

# wellness

made simple™



Wellness in  
American culture  
has many shades

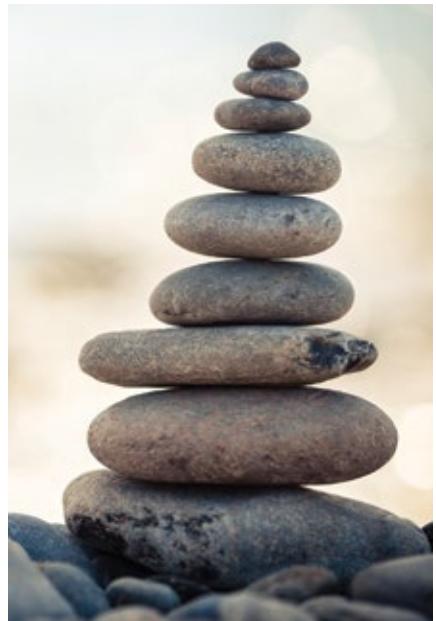


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**wellness**  
*made simple*

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# To NSU Friends and Family Members:

Welcome to the fifth edition of our award-winning wellness magazine, *Wellness Made Simple*.

This issue will, once again, focus on articles written by our Nova Southeastern University students and faculty and staff members that promote healthy lifestyles, while spotlighting the vast array of health resources NSU provides. We are proud of the university's commitment to promoting a healthy and caring environment on campus.

Health care was certainly a major, national topic of discussion in 2013. As we move forward in 2014, the nation's health care paradigm is focused on a new culture of wellness, bringing opportunities to address our health care needs not just in times of sickness but also for prevention and lifestyle changes. Insurance companies are zeroing in on wellness programs at the forefront of health care reform. Providers are being reimbursed based on the quality of services they provide, rather than the quantity.

NSU's clinical services, in conjunction with ICUBA, have been on the cutting edge with their Wellness Made Simple program and in encouraging use of NSU's health care services to identify patients at risk for serious health issues. The program also addresses needs early to help avoid more serious problems. To encourage our employees to take advantage of these services, we have negotiated with ICUBA to waive all copayments and deductibles when accessing primary care services at our centers. The program has gotten the attention of Florida Blue. It is considering using our program as a model for all of its primary care providers throughout Florida as a benefit for its members.

Our Health and Wellness Committee continues exploring ways to incentivize our employees to maintain healthier lifestyles and promote programs with specific attention to health and wellness. Once again, our

*Wellness Made Simple* magazine gives some insight as to how some of our NSU family members incorporate their wellness approach into their daily lives. The magazine delivers a balanced approach to help you reach your wellness goals through our six dimensions of wellness: social, occupational, spiritual, physical, intellectual, and emotional. We hope you enjoy the content and put it to good use! After all, you control your wellness journey.

Sincerely,



Robert S. Oller, D.O.  
Division of Clinical Operations  
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Professor of Family Medicine,  
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Marcela Sandigo, M.B.A.  
Editor in Chief  
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# Editors' Note

The 2014 issue of *Wellness Made Simple* challenges you to expand your ideas about wellness.

Our goal in choosing the topics for these articles was to bring you original and thought-provoking ideas about each dimension of wellness: social, occupational, spiritual, physical, intellectual, and emotional.

The articles in this issue feature new, **exciting ways to be well**. And, as always, there's something new to learn. You'll read about K-Tape, the new trend in physical therapy, as well as how you can train your brain.

**New this issue** is the inclusion of an article about a wellness ambassador who is a member of the NSU community. The article spotlights the ambassador's wellness journey. We hope this new feature encourages you with your own fitness journey. This year's issue also highlights the more systemic aspects of wellness—culture, diversity, and spirituality. By emphasizing them, we show how our social and business relationships are key factors in maintaining a healthy and fit lifestyle.

The NSU community is constantly aiming for wellness, from creating a tobacco-free campus to annual fitness events, such as the Shark Shuffle 5K Run/Walk, A Day for Children, Wellness Day, and others.

**We encourage you** to continue the path to wellness using the resources and articles in this issue.

Be well!



Christopher Garcia  
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# Contributors

## Daniel J. King

I am a proud husband, father, and student in the M.A. in Writing program at NSU. I believe that wellness is to love, and be loved in return. (Some exercise here and there is probably a good idea, too.)



## Emily Schmitt, Ph.D.

I am an associate professor and coordinator of biological sciences in the Division of Math, Science, and Technology in the Farquhar College of Arts and Sciences. As a member of the NSU community since 2001, I strive to find and maintain a healthy work-life balance. It is important to me to connect my fitness goals and efforts with all aspects of my life. I've run two half marathons in the 2012–2013 academic year and more than 20 community-based 5K events, including the NSU-Special Olympics Sallarulo's Race for Champions. I find that I am happiest and most committed to my fitness goals when these efforts connect me with my colleagues, students, alumni, family, and my overall community, while working to help support others as well as myself.



### **Randy Heller, Ph.D., LMFT, LMHC**

I am the founder and director of The Family Network, Collaborative Counseling Center in Davie, Florida, where I have practiced as a psychotherapist since 1994. I am also an adjunct professor in the Department of Marriage and Family Therapy in the Graduate School of Humanities and Social Sciences where I supervise master's degree and doctoral students at the Brief Therapy Institute, NSU's community family counseling clinic. I suggest that balance is the key to wellness. You should maintain an active and healthy lifestyle that includes satisfying and stimulating work combined with quality time spent connecting with family and friends. Most importantly, make sure you are having fun with it all! That is my recipe for success.



### **Maria Pontillo, D.P.T.**

My expertise in the health and fitness industry revolves around more than 10 years of education and experience. As someone who has a Doctor of Physical Therapy degree, and is a group fitness instructor and fitness coordinator at NSU, I can spread my passion for fitness across a wide area of the community. My ultimate goal in representing health and fitness as a commodity is to share, motivate, and inspire others to lead a healthy and fit lifestyle.



If you would like to be a contributor for the next issue, please contact Marcela Sandigo at (954) 262-7018.

# Contributors

## **Veronica Isidron**

I am a massage therapist by day, at the Osteopathic Manipulation Clinic, and a freelance writer by night. I am also an NSU graduate student completing my thesis for a master's degree in writing. Juggling work and school can be draining, not to mention all the other responsibilities life has to offer. To detox both body and mind, many of my nights include the rhythm of Latin dancing. I no longer need my father's feet under mine to take my dance steps, but I still take each step with the same enthusiasm as a child. To keep balance in my life, I also meditate to manage stress and at least momentarily stop from adding to my to-do list. I also try to follow a healthy diet—as long as the diet includes plenty of chocolate.



## **Arlene Brett Gordon, Ph.D., LMFT**

I am the director of NSU's family therapy clinic at the Brief Therapy Institute, housed in the Department of Marriage and Family Therapy at the Graduate School of Humanities and Social Sciences. I have trained case workers for social service agencies around the country in effective use of solution-focused therapy approaches to strengthening families. The rumors are true: your time goes backwards when you become a grandparent.

## **Richard Toumey, M.F.A.**

I am an adjunct professor of writing, communications, and narrative studies in the Department of Multidisciplinary Studies at the Graduate School of Humanities and Social Sciences. With an intensive emphasis on international students, I promote writing across disciplines and cultures.



### **Nakita Charles, M.S.**

I'm a candidate for a Ph.D. in Marriage and Family Therapy at the NSU Graduate School of Humanities and Social Sciences. One of the ways I stay healthy is by always making sure I have "me" time in the midst of everything going on around me. One of my favorite things to do is Bikram yoga. Being healthy, to me, means loving myself.



### **Debra Nixon, Ph.D.**

I am an associate professor in the Department of Marriage and Family Therapy in the Graduate School of Humanities and Social Sciences. To stay healthy, I do a number of things. I am intentional about my health and all that affects it, including my outlook on life. I know my attitude affects my body, so my goal is to do my best to stay stress free. I meditate nearly every night; I pray all day, nearly every day. I walk, run, or jog most mornings when my work schedule does not conflict with my exercise time. I do aerobics, yoga, and strengthening exercises. I play basketball on occasion. I listen to meaningful, socially conscious music, and I love to sing. Also, I love to dance. You might find me dancing in the grocery store if the right song is playing. Finally, I try to eat healthily: fruits, vegetables, and clean proteins. I also juice to make sure that I'm getting the nutrients that I need. But, I don't deny myself any treat that I might want, and I can be quite the cookie monster. Wellness means being in a healthy relationship with the most important things in my life: my God, my family, my body, my close friends, and my life's work of inclusion and diversity.



