HDFS Newsletters 2013 - 2019

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 Messiah College

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Sharpening Intellect | Deepening Christian Faith | Inspiring Action

Messiah University is a Christian university of the liberal and applied arts and sciences. Our mission is to educate men and women toward maturity of intellect, character and Christian faith in preparation for lives of service, leadership and reconciliation in church and society.
Beginning in 2011, the HDFS department initiated an HDFS Department T-shirt Design Contest. Paul Boyed ’13 created the winning design on a lime green tee in 2011-12. This year, Kathy Pratt ’13 won the Amazon gift card for her creative design on a blue tee for 2012-13.

March 2013 is T-shirt Sighting Month. When faculty and MCCFR officers spot students wearing their department T-shirts during that month, they give them a slip which they place in a drawing for an Amazon gift card at the end of the month.

We’ll also be sponsoring a Department T-shirt Photo Competition this spring. Interested students can enter one photo on our HDFS department Facebook page. The photographer of the photo receiving the most “likes” will win a gift card to Bruster’s ice cream shop. The T-shirts have been a fun way to build community, share our pride, and display our support of our programs in the HDFS department.

By making a minimum contribution of $20 to the Human Development and Family Science Department’s Student Professional Development Endowment fund you too could receive a free HDFS department T-shirt. If interested, please make checks payable to HDFS Department Endowment and send your donation to Debbie Chopka, Messiah College, One College Avenue Suite 3047, Mechanicsburg, PA 17055. Make sure you indicate your desired T-shirt size (S, M, L, XL) and the address we should mail it to. We’ll be able to send you a donation receipt, less the amount of the T-shirt for your tax records. We appreciate your support and trust that you will wear your shirt proudly! Read about how this fund supports our students in activities often not possible without the assistance in other articles within this newsletter.
I can’t tell you how excited I am to finally be assembling our first alumni newsletter! I am very interested in keeping you apprised about what we are doing here at your alma mater. I hope that this place, and our HDFS department in particular, generate fond memories for you.

We now are a faculty of four, a team of five. Dr. Robert Reyes rejoined our faculty in the fall of 2012, though he was here before. Dr. Reyes is a gifted teacher/scholar who is passionate about Latino families and the well-being of communities. Professor Paul Johns officially joined our faculty in a tenure track position in 2007. Prior to that, he taught as an adjunct and on a series of one-year contracts for many years. As a licensed marriage and family therapist and approved clinical supervisor through AAMFT, Professor Johns brings expertise in family therapy and marital relationships. Dr. Erin Boyd-Soisson joined our department in 2002 and is our resident “child expert.” Dr. Boyd-Soisson is a hands-on, engaging teacher who is frequently in my office getting my feedback on her latest innovative strategy for engaging students on various topics. Another important member of our team is Debbie Chopka, our administrative assistant. Debbie works tirelessly and enthusiastically in assisting with the many, many events and activities that we do. We’d have a very difficult time functioning as smoothly without her. It’s hard to believe, but this is actually my 27th year at Messiah College. I continue to love working with students and shaping the direction of our department, as chair. I feel particularly blessed to work at a place like Messiah College where our Christian faith and commitments influence all that we do.

We have a lot to share with you in this newsletter. I hope that you will enjoy reading about and seeing what we have been doing. I so wish, however, that I could share lunch, a phone conversation, or an email exchange with each one of you. I can’t tell you how much it means to me to be able to hear from you. What I’ve enjoyed most about becoming a Facebook user is the way in which I can see pictures of you, your spouses and your children on your Facebook pages. It feels like I can share in your joys and, sadly, in some of your sorrows as I read your posts. You have become a part of us and we want to nurture that relationship.

May God bless you and draw you ever closer to him as you strive to improve the well-being of your own family and of those with which you work professionally.

Raeann Hamon, HDFS department chair
Robert Reyes Rejoins the HDFS Department Faculty

We are happy to announce that Dr. Robert Reyes rejoined the HDFS department faculty this year. Originally hired in 1996, Dr. Reyes left Messiah to serve as research director for the Center of Intercultural Teaching and Learning at Goshen College in Goshen, Ind., for five years. Dr. Reyes, also a Boyer Fellow, is teaching our Intro to Social Research; Parenting; Family Ethnicity and Human Services; Latino Families; and Community Services for Individuals and Families classes. His research interests include the study of acculturative stress and coping among Latino families and the study of moral/social capital among immigrant parents and its impact on parental involvement. Dr. Reyes is married to Audrey and has three children, Kelsey, Lyndsey and Daniel.
HDFS STUDENT ENDOWMENT FUND HELPS TO SUPPORT LOCAL, REGIONAL AND NATIONAL CONFERENCE ATTENDANCE

By Raeann Hamon

Faculty members in the HDFS department strongly encourage students to attend local, regional and national conferences in order to learn more about their field and network with other professionals. This year, we’ve been able to disburse $1,100 in interest from our HDFS Student Endowment Fund to help support students attending these professional events. Plus, the Student Government Association and our own fund raising efforts also provided additional financial resources to make these experiences possible. Eight students were able to attend the National Council on Family Relations Conference in Phoenix, Ariz., October 31-November 3, 2012.

Rachel Shenk, a December ’12 HDFS graduate describes her experience this way:

“Attending the NCFR conference for three years as an undergraduate student was extremely beneficial to my college experience and professional development. It provided me with opportunities to learn about the latest research in the family science field, to network with professionals and students, and to learn about top-notch graduate programs in my field. This past semester, as the NCFR coordinator for our student organization, my role was to encourage students to attend the conference. One of the major factors for students was whether they could afford attending the conference. Thanks to the endowment fund, attending the conference is financially feasible for students, which is the reason why I have attended for the past three years. As a recent grad of Messiah College, I highly recommend that students attend a professional conference. It is valuable for students to get outside of the classroom in order to learn from current professionals in their field of study. Two years ago, I presented at the conference, and this past year, I had many opportunities to network and form relationships with students from other universities as well as speak with a number of grad school representatives. I am so thankful for these opportunities and the way in which they have fostered my professional development and commitment to family science.”

2012 NCFR CONFERENCE POSTER

Dr. Hamon, Rachel Schmuck and Jessica Short (both HDFS majors with gerontology minors) contributed to a poster symposium at the 2012 NCFR conference devoted to service-learning with older adults.

LIKE US ON FACEBOOK!
We’d like to keep you apprised of many of the things that we are doing in the department, so we’re posting events and pictures on our new Messiah College Department of Human Development and Family Science Facebook page. Like us at facebook.com/messiah.HDFS.
Twelve Family and Consumer Sciences (FCS) students attended the PA Family and Consumer Sciences South Central meeting in Hershey, Pa., Oct. 25, 2012.

Becky Risley ’12, an FCS student, facilitated a “Big Questions about FCS” panel at the conference. Laurianna Blessing ’13, Cora Metzel ’12, Elise Rainville ’13 and Jocelyn Hickey ’13, also offered a roundtable entitled “Apps for the FCS Classroom,” sharing how new technologies can be creatively incorporated into FCS instruction.

In addition to opportunities to make professional presentations themselves, all of these students benefited from the workshops and from the networking opportunities.

Teagan Bohn, an FCS senior writes: “This is the second time I attended the PAFCS regional meeting in Hershey, and both times it was incredibly beneficial to me as a student and as a future educator. The meeting provided me with an opportunity to meet FCS teachers in the area, which is great because ultimately I plan to teach in the area. I feel like I can have an educated conversation about some of the issues surrounding current FCS classes as well as the field of education in general with the current teachers, which is a great confidence booster. It makes me feel as though I am really on my way to becoming a professional. The round table sessions also have provided me with numerous resources that will be helpful for student teaching and when I have my own classroom. If it were not for the endowment fund, I may not have been so willing to attend this conference. Opportunities such as this one are important for gaining new knowledge, professional development and networking. The fund has allowed me to take advantage of this opportunity to develop and mature my skills as a future teacher, and I am truly grateful for it. I can’t tell you how many of my friends who attend other schools [that] do not have the chance to engage in opportunities such as the PAFCS meeting. My resume is full of opportunities that I have taken advantage of thanks to the HDFS department and the continued financial support it provides.”

“I feel like I can have an educated conversation about some of the issues surrounding current FCS classes as well as the field of education in general with the current teachers, which is a great confidence booster. It makes me feel as though I am really on my way to becoming a professional.” — Teagan Bohn ’13

In 2012, the Messiah College Department of Human Development and Family Science presented its first Outstanding Alumni Award to Susan Binkley Van Zant ’74.

Van Zant was selected in recognition of her career as a family and consumer sciences teacher in the Cocalico School District, for her commitment to caring for her sister’s children after her sister was murdered by her husband, and for founding Jan’s Circle of Friends, a group of women who assist children with domestic violence and parental loss. Van Zant’s nominator describes her as “an inspiring model and leader who has dedicated her life to providing women with the opportunity for education in an effort to foster and develop women’s capacity for charitable leadership.” Congratulations to Susan!

Nominate yourself or another Human Development and Family Science/Family Studies, Family and Consumer Sciences/Home Economics or Behavioral Science graduate for the 2013 Human Development and Family Science Outstanding Alumni Award.

Candidates must be five years removed from graduation and must show evidence of significant professional leadership and a legacy of distinguished contributions to the service of individuals and families.

Download the nomination form from the HDFS website at messiah.edu/HDFS/alumniaward.

Nominations should be submitted by Oct. 1, 2013. Email completed nomination forms to Raeann Hamon at rhamon@messiah.edu or mail to: Messiah College One College Avenue Suite 3047 Mechanicsburg PA 17055
Every semester we have students engaged in a variety of experiential activities, including practica and internships. Students work in adoption and foster care agencies, early learning centers, activities programs in retirement communities, crisis pregnancy centers, homes for children, and many, many more. Since we recently added Introduction to Child Life to our course offerings this spring, we would like to feature Sarah Hahner ’13, and her internship at Children’s Hospital Colorado with the Therapeutic Recreation & Child Life Department.

“I’m spending my Child Life Internship this semester on various units throughout the hospital, including general medical units, surgical services and the center for cancer and blood disorders. A typical day includes psychologically preparing and supporting a child throughout a procedure, facilitating medical play or playroom activities, and teaching a patient and family about a diagnosis in developmentally appropriate or “kid-friendly” language. Having the opportunity to be that non-medical and supportive person in a sometimes scary environment for kids and families has been one of the most rewarding experiences of my life. I feel so blessed that God has aligned a career with my calling and I truly can’t wait to begin a career as a child life specialist after completing my internship this May!”

Initiated a few years ago, the National Council on Family Relations now has an Honors Student Recognition Award Program which recognizes graduating seniors for outstanding academic achievement, service and leadership. We have a stellar class this year and have submitted nomination materials for 12 soon-to-be graduates. We will post the names of those receiving the honor on our HDFS department Facebook page as soon as we hear. Those selected get to wear a stole during commencement, have their names included in several of NCFR’s publications and list the honor on their resumes.

If you are a current HDFS major or an HDFS graduate, you know what we’re talking about when we breathe the word “Strategies.” This fall Professor Paul Johns and Dr. Raeann Hamon co-taught the Strategies of Family Life Education class. Each student conducted a needs assessment on a particular problem/population and then designed a six-hour education program. Final programs were on topics like: “Living Well With Less: Empowering Rural, Low Income Families”; “Strengthening the Family Affected by Childhood Cancer”; “My Grandparent has Dementia: Helping Adolescents Avoid Crisis”; “Listening Tree: A Caregiver’s Toolbox to Support Teens Impacted by Suicide”; and “Make Up or Break Up: Empowering Young Women to Choose Healthy Relationships”. After completing one of the most challenging projects of their academic career, this class has reason to celebrate!
FLAMINGO FUNDRAISING: STUDENTS DESCEND ON DORM ROOMS AND OFFICE SPACES

Because we’re an active department, “with many places to go and people to see,” we do a lot of fundraising. Our latest student fundraiser—which our MCCFR officers learned about from students at Weber State University while attending the NCFR Conference—involves flamingoes.

“Customers” can make a $10 contribution to the HDFS department to have an office or dorm room “flamingoed.” Megan Dubbs, a junior FCS major, is organizing the students who descend on doorways with images of flamingos and a banner stating that “You have been flamingoed by the Department of Human Development and Family Science.”

Proceeds will be used to help pay for students attending the 2013 National Council on Family Relations Conference in San Antonio in November. Twenty percent of the money raised will be contributed to Jan’s Circle of Friends, an organization which helps children who have experienced domestic violence or loss of a parent.

HDFS ANNOUNCEMENTS

FAMILY SCIENCE SENIOR SEMINAR
Both HDFS and FCS seniors now have a wonderful opportunity to serve in the department’s Family Science Senior Seminar course. With an official designation as a service-learning course at Messiah College, each student has the opportunity to engage in at least 20 hours of service in a location of their choosing. While this often seems daunting for a senior, the experience has proven to be invaluable for many, helping them further clarify their career aspirations or gain a sense of satisfaction serving the Lord by serving others in need. Consistent with a Senior Seminar course theme, students are encouraged to share their own stories with and elicit stories from those that they serve for the sake of fostering relationships and personal growth.

PRE-COUNSELING & THERAPY MINOR
For those interested in learning more about, or pursuing a graduate degree in counseling or therapy, there is a new interdisciplinary minor offered by the HDFS and Psychology departments called Pre-Counseling and Therapy. To more effectively serve students in various disciplines, this new minor replaces the old Counseling and Pre-Marriage and Family Therapy minors, laying a solid foundation of psychology and family science knowledge as well as allowing students to customize their minor elective credits to their interests in counseling and/or marriage and family therapy. Both departments are confident that the new minor will help students understand the options they have in pursuing a career in counseling or marriage and family therapy.

SENIOR BANQUET AFFORDS RITE OF PASSAGE FOR ’13 GRADUATES
On May 7, 2013, the HDFS department will share in yet another department tradition—the senior banquet. All December and May graduates are invited to join the faculty in the Private Dining Room in the Eisenhower Campus Center from 5-7 p.m. to share dinner, memories and an evening of fun. We present our outstanding graduating senior awards, acknowledge those who are graduating with National Council on Family Relations honors and bestow a blessing on each and every graduate in attendance. It’s a wonderful time of celebration.
ALUMNI CAREER PANEL

Each semester we invite HDFS department alumni to return to campus and be part of an alumni career panel. Alumni describe their job, highlight classes and other experiences at Messiah that really helped to prepare them for this work, and discuss how their faith interfaces with what they do. On March 20, 2013, Marilyn Bellesfield (’89), Ann Marie McDowell Schultz (’97), Nicole Jackson (’12), Sarah Beale (’11), Alyssa Kunkle (’12) and Amy Leonard (’11) exposed our current students to the many career options available to graduates of our programs.

If you are interested in participating on an alumni career panel, contact Raeann Hamon at rhamon@messiah.edu or by calling 717-766-2511 x 2850. WE’D LOVE TO HAVE YOU ON CAMPUS AGAIN!

