" ... The Earth is, in a very real sense, the same as our self (or selves) ... That knowledge, though perfect, does not have associated with it the exalted romance of the sentimental "nature lovers", nor does it have, at base, any self-conscious "appreciation" of the land ... It is a matter of fact, one known equably from infancy, remembered and honoured at levels of awareness that go beyond consciousness, and that extend long roots into primary levels of mind, language, perception and all the basic aspects of being ...

The elements of land, air, water, and soil are incorporated to strengthen and sustain their communities. To thank Mother Earth, they use only what is needed and practice good stewardship of the land and its resources. For Indigenous People, "Earth Day" is observed and enacted daily through a set of values. We can never fully represent Indigenous understanding within their cultures. Even "Mother Earth" is a pseudonym for words or concepts in the various Indigenous communities' languages that are difficult for direct translation but have deep, heartfelt, cultural-specific meanings.



Opportunities

CFI May Symposium

May 15 & 16, 2024; 8:00 AM - 5:00 PM

Roundtables, speakers, and workshops. Registration is required. Learn more [here](#).

Learning Access Through Universal Design Fellowship (with Stipend)

You are invited to join a JMU community of practice to learn how to apply the fundamental principles of universal design for learning (UDL), an approach to teaching and learning that gives all students equal opportunity to succeed. After completing the fellowship, you will receive a \$500 stipend.

Apply by May 6, 2024 to join this fellowship that will run from May 2024 to December 2024. The first introductory meeting will take place on Thursday, May 23, 9:30-11:30am.

This fellowship is co-sponsored by the College of Health and Behavioral Studies, JMU Libraries, and the Center for Faculty Innovation.

Events

International Holocaust Remembrance Day

Sunday, May 5, 2024

7:00 PM - 9:00 PM

Wilson Hall Auditorium

For more information - Carson Lonett, lonetty@jmu.edu, 540-568-5685

According to the World Health Organization, more than 1 in 6 elders experience abuse. Here in Virginia, Adult Protective Services fields over 40 thousand reports of elder mistreatment, resulting in almost 13 thousand cases. What's most startling: researchers have found that only **1 in 24 cases become known to authorities**.

The Virginia Center on Aging is committed to ensuring that Virginia is a safe and loving place to grow old. We connect agencies and individuals with the knowledge and resources they need.

May 6, 12pm - 1pm EST (via Zoom) [Registration Link](#)

Under the Microscope: a deep dive into elder abuse investigations, with Beth Bonniwell

An evidence-based investigation includes interviews, evidence collection, and documentation. This workshop will present information on trauma informed approaches and motivational interviewing strategies. Navigating factors such as communication challenges and limitations on cognitive and physical well-being will also be addressed.

May 13, 12 - 1pm (via Zoom) [Registration Link](#)

All Hands on Deck: the benefits of collaboration in addressing elder mistreatment, with Beth Bonniwell

Collaboration. This word is used a lot, but what does it really mean and why does it matter in cases of elder abuse and neglect? How can we collaborate effectively? This workshop will provide tips and resources for law enforcement officers, victim advocates and others who work directly with older adults.

May 20, 12 - 1pm (via Zoom) [Registration Link](#)

Money, Money, Money: a solutions focused approach to addressing financial exploitation, with Stephanie Edwards

This session will discuss types of frauds, scams, and exploitation; APS and law enforcement collaboration in investigating these crimes; POA abuse; and providing trauma informed services to victims of financial exploitation.

VCU Health of Women Conference 2024 SWHR Pre-conference Symposium

- Thursday, May 9, 2024 | 12:00 – 1:30 pm ET | Virtual
This session is presented by Society for Women's Health Research. No CME or CEU credit is offered. Separate registration is required for this complimentary session.
[Register Here](#)

Registration closes May 6, 2024, at 11:59 PM ET.