# Commitment

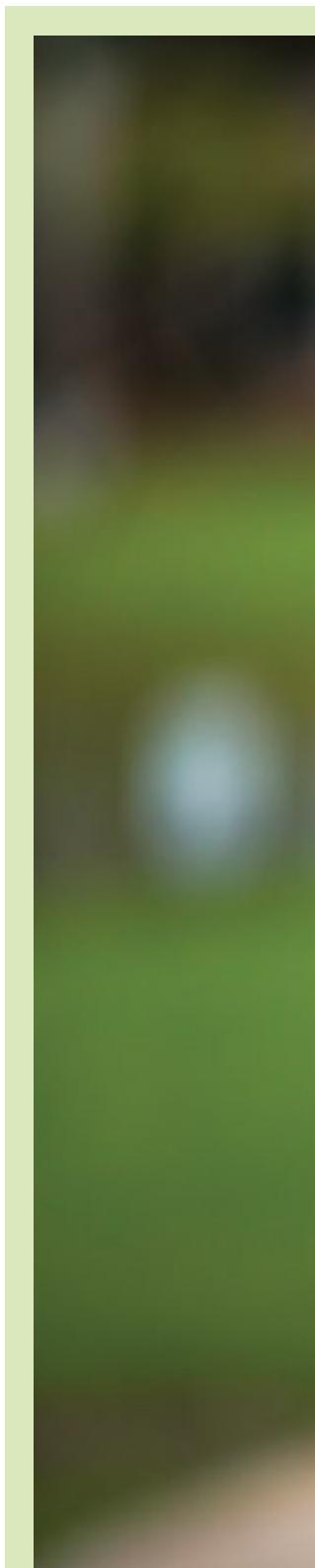
## *Incorporating a Fitness Goal into the Fabric of Your Life*

Have you ever started an exercise program only to stop after a short while? What motivates you to get out and move when there are endless demands on your time? This is the challenge we face on a personal level, and here is the story of how I faced it.

By Emily Schmitt, Ph.D.

IN JUNE 2012, I was 40 years old, thinking again about personal fitness goals. Since March 2009, five months after the birth of my second child, I had been going to the NSU Recreational Complex for group fitness classes. Still, I wasn't keeping to my fitness goal of regularly exercising at least four times a week because work and family responsibilities were making demands on my time. In high school, I had been a cross country and track runner, but I had not run since then. How was I going to keep up with my fitness plan?

Then it came to me. In order to succeed, I had to make my fitness goal an integral part of my life. I had to make it important to all aspects of my life—work, family, and spiritual. I could use fitness to connect the dots of my life, and that would make me stick to it. I committed to training to run in a half marathon by registering with the A-T CureTeam, one of the official RunDisney charity groups at the Walt Disney World Marathon Weekend's Half Marathon. Since this race was at Disney World with many scheduled events and activities, it would be a fun experience for my family. Additionally, I would be fulfilling my role and interest as a faculty member to participate in community service and write about the experience.



# to SUCCEED



The A-T CureTeam raises money to support needed research into Ataxia-Telangiectasia (A-T) as part of the A-T Children's Project. A-T (also known as Louis-Bar syndrome) is a rare genetic disease that attacks in early childhood, progressively affecting coordination, predisposing patients to fatal cancers, and severely compromising the immune system. Many children with A-T do not survive their teenage years. I joined Team Emily, which raises funds in honor of Emily Hughes and all children with A-T. Emily was diagnosed with the disease in infancy and has beaten the odds, graduating high school in 2013, just after turning 18. She now plans to attend college.

More dots in my life were connecting through this fitness activity! Presenting the Ataxia Telangiectasia Mutated protein-pathway would be a great way to explain molecular communication during biology course lectures. I also connected with various student groups, including the Multicultural Association for Pre-Health Students (MAPS), the Pre-Medical Society, and the Athletic Training Student Organization, and got students excited to raise awareness and funds by sponsoring a Jeans for Genes Day. In 2013, the campus Jeans for Genes Day was on October 7. Student organizations sold T-shirts, pins, and blue jean-style ribbons with the words "Hope. It's in our Genes." The proceeds benefited Team Emily and the A-T CureTeam.

## Training progresses

During the 2012–2013 school year, I ran two half marathons: the Space Coast Half Marathon in Cocoa Beach, Florida, in November and the Disney Half Marathon in January. More than 70 of my colleagues, friends, family members, and students contributed funds to Team Emily. Alumni also participated. Together, contributions totaled nearly \$2,020. This contribution was a part of the approximately \$780,000 raised by 275 other fund-raiser runners at the Disney Marathon Weekend, in which more than 50,000 people participated. As part of the A-T CureTeam, I am 1 of approximately 500 fund-raiser runners nationwide who run in many races each year.

To further support my commitment to running, I joined the Greater Fort Lauderdale Road Runners Club. Their motto is "Run for Fun." I surprised myself by logging 680 miles that school year, participating in 23 races to benefit charities, and even achieving a competitive 5K race time. Through running, I find myself building greater community with colleagues and students.

## Fitness as an integral part of life

Exercising at least four days a week is working for me, because exercise is now part of the fabric of my life. Students, colleagues, and family members often ask me how my running is going and when the next running event will be, which spurs me to keep up with my routine. I run for myself and my fitness, but I also run for the benefit of others, my family, my students, and Team Emily. By incorporating fitness into your life, you will be inspired to do so as well. For example, my husband and young children have gotten involved in running and regularly participate in fun runs and 5K run/walks at organized race events.



*I run for myself and my fitness, but I also run for the benefit of others, my family, my students, and Team Emily.*

## Inspire others

Several students, alumni, friends, teachers, family members, and colleagues now tell me about their running and fitness events. I inspired them, but they inspire me. By becoming involved in running linked to community service and scientific research, I have been able to connect with former students in a new and meaningful way.

This year, Lauren Douma, a Ph.D. student at the University of Florida and my former student, was inspired to run the Disney Half Marathon as a member of Team Emily. On January 14, 2014, we ran for the A-T Cure-Team in Disney World for her first and my fourth half marathon. Together, we have raised more than \$1,200 for Team Emily. Even if I wanted to stop my personal running fitness plan, it would be hard to quit now, because others are propelling me forward! Having personal fitness goals and participating in racing events have been highlights of the year, and I look forward to continuing to expand my participation.

According to the National Wellness Institute, there are six dimensions of wellness: emotional, intellectual, occupational, physical, social, and spiritual. Fitness activities can help us stay healthy in all these aspects. My method of striving for total wellness has included making running part of my professional interests, as well as attending RecPlex group fitness classes. These activities are helping me become a better parent, teacher, and colleague, as well as an overall happier person.

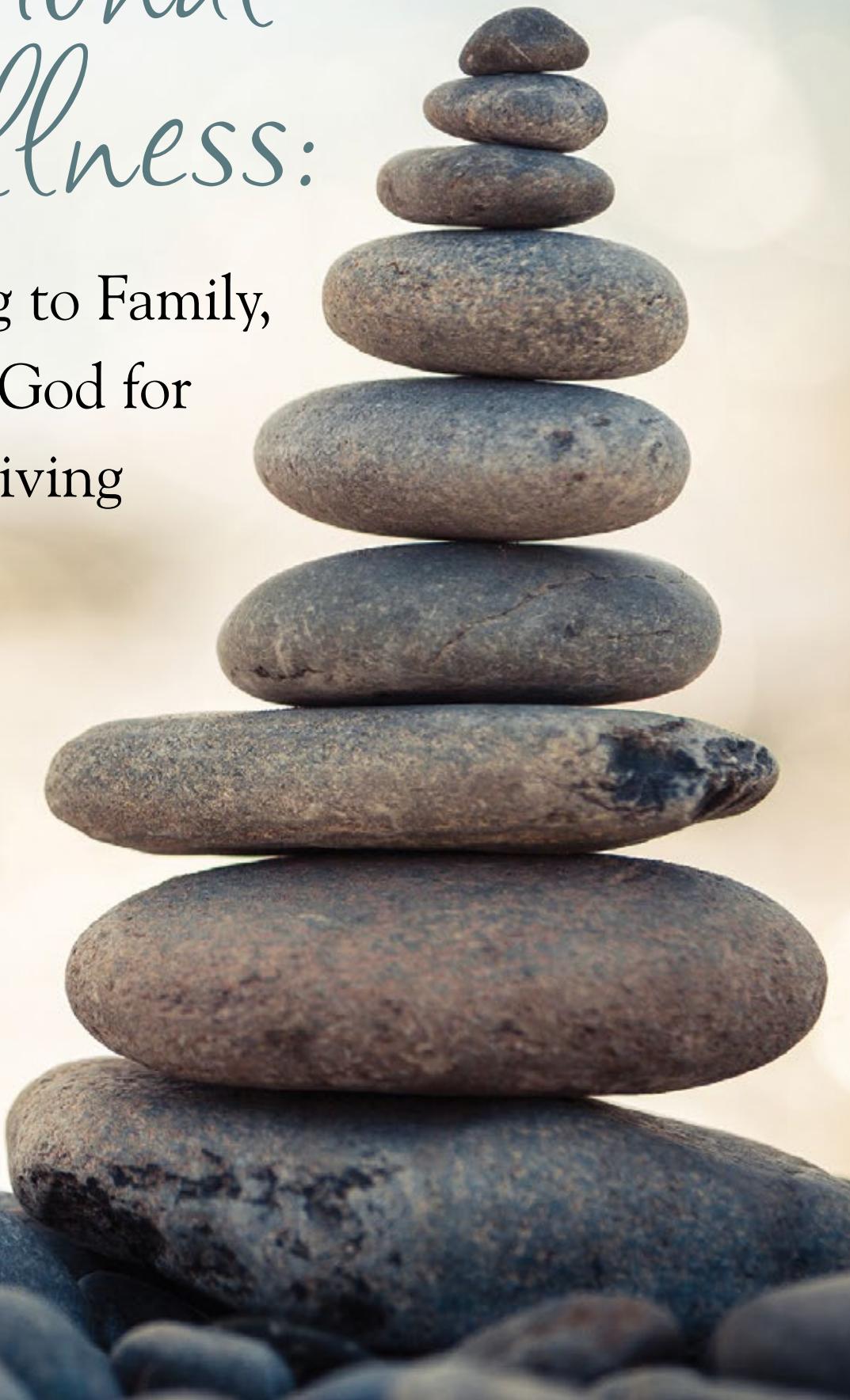
We can best maintain a fitness goal when we incorporate our fitness activities into as many aspects of our lives as possible—until it is the activity that helps to keep the many threads of our life's fabric connected. How to do this will be different for each person, just as there are many different types of fabric. The trick is to make your own beautiful fabric that works best for you, grows with you, and breathes with you.