THE ‘ARE YOU SERIOUS?!’ RETREAT

The “Are you serious?!” retreat for seriously dating and engaged couples is back for its sixth straight year on April 12-13. Professor Paul Johns (Messiah grad, HDFS instructor, licensed marriage and family therapist, and certified family life educator) and his wife Melanie (also a Messiah grad) will spend Friday evening and most of Saturday with 10 to 20 couples taking a fun and educational look at the past, present and future of their relationship. As shared by a past participant, “I found this retreat to be incredibly rewarding and beneficial. I learned so much about myself and my partner and feel blessed to have had this opportunity!” Paul and Melanie feel incredibly blessed to be able to interact with these students at such critical junctures in their relationships and hope to continue to facilitate the retreat for years to come.
The HDFS department had 15 students attend the National Council on Family Relations Conference in San Antonio, Tx., November 6-9, 2013, with financial support from SGA, the HDFS Department Endowment Fund, the Dean’s Office and various fundraising efforts.

For incoming first-year students, transfers and underclassman, conference attendance is highly encouraged! Here’s why:

Rebekah Mowen ’17, a first-year Messiah student describes her experience this way: “It is really helpful to go as an underclassman because it opens your eyes to how many job opportunities are out there and what they entail. It also allows you to see what the current issues or topics are and how they are developing in this field… and it helps you interact and build relationships with others in the department that you would not have known otherwise.”

The three themes listed above in the student account were unanimous among other student NCFR attendees. Students who attended the conference left with a

“The NCFR conference also allows you to see what the current issues or topics are and how they are developing in this field…”

— REBEKAH MOWEN ’17
The Department of Human Development and Family Science

MISSION
The Department of Human Development and Family Science equips students with the knowledge, skills and expertise to enhance the well-being of individuals and families across the lifespan in diverse social and cultural settings. Within the context of Christian faith and values, the department prepares students, through experiential and application opportunities, to pursue leadership, service and reconciliation locally, nationally and globally.

DEPARTMENTAL PROGRAMS

Majors
• Human Development and Family Science (B.A.)
• Family and Consumer Sciences Education (B.S.)
• Multicultural Families
• Gerontology
• Gender Studies
• Disability and Family Wellness
• Children and Youth Services

Minors
• Human Development and Family Science
• Multicultural Families
• Pre-Counseling and Therapy

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FROM THE DEPARTMENT CHAIR
Dr. Raeann Hamon

I have to tell you, my enthusiasm and energy for family science never wanes. This spring I had the privilege to serve as an external reviewer for two family science programs: one at a state university in the western part of the country and one at a small liberal arts college in the southeast. Visiting these other campuses and carefully reviewing their family science curriculum reminds me of what a gift we have in Messiah College. We are blessed to be part of an educational institution which intentionally integrates Christian faith, values and perspectives into our learning and doing. We have a committed, hard-working faculty and excellent, nationally recognized family science programs in our Human Development and Family Science and Family and Consumer Sciences majors. We are gifted with engaged and interested students who want to grow as whole persons. As our mission suggests, we desire to “sharpen intellect, deepen Christian faith and inspire action in preparation for lives of service, leadership and reconciliation in church and society.”

However, no matter how ideally I continue to view Messiah College and our programs here, my exposure to other family science programs and institutions around the country remind me that we can get better and do better. Consequently, the HDFS department, like other departments on campus, constantly engages in assessment in order to improve and to better meet the needs of our students and the individuals and families which they will ultimately serve. Some of our goals surround curriculum. In this newsletter, you will read about the new collaborative minor in Disability and Family Wellness that we created with the help of the education department. As a result of the closure of the Philadelphia campus, we also revised our Multicultural Families minor this year so that students can complete the program at Grantham and/or while studying abroad. We’re also looking for tangible ways in which to include more field experience within our HDFS curriculum, exploring 2/1 credit options (2 credits in class and 1 credit in-field experience) for select courses. In addition to curricular reviews and revisions, we are also highly committed to better engaging our alumni. In addition to sponsoring alumni career panels each semester, compiling alumni career profiles for our website and inviting alumni to speak to our classes, we’ve recently initiated our HDFS department Outstanding Alumni Award and our HDFS department newsletter. We are very proud of our alumni and the relationships that we have developed with them over the years; you remain very important to us. I hope that you’ll stay engaged. LIKE us on Facebook, connect with me and other faculty on LinkedIn, visit us whenever you are in the area and drop us an email when you get a chance.

Another goal that has come to the forefront is the need and desire to enable our students. The current economic climate makes attending and remaining at Messiah College increasingly difficult. I am deeply saddened at the number of excellent students who struggle to remain at Messiah and/or drop out due to financial reasons. Consequently, it seems that more and more of my time is devoted to identifying funding sources for department activities and student support. We are very fortunate to have our HDFS Department Student Endowment Fund, which aids students in pursuing life-changing professional development activities like you will read in the stories about the NCFR conference. I remain extremely grateful to Dr. Samuel Brubaker for his kindness in inviting friends and family of his late wife Lucy, one of our first home economics students, to donate to our endowment fund. Those gifts help to sustain our ability to support students in their professional endeavors. All this to say, while I think what we have here in the HDFS department at Messiah College is fantastic, don’t expect me to become complacent. I will continue to look for ways to continue to improve our programs and support our faculty and students so that they can be good and faithful servants in the world in which God has placed us. I hope that you will join me in those efforts.

Raeann Hamon, HDFS department chair
greater understanding of the opportunities in Family Science, were more knowledgeable in current research and built deeper relationships with other students within the department.

Kimberly Scheffey '15 (HDFS) recalled, “I learned a lot! I was so excited to be learning so much about so many different topics, and it was amazing to hear new research that is emerging…. The sessions were so diverse, so I felt like I could go to sessions that focused on many different topics that appealed to me. I especially enjoyed the session on Ambiguous Loss, and it was so crazy that we were able to experience [Pauline Boss’s] speech.”

In addition to the benefits that students recounted above, attending an NCFR conference also allows you to develop professionally. Students are able to network with professionals and other student attendees, listen to a broad range of topics and even participate in the conference as well. Can anyone say, “résumé builder?!” Scheffey states, “I was inspired to do my own research after realizing that there were high school seniors who were presenting at the conference. I realized that we are in the process of emerging into the field—even as college students!”

During the fall of 2014, the conference will be held in Baltimore, Md., making conference attendance even more affordable and feasible! With all the benefits mentioned above, and more to boot, Dr. Hamon and the HDFS department are going for a 100 percent attendance campaign, even if it is just for a day! Spread the word and mark November 19–November 22, 2014 on your calendars! This year’s theme will be “Families at the Nexus of Global Change,” focusing on globalization and its impact on families.
Throughout the years many pairs of sisters have gone through the programs of HDFS and FCS and have learned about what it means to be sisters in Messiah's program as well as after graduation. Becky (Kuplin) Stuckey ’07 and her sister, Katie (Kuplin) Bennett ’08 graduated from the FCS program and enjoy helping students as current family and consumer sciences teachers. Becca Franco ’14 is a HDFS senior at Messiah pursuing a career as a Child Life Specialist and her sister, Rachel Franco ’10 graduated from the HDFS program and is now working as a Transitions Counselor/Case Manager. My name is Nicole Nagel ’15 and I am a HDFS major pursuing a career in creative art therapies and I also have a sister, Michelle Nagel ’12, who graduated from the HDFS program and is now completing her master’s degree in Social Work from Fordham University. Let’s hear about what these sisters of HDFS and FCS have to say about going through school and learning about life together as sisters.

**BECKY AND KATIE**

**What was your favorite class?**

Becky: Our favorite classes were honestly Human Sexuality and Marital Relationships. Professor Johns taught both, and I remember that discussions were lively in each. The content was interesting, discussion was lively and I learned a lot about myself in each.

**How have you connected as FCS sisters?**

Becky: When it comes to both being FCS teachers, we certainly share ideas. I think any ‘special bond’ we share is rooted more so in the fact that we are teachers, not necessarily in FCS specifically.

**BECCA AND RACHEL**

**What are you doing now and how has the HDFS program prepared you for life after college?**

Becca: I am currently a HDFS senior pursuing a career as a child life specialist. Messiah has given me the opportunity to take a class with a certified child life specialist and take part in a practicum at Penn State Hershey Children’s Hospital. I have enjoyed taking all of the developmental courses at Messiah and feel prepared to graduate in the spring!

Rachel: I am a Transitions Counselor/Case Manager at Orange County Jail. My job is to counsel the inmates during their time in jail to keep them accountable and also set up some career planning and exit goals for them for when they leave. I also help them get set up at a school to finish their education when they get released from their sentence.

I would not be able to do this job without HDFS. The program basically gave me so many skills and material to do what I do. I work with a tough population, so knowing how life stages, social development and home environment have affected the inmates’ life decisions to get them in jail helps me make sense of them as human beings with feelings and past trauma. These are the times I look back at my adolescent or child development notes! I have learned a lot of counseling skills and therapeutic techniques when working with my clients. Thanks to HDFS, I get to practice everything I have learned over the years and put it to good use.”

— RACHEL FRANCO ’10

**How have you connected as HDFS sisters?**

Becca: I have loved hearing my sister’s advice on projects and certain classes. It has been great having Rachel as a mentor.
while I completed my Strategies project this fall as well! It is awesome to talk about HDFS with my sister and even though we are pursuing different interests it has been wonderful to share and compare our different experiences.”

Rachel: I love to hear about the process my sister is going through and be able to relate my own experiences. I think especially when she started Strategies, I told her how to prepare herself for it and gave her any tips that I know helped me. My sister and I have names starting with the letter “R” (Rachel and Rebecca) and we also look alike, so it’s always funny to hear how my sister’s teachers will unconsciously call her my name in class or make remarks to her how similar we are.”

MICHELLE AND NICOLE
What attracted you to the HDFS program?
Michelle: HDFS has a great program that gives students a lot of opportunities. I have been able to go to the NCFR Conference in both San Francisco and Orlando. Taking courses like Dynamics of Family Interaction and Strategies have prepared me for working situations and graduate school. I have used my Strategies project as an example to implement activities when I worked in a nursing home. I have also used my skills in creating genograms in counseling sessions for my graduate program internship.”
Nicole: I have enjoyed all of the opportunities that the HDFS program has to offer to students, such as getting involved with MCCFR and attending the NCFR Conference. I was also drawn to this program because the program offers specific courses needed for obtaining future jobs, such as Introduction to Child Life and Child Development.

How have you connected as HDFS sisters?
Nicole: It has been great to share ideas with each other about the field of HDFS. It is always fun to discuss potential career paths because there are so many options with HDFS! Being in the same program has been a great bonding experience and it is fun to think that in the future we have the possibility of working together.

STUDYING LATINO FAMILIES AT MESSIAH
By Dr. Robert Reyes

During J-Term 2014, students in HDFS 393 Latino Families were introduced to the unique values and experiences of Latino families residing in our region. Through a series of classroom and field experiences, students had the opportunity to learn more about the issues affecting different Latino groups (i.e., Mexican, Puerto Rican, Cuban and Central American) and their experiences in both rural and urban settings. Special attention was given to the study of immigration and acculturation. In particular, historical, political and economic factors that influenced the process of adjustment of these families into mainstream American culture were explained. Students were also able study the delivery of social services to these families through visits to the Latino-Hispanic American Community Center in Harrisburg and the Migrant Education Program in Chambersburg.

HELPING COUPLES TO THINK SERIOUSLY ABOUT THEIR RELATIONSHIPS
By Professor Paul Johns

“Are You Serious?!”: A Retreat for Seriously Dating and Engaged Couples is back for its seventh consecutive year. Paul and Melanie Johns will spend April 25 and 26, 2014 with Messiah College couples desiring to invest in the health of their relationship. The retreat focuses on the history, present state and future trajectory of their relationship with an emphasis on healthy emotional attachment, communication skills, conflict resolution and a deeper knowledge of their relationship desires and expectations. Based on feedback from previous participants, the retreat has proven to be a valuable time for couples to break away from their frenetic pace and focus on growth and discernment. By the grace of God, this year will be no different. Please join us in praying for the retreat and the couples that participate.
As some of you may be aware, due to budgeting issues, Messiah College’s Early Learning Center (the ELC) will undergo some changes for next year. As of fall 2014, the ELC will no longer be serving infants and toddlers. The infants and toddlers will be sadly missed by students who have enjoyed the hands-on and observational learning experiences at the ELC. However, there are some exciting new changes to the program that will continue to serve preschoolers both in childcare and preschool classes. Stacey Griffiths will continue to serve as the ELC’s director in addition to master teacher. Denise Fogelsanger will return next year continuing her role as a master teacher. Jill Cowoski, a veteran teacher, will also continue with project work in the afternoon portion of the program.

Both the preschool and the childcare will be open to the community and will be utilizing a project approach: “The center has earned the highest accreditation for early childhood programs from NAEYC and will utilize the project approach to learning as a key component of its curriculum. This inquiry-based approach allows children and teachers to engage in-depth investigations of a topic or idea worth studying, resulting in the strengthening of academic skills and intellectual dispositions in an authentic manner.”

Although there will be some changes, students will still have multiple opportunities to observe preschoolers, primarily for Child Development classes. This has been a valuable learning opportunity for students, and we are grateful to be able to continue this assignment! In addition, students will still be able to gain hands-on experiences working with children by volunteering, like Kirby Pohlidal ’14 (FCS). Kirby is a Family and Consumer Sciences Education major who is volunteering in one of the preschool classrooms. She plans to be teaching child development or instructing a preschool at a high school when she graduates and her experience at the ELC fits well with these career plans. Students will also be able to obtain work study positions at the ELC, like Samantha Strohecker ’15 (HDFS), who plans to become a Child Life Specialist. Working with the children at the ELC has given her experience, before graduating, of working with children. Finally, several HDFS students have completed internships at the ELC. Brooke Dorwart’s ‘16 (HDFS) internship has involved helping the teachers in the classroom, as well as the staff in the office. The HDFS department and the ELC are excited to continue to provide these opportunities to students. To learn more about the ELC, please visit http://www.messiah.edu/academics/early_learning/ls/ or like its Facebook page: https://www.facebook.com/elcmessiahcollege.
HDFS DEPARTMENT PRESENTS SECOND OUTSTANDING ALUMNI AWARD

By Dr. Raeann Hamon

Sarah J. Daniels ’06, winner of the 2013 HDFS Outstanding Alumni Award

Messiah College Department of Human Development and Family Science awarded its second Outstanding Alumni Award to Sarah J. Daniels ’06 (HDFS). The award is designed to recognize HDFS alumni who demonstrate significant professional leadership and a legacy of distinguished contributions to the service of individuals and families.