For more information about Team Emily, visit [www.atcp.org/emily](http://www.atcp.org/emily).

# Relational Wellness:

Connecting to Family,  
Earth, and God for  
Balanced Living

By Debra Nixon, Ph.D.



THE SPANISH WORD for wellness (*beinestar*) means not only physical, but also intellectual well-being. Similarly, the concept of wellness is inherent in the Nigerian language, according to Chetachi Ewgu, Ph.D., assistant professor in the Farquhar College of Arts and Sciences and a native Nigerian. The Igbo phrase *ahu id gigma* (meaning the body is strong, well, or beautiful) refers not only to the physical body, but also to the mind and soul.

**Stephane Louis**, a marriage and family therapy doctoral student, said wellness in the Haitian culture is beyond the individual. “It’s everything that’s attached to you,” she said, “meaning that your elders and your kids are cared for. And it expands generations—you being well by yourself doesn’t make sense—it’s respect. So it’s *mal edve* or not well raised.

Wellness in American culture has many shades, with different cultural groups emphasizing certain aspects. For some African Americans, one form of wellness is spiritual peace of mind, as in the Christian hymn *It Is Well with My Soul*. Within popularized American culture, wellness has meant maintaining a balanced and healthy diet, exercising regularly, and getting the proper amount of rest. For some Native American nations, wellness has a more holistic meaning, similar to the West African concept. For some, wellness is the absence of disease. For Native Americans, it’s the presence of balance in every aspect of living. Similarly, the World Health Organization (WHO), a division of the United Nations (UN) organized to “promote and protect the health of all peoples” states that “Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

Cultural wellness, then, is the various ways in which people from different cultural backgrounds create a sense of well-being, with healthy or thriving lives. Culture refers to folkways, which may reflect customs, beliefs, and practices from familial or national origins. One customary, folkway that many groups follow is the use of home remedies.

*Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.*



Stephane Louis

# W

*Wellness, within many cultures, is not only possessing balance in body, but also in mind and spirit.*

MICHA MONIQUE, an African American sociology graduate of Florida A&M University shared that a South Korean acquaintance advised her to rub an unpeeled, hot, hard-boiled egg over her bruised ankle. Much to her amazement, the bruise began to disappear as soon as she began the application. I had a similar experience with a bee sting. My church-school mentor told me to take a pinch of tobacco, wet it, and rub it on my leg—the pain and redness vanished almost instantly! According to Alberta Health Services, aboriginal medicinal traditions commonly include the use of herbs, such as sage, cedar, and tobacco.

Amelia Gutierrez, a Mexican American graduate trainee in marriage and family therapy shared a spiritual cleansing practice used in her family that consists of rubbing a raw egg over the body to ward off evil spirits; then cracking the same egg and placing it in a bowl by the bedside overnight. If the egg turns green by morning, the process succeeded in relieving the victim of the curse or unclean spirit.

Different groups use available natural resources in response to disease. Wellness in those communities is preventive as much as it is the absence of pain or disease. For some Native Americans, wellness is living in balance, embracing the interconnectedness of all things, including the environment.

Aleyah Yasin



According to Felicia Schanche Hodge, professor in the Schools of Public Health and Nursing at the University of California—Los Angeles, Native American wellness practices are systemic or relational, which means that trouble in any one area (spirit, body, or mind) will affect the other areas. **Aleyah Yasin**, a Guyanese Indian marriage and family therapy doctoral student, makes a similar connection, reporting that wellness in her family is being centered. Within her family, this is done through planting. “Regardless of one’s occupation, wellness is getting your hands into the earth, planting something, and watching it grow,” said Yasin. Older Asian Indians use meditation as a way of being well, a practice that had been considered alternative by modern medicine until recent years, according to integrative medicine physician Andrew Weil.

Wellness, within many cultures, is not only possessing balance in body, but also in mind and spirit. Native Americans believe that a sense of community, being connected with others and the environment, enhances wellness. I spoke to several individuals from different cultural origins that echoed a similar wellness philosophy. Lisa Jacobs, a native Indian of Western European descent, said that wellness is emotional health, being happy and content. She said that familial wellness, or getting along well with each other and being close to family members, is important in her family.



Danielle Clair

For Gordon's family, wellness is working out, eating healthily, and seeing a medical doctor as needed.

The Southern African Ubuntu proverb holds that, as humans, we cocreate our very existence, so that we are because of our relationship with one another. A Los Angeles community-based group organized to enhance the lives of African American women calls themselves The Well. The Well focuses on uniting the group to benefit women of African descent (American, Caribbean, and Native African) and their families, acknowledging the healing effects of physical, emotional, and social connections. Metaphorically, a well invokes the idea of water being the substance of life. Wellness for this group is also holistic: it's physical, emotional, and spiritual.

For Dani Cronny and **Emily Gannon**, both Midwesterners of European descent and marriage and family therapy graduate students, wellness means sports and

**Danielle Clair**, Rahan Gordon, and Rachel Smith, all Jamaican with a range of cultural heritages—including Middle Eastern, Cuban, Indian, Scottish, French, Italian, English, and German—shared a diversity of wellness practices. Smith said wellness is “working out, staying healthy, and eating right.” For Clair, wellness is “happiness—drinking, being laid back, partying—and family closeness.” She adds that “taking care of each other, deep family closeness, and using natural remedies” are vital to her family’s sense of wellness.

physical activity. Both tout the value of remaining active and keeping physical fitness at the center of familiar activity. **Jessica Samuels**, an African American who is also from the Midwest, said that in her family culture, keeping up physical appearance is important, but more so by eating healthily, not necessarily by exercising.

Family as wellness appears to be a constant theme across all the cultures highlighted. The importance of eating with, playing with, caring for, and being with family is important for many groups. Familial connection is so important in some Native American nations that there are no aunts, uncles, or cousins, only parents, brothers, and sisters.

For Seminole Indians, in particular, being well is attached to being with family, which may be everyone and everything, using the earth to promote wellness and healing.

**Jessica Samuels**

The concept of wellness for many is not named, but simply practiced. Wellness then, is a way of life. Wellness is valuing and maintaining family closeness. It is knowing that the Earth is a source of healing.

Emily Gannon



# The Six Dimensions of Wellness

*Wellness Made Simple* magazine serves NSU staff and faculty members and students in learning about current topics and resources available at the university that help fulfill the National Wellness Institute's six dimensions of wellness.

## Emotional

Awareness and acceptance of one's feelings

Emotional wellness includes the degree to which you feel positive and enthusiastic about yourself and your life. It includes the capacity to manage your feelings and related behaviors, including the realistic assessment of your limitations, development of autonomy, and ability to cope effectively with stress.

## Intellectual

One's creative, stimulating mental activity

Intellectual wellness includes expanding your knowledge and skills while discovering the potential for sharing your perspective with others. As you develop your intellectual curiosity, you'll actively strive to expand and challenge your mind with creative endeavors.

## *Occupational*

One's personal satisfaction and enrichment in one's life generated through work

At the center of occupational wellness is the premise that occupational development is related to your attitude about your work. Traveling a path toward your occupational wellness, you'll engage your unique gifts, skills, and talents in work that is both personally meaningful and rewarding.

## *Physical*

Conditioning of the body and mind through regular physical activity

Optimal physical strength, flexibility, and endurance are achieved through a combination of good exercise and thoughtful eating habits. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self-control, determination, and a sense of direction. You'll grow to appreciate the relationship between sound nutrition and how your body performs.

## *Social*

One's contribution to the environment and the community

Social wellness includes one's recognition of the interdependence between others and nature. You'll take an active part in improving our world by encouraging healthier living and initiating better communication with those around you. You'll actively seek ways to preserve the beauty and balance of nature as you discover the power to make choices that enhance personal relationships and important friendships and build a better living space and community.

## *Spiritual*

One's search for meaning and purpose in human existence

Spiritual wellness includes the development of one's deep appreciation for the depth and expanse of life and natural forces that exist in the universe. Your pursuit of spiritual wellness will be characterized by a peaceful harmony between the internal (your emotions, ideas, and beliefs) and the external (your physical body; your relationships; and the world in which you live, work, and contribute).

*Emotional*  
dimensions of wellness

# Dancing in the Rain:

## *How Weather Affects Your Mood*

By Randy Heller, Ph.D., LMFT, LMHC

# *“Life isn't about waiting for the storm to pass. It's about learning to dance in the rain.”*

—Vivian Greene, Author

DURING A HOSPITAL STAY, a nurse entered my room before I was ready to wake up. As she opened the shades, she sang, “Rise and shine!” I wondered, with annoyance, why she was doing such a terrible thing to me. All I wanted to do was put my head under the covers and slip back into darkness. The nurse must have known darkness would not promote wellness.

We often hear metaphors in songs, prose, and poetry that imply that sunshine equals happiness or pleasure, and darkness equals grief. As a psychotherapist, I have often suggested to clients that if they are feeling troubled or depressed, they could consider taking a walk outside, heading to the beach, or taking in the sunshine and brightening their day in any way. Given this notion, let's contemplate just how much the weather affects our mood?