For more than nine years, Sarah has boldly advocated for vulnerable individuals and families in her community. She continuously embraces her education, passion and talents to proactively influence societal change and connect organizations with the resources necessary to fulfill their missions. Sarah began her career as an intern at the YWCA of Greater Harrisburg during her senior year where she served as a legal advocate. Sarah successfully balanced her academics and the responsibility of advocating for victims of domestic violence and sexual assault. Following graduation she was hired as a housing manager for the Domestic Violence Center of Chester County where she helped 14 women and their 36 children navigate paths toward self-sufficiency. In 2008 Sarah joined Big Brothers Big Sisters to manage more than 100 mentoring relationships for at-risk youth and coordinate volunteer retention efforts. She simultaneously worked towards a Certificate in Nonprofit Fundraising from Delaware County Community College and obtained a master's degree in Nonprofit Management from Eastern University. In 2013 she was hired as director of the Elite Charitable Foundation where she oversaw grant-making to nonprofits serving children and families. Within a few short months Sarah was recruited by one of her grantees to work as their development coordinator for the Garage Community & Youth Center. Within the first four months of the position Sarah has raised over $69,500 of funding from brand new funding sources. She has also developed and implemented program evaluation tools to more effectively capture the organization’s impact in the community.

Nominate yourself or another Human Development and Family Science/Family Studies, Family and Consumer Sciences/Home Economics or Behavioral Science graduate for the 2014 Human Development and Family Science Outstanding Alumni Award. Candidates must be five years removed from graduation and must show evidence of significant professional leadership and a legacy of distinguished contributions to the service of individuals and families.

IN MEMORY OF LUCY LENHERT BRUBAKER ’56

Lucy Lenhert Brubaker joined the student body of Messiah Academy in September 1954 in the class of ’56. Although her home was in western Ohio, her life on campus was enriched by proximity of several close relatives, including her aunt, Professor Mary Eshelman who was head of the Department of Home Economics.

After graduation from Messiah Academy, Lucy continued at Messiah College, majoring in Home Economics. She transferred to Wittenberg University in 1958 to complete her degree in Home Economics with teaching certification in 1961. With this educational foundation, she entered University of Pennsylvania School of Allied Medical Professions, where she completed training in occupational therapy in 1963.

Combining her training in two disciplines, she practiced occupational therapy with special interest in rehabilitation of the disabled homemaker. She was employed at Magee Memorial Rehabilitation Center in Philadelphia for several years.

She married Samuel M. Brubaker in 1962 and had three children. In time, she and her husband moved their young family to western Ohio. Her home economics training was reflected in her skills with foods, fabrics and home management. She became active in meal planning, food preparation and serving, both in her local congregation as a member of the deacon team, and for the annual camp meeting of Brethren in Christ Central Conference.

Her teaching skills were applied as a volunteer in Christian Education at Fairview Church in Ohio. She established a student loan fund to assist Fairview youth to pursue college education. She was always eager to enhance the growth and learning of children and youth.

At her death in December 2013, her family suggested memorial contributions be directed to Messiah College Department of Family Science and Human Development Student Professional Development Endowment. We are particularly grateful for these gifts and trust that Lucy would be pleased to support current students in attaining professional development experiences.
A SEMESTER IN THAILAND
By Hannah Hartman ’16 (HDFS)

Thailand has been life changing. I have been here for two months now and have done some activities I would have never imagined doing. For starters, I spent my 20th birthday riding elephants. I also had the opportunity to pet and cuddle a tiger and cook Thai food! Not only did I do fun activities but I had a life changing internship. My internship was at Mahachulalongkornrajavidyalaya University where I helped teach English to monks and help them practice speaking English. That internship changed my life. They have such a positive mind-set and great hearts. They show a great example on accepting all people and showing love to everyone. Leaving the internship I have gained experience teaching. I also left with new friends. I can’t wait to see what the Lord has in store for me these next two months.

POST-ADOPTION SERVICES INTERN AT BETHANY CHRISTIAN SERVICES: ELISABETH MARTIN ’14
By Dr. Raeann Hamon

Elisabeth Martin ’14 (HDFS) is spending her final semester at Messiah College as an intern at Bethany Christian Services (BCS), a global nonprofit family preservation and child welfare organization caring for orphans and vulnerable children on five continents. The experience is particularly meaningful to Liz. She says, “I wanted to do an internship with an adoption agency because I am passionate about adoption and the process. Being adopted and also growing up in a family that has many adoptees, I wanted to be able to use what I already know about adoption and gain even more knowledge and experience.” As an intern, Liz participates in assessment processes with caseworkers, contributes to BCS adoptive family group meetings, joins in BCS staff meetings and attends trainings for adoptive parents offered by BCS. As a special bonus, Liz is helping with planning and registration for the upcoming Northeast Adoption Summit which will be held at her agency in Lancaster.
Upon becoming an HDFS major, I was confronted with the prospect of attending the National Council on Family Relations (NCFR) Conference. I knew about it but never gave serious thought to attending until my senior year when Dr. Reyes asked for help in creating a presentation for the conference. Beginning in the summer, I worked with Dr. Reyes and his work-study student, Brianne Holter ’14 to research, design and create a presentation highlighting the diversity efforts in NCFR. I was then given the opportunity to present alongside Dr. Reyes, something that terrified my introverted self. But as some people say, the Lord works in mysterious ways.

“I was then given the opportunity to present alongside Dr. Reyes, something that terrified my introverted little self. But as some people say, the Lord works in mysterious ways.”

— LINDSEY FYE ’14

Presentation, Dr. Reyes placed an enormous amount of trust in me as I (hesitantly) took on the responsibility. It turned out to be the best decision I have made in my college career. After a lot of practice, prayer and a whole lot of Jesus, I presented the material. Although it lasted about 30 minutes, the lessons I learned will last forever. I am no longer afraid to participate or give speeches in class. (Compared to a national conference, a presentation for class is nothing!) I also have realized I am more willing to discuss why HDFS is such a fantastic major to be a part of. Attending the conference is by far one of my fondest memories of college, as well as one of the most rewarding. A huge thanks goes out to Dr. Hamon and Dr. Reyes for not only trusting me with this responsibility but for also reassuring me that I was capable of it and keeping my nerves as low as possible. Thank you so much!

FAMILY AND CONSUMER SCIENCES
STUDENT TEACHER:
LAURA KREIDER ’14

By Laura Kreider, ’14 (FCS)

Currently, I am halfway through my student teaching at Spring Grove Area High School in York County. I have been blessed with the opportunity to teach a variety of subjects, including nutrition, child care, textiles and sewing, housing issues, and interior design. The highlight of my experience thus far has been working with the faculty and staff of the district. My cooperating teacher, Mrs. Claire Shubert, has served as a great model for demonstrating great care for her students and content. I greatly appreciate all of the knowledge she has to share and her daily encouragement.

Above: Laura Kreider ’14 (FCS) student teaching in Spring Grove Area High School
Top: Laura Kreider leading a crepes-making demonstration
PA ASSOC. OF FAMILY AND CONSUMER SCIENCES CONFERENCE
By Dr. Raeann Hamon

Six Messiah College Family and Consumer Sciences students, along with Professors Dawn Gearhart and Raeann Hamon, attended the PA Association of Family and Consumer Sciences Conference in Lancaster, Pa., April 4-5, 2014. Students were able to meet Family and Consumer Sciences teachers from across the state, attend sessions of relevance to them and glean resources and teaching ideas. Annette Kolb ‘17 (FCS) was elected to serve on the PAFCS student organization board and Sarah Ganung ‘15 (FCS) was presented the PAFCS undergraduate scholarship.

SOCIOLGY OF AGING STUDENTS ENGAGE IN AN ELDER SERVICE PARTNER PROGRAM
By Dr. Raeann Hamon

This spring students in my Sociology of Aging course have the privilege of volunteering alongside an Elder Service Partner (individuals 65 years of age and older) for the duration of the semester. Students are volunteering at places like Messiah Village, Recycle Bicycle, House of Mercy Mission, Habitat for Humanity and food pantries. In the process of engaging in service work together, students develop a meaningful relationship with an adult much older than themselves. These older adults often teach students things about aging and living that I am unable to do within the classroom context. Lydia Snow ‘14 (HDFS) shares: “Volunteering with Mrs. (Joyce) Anderson has been a wonderful experience. I think that it is a great opportunity to not only get to personally know Mrs. Anderson, but to be able to make an impact on the local community as well.” We look forward to an Elder Service Partner Reception at the end of the semester when we will celebrate these relationships.
NEW MINOR IN DISABILITY AND FAMILY WELLNESS

By Dr. Raeann Hamon

As a result of deep Christian convictions about the need to reach out and include persons with disabilities in our communities, the HDFS and education departments collaborated on a new minor in Disability and Family Wellness. Many students exhibit a keen interest in working with individuals with disabilities. Given that one out of every five Americans has some form of disability, with many more caring for individuals with disabilities, this interdisciplinary minor will enhance competency relative to special needs and help to prepare graduates for working with populations representing a range of disabilities (e.g., disabled veterans, disabled adults, children with a variety of special needs, older adults with cognitive and physical disabilities) in a variety of professional settings (e.g., Veterans Hospitals, group homes for adults, schools, homes, children’s hospitals, long-term care communities, hospice, adoption and foster care agencies, churches, schools) in many professional capacities (e.g., therapeutic support staff, child life specialist, early intervention specialist, foster care or adoption case managers/recruiters, teachers, ministers).

NEW OPPORTUNITY IN SERVING MULTICULTURAL FAMILIES

By Dr. Robert Reyes

As part of our department’s continual mission to maximize opportunities for learning, efforts were made to revise and strengthen the Multicultural Families minor. This new minor will provide students with the unique opportunity to grow in four distinct areas. First, students will have the opportunity to develop further their understanding of ethnically and racially diverse families. Second, students will grow in their understanding of cultural diversity and its interaction with larger social/community structures. Third, students will deepen their understanding of personal attitudes, beliefs and values through rich experiential learning opportunities. Finally, students will gain rich insight through the study of specific areas of interest. Also, the program’s distinct experiential learning focus will provide students with the chance to complete the minor through a number of unique domestic or international study field experiences. Some of the sites that have been approved for the minor include, GoEd Africa, GoEd Mekong (Thailand), the CCCU semester studies program (i.e., India, Latino America, China and the Middle East), as well as programs in the United States such as the Gordon Urban Campus in Boston and the Westmont Center in San Francisco.

HDFS DEPARTMENT INITIATES MENTORING PROGRAM

By Dr. Raeann Hamon

In order to foster student adjustment, retention and success, the HDFS department is initiating a mentoring program for our students. Beginning in the fall of 2014, incoming first-year students will be assigned a junior HDFS/FCS major as a mentor. We are also currently trying to provide mentors for this year’s first-year students. Our plan is to pair first years with juniors so they have the same mentor for two years. The second phase of the program will include pairing interested juniors and seniors with our HDFS/FCS graduates. We’re in the process of developing some general guidelines for mentors so that they have a sense of the expectations for mentoring. Annette Kolb ’17 (FCS), one of our very engaged first-year students, is helping to get the program off the ground. If you’d like to be a mentor, please contact me (rhamon@messiah.edu)!

FAMILY SCIENCE WEEKEND PLANNED FOR PROSPECTIVE STUDENTS

By Dr. Raeann Hamon

The HDFS department is trying something new for the fall of 2014. We will host a Family Science Weekend event for prospective students on October 24 and 25. We hope that students will arrive on campus by 4 p.m. on Friday, October 24. Prospective students will meet current students and then attend an alumni career panel in Parmer Cinema at 4:30 p.m. where five alumni will share information about the work that they do, how their education helps them in that work and how their faith interfaces with the work that they do. Current and prospective students will have opportunity to ask alumni specific questions about their careers. After the panel, prospective students will enjoy a light dinner in Howe Atrium, along with faculty and students hosts. An evening of fun events will follow. Prospective students will stay overnight in the dorms/apartments with current students in our programs. On Saturday, students will attend Open House events on campus where they can learn more about campus life, financial aid, the application process and the like. We encourage our alumni, family and consumer sciences teachers, parents and others to promote this event to promising high school students.

Visit messiah.edu/departments/family/FamilyScienceWeekend.html for more information.
Interested in helping current and future HDFS/FCS students?

- Become a mentor for a junior or senior
- Provide us your job information so that we might feature you in an alumni career profile on our website
- Make us aware of any internship or job openings for our students
- Volunteer to participate on an alumni career panel during fall or spring semester
- Visit one of our classes as a guest speaker
- Offer constructive feedback on how we can improve the program
- Encourage prospective students to attend our Family Science Weekend (October 24–25)
- Contribute to our HDFS Department Student Professional Development Endowment Fund
- Initiate an HDFS Department-specific endowed scholarship fund
- Pray for our ongoing work, that we might offer the best educational experience possible and glorify God in the process

Feel free to contact me about any of these items or other suggestions that you have at rhamon@messiah.edu

Five alumni—Rachel Shenk ’12 (HDFS), Amanda Lawrence ’11 (HDFS), Tawny Bernhardt ’08 (HDFS), Amanda Seal ’13 (HDFS) and Heather Barnhart ’13 (HDFS)—participated in an alumni career panel on March 26 in Parmer Cinema. Each described her current position, discussed how her faith interfaces with the work that she does and offered tips relative to how to make the most of the college experience to a room full of current students. Afterward, the graduates joined a group of majors in the Private Dining Room where they deepened their connections over dinner.

Rachel Shenk, Amanda Lawrence, Tawny Bernhardt, Amanda Seal, Heather Barnhart
Studying abroad in Uganda is one of the most difficult and rewarding decisions I have ever made. Living and engaging in a foreign culture for four months allows one to re-evaluate goals, values and world views in such unique ways. From an HDFS perspective, I have cultivated a greater understanding of what healthy relationships and family dynamics look like globally through my interactions with fellow students and families.

I currently live on the Uganda Christian University (UCU) campus with two Ugandan roommates: Mildred and Gladys. Cultural norms are very different here than in the States; for instance, if I am sleeping, it is completely acceptable for the girls to play loud music, invite friends over and turn on the lights. One time I had an acquaintance come in my room at 6:30 a.m. on a Saturday to wake me and ask if I was going on a run (um, hello, I’m sleeping!). However, there are some cultural differences I have grown to admire in my roommates, such as their willingness to share and their servanthood. Mildred and Gladys always save a portion of their treats for me, such as fruits, popcorn or cake, and they feel free to use items of mine, like a knife or a charger. They also find ways to help me feel more comfortable here; if they are going to wash shoes, they will pick a few pairs of mine and clean them as well. Washing linens is difficult for the American students because we must wash everything by hand, so every few weeks my roommates offer to wash my sheets along with their own. They are so mindful of finding ways to show me love, and that has helped me see that servanthood builds healthy relationships in every culture.

“Living with my Mukono family opened my eyes to many values I hold for my future family and my career in counseling.”
— MOLLY JANZYCK ’16

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I had the opportunity to live with two Ugandan families this semester: first, my large family who lives in Mukono, a 30-minute walk from campus, and second, my small family who lives in a rural village called Serere. Living with my Mukono family opened my eyes to many values I hold for my future family and my career in counseling. I noticed areas that could improve; both parents were often away from the family, which created a lack of discipline and intimacy in their relationships with the children. I also witnessed great hospitality and teamwork; everyone in the home cheerfully helped with chores and never uttered one complaint. The older children helped take care of the younger ones, and the family always had room for relatives and friends to visit. Furthermore,
As I write this column, another academic year is coming to a close. As you can see from the articles in this newsletter, the year has been an exciting one!

Students have studied abroad, engaged in internship and student teaching experiences, attended and presented at conferences, aided faculty with scholarship and marriage preparation and enrichment programming, expanded their professional competence through classroom and experiential learning, participated in many departmental and campus events, and so much more. I hope that you’ll take the time to read our newsletter cover to cover. I trust these stories will generate your own fond memories of Messiah College.

I want to share some exciting news that is more personal. My husband Jeff and I have established a Human Development and Family Science scholarship fund. We chose to do this for three reasons. First, we have long supported the mission of Messiah College. We value the fact that this is a faith-based, Christ-centered institution which seeks to develop the entire person.

Second, Messiah College changes lives. Jeff and I can both attest to the positive impact this place and its people have had on us. As graduates ourselves, we were well prepared academically, spiritually and socially. Just as importantly, we were able to build a foundation which gave us greater purpose, one beyond ourselves.

Third, as a full-time faculty member for the last 28 years, we created the scholarship endowment because I see the need. I see students struggle financially to make the most of their educational opportunities here. I am deeply grieved by the increasing number of students financially inhibited from attending Messiah because of cost or who, after being at Messiah for a year or more, need to withdraw due to limited finances. I am immensely saddened to lose a gifted student in the midst of her/his college career due to financial challenges.

During this last year, for instance, I met with a prospective student who visited campus on three separate occasions. She was excited about attending Messiah College for HDFS, as she has her heart set on becoming a Child Life Specialist. As the fall semester approached, her father wrote to let me know that despite being incredibly impressed by what Messiah College could offer his daughter, she needed to attend a different college due to cost. After all, they have two additional children to get through college.

I have a junior HDFS major who, as a full-time undergraduate student, is working 35-40 hours per week on top of taking 16 or more credits each semester. This student has a work-study position on campus for 5 hours per week, works at a local department store for 15 hours each week, and babysits for two families between 15 and 20 hours each week. This student is not alone in working many hours while also attending college full time.

On occasion, I receive emails similar to one that I received this fall. It said:

“From everyone to whom much has been given, much will be required; and from the one to whom much has been entrusted, even more will be demanded.”

— LUKE: 12:48 (NRSV)

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The third outstanding alumni award recipient: Lois Mitten-Rosenberry, President and CEO, Children’s Discovery Center.

The Department of Human Development and Family Science Outstanding Alumni Award is designed to recognize HDFS alumni who demonstrate significant professional leadership and a legacy of distinguished contributions to the service of individuals and families.

A 1970 graduate, Lois Mitten-Rosenberry founded Children’s Discovery Centers (CDC) in 1982 in Toledo, Ohio. She remains President and CEO of CDC, which has now expanded to South Carolina, in addition to her centers in northwest Ohio. With her unique background in education, behavioral science and entrepreneurship, Lois was the Spring 2015 Keynote for the Messiah College Executive Leadership Series. Recognized as an innovator in her field, Mrs. Rosenberry has been featured in Inc. Magazine, Entrepreneur Magazine, Executive Female, and Early Childhood News. She is a Milestone for Women recipient and Athena Award-winner. She has been named Northwest Ohio Entrepreneur of the Year, Small Business Person of the Year, Ohio Child-Care Administrator of the Year, and serves as Chairperson of the Ohio Chamber of Commerce Small Business Council. In 2005, Mrs. Rosenberry received the Governor’s Award for Excellence in Enterprise and was inducted as an Ohio Commodore. She serves on the Boards of 5/3 Bank, AAA Northwest Ohio, Ohio Chamber of Commerce, and Ohio Association of Child Care Providers.

In addition to leadership in her field, Mrs. Rosenberry is committed to several charitable projects. She has partnered with others to create a home (the Deborah Center) for abandoned and abused girls in the city of Timisoara, Romania and serves on the Advisory Board of Veritas, a non-profit organization that provides a variety of services for the families of Sighisoara, Romania. Lois is a person of deep faith and her Christian commitment is evident in both her professional field and her philanthropy.

In addition to her B.A. from Messiah, she has a master’s degree in Education from Drexel University in Philadelphia, Pa. She is a co-author of “Inspiring Spaces for Young Children” and “Rating Observation Scale for Inspiring Spaces.”

MISSION
The Department of Human Development and Family Science equips students with the knowledge, skills and expertise to enhance the well-being of individuals and families across the lifespan in diverse social and cultural settings. Within the context of Christian faith and values, the department prepares students, through experiential and application opportunities, to pursue leadership, service and reconciliation locally, nationally and globally.

DEPARTMENTAL PROGRAMS
Majors
• Human Development and Family Science (B.A.)
• Family and Consumer Sciences Education (B.S.)
• Graduates of both the HDFS and FCSE majors are eligible to receive the provisional Certified Family Life Educator (CFLE) designation from the National Council on Family Relations.

Minors
• Children and Youth Services
• Disability and Family Wellness
• Gender Studies
• Gerontology
• Human Development and Family Science
• Multicultural Families
• Pre-Counseling and Therapy

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Wow! Trying to describe my semester abroad experiences in Rome, Italy, in 100 words seems almost impossible. I could spend my words gushing over how amazing real Italian food is, or how the beautiful juxtaposition of ancient Rome surrounded by modern apartment buildings enamors me. It truly is a once-in-a-lifetime experience to be able to walk through the history I am learning about in Roman History class. Seeing where the early Christians, including Peter, were persecuted only makes me appreciate so much more my right to freedom of religion. I am so incredibly blessed to be living among the biblical and cultural history I have learned about since childhood. However, the thing that has left the most profound impression on my heart is my church family here. I am attending a bilingual international church. The people that attend International Christian Fellowship are from Brazil, Africa, the Philippines, Canada and everywhere in between. I have never been in a place of such loving acceptance of diversity. Although these people have lived such completely different lives than me, the thing that binds us together is our desire to worship God. The beautiful scenery I have seen throughout Italy does not compare to the sight of a group of people praising God in many different languages.

**“I have never been in a place of such loving acceptance of diversity.”** – ELLA WARD ’17
MARISA BOLTZ ’15 (HDFS)

For my spring internship, I am interning at Capital Area Pregnancy Center: Life Choices Clinic. My roles at the clinic include observing and being a part of counseling sessions and parenting classes, as well as observing ultrasounds and performing office administrative tasks. Since my time at the clinic, I have grown so much personally and professionally. This experience has given me the hands-on learning I have craved for and has helped me decide how I would like to continue my education after I graduate in May. I would encourage all students to take advantage of the Career and Professional Development Center on campus as they look for future internships and opportunities.

EMILY MARKER ’15 (HDFS)

As an intern in the Admissions Office at Messiah College, I have the privilege of learning about the responsibilities of admissions counselors, as well as the college application process. Thus far, I have had the honor of helping with Accepted Student Preview Days, Scholarship Days and Open Houses. Later this semester I will be traveling by myself to a college fair to represent Messiah College. I have learned so much about myself professionally through my internship, like transferable skills that I can take with me to any future employment opportunity. This has been the most rewarding experience from my educational journey at Messiah College.

AMANDA HENCH ’15 (FCSE)

After four years, I have finally attained the status as a senior Family and Consumer Sciences Education major, and I can happily say I’ve enjoyed the ride. I’m currently balancing the life that comes with student teaching. While there is some stress, it does not overpower the reward and joy I get daily from being in the classroom with my students. I’m located at a middle school in the Carlisle School District and I interact with such a diverse community daily. My classes include sustainable sewing projects, nutrition, child development, and the basics of sewing. I love being so involved in the classroom environment with all of the topics we cover.
Thanks to support from our HDFS Department Student Research and Professional Development Endowment, along with excellent support from the Student Government Association, 29 students, 4 faculty and our administrative assistant were all able to attend the NCFR Conference this year. Enjoy some reflections from students who attended.

KATIE BULL ’15 (HDFS)

As a second time NCFR Conference attendee, I enjoyed the conference all the more. Knowing what to expect the second time around, I understood the general layout and schedule, and knew that it wasn’t scary to walk up to your textbook author and shake his hand! This was awesome, by the way. I was sitting in a paper session, and I heard a presenter mention the names of his co-authors. Among those names I heard Wally Goddard. I thought to myself, “Goddard… Duncan and Goddard. He is the Goddard in Duncan and Goddard!” For those of you who have no idea who I am talking about, he is the author of “Family Life Education: Principles and Practices for Effective Outreach,” a.k.a. the author of the Strategies text! So, after the session, I introduced myself, shook his hand, talked to him for a few minutes about using his text in class, and went on my way a happy student! It is fun and actually not super intimidating!

Perhaps my favorite experience this conference was the first session I attended. I, and other HDFS students attended the Fellows Roundtable session Wednesday morning shortly after arriving. This was my first time attending a roundtable session at the national conference. This roundtable was wonderful because it exemplified my learning about family life education. The presenter was knowledgeable, obviously passionate about the area of discussion and was truly interested in what we wanted to know about the topic. Even though she had prepared information for the roundtable, she was genuinely interested in generating conversations with us. It is nice going to a national conference and feeling like I can contribute to the conversations in a meaningful way. Throughout the session I kept thinking to myself, “Wow, this is what family life education is about!” We have mentioned in Strategies, the importance of a good facilitator. Even if the program or education is great, the delivery is key! Even though the speaker wasn’t offering a full-blown educational course on adolescent romantic relationship and relationship education to us, she exemplified qualities of an excellent FLE—and offered great information too!

Last year I recall saying that conference attendance was a great way to get to know your peers in our department. At the Newcomers Reception, the speaker said something to the effect of, “Look around. The people sitting to your right and left are who you will be working with for years to come!” I thought, wow, how true!
Building relationships with peers in the department is not only a good way for our department to grow together, but it is great for future development too! Most importantly, it’s nice to have some great friends with shared interests! As a soon-to-be graduate of Messiah, I have already made some tentative plans with a fellow student (and friend!) to go the NCFR conference together in Vancouver!

**MOLLY JANCZYK ’16 (HDFS)**

Attending the 2014 NCFR Conference in Baltimore, Md., was one of the highlights of my junior year in the HDFS department. The sessions I attended were sources of valuable information that I can apply to my career path. On the first day, I participated in a Student New Professional Roundtable Discussion on Romantic Relationships in Adolescence. I was privileged to talk with the NCFR Fellow in charge of the table, and I was able to share the research handout with my mother, who is an abstinence educator. Another helpful session was a similar SNP Roundtable Discussion on Friday. The woman who spoke at my table was extremely helpful and personal; the advice she gave about future careers and grad school boosted my confidence for the future. My favorite session was probably Dr. Fincham’s presentation about the effects of prayer in relationships. Since NCFR is not a Christian organization, I was pleasantly surprised to hear Dr. Fincham speak on a spiritual matter. I was so excited about his research that I told my family and close friends all about it, research backs up prayer!

Furthermore, though I definitely enjoyed the sessions, my favorite part of the conference was connecting with others in the department. A few of the girls and I went to meals together, and we also had “hot tub discussions” in the evenings when we went to the pool area. We told our testimonies, explained our families of origin and our friendships, and we genuinely listened and encouraged one another. Attending NCFR absolutely enhanced my knowledge of the field, but ultimately, it enhanced my relationships with friends in the department. I hope to go again next year! I had so much fun!

**ERICA SOUTER ’16 (HDFS)**

At first I was a little hesitant about attending the NCFR conference. I kept on hearing it in my classes by professors mentioning it. They said this is something you won’t regret by attending the conference. So over fall break I decided to attend the conference last minute and I was so glad to hear Dr. Hamon say there was still time left to attend! For me, I thought it was a great professional experience and a way to build relationships outside of the class with the other students and with the professors. I especially enjoyed the Thursday night dinner because it was a great time for fellowship and bonding. With the sessions I attended, most of them were very informative to me. I went to a few sessions that talked about the future of family science and internships available for family science. Also, I went to one that talked about the foundations of building a strong marriage and what it takes to have a supportive family. Aside from the sessions I went to a few poster symposiums. There was one poster that talked about caregiving in older adulthood. This interested me because after Messiah I plan on doing something in this field. It was nice to hear the speaker’s perspective on caregiving. It was also fun to explore Baltimore with some of the students. So, even though I was hesitant about going, I’m glad I made the decision to attend because it was a great experience. I will cherish the memories that I made forever!

**MAKING A DIFFERENCE THROUGH THE COMMUNITY SERVICES CLASS**

*By Kimberly Lindquist ’15 (HDFS)*

The mission of the Tri-County Community Action Commission (CAC) is “to create and maximize the resources for individuals and families to achieve self-sufficiency throughout a multi-county region, which consists of Cumberland, Dauphin and Perry Counties.” (cactricounty.org). In the spring of 2014, Dr. Robert Reyes’ Community Services class worked with CAC to develop an advocacy video to address the issue of poverty and wage inequality in the Capital Region.

During the summer, Natalie Douglas ’14 and I continued this project with CAC. We re-evaluated the needs of the population and worked together to find the best way to advocate for those needs. Natalie and I used data from Dr. Reyes’ class research, in addition to supplementary information needed, to properly tell a story of a fictional family based on real-life situations. The video followed a single mother as she increased her hourly wage, one dollar at the time. The reality of the challenge of becoming self-sufficient when working on an hourly rate is clear and powerful. As pay increases and governmental assistance decreases, this mother is faced with the reality that she has more spending power with a lower income because of the benefits and assistance. However, she wants to be self-sufficient and able to provide for her family alone. Community Action Commission plans to share this video with members of the community in hopes of brainstorming ways of bridging the gap of wage inequality.
INTRODUCING A NEW MINOR: DISABILITY AND FAMILY WELLNESS
By Erin Boyd-Soisson

The Human Development and Family Science Department is excited to announce the approval of a new minor geared toward students who are pursuing careers that serve individuals with disabilities. The new minor, Disability and Family Wellness, was approved for the fall 2015 semester. This minor includes four core courses: Foundations of Marriage & Family, Community Services, Introduction to Special Education, and Disability and Society; one development course; and the option of 6 credits worth of selected electives. This minor is meant to aid students in developing skills and gaining knowledge relevant for working with individuals with special needs outside of a school setting and at different points in the lifespan. We would like to thank Dr. Melinda Burchard, assistant professor of special education and recent graduate, Erika Woyzichowsky (who is currently working in early intervention) for their feedback in the development of this minor.

MESSIAH COLLEGE COUNCIL ON FAMILY RELATIONS
Kimberly Lindquist ’15 (HDFS)

Messiah College Council on Family Relations (MCCFR) is an affiliate of the National Council on Family Relations. Our mission is to provide opportunities in service, professional development and social networking for our members. On Oct. 2, 2014, MCCFR hosted the Mid-Atlantic Conference on Family Relations, a regional conference, at Messiah College, and have had many students present posters and lead round-table discussions. We promote participation in a variety of on and off campus activities within the Human Development and Family Science Department students and faculty.