## What is the problem?

The *Diagnostic and Statistical Manual of Mental Disorders* (DSM), published by the American Psychiatric Association, gives specific criteria, language classification, and treatment of mental conditions. Until its most recent revision in 2013, Seasonal Affective Disorder (SAD) was listed in the DSM. SAD is characterized by patterns of depressive symptoms that begin to emerge in the fall and decrease with the onset of spring. A familiar layman's term for this is the winter blues. Typically, there is a lower incidence of symptoms in people who live in sunnier climates.

Research suggests that the absorption of light into the brain facilitates the production of serotonin, which is often called the feel-good chemical in our brains and

is found in antidepressant medications. Winter isn't the only thing that can cause the effects of SAD. Any weather event, such as cloud cover that results in darkness and other activities that result in a lack of sunlight, can trigger it. Traditional clinical treatments for SAD typically include, but are not limited to, light therapy and cognitive behavioral therapy.

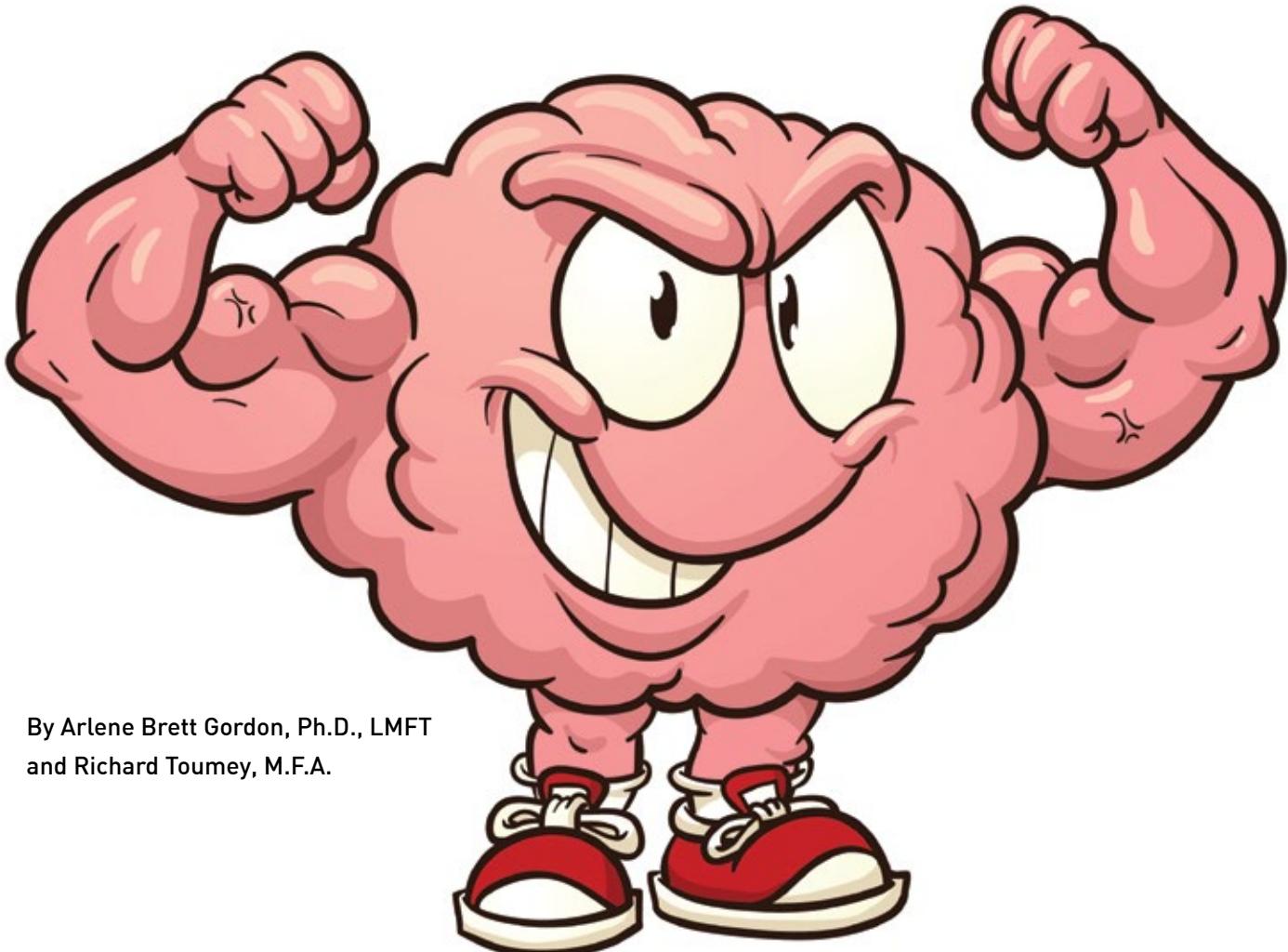
## Learn to brighten the blues

Ironically, I wrote this article in July in South Florida. During this time, a typical morning weather report predicts early sunshine followed by stormy afternoons and evenings. Writing has led me to consider how this weather affects my mood and what I do to lift my spirits. I recognize that feeling “dark” when it is gloomy outside may be a natural first response. Thinking this way frees me to consider possibilities for changing my mood. I then think about what I can do to brighten things up. That may involve bringing light into my space in several ways. For me, candlelight sets a mood of warmth and comfort. Additional activities may include turning on music that alters my state of mind or doing something that increases my feel-good chemicals, such as exercising, watching a romantic comedy, or writing this article. Specifically, I try to promote feeling any way other than “dark.” This will vary for each individual. For anyone experiencing these symptoms without improvement over a prolonged period of time, I would encourage seeking the help of a professional.

Most importantly, as I suggest about all life circumstances, it is not what happens, but how we respond to it that either renders us okay or not.

# Using Our Brains to Bring Out Our Best

## Brain-Smart Strategies for Health-Smart Living



By Arlene Brett Gordon, Ph.D., LMFT  
and Richard Toumey, M.F.A.

Smart self-challenges can keep us healthy. We can go to the gym consistently and eat more kale and fewer fries. But to stay healthy, we need to engage our brains along with the rest of our bodies. We need brain-smart personal care.

## **Shrinking stress**

"Stress is partly a self-imposed phenomenon," said Stephen Russo, Ph.D. He should know about stress. He balances responsibilities as assistant professor at NSU's Center for Psychological Studies, director of the College of Osteopathic Medicine's Sport Psychology program, and the faculty athletic representative at the Athletics Department.

"If we can't meet our self-imposed goals, the stress we experience affects our health," Russo explained. This can generate exhaustion, anxiety, and irritability, as well as long-term physical problems, such as cardiovascular disease, if the cause is left untreated. "Stress has a direct impact on the immune, endocrine, and central nervous systems. You need these in good working order. But the brain always chooses short-term survival, the fight or flight response, over long-term needs."

When we are in optimal health, we can use the brain's ability to override limited functions. This is not to fool ourselves with idealistic expectations, but to expand our capabilities. "The brain can support balance between your body and your circumstances. Productive mental challenges can focus us on long-term benefits instead of stress," Russo said. "It's all in how you process and interpret information."

## **Choosing changes**

Jim Hibel, Ph.D., associate professor in the Department of Family Therapy at the Graduate School of Humanities and Social Sciences, considers that last point essential. "Our environment can impose challenges, but we can deal with them creatively," he said. "When we rethink our lives, we can reshape the way the brain serves us."

Productive mental challenges can heighten and focus this adaptive ability. "Every time we call up a memory,

we encode it anew, revising it," Hibel said. "We can string memories together in new ways to create new stories about ourselves."

Maintaining brain health means challenging the brain to seek new abilities. "Before, we believed the brain had limited structures and functions," Hibel said. "Now, we know about neurogenesis, creating new brain cells that gather more knowledge and make new meanings that reshape us."

Which mental challenges work best? Interesting questions and experiences can reshape what we think we know. If your brain lets you call yourself a failure, repeatedly bringing up memories of successes can reshape this thinking.

Individual mental challenges are not enough, however, according to Hibel. We can't optimize the brain's healing ability while wearing our headphones. Social interactions with others can reshape our thinking. Others can help us consider new possibilities.

## **Daily progress**

Using the brain strategically can manage health effectively. "Anything that turns your stress off, or down, can improve your health," Russo advised. Exercise, yoga, relaxation, or a simple walk through nature can be pleasurable, uplifting, and rewarding. Over time, our brains can teach our bodies to focus on relaxation with meditation, prayer, and an improved diet. When we can't take stress away, we can change our relationship to stress.

Russo advocates treating the brain as an ally. "These challenges require consistent mental focus to incorporate them as daily routines. We need to use the brain intelligently to maintain the body's systems in a healthy balance."

# Occupational Wellness and Business Culture

By Nakita Charles, M.S.



"JUST ONE MORE HOUR ...." Sound familiar? I'm sure you have said this to yourself to help you get through the rest of your workday. But what happens next? Where does your mind, your body, and your motivation go? I'm sure the thought of home sounds appealing for some, while anywhere but work might be another's chosen location. As the next day approaches, that same mentality might linger.

Work is something we must do to survive. So how do we get these negative thoughts out of our minds and make work not only a positive experience but a healthy one?

Occupational wellness not only relies on the individual working at the location, but also the business culture surrounding the individual. Culture is something that individuals will identify with, feel good about, relate to, and often call their own. Culture may define the behaviors, knowledge, and characteristics that we consider important.

*Occupational wellness not only relies on the individual working at the location, but also the business culture surrounding the individual.*

A business culture can be extremely detrimental to a company's success and its workers' happiness and health. Being a therapist, stress is something that I hear mentioned regularly in therapy sessions, and, commonly, work culture does not aide in helping a person's stress level.

Imagine being stressed, but having one good thing in your life that keeps you going and makes you just a little bit happier. Now what if that was coming to work in a

happy, supportive, and caring environment? This idea may seem a little far-fetched. However, companies are starting to realize that having a healthy and happy work culture keeps employees happy and healthy as well. For example, corporations like Google employ a chief happiness officer, and many other companies are hiring relational therapists (such as marriage and family therapists) and industrial psychologists to improve business culture.

Of course, we should try to maintain a healthy lifestyle, but with work and life's daily struggles, this often becomes a challenge. This is exactly why work cultures are now helping to promote this lifestyle, while trying to make sure their employees' happiness and needs are met. For example, promoting healthier eating options or offering gym perks for employees might allow people to maintain a healthier lifestyle outside of work, thus allowing them to feel better about themselves.

This is now becoming a new revolution of business culture, and NSU is a part of it. NSU continually takes into account all the needs, wants, and desires of its students and faculty and staff members to make sure that their environment is a healthy and happy one.

Remember, culture is organic and continuously being created. Don't be afraid to change it and make it your own. Make it something that your employees will be proud to call their own.

# K-Tape Trend:

## *Exploring the Benefits of an Innovative Treatment Technique*

By Maria Pontillo, D.P.T.

AS A DOCTOR OF PHYSICAL THERAPY, I have seen a spike in the use of the Kinesio Tape treatment among patients in the past six months. Also referred to as K-Tape, this new injury treatment is a great alternative for patients who want to avoid pain medications and remain active during an injury. This treatment has become popular because it augments tissue function, improves mobility, and distributes weight away from the inflamed or damaged muscle or tendon.

The K-Tape technique uses a uniquely designed flexible tape that comfortably fits an individual's musculature shape. Made of 100 percent cotton sheath, this covering is designed to provide full range of motion, stability, and increased strength on the injured joint, muscle, or ligament. What makes K-Tape innovative and useful for injured patients is its elasticity: it has 140 percent elasticity, the same amount of elasticity as human skin.

## K-Tape Application



When applied properly along the muscles, ligaments, or tendons, K-Tape can provide external support and allow patients to perform physical activities while increasing recovery speed. Depending on how K-Tape is applied, it can support, enable, or restrict soft-tissue movement, which is why it is important to receive this treatment from a certified professional.

One of the primary reasons this technology is becoming so popular is that it can be used for various types of physical injuries. K-Tape is most commonly used to treat athletes with sports-related injuries, such as iliotibial band syndrome (ITBS), runner's knee, shin splints, and hamstring strains. In fact, K-Tape can even be used for something simple, like a headache.

Many of my patients are professional athletes, wrestlers, marathon runners, and cyclists whose number one priority is to compete at a high-intensity level despite an injury. Whether you are a professional athlete or you need a treatment method that will allow you to simply go to work and perform regular daily functions like walking, K-Tape is an exceptional method used by licensed physical therapists nationwide.

After seeing the increased usage of K-Tape among my colleagues, I received my certification in kinesiology taping and movement strategies. While K-Tape is becoming one of my top treatment methods at the physical therapy clinics where I work, it is important to consult a licensed physical therapist to determine if it is the best treatment method for you. Each physical injury is unique and requires evaluation from a licensed physical therapist. K-Tape can accelerate the rehabilitation process when combined with a comprehensive physical therapy treatment program.



# South Florida Raising:

## *More Than Just the Temperature*



By Veronica Isidron

## *Technology has made it easier for us to communicate, but it has also had the inverse effect of making communication less personal.*

The longing for the good-old days of community and small towns may drive Steven Von Edwins away from fast-paced, self-focused South Florida. "I was lucky to grow up in Melbourne, Florida, in a small and close community," said Von Edwins, second-year medical student at the College of Osteopathic Medicine.

As a child, he played outside with kids in his neighborhood and slept over at their houses regularly. Now that he will soon have a son, he'd like his child to grow up as he did.

"My friends and I were a team. We didn't let other kids pick on our friends," said Von Edwins, whose parents moved from Meridian, Mississippi, a town of 45,000 residents. He learned to be a team player and care for others from observing his parents, and hopes to show his son the same values.

Sometimes, we may find the time we used to spend with friends and family being replaced by work, chores, errands, and more work, a trend that studies show may have more severe consequences than once thought.

Studies have shown that quality of life may be measured by the quantity and quality of our social relationships. According to a 2010 article in the *Journal of Health and Social Behavior*, a 1979 study "showed that the risk of death among men and women with the fewest social ties was more than twice as high as the risk for adults with the most social ties." Research indicates social relationships can influence physiological processes, psychological mechanisms, and personal behaviors.

Technology has made it easier for us to communicate, but it has also had the inverse effect of making communication less personal. Instead of going out with friends, we call them. The calls may turn into text messages. Before we know it, it has been a long time since we spoke to our long-lost friend, who has become one of hundreds of Facebook friends who exist only in an online cocoon.

When was the last time you dropped by a neighbor's house just to say hello?

"I've lived in the same house for 15 years, and I really don't know my neighbors," said Sasha Damier, graduate student at the H. Wayne Huizenga School of Business and Entrepreneurship. Damier has lived in South Florida since 1993, when she arrived from Haiti.

Damier said her parents don't socialize with the neighbors besides friendly greetings and casual weather talk. "When I was younger, I was not allowed to have sleepovers, and I didn't play with any of the kids from my neighborhood," said Damier. Her parents are eager to move back to their small community in Haiti and leave busy South Florida.

Instead of closing ourselves up in our houses, we can absorb our surroundings and find out about the people who cross our paths. Instead of writing an email or sending a text, we can call friends to make a date with them. So, remove the headphones, turn off the computer, meet with friends, and share more than just a good time.

# The Purpose of *Spirituality*

By Daniel J. King

IN OUR CULTURE, spirituality is something that is cherished by some and reviled by others. In between, are the mass of Americans who don't really know what to make of it most of the time. What is the purpose of spirituality, and what is the measure of good spirituality?

These questions may seem impossible to answer, especially given our ideal of religious pluralism, but I think I have an answer that everyone might agree with: spirituality should make things better, and this is what good spirituality does.

My father is, and has always been, a devout agnostic and humanist, and that is more or less how I was raised. My mother came from organized religion and, for the past few years, has been practicing what I like to call "disorganized religion." She has explored every New Age ideology south of Oz and north of Shangri-la, and her quest continues. As for me, I converted to Catholicism two years ago. But sometimes, I listen politely to what the Vatican has to say, and then I do what my heart and mind tell me is right.

I understand humanists, I understand New Agers, and I understand the faithful, because, at the end of the day, I may very well be all of these things rolled into one. So which approach is the best? Which does the most good? Frankly, it could be any of them, depending on how a person uses his or her spirituality. The sad truth is that many self-declared believers use their spirituality only to justify doing what they would be doing anyway.

Consider the neoliberal businessman who opens his Bible every Sunday at church and deftly ignores everything it has to say about charity and greed. Instead, he zeroes in on the parable of the talents as proof that Jesus was a Reaganite capitalist just like him. Better yet, consider the New Ager who feels fine about abandoning his family because his newly rediscovered ancient wisdom shows that each person is in complete control of his or her own reality and does not need to rely on anyone else. And then, of course, there is the oh-so-rational humanist who talks a great deal about human rights without ever actually lifting a finger to help a human in need.

These are examples of hypocrisy, and they illustrate that any spiritual philosophy can be a bad one if people simply spin it in such a way that it agrees with who they already are. No one is perfect, and I am as deeply flawed as anyone else. I try my best to make my actions fit my beliefs—not the other way around. Good spirituality will challenge you as much as it comforts you. Whatever you believe, if your spirituality compels you to improve yourself beyond the confines of your comfort zone, then it is indeed fulfilling its purpose.

*I try my best to make my actions fit my beliefs—not the other way around. Good spirituality will challenge you as much as it comforts you. Whatever you believe, if your spirituality compels you to improve yourself beyond the confines of your comfort zone, then it is indeed fulfilling its purpose.*

# A D.P.T. Explores Mobility Training



By Maria Pontillo, D.P.T.

Many fitness professionals are incorporating mobility training into their personal and client regimes. Commonly misunderstood as stretching, mobility is one of the hottest topics in the fitness industry. So what is the difference between stretching and mobility? Although different, mobility and stretching have a symbiotic relationship. Mobility is classified as free active movement of a joint within all directions, while stretching is the active or passive lengthening of soft tissue structures. Both being important to enhancing overall performance, I recommend 25 mobility and stretching exercise combinations. Try incorporating these into your daily workout routines as a way to maximize movement, prevent injury, and improve function. With the help of foam rollers, lacrosse balls, and PVC pipes, many of these exercise combinations can be extra effective!

## *Cervical Spine Mobility Active Range of Motion Exercises*

### **Cervical Sidebending**



start facing forward



tilt head towards shoulder

**Do three sets of 10–20 on the right and repeat on the left.**

### **Cervical Rotation**



start facing forward



turn head to side  
(avoid extending back),  
and return to facing forward

**Do three sets of 10–20 on the right, then repeat on the left.**

## *Thoracic Extension with a Foam Roller*

### **Thoracic Spine (mid-back)/Shoulder Mobility Exercises**



Find a position on your lower mid-back (avoid lower back) and lie over the foam roller (1).