LIKE US ON FACEBOOK!

We’d like to keep you apprised of many of the things that we are doing in the department, so we’re posting events and pictures on our Messiah College Department of Human Development and Family Science Facebook page.

Like us at facebook.com/messiah.HDFS.

FAMILY AND CONSUMER SCIENCES TEACHER SHORTAGE

There is a national shortage of Family and Consumer Sciences (FCS) teachers. Since Messiah College is one of only two programs in the state of Pennsylvania which prepares FCS teachers, will you help us to recruit students to this program so that we can help meet the market demand? Family and Consumer Sciences teachers receive K-12 certification and teach child development, foods and nutrition, family resource management and other important topics which promote life skills and family well-being. Check out our website at messiah.edu/FCS. FCS teachers and interested students are invited to campus Wednesday, Oct. 28, 2015 to learn more about our FCS program via an alumni career panel, light dinner and campus tour.
We feel very privileged to have two daughters that have thrived in the HDFS major at Messiah College. Our eldest daughter, Michelle, chose Messiah in 2008 after an extensive college search and began her freshman year as a history major. During the year, a friend suggested that Michelle consider majoring in HDFS. It was a natural fit with Michelle’s interest in helping others. For example, she founded a human rights club and raised funds for Darfur relief while in high school in New York. Our middle daughter, Nicole, also visited many colleges but felt most at home at Messiah. Nicole began her studies as an education major but soon found herself drawn to HDFS.

Our respect for the HDFS program at Messiah has grown through the years. Through our daughters we learned that HDFS focuses on equipping families and individuals with knowledge to empower them and prevent problems from occurring. This differs from social work, which has an equally noble mission to remediate problems. We also learned that Messiah’s HDFS program helps students gain field experience almost immediately in several innovative ways, as described below.

**NATIONAL AND REGIONAL CONFERENCES**

We were impressed when Michelle told us at the start of her sophomore year that, as an HDFS major, she had the opportunity to attend the National Conference on Family Relations (NCFR) annual meeting in San Francisco. At this conference Michelle and several other Messiah students learned about new field research from leading experts. They selected sessions to attend based on their own interests and networked with field professionals. In their senior years, Michelle and Nicole attended NCFR meetings in Orlando and Baltimore. We enjoyed hearing our daughters share the insights they gained at these conferences. We also gained a greater appreciation of this unique opportunity when we learned that only a few undergraduate students from other colleges attend the NCFR conferences. This opportunity arose because Messiah professors often serve in leadership roles at NCFR.

**INTERNSHIPS**

Our daughters have benefited from several internships that complemented their academic studies. Michelle worked at the Morningstar Pregnancy Center in Harrisburg, where she counseled unwed mothers and shared resources that enabled them to keep their babies. Nicole interned as a Child Life specialist at Hershey Medical Center, where she assisted and calmed a child in an emergency room situation prior to an amputation. She also interned at the Early Childhood Development Center at Messiah and conducted research on Latino demographics for a Messiah professor. These experiences were invaluable.

**PROFESSORS**

Another benefit of the HDFS program at Messiah is the access and support that students receive from their professors. Michelle and Nicole have shared stories of their professors teaching from a Christian perspective. They note the genuine interest that their professors have in developing their professional skills and their spiritual life.

**LIFE AFTER GRADUATION**

Michelle graduated from Messiah in 2012, spent a year working at an assisted living center for the elderly and then entered the MSW program at Fordham University. She is excelling in her studies and will graduate this May. Nicole will graduate from Messiah in May and has been accepted to the MSW program at Fordham and the Master of Child Life program at Bank Street College, one of the leading Child Life graduate schools. She appreciates the opportunity to have these excellent options.

**PARENT IMPACT**

We have really enjoyed seeing our daughters grow in knowledge and faith at Messiah.

They have made friends for life and developed professional skills that enable them to contribute to society in fields ranging from child life, which assists children in hospitals, to gerontology. It has been our pleasure to support the excellent work of the HDFS Department by contributing to the HDFS Endowment Fund at Messiah. Gifts to this fund enable Messiah to provide financial support for students with limited resources to attend the NCFR conferences and fund a “celebration” dinner for all the students that attend. We hope that other HDFS parents will consider supporting this worthy cause.
The HDFS department has two sets of twins this year. Right: Samantha and Elizabeth Brennan ’18 (HDFS) Left: Morgan and Mackenzie Luce ’17 (HDFS)

DOUBLE TAKE
By Mackenzie Luce

In previous years, we have had many sisters go through the HDFS department. Last year, one sister wrote an article about some of the sisters who were in the major. This year, we have made another observation. Not only do we currently have one set of twins in the department, we have two!! Morgan and Mackenzie Luce are sophomores and Samantha and Elizabeth Brennan are first-years. In this interview, you now have the opportunity to see into the minds of twins a little bit and hear how they work together, why they like to be together, and where they are headed in the future.

How did you end up in the same major?

Samantha and Elizabeth (S & E): We actually ended up in the same major by accident. Liz switched in first and then I did. We did not mean to, it was just the best fit for us both.

Mackenzie and Morgan (M & M): We both switched in. I switched first from nutrition. Morgan came next after going to a panel where one person was a youth and family director at a church majoring in HDFS and minoring in youth ministry. Morgan was a Christian ministries major at the time.

Do you try to take classes together?

S&E: Yes, we do try and take classes together. It is nice because we can study together and we go into class already knowing someone.

M&M: Yes, we try to take classes together because we always have someone we know who can understand us and our perspective. Confusing the professor is just a plus (just kidding).

What is it like to take classes together?

S&E: Taking classes together is really nice. Like I said, it makes studying a lot easier because we have each other as study partners.

M&M: Taking classes together is great. We have the same homework and can study together. We can help each other out a lot.

Are you planning on having similar careers?

S&E: No, we are not planning on having similar careers. I plan on becoming a child life specialist and Liz is planning on teaching high school.

M&M: We plan on pursuing separate careers. Though we are not positive what we want to do, Morgan wants to work in adoption and foster care and I am looking into being a child life specialist.

Do you have a story suggestion for the newsletter? Please contact rhamon@messiah.edu with any suggestions or questions.
As students, it is often challenging to imagine how life was for some of the people or populations in our textbooks. This January, Dr. Robert Reyes was able to take the Family, Ethnicity and Human Services class to the Carlisle Indian School, which we were learning about in class. This school was created in hopes of making the Native Americans “civilized”- more like the Europeans. Children were brought to this school and stripped of their Native American culture. They cut the children’s hair, changed their names and clothes and did not let them speak their native language. Reading about this in the textbook was one thing, but being on the campus of the school and seeing pictures of the children was a very interesting experience.

The campus now houses the Army War College, and if you did not know of the history of the school, it would be challenging to find. There is a cemetery for some of the children who died at the school, but it is far removed from the center of the base where the houses and shops are. It looks just like any other neighborhood until you realize that there is a building with a holding cell in it, and the dorms in the middle of the base used to be full of Native American children who were taken from their families and culture to be educated. It’s hard to believe that what began as a good intention led to such destruction of a population. Having the ability to walk around the campus and see the buildings that were in the pictures in the textbook was an amazing experience that allowed me to see the textbook in a new light.

On March 21, 2015 the School of Business, Education and Social Sciences in collaboration with the Department of Human Development and Family Science hosted “I Still Do,” a marriage enrichment seminar for members of the Messiah College and local communities. The event consisted of portions of a previously held FamilyLife simulcast as well as reflective and interactive exercises for the couples. Paul Johns facilitated the event, which was planned and organized with the input of two HDFS students, Shelby Leno and Kirsten Kleckner, as well as a social work major, Maegan Keperling. Topics addressed included a biblical understanding of marriage, healthy communication, gestures of love and expressions of appreciation for one’s spouse. Based on feedback from the participants, the event was a success providing a time of renewal and intentionality in the lives of the couples. The School of BESS and the HDFS Department intend for this to be the first of a series of annual marriage and family strengthening seminars. Stay tuned for next year’s spring installment.

“Are you serious?!” entered its eighth annual installment this April 10-11 with a new, student-conceptualized subtitle. Instead of “a retreat for seriously dating and engaged couples,” the subtitle now reads “a retreat for intentionally dating and engaged couples.” So what difference does a single word make? Apparently a great deal in the minds of today’s students. The common sentiment about the old word “seriously” was that it left many dating (or whatever it is called these days) couples believing that they did not necessarily fit within that description. “Seriously” carried, among other meanings, a connotation of commitment that many contemporary couples are not prepared to make; at least not in a public way. The students who helped plan “Are you serious?!?” 2015 felt that “intentionally dating” could capture a broader swath of students, including those early in their relationship with a desire to grow. In addition, “intentionally” would subtly discourage those that were only in the dating game for fun or self-fulfillment; not the audience the event necessarily seeks to reach. Building upon the past success of “Are you serious?!”, this year’s new subtitle enticed couples that had been together as little as one year to those that had been together for five years. And as always, it was a pleasure and privilege to equip young couples with tools for relationship success.
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HDFS NEWSLETTER
SPRING 2015

DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY SCIENCE

On March 24, the HDFS Department hosted an alumni career panel featuring four of our graduates. Rachel Schmuck Eshbach ’14 (HDFS) talked about her position as a resource home coordinator at COBYS Family Services; Bryan Fagan ’13 (FCSE) shared his work as a high school family and consumer sciences teacher in Souderton Area School District; Nicole Hahnlen ’97 (HDFS) described her nurse care coordinator position for the Penn State Hershey Children’s Hospital; and Laura Helman ’06 (HDFS) explained her job responsibilities as a surgical sponsorship coordinator for CURE International. Each graduate also discussed how their faith interfaces with the work that they do and offered tips on how to make the most of the college experience. Afterward, the graduates joined a group of current students for dinner and further conversation. We continue to be grateful to our graduates for their continuing commitment to our current students.

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INTERESTED IN HELPING CURRENT AND FUTURE HDFS/FCS STUDENTS?

- Become a mentor for a junior or senior
- Provide us your job information so that we might feature you in an alumni career profile on our website
- Make us aware of any internship or job openings for our students
- Volunteer to participate on an alumni career panel during fall or spring semester
- Visit one of our classes as a guest speaker
- Offer constructive feedback on how we can improve the program
- Contribute to our HDFS Department Student Professional Development Endowment Fund or the HDFS Department Student Scholarship Fund
- Initiate an HDFS Department-specific endowed scholarship fund
- Pray for our ongoing work, that we might offer the best educational experience possible and glorify God in the process

Feel free to contact me about any of these items or other suggestions that you have at rhamon@messiah.edu.
Since our last newsletter, Generations United announced the Elder Service Partner (ESP) Program that I developed as part of our Sociology of Aging course was selected to receive the designation of Program of Distinction. According to Donna Butts, executive director of Generations United, “The Program of Distinction designation is the U.S. intergenerational community’s ‘seal of approval.’ The application and review process are rigorous. Achieving this recognition is a major accomplishment and says a program employs best practices and effectively serves the surrounding community.”

The mission of our Sociology of Aging’s Elder Service Partner Program is to link the lives of college-aged students with those of older adults in an effort to enrich both by building meaningful intergenerational relationships while serving together. Originally implemented in 2000 as a result of grant support from the Association for Gerontology in Higher Education (AGHE) and the University of Pittsburgh’s Generations Together (GT), the Elder Service Partner Program continues to be an integral part of the Sociology of Aging class at Messiah College.

For the ESP Program, students are paired with an Elder Service Partner (ESP) in completing two types of service. First, students join their ESPs in completing 15 hours of volunteer service over the course of the semester. Rather than dictate where students and ESPs perform their service, students are encouraged to join their elders in fulfilling the obligations their ESPs have already made to the community. As residents of their respective communities, ESPs have already identified various community needs. The pairs frequently volunteer at places such as food pantries, nursing facilities, soup kitchens, churches and synagogues, pregnancy centers, fraternity service organizations (e.g., Lion’s Club) and other non-profit organizations (e.g., Recycle Bicycle, SCORE, Habitat for Humanity). There are many opportunities for reflection, including in-class activities and discussion questions.

In the second activity, students perform interviews with their ESPs in order to create a chapter of their life stories. Specific skills for this assignment are reviewed early in the semester and students are encouraged to meet on at least three occasions to collect information. For context, students may capture a general overview of the elder’s life story; however, they are encouraged to ask specific questions that allow for more personal and meaningful interviews.

Brooke Dorwart ’16 (HDFS) selected her grandmother, Carol Groff, to be her Elder Service Partner. They volunteered at Hempfield United Methodist Church.

Bill Sangrey and Joelle Wyse ’16 (HDFS) volunteer at the antique automobile club.
For years, we have recognized the value of requiring students to apply what they are learning in the classroom to real-world contexts. Traditionally, this happens when our students participate in student teaching experiences or departmental practicum and internships within schools, family service agencies, various businesses and many other organizations. However, HDFS and family and consumer sciences (FCS) students are also afforded opportunities for application in service-learning classes, where, for example, in Sociology of Aging they are paired with Elder Service Partners for the duration of the semester to engage in community service. (See cover story.) This also happens in the Senior Seminar and the Community Services for Individuals and Families classes. Students volunteer for at least 20 hours in the surrounding area to help meet community needs as part of their class requirements. Another example is our Introduction to Child Life class. In addition to spending two hours in class each week, students gain practical experience working with children in a local hospital, gleaning insights about the role of the Child Life Specialist in a healthcare setting.

In addition to service-learning, we are very intentional about providing opportunities for students to practice what they are learning in their classes. In Child Development, students go to the Early Learning Center on campus to hone their observation skills. In Adult Development, they engage in a qualitative research project on a topic of interest in order to practice interviewing skills. As you will read in Dr. Boyd-Soisson’s article (page 8), we also try to help students see how these skills can be applied in numerous career paths.

In this newsletter, you will read about other experiential learning opportunities for our students. Read about how our students pair with community partners in Marital Relationships to produce a brochure of help to couples. Consider the impact of cross-cultural experiences for broadening our students’ sense of awe of God’s creation and responsibility to serve, as Dan and Hadlee describe their course in Costa Rica (page 3). Imagine the thrill among our students who were able to participate in a webinar with Sue Johnson, founder of emotionally focused family therapy. Let Sarah tell you about the benefits she encountered from attending a statewide conference in her discipline. Imagine how Dr. Reyes’ students encounter poverty in a unique way through his simulation activity. These real-world experiences are invaluable for applying knowledge, developing professional skills, acquiring confidence, expanding social networks, exploring potential career paths and so much more.

The newly established ELI mandate has granted us the opportunity to “see anew.”

More recently, and in conjunction with the College’s strategic plan, Messiah College has adopted a new Experiential Learning Initiative (ELI). ELI pushes experiential learning to a new level by requiring that every student have the opportunity to make connections between classroom knowledge and application of their learning to real-world contexts. This new graduation requirement can be met by one of several different options. Students can participate in an internship or practicum experience, an approved service-learning course, various off-campus programs (semester-long and cross-cultural courses), leadership options on campus (e.g., Student Involvement & Leadership Programs, The Collaboratory, Agape Center, etc.), and undergraduate research. Each of these five options necessitates a common reflection component that addresses primary outcomes of career development and community engagement. Students should be able to articulate how their experience impacted their learning; personal and professional development; and community partnership. Students will also be required to produce a “deliverable” in the form of a resume, ePortfolio, personal website or LinkedIn profile.

The newly established ELI mandate has granted us the opportunity to “see anew.” Within the next year, the faculty within the HDFS Department will be examining our curriculum to make sure that we are requiring a coherent set of real-life experiences in which students can practice and hone their skills. More specifically, we will look for the best place to situate the new ELI requirement within our HDFS and FCS programs. Keep your eyes open for ways in which we will continue to urge our students to engage in real-world experiences. We also welcome your suggestions as we continue to try to “inspire action” among our students.

Raeann Hamon, HDFS department chair
CHANGED IN COSTA RICA:
THE EXPERIENCES OF TWO OF OUR STUDENTS

By Dan Reiste ‘18 (FCS)

My experience in Costa Rica was phenomenal! We literally saw all of Costa Rica! Some of the highlights included a beach day in Cahuita; a five-day home stay with a local Tico family; Monteverde mountains; Arenal Volcano and Baldi Hot Springs; and a dinner cruise on the Pacific Coast in Manuel Antonio. Our group was able to partner with a church in San Jose called Iglesia Biblica Jerusalen, where we completed a service project which included indoor and outdoor maintenance; painting interior and exterior walls; and painting lines for parking spaces throughout their parking lot. Additionally, we had the opportunity to spend an afternoon with their youth group bonding with teens and experiencing the “Tico culture” from their perspective. One great learning tool was a daily journal in which we wrote about our experiences and questions that we had regarding the Tico culture. Also, our group heard from many speakers and organizations on topics including the history of Costa Rica, the organizations’ main mission and the importance of a certain region we were visiting. This constant flow of information was a fantastic way to learn all about Costa Rica and its culture. Finally, we learned about the humble and generous attitude portrayed by all Ticos, but specifically through our bus driver, Franklin. Being raised in extreme poverty, Franklin overcame many large obstacles and is now an owner and operator of the tour bus in which we spent over 80 hours during our trip in Costa Rica. Hearing Franklin’s story and how his life has been transformed is simply amazing, and his love of life is shown everyday through his willingness to serve, positive attitude, constant smile and genuine caring personality.

By Hadlee Coker ’17 (HDFS)

I spent this past January in the beautiful country of Costa Rica. Not only were the views breathtaking, but so were the people. Costa Rica possesses such a unique atmosphere that exudes peace and vitality. The people don’t live for competition, success or material items. Instead, they value family and relationships above all else. It was incredibly refreshing to be immersed in a culture where people constantly had a grateful attitude. The people of Costa Rica have an appreciation for life that I have never seen before. To the people of Costa Rica, every day is a new opportunity to learn, grow and build in relationships with the ones they love. They do not allow the distractions of this life to impact what they value most. Through my experiences with the people of this country, I have learned the importance of being present in each moment of life.

“Shaggy” the horse helps Hadlee explore Monteverde.
encouraged to narrow the focus to one specific element of the ESPs life in order to keep the assignment more manageable. The Elder Service Partner may have something in particular he/she wants to share, providing direction for the paper. Students submit a final draft of the life story to the instructor and to their ESP for review. Using feedback from the professor and ESP, students make revisions for the final version of the life story. Students creatively construct the life story project and present them to their ESPs at the conclusion of the semester during a celebratory reception held in their honor. The life history interview portion of the program assists students in learning how to effectively dialogue with someone much older than themselves and provides an opportunity for creative expression in actually compiling the life story for their Elder Service Partners.

Each semester, the instructor measures outcomes by collecting evaluative feedback on the program from both students and ESPs. Multiple sources of data (e.g., student journals, pre- and post-tests on students’ knowledge of aging, ESP mid- and end-of-semester questionnaires, formal student course evaluations) are collected and reviewed for program strengths and weaknesses.

Emily Smith ’17, an HDFS major, said of the program, “Over the course of this semester, I have had the privilege of partnering with an elder volunteer in the community. For the past five years, Tom Holtzapple has been volunteering many hours of his time to serve the residents and staff of Messiah Lifeways. From serving coffee with a smile to feeding individuals who are debilitated from advanced Alzheimer’s, Tom is proof that even in your later years, helping others is both achievable and rewarding.”

Jenna Saylor ’16 described some highlights for her, “Being partnered with an older adult I didn’t know for my Sociology of Aging class was a wonderful experience I will always remember. Through this experience, I was able to gain a friendship with Elaine Weibel and serve with her at New Hope Ministries in Dillsburg, Pa. I was able to learn about Elaine’s past and current life as an older adult, and witness how active and passionate she is about helping people of all ages. She taught me how important it is to serve other people who might be less fortunate. After I graduate, I plan to volunteer my time once a month at a local food pantry. Elaine was an excellent role model, and her passion for serving others affected me in a positive way. I have also continued to stay in touch with Elaine because of the friendship we have gained through this experience. The program allowed me to see how much fun it is to learn about older adults’ lives through serving with them!”

Matt Brown ’18 was paired with John K. Robinson who volunteers for the Historical Society of Dauphin County, where he is president of the board of trustees. The society administers the National Historic Landmark John Harris-Simon Cameron Mansion, as well as an archive of historic documents and a research library. Matt noted, “My time with Mr. Robinson has been a great experience for me as I have gotten to sit down with him and hear fun stories. Also, I got to hear some concerns he has about today’s youth culture and how they sometimes negatively treat the elderly. Thinking about his perspective more, I realized that what he said was true and have applied it to my own life. I have learned to respect my elder friends and family, to hold them in higher regard, to have greater empathy towards them, and to appreciate and connect with them more often.”

Overall, both students and ESPs benefit from the program. Students benefit from tackling their fears about initiating and developing relationships with persons decades older than themselves and are often surprised by how meaningful these relationships become. Students also overcome generalizations about older adults; value forming relationships; gain wisdom from their ESPs; discover important values and gifts; obtain fresh insights and perspectives on aging; develop new appreciation for their own grandparents and other older adults in their lives; often explore career paths with older adults; and recognize their role in serving others. Elder Service Partners are generally enthusiastic about and appreciative of the opportunity to develop a relationship with a younger person of a different generation. ESPs particularly benefit from the generativity and opportunity for life review afforded by the experience. As a result of their interactions, they often feel reassured about the current generation of youth.

Matt Brown ’18 (HDFS) enjoy helping to preserve historical documents.

John Robinson, 69, of Harrisburg (Matt’s ESP) said, “It’s been fun getting to know a college student and learning how much different college life is today from when I attended school.”

Congratulations to the Elder Service Partner Program for achieving this national recognition! We hope that both students and elders will continue to appreciate the opportunity to build intergenerational relationships and serve together for years to come.

Emily Smith ’17 and Tom Holtzapple serve at Messiah Lifeways.

Jenna Saylor ’16 (HDFS) volunteer at New Hope Ministries’ food pantry.

Elaine Weibel and Jenna Saylor ’16 (HDFS) volunteer at New Hope Ministries’ food pantry.
HDFS ANNOUNCEMENTS

ARE WE EVER BLESSED!: OUTSTANDING ALUMNI AWARD RECIPIENTS FOR 2015 AND 2016

MARILYN BELLESFIELD '89 (FAMILY STUDIES) is the 2016 Outstanding Alumni Award recipient. After graduation, Bellesfield served as a full-time case worker for Big Brothers/Big Sisters, Inc. It was here that she used her skills in creating and delivering family life education programming, which she learned in Strategies of Family Life Education. Bellesfield developed a Sisters Plus program for teen mothers, matching each with a mentor/Big Sister to help them and to be a support. She also designed a brochure and worked with the Harrisburg School District to get referrals. At the same time she was at Big Brothers/Big Sisters, Bellesfield worked as a weekend houseparent for Lourdeshouse Maternity Home. After about five years, she assumed a full-time position as social worker at Evergreen House, a transitional housing program for women and their children. While there, she maintained her part-time post at Lourdeshouse.

After a number of years, Bellesfield transferred to Lourdeshouse Maternity Home as full-time program director. This was one of her most satisfying positions. As program director, she handled every aspect of the program, as well as staffing and the budget. Eventually, however, she resigned this position in order to stay home with her boys while they were young. Catholic Charities kept her on the payroll, so she started working for them again about six months after leaving full-time work. Her part-time role was as a resident attendant at Interfaith Shelter for Homeless Families.

When Bellesfield returned to work full-time, she became a case manager at Interfaith Shelter for Homeless Families. She also served as an interim program director when the director was on medical leave, since she was the only one who knew how to do all of the reports each month, from her prior experience at Lourdeshouse.

After 10 years at the Interfaith Shelter, Bellesfield left Catholic Charities and became a case manager for the Brethren Housing Association. Recently, her position title was changed to family advocate, which she likes much better. She assists the families in this program to develop and achieve life-changing goals surrounding employment, education, parenting, relationships, health and housing—all geared toward strengthening the families’ stability and self-sufficiency. Bellesfield experiences a great deal of fulfillment in this position and intends to stay with Brethren Housing for years to come.

We appreciate Bellesfield’s sustained service to teen mothers and their children, as well as homeless individuals and families.

NICOLE HAHNLEN '97 (HDFS) is a nurse care coordinator in the Hummingbird Program at Penn State Hershey Children’s Hospital. Following graduation from Messiah, Hahnlen worked as a child life specialist at St. Christopher’s Hospital for Children in Philadelphia, Pa. During her tenure at St. Christopher’s, she worked in pediatric HIV/AIDS and bereavement support programming for children. Wanting to pursue work in the field of pediatric palliative care, Hahnlen returned to school to pursue her nursing degree. Upon getting her B.S. in nursing from The Pennsylvania State University in 2004, she worked for three years in the pediatric intensive care setting. Based on her background in human development and family science and nursing, Hahnlen became part of a team starting a new pediatric palliative care program at Penn State Hershey, where she has worked since 2007. She said, “HDFS has been extremely helpful in providing a foundation in human development across the lifespan, communication, assessment of family systems and understanding of stress/illness on family dynamics. Additionally, preparation in family life education has been a useful skill as I frequently develop and implement educational activities for families and professionals. My preparation in nursing alone would not have equipped me to do work in palliative care. HDFS was essential to my professional role.”

The majority of Hahnlen’s day is spent interacting with patients and families in the inpatient or outpatient care settings. Much of the support she provides to her patients and families is done via telephone to keep children and families in their home/community setting as much as possible rather than bringing them to the hospital unnecessarily.

Hahnlen provides emotional, social and medical support to children living with life-threatening medical conditions and their families; assists families in identifying/accessing resources that address their unique needs within both the medical system and their home communities; helps families with complex decision-making, identifying goals of care, and advance care planning; provides anticipatory guidance and support through end-of-life situations and bereavement support to families following the death of a child; and provides education to professional caregivers (nurses, physicians, etc.) regarding patient and family centered care, end of life care and other pediatric healthcare topics.

We are pleased to recognize Hahnlen with the 2015 Outstanding Alumni award. We can imagine that many children and their families are grateful for her kind and caring support. We are very proud of her accomplishments in this very challenging professional role! Congratulations to both of these outstanding alumni!
Four students joined Dr. Raeann Hamon in attending the National Council on Family Relations (NCFR) Conference in Vancouver, Canada in November 2015. Financial support from Student Government Association and donors who contribute to the HDFS Student Research and Professional Development Fund made the excursion possible. Read about the highlights of their experience.

REBEKAH MOWEN ’17 (HDFS)
The trip to the NCFR conference is an amazing professional development and networking experience. There are a multitude of opportunities for undergraduate students to become more involved in the field in which we want to pursue a career. Not only can we learn about the newest discoveries and research findings of our interests, but we can also meet and hear from people who have made significant impacts and revolutionized the field of family science. The theme of the conference this year was extremely relevant to our time and to the most current events. I went to several sessions on issues of trauma and violence and learned about how they affect every aspect of the family and individuals’ lives.

ELLA WARD ’16 (HDFS)
I very much enjoyed my time at NCFR in Vancouver, and I feel like I learned a lot! Not only did I get to hear interesting research and presentations, I also learned about next steps for grad school. One of the events I attended was Dr. Hamon’s round table about how to strengthen the identity of family science and create cohesion among the field. I then attended presentations of research about teen moms in a pregnancy center in D.C., with special attention on preventative measures for a second pregnancy and school dropout. I was able to hear Dr. Hamon, along with other members of a panel, present about different creative ways to teach family theories within a classroom. I particularly enjoyed attending the student affiliate breakfast, where we shared great ideas for our student-affiliated councils. Most of the other sessions I attended revolved around aspects of military families or rape culture/microaggressions on college campuses. I found the sessions on rape culture especially helpful, since I am part of the resident life community at Messiah and am currently serving as an RA. I was able to peruse through different poster presentations and walked through the school expo event. To end my time, I was able to hear the NCFR president present on how divorce can be generational.

EMILY HOSCHAR ’16 (HDFS)
I have heard numerous times how amazing an opportunity NCFR is and after my first full NCFR conference, I can agree. I am very thankful for my opportunity to help plan the fundraising and travel arrangements, as well as attend the conference. The conference sessions I attended mostly revolved around stepfamily dynamics and the impact of divorce. I attended a number of sessions on sexual assault on college campuses, as well. I appreciated hearing the relevant research happening in the field of family science.

I enjoyed the university reception, because it gave us the chance to network with graduate schools and learn more.
about programs in our field of interest. My favorite session that I attended was the student affiliate breakfast. We learned a great deal from successful affiliate councils and have come away with ideas I am excited to see implement in our organization, the Messiah College Council on Family Relations. Another highlight of the conference was the opportunity to build relationships with other students in the department that I did not know well before and to learn more about them. Overall, NCFR was a rewarding experience, and I would recommend it to any HDFS student considering attending!

The most interesting session that I attended was the opening plenary session called “The Good Soldier,” which had the most impact on me and what I would like to do. The keynote speaker of this session was David Finkel, who is an author and writer for The Washington Post. He spoke of his work with military personnel and their families. He went to Afghanistan and Iraq following various soldiers through their deployments, writing about their jobs as well as the physical and mental wounds that they endured while overseas. When returning home, he further followed one soldier, Adam Schumann, in his quest to reenter back into society and family life. He shared the stories of what these men and women went through while protecting our country and the struggles they faced after war. These stories were both heartbreaking and uplifting. This session confirmed my passion for working with military members and their families into transitioning back into civilian and family life.

MORGAN LUCE ’17 (HDFS)
This was the first year that I attended the National Council on Family Relations annual conference, and I have plans for returning next year. I was blessed to be able to go to the amazing city of Vancouver, British Columbia, Canada, to hear the latest research being done in the field of many different varieties, as well as to sightsee and grow closer relationships with the three women who attended with me. The theme this year was conflict, violence and war: family risks and resilience. I was most interested in the war aspect and how professionals are helping and researching topics that affect military families. Many of the sessions that I attended looked at the different programs available for military families and researched different aspects of military family life. I attended other sessions not related to military families that were also very interesting, such as the session on grief, coping and death, and violence in young adult relationships. These sessions were beneficial to understanding the current research in the field as well as where presenters would like to take their research next. It was also beneficial to be able to network with professionals and universities that I may attend in the future for graduate school.