Proceed to extend your back over the foam roller (2) into thoracic extension (3).

Note—Keep your chin tucked and legs straight (as demonstrated in the picture) and avoid extending from the neck. Repeat this exercise 10 times, then move the foam roller up a spinal segment and repeat up the mid-back (do not proceed into the neck region).

## *Thoracic Extension/Rotation*

### **Thread the Needle**



Begin in a quadruped (hands and knees) position and proceed to reach through arm/leg on opposite side of body (1), then bring arm behind head while rotating the mid-upper spine (2). Repeat this exercise 10–20 times.

## *Lower Body Hip/Knee/Ankle Mobility Exercises*

### Lunge with Thoracic Rotation



Start in lunge position as demonstrated in the picture (if you are unable to get into a lunge position, you can kneel on the back leg or perform this exercise seated with both legs straight). Place a PVC pipe, light bodybar, or even a golf club behind the shoulders (1). Then turn and rotate toward the leg in front (2). Repeat this exercise 10–20 times on each side.

### Leg Swings



Start with leg by side (1), then swing leg away from the body and let the pelvis turn out slightly (2). Perform this exercise 10–20 times.

### Heel Rocking



Begin by lifting up on the toes (1) and rocking back onto the heels (2). Repeat 10–20 times.

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Sunrise, FL 33323

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**NSU's Health Professions Division (HPD)** houses the College of Osteopathic Medicine, College of Pharmacy, College of Nursing, College of Optometry, College of Dental Medicine, College of Health Care Sciences, and College of Medical Sciences.



# Health and Wellness



## Wellness Day February 12, 2014

Wellness Day focuses on a day with fun-filled activities that promote health, wellness, and fitness. It takes place on the lawn in front of the Alvin Sherman Library. Participants will have the opportunity to explore NSU's wellness resources and participate in activities, such as fitness challenges and assessments, nutrition games, relay races, and much more.

## Lunch and Learn with the Dietician

This interactive lecture, which is hosted by NSU's dietitian during lunch hours, focuses on nutritional topics of interest. These topics include healthy eating, preventing cancer with a knife and fork, diabetes meal management, family meal planning, healthy weight management (nondiet approach), eating to enhance sports performance, preventing child and adolescent obesity, vegetarian nutrition, dietary approaches to stop hypertension, dietary strategies for healthy peri- and post-menopause weight, portion distortion (learning about portion control), demystifying the food label (learn how to read and interpret food labels), being a savvy supermarket shopper, and Nutrition 101 (learning the basics of healthy eating).



# Initiatives made simple



## A Day for Children

**September 2014**

Each September, more than 10,000 children and their families attend a day of free health care screenings and informative exhibits at Nova Southeastern University's Alvin Sherman Library, Research, and Information Technology Center. Health care services include general medical, vision, dental, hearing, speech and language, psychological, dermatology, pharmacy, and physical and occupational therapy. NSU doctors and professors provide consultations in each discipline. Programs and counseling are offered in areas such as family violence and adolescent drug abuse. Nearly 150 community organizations offering services for children in South Florida participate. The first 1,000 children who attend receive free bicycle helmets, and parents may have their children fingerprinted by the Davie Police Department as part of a child safety program. Children without health care coverage may be enrolled on-site in Florida's Kid Care program. When health issues are discovered, referrals may be made to NSU's clinics for follow up. Families can expect to enjoy rides, games, free food, theater productions, and library services.

## Shark Shuffle 5K Run/Walk

**October 12, 2014**

The annual Shark Shuffle brings professional and recreational runners from the community together with NSU's students and staff and faculty members to participate in an officially sanctioned 5K race. More than 800 runners participate. Parents can choose to walk the course with their children to model positive wellness and fitness behavior. As an incentive for student participation, a \$500 scholarship drawing is conducted after the race. Last year, there were 32 lucky student winners.

## University Employee Health Fair

**October 2014**

The annual Employee Health Fair, held in late October, kicks off the fall semester on a healthy note. Faculty and staff members participate in health screenings, attend fitness demonstrations, view exhibitor booths, receive body fat assessments, and more.

For more information, visit [www.nova.edu/wellness](http://www.nova.edu/wellness).



# NSU Wellness Calendar 2014

## February

- American Heart Month
- Black History Month
- Wellness Day



Dental Awareness Month



NSU's A Day for Children

## March

- Health Promotions Week
- Heart Walk
- National Nutrition Month

## April

- Counseling Awareness Month
- Earth Day
- National STDs Education Month
- Occupational Therapy Month
- Walk Now for Autism
- World Health Day

## July

- Dental Awareness Month
- Eye Injury Prevention Month

## September

- A Day for Children



Walk Now for Autism

## May

- Employee Health and Fitness Day
- National Blood Pressure Month
- National Physical Fitness and Sports Month

## October

- Alcohol Awareness Month
- Employee Health Fair
- National Breast Cancer Awareness Month
- Shark Shuffle 5k Run/Walk
- Vegetarian Awareness Month

## June

- Family Awareness Day
- Student Safety Month

## November

- American Diabetes Month

## December

- World AIDS Day

# Wellness Resources

## Athletic Training Education

<http://undergrad.nova.edu/divisions/mst/athletictraining>

## Blue Cross/Blue Shield of Florida (Medical Insurance Provider)

[www.bcbsfl.com](http://www.bcbsfl.com)

Customer Service: 800-664-5295

24-Hour Nurse Line: 877-789-2583

## Campus Recreation

[www.rec.nova.edu](http://www.rec.nova.edu)

(954) 262-7301

## Department of Athletics

<http://nsuathletics.nova.edu>

(954) 262-8250

## Health Care Centers

[www.nova.edu/healthcare](http://www.nova.edu/healthcare)

(954) 262-4100

## Healthy Lifestyles Guided Self-Change

[www.nova.edu/gsc](http://www.nova.edu/gsc)

(954) 262-5968

## Henderson Student Counseling

[www.nova.edu/healthcare/studentcounseling.html](http://www.nova.edu/healthcare/studentcounseling.html)

(954) 424-6911 or (954) 262-7050

## Housing and Residential Life

[www.nova.edu/reslife](http://www.nova.edu/reslife)

(954) 262-7052

## Human Resources

[www.nova.edu/cwis/hrd](http://www.nova.edu/cwis/hrd)

(954) 262-4748

## ICUBA Benefits MasterCard (HRA/HCSA/DCSA Administrator)

<http://icubabenefits.org>

Customer Service: 866-377-5102

## MHnet

### Behavioral Health and Employee Assistance Program

[www.mhnet.com](http://www.mhnet.com)

24-Hour Customer Service: 877-398-5816

## NSU Pharmacy

[www.nova.edu/healthcare/pharmacy/index.html](http://www.nova.edu/healthcare/pharmacy/index.html)

(954) 262-4550

## Shark Dining

[www.dineoncampus.com/nova](http://www.dineoncampus.com/nova)

(954) 262-5304

## Student Health Insurance

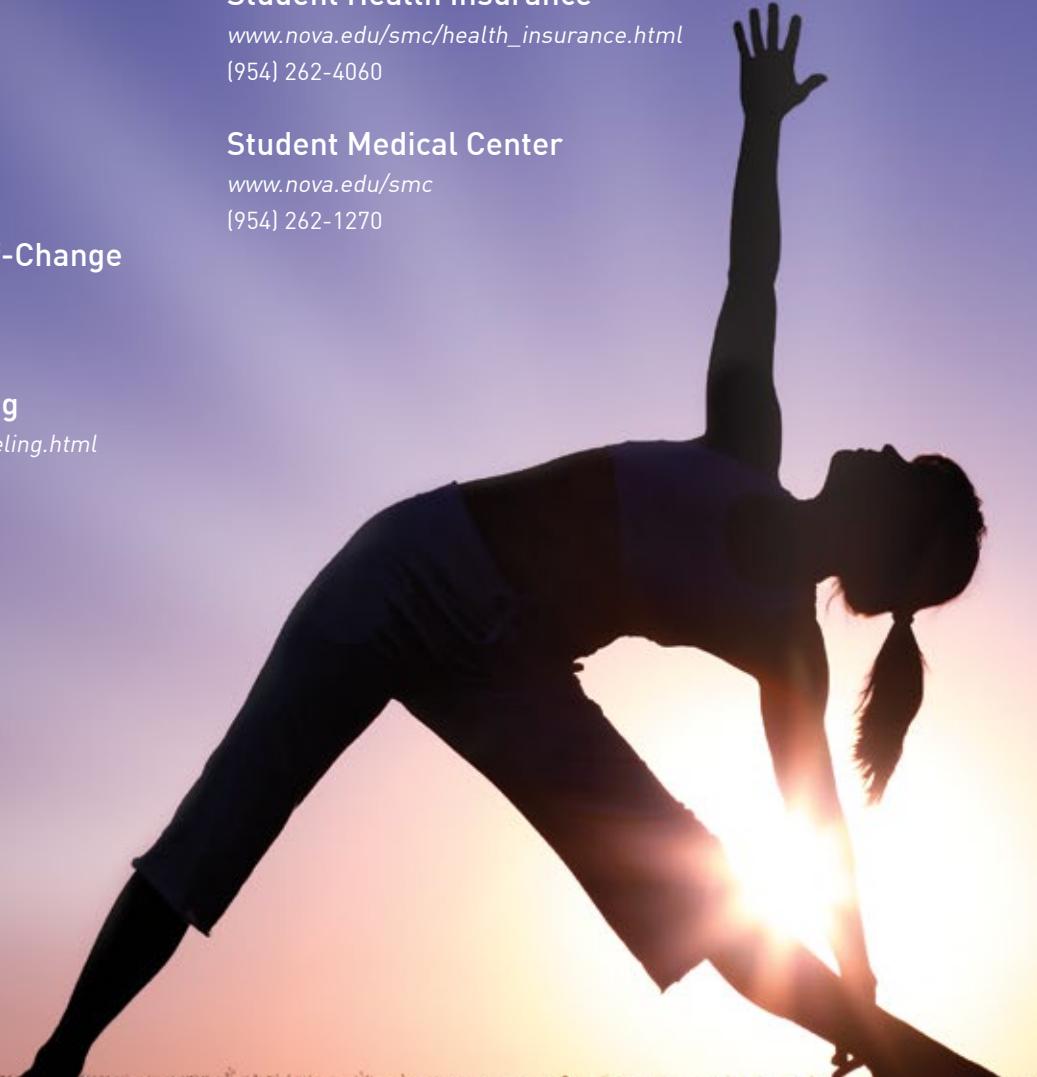
[www.nova.edu/smch/health\\_insurance.html](http://www.nova.edu/smch/health_insurance.html)