WINNING IN MORE WAYS THAN ONE AT THE PA ASSOCIATION OF FAMILY AND CONSUMER SCIENCES STATE MEETING

By Sarah Berger ’17 (FCSE)
Each spring, family and consumer sciences education majors are encouraged to attend the annual Pennsylvania Association of Family and Consumer Sciences Conference. In 2015, the conference was held in the Poconos.

The conference is a great opportunity for students to network with professionals across the state and learn about new and exciting advances in the field. Students attend many sessions on various topics, including cooking, fashion, interior design, child development and general teaching principles.

Students receive many resources while at the conference, including worksheets, posters, recipes, websites, apps and more. Students also are able to participate in many drawings and raffles for a chance to win items for their own classroom.

I attended the conference in 2015 as a sophomore with fellow FCS majors, and I learned a lot of valuable information. As an added bonus, my name was drawn to win the main conference prize, a Nasco food display with many different portion examples. This valuable resource will be extremely beneficial for me in my future teaching career.

The conference this spring will be April 8-10 at Indiana University of Pennsylvania. Our newsletter deadline is prior to the 2016 conference, but you can be sure that Messiah College will have students there, as well. Watch our Facebook page for photos of us at the event.

NFCR is a great time to see good friends such as Raeann Hamon and Mary Ann Hollinger, former dean of external programs at Messiah College.
One of the main goals in our department in recent years has been to increase and enhance the number of experiential learning opportunities for our students. To that end, we have been able to collaborate with the staff of Tri-County Community Action in Harrisburg to facilitate a poverty simulation as part of the work in (HDFS 253) Community Services for Individuals and Families course.

The poverty simulation experience is designed to help participants begin to understand the limitations and challenges that low-income families face on a daily basis. In the simulation, 20 to 85 participants assume the roles of up to 26 different families facing poverty. The task of the “families” is to provide for basic necessities and shelter during the course of four 15-minute “weeks.” The experience lasts two hours. It includes an introduction and briefing; the actual simulation exercise; and a debriefing period in which participants share what they have learned about the lives of people in poverty.

As I reflect on this experience, I am really excited for the opportunity to teach about poverty in this way. The use of this simulation is truly a remarkable way to help our students understand more deeply what it feels like to experience many of the challenges low-income families face today.

HDFS 320 Play and Development is offered every other year. Students in the class learn about the importance of play for development, particular for children. The role of play and leisure activities for the development of adolescents and adults is also explored. Students learn about the therapeutic value of play, the importance of play materials, the importance of outdoor play and how different professions use play to help children. Guest speakers from the fields of child life, play therapy and preschool, to name a few, come to class to demonstrate how play is used in their professions. This spring, students taking the class are pursuing careers in child life, school counseling, grief counseling, art therapy, play therapy, preschool and elementary school education and early intervention.

Robert Reyes’ Community Services class experiences challenges to low-income families.

Joan McGeary, certified child life specialist from Hershey Medical Children’s Hospital, demonstrates how play is used with children in hospital settings in Erin Boyd-Soisson’s play class.
When asked to describe my student teaching placement, I thought of these words: make time, stories and relationships. I was placed at Cumberland Valley High School, teaching grades 9–12. I taught four Culinary I classes that focused on educating students on proper nutrition and basic food preparation skills. I oversaw a Clothing & Construction I class, which introduced and equipped students with basic patterning and sewing skills. I also co-taught a Clothing & Construction II-IV class which focused on student-directed clothing construction with the use of patterns.

While teaching these classes, I learned that schooling the mind, at times, must come second to caring for the whole child. In the chaos of grading, planning, adapting lessons, etc, I realized that making time for small interactions with my students made the greatest impact. During those times, I heard the stories of amazing and heartbreaking experiences that had shaped my students into capable and driven individuals. Having this opportunity to build a student-teacher relationship helped me to develop a teaching style and build a classroom where my students felt comfortable to explore the world of Culinary and Clothing & Construction.

As a member of Messiah’s Honors Program, I have had the opportunity to do a departmental honors project. Over the past two semesters, I have been working on an original research project in which I am studying the effects of a parent’s stroke on the lives of his or her adult children who must step into a caregiving role. Most of the current research focuses on how a stroke affects the survivor, failing to acknowledge the impact on other family members, specifically adult children. I am very thankful for the opportunity to broaden this research and hope that my project can help adult children to cope with the stress of caring for parents recovering from strokes. Since I am planning to pursue a career in occupational therapy, I wanted to choose a topic that will be relevant to the population with whom I will eventually work.
HDFS ALUMNI TALK CAREERS

By Raeann Hamon

Every semester, the Human Development and Family Science Department organizes an alumni career panel. Alumni return to campus to speak to current and future HDFSFCSSE students. Alumni are asked to address questions like: Where do you work and what is your job title? Describe a typical day. What courses or experiences at Messiah College were particularly helpful for you in your current work role? How does your faith interface with the work that you do? What tips do you have for current students to make the most of their educational experience at Messiah College?

Our graduates also often express appreciation for the opportunity to come back to campus.

On March 30, four of our graduates shared their lives with us: Tabita Vacareanu-Quashigah ’09 (HDFS- children and youth family engagement meetings coordinator and facilitator for Dauphin County Social Services for Children and Youth), Jacque Reahm ’15 (HDFS- therapeutic support staff for New Story of Harrisburg), Kari Williams ’14 (HDFS- family development specialist for Family Services of Montgomery County) and Erika Sheaffer ’96 (HDFS- senior child life specialist for St. Christopher’s Hospital for Children and Children’s Hospital of Philadelphia). After the panel, all four women joined a group of current students, faculty and prospective students for dinner and further conversation. Students are always encouraged by the career information and the insights gleaned from our accomplished alumni.

Our graduates also often express appreciation for the opportunity to come back to campus. Sheaffer, sent the following note to me after the event: “Thank you so much for blessing me with the opportunity to be a part of the panel this evening. The first thing I did when I left was to call my parents and thank them for sacrificing so much so I could have a Messiah education. You played such a major role in my career at Messiah and God used you to help get me where He wanted me to be! I am so grateful and can see how you are still impacting HDFS students in amazing ways. Speaking with Josiah’s family and Beverly and hearing about their very personal experiences with Child Life and having them express gratitude to me for my work was overwhelming. I came praying to be a blessing and walked away feeling like God blessed me. It was a pretty emotional recapping to one of my coworkers on the phone and Dave and the kids when I got home. So… Thanks for everything!! Now I need to be on my knees that God will provide for my kids to go to Messiah!”

We are incredibly grateful for our alumni who so willingly share their lives with our current students. Thank you, Erika, Tabita, Kari and Jacque!

We hope that FCS teachers and guidance counselors will bring their promising students to our career panel in the fall – October 25, 2016.
COMMUNITY PARTNERS BOOST QUALITY OF TIPS

By Paul A. Johns

Over the last few semesters, students in our Marital Relationships course with Assistant Professor of Human Development and Family Science Paul Johns have been required to work with a community partner when completing their relationship/marital tips project. This new element was added to this long-standing assignment for three primary purposes: (1) to give students an experience of working with a direct service provider; (2) to increase the quality of the research-based tips that students write by considering application to real people; (3) and to allow for the possibility that the students’ tips could be distributed to individuals and couples in need of their practical advice, if supported by the community partner. Our many community partner volunteers, which include counselors, pastors and other social service providers, have helped us achieve these purposes and much more.

At the end of this project, students write reflections on their experience of working with a community partner, and the results have been encouraging. A major benefit students share is how they were able to create more realistic tips with the help of their partners, as opposed to idealistic tips that may not meet the needs of their target audience. An unanticipated yet beneficial outcome of this new element is that students recognize the patience and diligence that it takes to work with busy, “front-line” providers. Students who work ahead and pace themselves reflect on how valuable it was to collaborate with professionals and the confidence it began to instill in them as they anticipate being the providers themselves someday. Overall, this is just one example of how our HDFS department seeks to provide students experiential learning opportunities that will help them grow into the next generation of highly-qualified Messiah College HDFS graduates.

LIVE WEBCAST OF SUE JOHNSON ENHANCES STUDENT LEARNING

By Paul Johns

On March 17, 2016, the HDFS Department, in collaboration with Social Work, Psychology and Graduate Counseling, hosted a live webcast of Sue Johnson, creator of Emotionally-Focused Therapy. Johnson’s topic proved to be of great interest, bringing together more than 60 graduate and undergraduate students for a day of learning and networking. Included in the day for some was a more personalized lunch presentation with Renee Donovan, a Certified EFT therapist and friend of Professor Paul Johns. All in all, the webcast allowed students that may have only heard or read of Johnson’s work to learn from and be inspired by Johnson herself.

Invite prospective students to attend our fall alumni career panel on October 25, 2016. Contact dchopka@messiah.edu for details.

INTERESTED IN HELPING CURRENT AND FUTURE HDF$/FCS STUDENTS?

• Become a mentor for a junior or senior.
• Provide us your job information, so that we might feature you in an alumni career profile on our website.
• Make us aware of any internship or job openings for our students.
• Volunteer to participate on an alumni career panel during fall or spring semester.
• Visit one of our classes as a guest speaker.
• Offer constructive feedback on how we can improve the program.
• Contribute to our HDFS Department Student Professional Development Endowment Fund or the HDFS Department Student Scholarship Fund.
• Initiate an HDFS Department-specific endowed scholarship fund.
• Pray for our ongoing work, so that we might offer the best educational experience possible and glorify God in the process.

Feel free to contact me about any of these items or other suggestions that you have at rhamon@messiah.edu.
WIN A FREE t-shirt!

Stay connected! Go to messiah.edu/HDFS-tshirt to sign up for our e-newsletter and be entered to win a department T-shirt!

LIKE US ON FACEBOOK!
We’d like to keep you up to date on the many things that we are doing in the department, so we’re posting events and pictures on our Messiah College Department of Human Development and Family Science Facebook page.

Like us at facebook.com/messiah.HDFS.
HDFS SCORES

Students in the Department of Human Development and Family Science were well represented among winning sports teams during this academic year.

WOMEN’S BASKETBALL
Gillian Glackin (HDFS ’17) ended her college career on a high note. The Messiah Falcons basketball team won the MAC Commonwealth Championship for the 10th time in program history. Glackin received MVP of the MAC Commonwealth Tournament and was also named All-MAC Commonwealth First Team for the third-straight season. Glackin says, “I’m so thankful for my experience playing for Messiah. Thank you to all my family, teammates, coaches and fans for all their support and encouragement.” After graduation, Glackin hopes to work on behalf of victims of human trafficking.

FIELD HOCKEY
For the past four years, we have had the opportunity to be members of the Messiah College Field Hockey team; and the past two years, serving as the team’s captains. This past fall, we were blessed with a great capstone achievement, as we ended our careers as being the 2016 Division III Field Hockey National Champions. Our team has had a lot of success throughout its history, and throughout our four years as a part of the program, we have seen some of our own success as well. From freshman to senior year, we have made it one step closer to our end goal, the national championship; and finally, in our senior season, we achieved it! We have been able to take what we have learned as a part of the field hockey team and use that towards our field of study in HDFS. Being a student-athlete has taught us great time management skills as well as the ability of working with others, which will serve us well in our future careers.
— Sara Brooks (FCS ’17) and Lindsay Bowers (HDFS ’17)

WRESTLING
Being on the Messiah wrestling team has made my faith much stronger. Our coach emphasizes acting as ambassadors of Christ everywhere we go and showing the love of Christ to all of our opponents. We compete hard and are always working to be the number one team in the nation, but that’s not where our identity is. Our identity is in Christ and that is much more solid than any wins or losses we receive during the season. We have fun with wrestling because we know that Christ is the same Lord no matter what we do on the mat and we will continuously glorify Him in our actions.
— Josh Whitelaw (HDFS ’19)
I frequently talk to prospective and current students who are searching for a major and this is what I often say to them. “Your major should be like a huge pile of leaves in autumn. You should want to dive in and roll around in it.” In other words, your major should be enlivening and engaging. You should be excited to dig into the readings, assignments and other opportunities in your field. In this column, I plan to share a few of the many ways in which we encourage students to “roll around” in their program should they choose to major in human development and family science or family and consumer sciences.

One of the most obvious places for students to get involved is in our student club and professional organization, the Messiah College Council on Family Relations (MCCFR). MCCFR is a student-affiliated council of the National Council on Family Relations, the premier professional association for understanding families through interdisciplinary research, theory and practice. MCCFR’s mission is threefold: coordinating service opportunities to assist families, promoting professional development of its student members, and fostering social networking. Being an officer in MCCFR serves as a great training ground for leadership roles in state, regional and national professional organizations. MCCFR events are incredible opportunities to develop relationships with faculty and students in the department, as well. “Like” the Messiah College Council on Family Relations on Facebook and see what they do. Also, be sure to read the article about this group’s service projects on page 8.

Another special opportunity for select students includes the Smith Scholar Internship and the Teaching Internship grants. Faculty in the HDFS department frequently submit proposals for these grants with students. A committee selects the recipients on a competitive basis and the students receive a stipend to assist the faculty member with research or teaching projects. For instance, this year Lindsey Bower (HDFS ’17) received the Teaching Internship grant to assist Dr. Erin Boyd-Soisson in assessing the Preschool Observation and Interpretation assignment, providing feedback on her teaching, and identifying objectives for each topic. Lindsey will also teach a class on childhood grief since this was the topic of her strategies project and since she will pursue grief counseling with children in graduate school. Alexis Phillippi received the Smith Scholar Internship to work with me in planning the Family Science Association’s 2017 Teaching Family Science Conference. She created the call for proposals, drafted a conference schedule, maintains the list of registrants and associated special dietary needs, and communicates with conference attendees regarding conference details. She is also co-authoring a presentation that I will make at the conference entitled “Evaluating a Family Life Education Methodology Course: Student Self-Assessments and Personal Reflections.” These students, like many before them in these roles, glean many insights into the field of family science, as well as new skills as a result of this collaborative work with faculty members.

Despite significant budget cuts, students are still able to benefit from their experiences in department work study positions. In these paid roles, students assist in planning departmental events, communicating with prospective students, updating our department website and Facebook pages, collecting research for faculty projects and course preparation, creating alumni career profiles, managing department photos and social media, assembling packets of material for open houses and other events, and offering insights to faculty about teaching ideas. These students offer indispensable support to the work of the department and in the process, benefit from deep mentoring relationships with HDFS department staff and faculty.