(954) 262-4060

## Student Medical Center

[www.nova.edu/smch](http://www.nova.edu/smch)

(954) 262-1270



# What's at NSU for You

## For All Members of the NSU Community

### Motivation to Ditch Bad Habits

Free motivational counseling is available at the main campus to help you eat healthier, exercise regularly, procrastinate less, and stop smoking. Services are offered through the Healthy Lifestyles Guided Self-Guided Change Program of the Center for Psychological Studies.

For more information, call (954) 262-5969 or visit [www.nova.edu/gsc](http://www.nova.edu/gsc).

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### RecPlex Fitness Activities

Students, faculty and staff members, and their families have ample recreational options at the 110,000-square-foot RecPlex at the Don Taft University Center.

- children's swimming, tennis, gymnastics, and dance
- equipment rental
- group exercise schedules for yoga, Pilates, spinning, and instructional programs
- heated outdoor swimming pool
- indoor basketball and volleyball
- indoor racquetball and squash
- indoor rock climbing wall
- men's and women's saunas
- personal training
- state-of-the-art fitness center with cardiovascular and strength equipment

Students are RecPlex members by virtue of tuition and fees paid. Faculty and staff members, as well as family members of employees and students, are eligible to become RecPlex members at modest rates.

For additional information, call (954) 262-7323.

### Shark Dining—Healthy Eating

Healthy, satisfying meal choices are available in the Food Court at the Don Taft University Center. Shark Dining is committed to sourcing local produce, sustainable seafood, cage-free eggs, and fresh dairy products free of growth hormones. We are always in search of new ways to provide diners with healthy food options. Greens Etc. is a new concept recently added to the Food Court, located around the corner from Subway. At Greens Etc., you can build your own salad with fresh and healthy choices from the salad station, or you can enjoy Au Bon Pain soup or choose a delicious gourmet flatbread. We also invite you to stop in to Outtakes C-Store and check out our new healthy offerings. We've added organic and gluten-free items to our frozen section, Greek yogurts, and organic dairy selections, as well as fresh cut fruits and sushi. Fuel your body with foods that make you feel and look great!

For more information about on-campus food options and educational tools, visit [www.dineoncampus.com/nova/](http://www.dineoncampus.com/nova/).

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### NSU's Health Care Services

In Broward County, call (954) NSU-CARE (678-2273).  
In Miami-Dade County, call (305) 949-4000.

### Smoking Cessation Program

It's never too late!

The Healthy Lifestyles Guided Self-Change Program and the NSU Area Health Education Centers (AHEC) offer FREE smoking cessation programs and nicotine replacement therapy in both individual and group formats.

To schedule an appointment or for more information, call (954) 262-5860.

## Medical Care

- dermatology  
(general and cosmetic)
- endocrinology
- family medicine
- geriatrics
- internal medicine
- nephrology and hypertension
- obstetrics/gynecology
- osteopathic manipulative medicine
- pediatrics
- sports medicine

Most insurance is accepted.

**Main Campus**  
Sanford L. Ziff Health Care Center  
3200 South University Drive  
Monday–Friday, 8:15 a.m.–5:00 p.m.  
Saturday, 8:00 a.m.–noon

**North Miami Beach Campus**  
1750 NE 167th Street  
Monday–Friday, 8:15 a.m.–5:00 p.m.  
Saturday, 8:00 a.m.–noon

## Dental Care

- cosmetic dentistry
- dental services for patients with special needs
- endodontics
- general dentistry
- implants
- oral and maxillofacial surgery
- oral facial pain center
- orthodontics
- pediatric dentistry
- periodontics
- prosthodontics

**Main Campus**  
College of Dental Medicine  
3200 South University Drive  
Monday–Friday, 9:00 a.m.–5:00 p.m.

**North Miami Beach**  
1750 NE 167th Street  
Monday–Friday, 9:00 a.m.–5:00 p.m.

## Optometric Care

- comprehensive eye examinations
- corneal and contact lens services
- electrodiagnostic services
- emergency eye care/after hours
- geriatric services
- glaucoma services
- low-vision rehabilitation
- macular and diabetes services
- optical services (glasses)
- pediatric and binocular vision services
- primary eye care
- treatment of eye diseases and injuries
- visual development and perceptual testing
- vision therapy

Most insurance is accepted.

**Main Campus**  
The Eye Care Institute  
Sanford L. Ziff Health Care Center  
Second Floor  
3200 South University Drive  
Monday, Tuesday, Thursday, Friday,  
8:30 a.m.–5:00 p.m.  
Wednesday, 9:00 a.m.–6:00 p.m.  
Saturday, 8:00 a.m.–noon

**North Miami Beach**  
1750 NE 167th Street  
Monday–Friday, 8:30 a.m.–5:00 p.m.  
Saturday, 8:00 a.m.–noon

**Downtown Fort Lauderdale**  
North Broward Hospital District  
Specialty Care Center  
1111 West Broward Boulevard  
Monday–Friday, 8:30 a.m.–5:00 p.m.  
Saturday, 8:00 a.m.–noon

## Optometric Care (cont.)

**Lighthouse of Broward**  
650 North Andrews Avenue  
For more information, call (954) 463-4217.

**Wilton Manors**  
Kids In Distress  
819 NE 26th Street  
Building C  
(954) 567-5640

## Rehabilitative Services

- balance and fall prevention
- neuromuscular coordination
- occupational therapy
- physical therapy
- sports and accident injuries
- treatment of movement disorders  
(Parkinson's disease, multiple sclerosis)

Most insurance is accepted.

**Main Campus**  
Don Taft University Center  
3301 College Avenue  
Monday–Friday, 8:30 a.m.–5:00 p.m.  
(954) 262-4149

## NSU Pharmacy

**ICUBA members can fill generic drug prescriptions for free!**

- compounding tailor-made medicines
- disease management: diabetes, hypertension, anticoagulation, hyperlipidemia, osteoporosis
- dosage monitoring for patients with multiple prescriptions
- herbal and nutritional counseling
- medication therapy management services
- prescription dispensing
- wellness screenings

**Main Campus**  
Sanford L. Ziff Health Care Center  
NSU Pharmacy  
3200 South University Drive  
Monday–Friday, 9:00 a.m.–6:00 p.m.  
Saturday, 9:00 a.m.–1:00 p.m.

Call the pharmacy at (954) 262-4550.

## Hearing and Balance Services

- evaluation and management of balance disorders
- evaluation of children with auditory processing and learning disorders
- hearing aids and assistive listening devices
- management of patients with tinnitus (head noise)
- pediatric and adult hearing evaluations

Hearing and Balance Clinic

3600 South University Drive

Monday–Friday, 8:30 a.m.–5:00 p.m.

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## Family Therapy and Conflict Resolution

- brief therapy services
- children's development issues
- chronic illness
- community and conflict resolution services
- divorce adjustment
- family and marriage counseling
- family conflicts
- parenting challenges
- school and behavior problems
- violence prevention

Main Campus

Maxwell Maltz Psychology Building

3301 College Avenue

Monday–Thursday, 9:00 a.m.–9:00 p.m.

Friday, 9:00 a.m.–5:00 p.m.

Saturday, 9:00 a.m.–3:00 p.m.

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## Speech, Language, and Communication Disorders Services

- accent modification
- articulation, phonology, and language problems
- augmentative and alternate communication clinics
- developmental, congenital, and acquired disorders of communication and swallowing
- evaluation and treatment for children and adults
- specialized voice, resonance, and fluency services

Most insurance is accepted.

Speech, Language, and Communication

Disorders Clinic

6100 Griffin Road

Monday–Friday, 8:30 a.m.–5:30 p.m.

## Autism and Early Childhood Development Services

- Access Plus (college support program for Nova Southeastern University students with autism spectrum disorder)
- autism assessment services
- Baudhuin Preschool (for children with autism spectrum disorder, ages 3–5 years, in collaboration with the School Board of Broward County)
- Family Center Infant and Toddler Program (birth–2 years)
- Family Center Preschool (ages 2–5 years)
- parent consultations and support
- Parenting Place™ (parent/child classes, enrichment programs, and after-school activities; newborn–5 years)
- severe behavior disorders program (3–17 years)
- Starting Right (early intervention program for children at risk for or diagnosed with autism spectrum disorder, 18 months–3 years)
- The Academy (private academic program for children with autism spectrum disorder, preschool–grade 1)

Mailman Segal Center for Human Development

Jim & Jan Moran Family Center Village

7600 SW 36th Street

Monday–Friday, 8:30 a.m.–5:00 p.m.

Saturday, 9:00 a.m.–1:00 p.m.

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## Psychology Services

- biofeedback
- counseling for older adults
- neuropsychological assessments
- parent skills training
- psychoeducational evaluations for gifted and school-related issues
- testing and treatment for ADHD
- treatment for adolescent drug abuse and prevention
- treatment for adults with issues resulting from traumatic experiences
- treatment for alcohol abuse, smoking, gambling, and overeating
- treatment for anxiety, excessive fears, and worry
- treatment for children and adolescents experiencing behavioral and emotional issues
- treatment for depression, anxiety, and emotional disturbances
- treatment for eating disorders and body image issues
- treatment for victims of, and children affected by, domestic violence

Main Campus

Maxwell Maltz Psychology Building

3301 College Avenue

Monday–Thursday, 8:30 a.m.–9:00 p.m.

Friday, 8:30 a.m.–5:00 p.m.

Saturday, 9:00 a.m.–1:00 p.m.

## Veterans Services

- bereavement counseling
- couples and family counseling
- parent training
- psychological and psycho-educational assessments
- treatment for depression and anxiety
- treatment for difficulties associated with traumatic experiences

All services are free for military service members, veterans, and their family members. (provided with funding from the United Way of Broward County).

### Main Campus

Maxwell Maltz Psychological Building  
3301 College Avenue  
Monday–Friday, 8:30 a.m.–9:00 p.m.  
Friday, 8:30 a.m.–5:00 p.m.  
Saturday, 9:00 a.m.–1:00 p.m.

For more information, call (954) 262-5823.

## Preventive Care

As an NSU member of the ICUBA health plan, you have access to a host of preventive benefits. After you pay for your office visit, the screenings for preventive services are covered at 100 percent, with no cost to you when you use an in-network provider.

### Services Include

- \$5 copayment for all generic drugs at all participating pharmacies
- abdominal aortic aneurysm screening age 60 and up
- all generic drugs are dispensed with no copayment for NSU's ICUBA members who choose to receive their medications from NSU's pharmacy at the Sanford L. Ziff Health Care Center
- 100 percent coverage for lab work performed at an in-network provider including
  - blood stool tests
  - bone mineral density tests
  - colonoscopies/sigmoidoscopies
  - echocardiograms/electrocardiograms
  - general health blood panels (including glucose and lipid)
  - immunizations (adult and pediatric)
  - mammograms
  - pap tests for women
  - PSA tests for men
  - urinalysis
  - venipuncture services

There may be additional services not listed here that are covered at 100 percent. You will be financially responsible

for your office visit copay or coinsurance for any office visit consultations to discuss these procedures. There is no copay or coinsurance for in-network wellness office visits.

For more information, call Blue Cross/Blue Shield of Florida at 800-664-5295.

Monday–Thursday, 8:00 a.m.–6:00 p.m.

Friday, 9:00 a.m.–5:00 p.m.

## Free Care Coordination

If you are an ICUBA-enrolled employee recovering from an illness, skilled nurses can speed your post-hospital recovery by serving as advocates at no charge. They will coordinate instructions from multiple physicians and juggle medical claims and prescriptions for you. Nurses are not affiliated with NSU, and services are provided on a confidential basis.

Call the Blue Cross/Blue Shield 24-hour nurse line at 877-789-2583.

## Employee Health

An NSU College of Osteopathic Medicine physician can attend to your urgent, routine, and chronic medical care at no charge after you join the NSU Wellness Made Simple program. Appointments are required.

### Main Campus

Employee Health Center  
Sanford L. Ziff Health Care Center  
3200 South University Drive  
Monday–Friday, 8:00–11:00 a.m.

To schedule an appointment, call (954) 262-2181.

## Hearing Aids

If you are an ICUBA-covered employee, you are eligible for up to \$1,500 in hearing aid benefits per plan year, subject to the out-of-pocket provisions of your plan.

## MHNet—Behavioral Health and Employee Assistance Program

Because your employer is concerned about the quality of your life both at work and at home, EAP and Work-Life services are available to you and your eligible dependents. Members covered by our group health plan also receive behavioral health services through MHNet. Below is a list of services MHNet provides through telephonic consultation.

- child care resources
- credentialed network of counselors
- elder care resources
- financial resources
- individual and family therapy
- legal services and financial counseling
- life coaching
- referrals to community resources
- return-to-work assistance
- supervisor training

Services are provided confidentially and include six free counseling sessions per issue, per plan year.

To schedule a session, call 877-398-5816 or visit [www.mhnet.com](http://www.mhnet.com) for more information.

## Receive Your \$25 Incentive

Once each year, ICUBA-enrolled employees may complete a personal wellness profile and receive a \$25 incentive for doing so. Additionally, if you are an ICUBA-enrolled employee expecting a child, you may complete a maternity wellness profile and receive an additional \$25 incentive.

Complete the personal wellness profile online at [www.bcbsfl.com](http://www.bcbsfl.com) or contact the Blue Cross/Blue Shield Health Dialog Line at 877-789-2583. Complete the maternal wellness profile by contacting Healthy Additions at 800-955-7635 (press 6) to request a form that you can complete and return in the mail.

## For NSU Students

### Health Care Services

The Student Medical Center is staffed by board-certified physicians and physician assistants who provide NSU students with primary care services including

- |                             |                       |
|-----------------------------|-----------------------|
| • dermatology               | • OB/GYN services     |
| • general medical care      | • physical exams      |
| • immunizations             | • preventive care     |
| • minor surgical procedures | • women's health care |

#### Student Medical Center

Sanford L. Ziff Health Care Center

3200 South University Drive, First Floor

For hours of operation, visit [www.nova.edu/smcc](http://www.nova.edu/smcc).

To schedule an appointment, call (954) 262-1262.

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### Student Counseling Services

Individual, couples, family, and group counseling is provided in an office setting for all full- and part-time enrolled students. In addition, telephonic triage sessions occur if the students are logically unable to come into the office. Service delivery utilizing a brief therapy model is used, and each student is eligible for 10 FREE counseling sessions per year. If seeing a psychiatrist, students are charged a nominal fee that may be covered by many insurance companies. The office manager will assist students in determining eligibility and fees. The counselor's goal is to build upon the student's current skill sets for positive behavioral change. Services are provided by licensed counselors, psychologists, and psychiatrists.

#### Henderson Student Counseling

3538 South University Drive

(in University Park Plaza)

Office: (954) 424-6911 • Fax: (954) 424-6915

Hotline: (954) 424-6911 (available 24 hours a day, 7 days a week)

#### Hours

Monday, Thursday, Friday, 9:00 a.m.–5:00 p.m.

Tuesday and Wednesday, 9:00 a.m.–8:00 p.m.



HPD Terry Building

An advertisement for Chartwells featuring the slogan "Eat Green". The background is a close-up, artistic photograph of various fresh vegetables, including carrots, peas, and a green bean pod, arranged on a wooden surface. The lighting is dramatic, with strong highlights and shadows. The word "Eat" is written in a white, serif font above the word "Green", which is in a large, bold, green sans-serif font. Below the main title, a smaller white text states: "Chartwells supports ethical eating through partnerships with organizations that provide sustainably sourced products." At the bottom left, the Chartwells logo is displayed with the tagline "Eat · Learn · Live".

Eat  
Green

Chartwells supports ethical eating  
through partnerships with organizations  
that provide sustainably sourced products.

Chartwells  
Eat · Learn · Live



# Personalized Health Care

**At Nova Southeastern University**, you will receive health care services, as well as preventive care, for many of the health issues you or your family may encounter. NSU health care centers provide high-quality care and consultation through 17 separate clinical operations in Miami-Dade and Broward counties, including the chief clinical site in Davie.

**Compassion is a hallmark of our care.** NSU's health care team delivers truly patient-centered care—the kind that generates a good feeling about the entire experience. Our services are offered to the community at very competitive rates and, in a number of cases, are more affordable than standard health care costs.

Whether the patient is you or a family member, **this is the team you want!**  
**Trust your health care to the team that teaches it.**

***Call for an appointment and directions.***

## Broward

Sanford L. Ziff Health Care Center      The Eye Care Institute  
3200 South University Drive      1111 West Broward Boulevard  
(954) NSU-CARE (678-2273)      (954) 525-1351

## Miami-Dade

NSU Health Care Center  
1750 NE 167th Street  
(305) 949-4000

**Nearly 300,000 patient visits annually.** Join thousands of your neighbors in South Florida who have experienced the unique and comprehensive care provided at Nova Southeastern University's Health Care Centers.

## A Superior Array of Services

- Autism and Early Childhood Development
- Dental Care
- Family Therapy
- Hearing and Balance Services
- Optometric Care at The Eye Care Institute
- Pharmaceutical Services
- Physical and Occupational Therapy
- Primary and Specialty Medical Care
- Psychology Services
- Speech, Language, and Communication Services



**Health Care Centers**

**[www.nova.edu/HCC](http://www.nova.edu/HCC)**