Students also benefit by joining faculty on their special projects. For instance, Professor Paul Johns has been offering “Are You Serious?!,” a weekend retreat for intentionally dating and engaged student couples for the past ten years. Paul invites interested students to join him in planning this couple relationship program. Students help with promoting, planning and coordinating the event. The great success of this event over the years is due in large part to the many student volunteers that have given of their time and giftedness. Our students are great at looking for ways, great and small, to help strengthen relationships!

The final special opportunity that I will highlight in this newsletter is attendance at conferences. Our department strongly encourages students to attend at least one state, regional or national conference in their field prior to graduating. Thus, you will see regular reports on the amazing experiences students have at the National Council on Family Relations Conference or the Pennsylvania Family and Consumer Sciences Conference. This spring, our department is even hosting the Mid-Atlantic Council on Family Relations Conference on our own campus, making it extremely affordable and easy to attend. Nothing compares to meeting the authors of one’s texts, hearing the latest research and practice, learning about topics of personal and professional interest, bonding with classmates from your program, and assembling and conversing with professionals in your field. Read more about these conferences in this newsletter.

In conclusion, the HDFS team and I plan to continue to rake a variety of gorgeous leaves into a massive pile and invite our enthusiastic and talented students to jump in and enjoy!
The Department of Human Development and Family Science

MISSION
The Department of Human Development and Family Science equips students with the knowledge, skills and expertise to enhance the well-being of individuals and families across the lifespan in diverse social and cultural settings. Within the context of Christian faith and values, the department prepares students, through experiential and application opportunities, to pursue leadership, service and reconciliation locally, nationally and globally.

DEPARTMENTAL PROGRAMS

Majors
• Human Development and Family Science (B.A.)
• Family and Consumer Sciences Education (B.S.)
• Graduates of both the HDFS and FCSE majors are eligible to receive the provisional Certified Family Life Educator (CFLE) designation from the National Council on Family Relations.

Minors
• Children and Youth Services
• Disability and Family Wellness
• Gender Studies
• Gerontology
• Human Development and Family Science
• Multicultural Families
• Pre-Counseling and Therapy

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Like the Messiah College Department of Human Development and Family Science on Facebook!
facebook.com/Messiah.HDFS

ART BEYOND THE CLASSROOM

By Ally Morgret (HDFS ’17)

My friend, Danielle Kepner, and I co-founded a creative arts intervention program named Art Beyond the Classroom in 2015, during the spring semester of our freshman year at Messiah. With a shared passion for art, children and helping the greater community, we launched our program at Penn State Children’s Hospital. During our sophomore year, we visited the Children’s Hospital for monthly group art lessons, and we were later promoted to Child Life volunteer status in order to allow us to visit individual patients’ bedsides. Currently, Art Beyond the Classroom serves at the hospital twice a week for two hour sessions. We are grateful to be able to spend time with children in dire circumstances; the kids truly touch our hearts, and we are forever changed by their fighting spirits.

Last fall was a season of change as we added two new leadership members, Katy Trice and Lindsey Markle, to our team as well as ten new volunteers, waiting to be stationed at new locations. This spring, we opened a second branch of Art Beyond the Classroom at NHS Carlisle Autism School, and two of our volunteers visit the school weekly to conduct an art lesson. We also entered the business competition on campus called Impact Venture Challenge and have made it to the final round, which takes place in April. Impact Venture Challenge allows us to look forward to the future of potentially creating a business out of our program; we are currently following a hybrid for-profit and not-for-profit model, which would allow us to provide services to locations that could not afford the arts otherwise.

My involvement with Art Beyond the Classroom as a human development and family science major has not only allowed me to grow in my love of art and people but also my faith. Seeing children suffering yet being able to give them an opportunity to freely express themselves and smile with me is so rewarding. Through my experience with my program at the hospital, I decided to pursue Child Life as my future vocation. Volunteer work has taught me what my true purposes in life are: seeing people through the lens of Christ and serving them with my entire heart.

Art Beyond the Classroom leadership team (L to R): Lindsey Markle, Ally Morgret (co-founder), Dani Kepner (co-founder) and Katy Trice

Like the Messiah College Department of Human Development and Family Science on Facebook!
facebook.com/Messiah.HDFS
JOEL GIOVANETTI (HDFS ’98)

One of our greatest privileges as a department is identifying outstanding alumni to acknowledge with our alumni award. Initiated in 2012, the Department of Human Development and Family Science Outstanding Alumni Award is designed to recognize HDFS and FCSE alumni who demonstrate significant professional leadership and a legacy of distinguished contributions to the service of individuals and families. We are pleased to announce that Joel Giovanetti (HDFS ’98) is the 2017 HDFS Outstanding Alumni.

Upon graduating from Messiah College in 1998, Giovanetti accepted a position at Philhaven Hospital as a residential counselor at a day hospital for children and teens and as a case counselor at two different schools (high school and an elementary school) in York. In 2002, he transitioned to a post at New Hope Ministries where he remains today. From 2002 to 2010, Giovanetti worked in Dillsburg coordinating an after school program for teens and children. In 2010, New Hope Ministries named him the after school program manager. In this role, he initiated five new after school programs and increased program days from two days per week to five days a week.

As after school program manager for New Hope Ministries, Giovanetti oversees eight elementary after school programs—one in New Cumberland, Lemoyne, Mechanicsburg, Wellsville, Dillsburg, Dover and two in Enola. He manages part time staff that coordinate these programs that provide snack, prayer, homework help, reading skills, educational enrichment activities, life skill lessons, Bible/Jesus lessons, fitness, teambuilding activities, healthy lifestyle choices and monthly parent meetings. His programs enroll anywhere from 10 to 25 elementary aged children at each location. Joel also networks with local school districts, churches, businesses, local municipalities, Messiah College, The United Way, and recruits volunteers. He tracks outcomes that measure attendance, poverty level, life skills learned, job skills taught, service projects, character development, academic performance and passing to the next grade.

He is married to Marcelle Giovannetti, who works at Messiah College’s Engle Center as a counselor. They have a 9-year-old son who loves baseball and karate. Their other “child” is a 140 lb. Bernese mountain dog named Vader. Vader has made a few guest appearances on campus himself in the last couple of years! Giovanetti has lived in the local area ever since his graduation from Messiah. Congratulations to Joel for his committed service to children and their families.

VERONICA KELLY (HDFS ’18)

served as a fellow at the Latino Hispanic American Community of Greater Harrisburg (LHACC). As part of this assignment, she helped coordinate and implement the 2017 LISTO program. The LISTO, or “Leadership Institute Star Training,” focuses on developing leadership skills for Latino high school students from disadvantaged backgrounds, as well as provides assistance in exploring new directions for the future. To accomplish this task, Kelly worked closely with Ms. Gloria Merrick, executive director of LHACC and Dr. Robert Reyes, professor of human development of family science at Messiah College.

CARA PETERSON (HDFS ’17)

served as a fellow at The Neighborhood Center of the United Methodist Church in Harrisburg. Peterson tackled her assignment to assess and update promotional materials about The Neighborhood Center and the programs it offers. She took many new pictures, reviewed the Center’s website, updated the Facebook page and drafted a new brochure. Kyla Harvey, executive director of The Neighborhood Center, and Dr. Raeann Hamon, professor of family science and gerontology, guided her in her work.

LIBBY ADAMS (HDFS ’19)

served as a fellow at Mission Central in Mechanicsburg under the direction of Rob Visscher, executive director, and Dr. Raeann Hamon. Mission Central is a mission warehouse of the Susquehanna Conference of the United Methodist Church. Its goal is to “connect God’s resources with human need,” assisting people locally, nationally and globally. Adams facilitated the implementation of a grant to provide nutritional meals and snacks to the many volunteers at Mission Central. She developed processing systems for ordering food and distributing it to volunteers, along with the provision of regular nutritional educational programs.

Congratulations to each of these women. We hope that they contributed in meaningful ways to individuals and families served by these agencies.
RAEANN HAMON HONORED WITH MENTORING AWARD

The National Council on Family Relations (NCFR) recognized Dr. Raeann Hamon, chair of the Department of Human Development and Family Science, as the 2016 recipient of the NCFR Felix Berardo Scholarship Award, given to an NCFR member for excellence in mentoring of junior colleagues and students. Dr. Erin Boyd-Soisson and former and current students provided a compelling case for Hamon’s nomination. Boyd-Soisson noted “As a mentor, Raeann believes that her students should be recognized for their achievements, and is known to be one of her students’ biggest advocates in making sure they are recognized.” Professor Paul Johns, a former student and now a colleague in the HDFS department, wrote: “I believe what truly makes Raeann unique and special is her genuine care and concern for those she works with and teaches. She embodies, if I might say, a gentle intensity that is welcoming and nurturing to those she guides, yet also inspiring and motivating.” Dr. Fabienne Doucet, a former student wrote “Raeann is one in a million. I deeply respect her, and if all of her professional qualities and accomplishments were not enough, she happens to be an incredible human being.” Dr. Lyndal Khaw, Awards Committee Chair, wrote “The Berardo Award committee was particularly struck by the way your nominators described you as an inspiring and visionary leader, mentor and teacher who is fully committed to advancing students’ careers and maximizing their potentials (and who tirelessly finds ways to pave opportunities for them to do so). We were equally impressed by your role as a fierce advocate of the family science field through your dedication to family life education and your initiative which lead to the establishment of the NCFR Honors Recognition Program…. It is very obvious that you go above and beyond the call of duty.” Congratulations to Dr. Hamon for receiving this national award!

Dr. Lyndal Khaw presents the Berardo Award to Dr. Hamon at the 2016 NCFR Conference.

REISTE (FCS ’18) SELECTED FOR PAFCS SCHOLARSHIP

Congratulations to Dan Reiste (FCS ’18) for being selected as the PA Association of Family and Consumer Sciences (PAFCS) 2017 Undergraduate Scholarship recipient. The scholarship, in the amount of $1,000, is awarded to a college student in his or her junior year who is majoring in family and consumer sciences. Reiste was honored at the PAFCS Annual Conference Awards Luncheon on April 28, 2017. Raeann Hamon, his advisor, noted that “Dan is an extraordinary man of character who is bound to be an incredible role model for all of his FCS students. He will be an amazing teacher.”

Congratulations, Dan!

REYES RECEIVES ELLA FRAZIER AWARD

Dr. Robert Reyes was one of the recipients of the 2016 Ella Frazier Award for his participation and contribution to the regional leadership seminar entitled “Let’s Talk: A Conversation about Race.” The Ella Frazier award is given every year by the YWCA of the Greater Harrisburg in recognition for the dedication of time and effort towards the elimination of racism and the promotion of diversity in central Pennsylvania. We are proud of Dr. Reyes!
Twelve human development and family science students joined Dr. Robert Reyes and Dr. Raeann Hamon in attending the National Council on Family Relations Conference in Minneapolis, Minnesota, Nov. 2-5, 2016. The conference theme was Families and Human Rights: Promise and Vulnerability in the 21st Century. Students selected from hundreds of sessions including concurrent sessions, roundtables, posters, plenaries and sessions designed for students and new professionals. They were also able to attend a university reception that featured a ballroom full of graduate program representatives and related information. As part of our tradition, the department treated the students to dinner one evening. This provided time to fellowship, reflect and process all that they were experiencing. Unfortunately, Dr. Erin Boyd-Soisson was not able to attend at the last minute due to a death in her family. Since she was scheduled to present a paper, she asked her work study student, Annie Insley (a sophomore), to present the paper for her. Insley accepted the challenge, performing extremely well, especially considering the symposium of which she was a part had standing room only with more than 80 people in attendance. Here are some reflections from some of the students, including Annie.

**ANNA ZEIGLER (HDFS ’20)**
I think having HDFS majors be encouraged to go to at least one or more conferences is a good idea. The research can inform me and better prepare me for what I want to do and how I can be conscious of issues in the community. Often I felt that the presenters told us what they found in the study but could have provided us with the “what do we do now?” answer. The conference makes me aware of how I personally can work towards the solutions.

I also felt that the conference was good for building relationships with other people in the major. I would not know some of the upperclassman as well or at all if I had not gone to the conference. I think the networking and relationship building is as important as the research is. I went as a freshman but felt that overall it was a worthwhile experience. I will definitely want to go to another conference!

**HANNAH FOGLE (HDFS ’19)**
This conference was a learning experience that taught me many things, including how to plan ahead, manage time wisely, try unfamiliar things and communicate with all kinds of people. When attending the sessions, I was excited to hear phrases I recognized from class, such as when presenters discussed their regression model or examination of self-efficacy. Being able to meet the faces behind the research and hear them speak with such passion about their topics was definitely a highlight for me. I was also grateful for the opportunity to make connections with professionals who have similar interests as myself, including those who study youth or work in extension. I also really enjoyed being able to experience a different pace of life in the city of Minneapolis and explore the feeling of being an autonomous adult in the academic/professional world.

**KORTNEI CONFER (HDFS ’19)**
Attending the National Council on Family Relations Conference was an overall beneficial experience for me professionally. Throughout the duration of the conference, I was introduced to many accomplished and important figures in the family science field. I attended sessions on multiple topics of interest in order to gather insight and information on a variety of issues. A few of my favorite sessions included a concurrent session, the University Reception and the Speed Mentoring workshop. The topic on the first Concurrent Session was obesity and weight conversations. It was very interesting to hear how couples and families viewed weight conversations and how those conversations influenced their relationships. The University Reception opened up my graduate school search further. I was able to explore grad programs at schools I had not previously considered. Finally, the workshop that included speed mentoring was one of my favorite experiences from the conference. The workshop made me more comfortable with presenting myself professionally. One of the people I was paired with was a
professor at a university I had never heard of, but after that evening I was highly considering and researching the grad program in which he works.

**ANNIE INSLEY (HDFS ’19)**
Attending the NCFR conference this year was by far one of the best experiences that I have been given while being at Messiah. Prior to attending the conference I thought that I would gain knowledge and facts but I learned much more. At NCFR I was given opportunities to gain professional development that I wouldn’t have anywhere else. I had the opportunity to present Dr. Boyd-Soisson’s research at the conference. From this experience, I gained a lot of confidence as well as speaking skills that I can apply to my future career. I learned that I can present in front of a large group of well-educated individuals and not throw up (which I thought I was going to do!). At NCFR, I was able to make connections with people who could potentially help me with jobs or grad school. The NCFR conference also gave me the opportunity to get to know other students in the HDFS major as well as the professors in the department. Overall, attending the NCFR was a great opportunity and I look forward to attending next year.

**JULIA THOMSON (HDFS ’17)**
This conference was important because it allowed me to make connections and network. In addition, it allowed me to see different aspects of family science. I definitely learned so much! My favorite session was on trauma informed therapy. In addition, I really liked the session on human trafficking. I talked to a graduate school there, Wheaton College, and learned a lot about program options. I had no idea that there were so many areas to go into after college! I was very happy with the conference and cannot wait to return next year!

**“The NCFR conference also gave me the opportunity to get to know other students in the HDFS major as well as the professors in the department.”**
— Annie Insley ’19
SERVICE PROJECTS FOSTER COMPASSION

By Mackenzie Luce (HDFS ’17)

This past fall semester, HDFS department students and members of the Messiah community, both students and faculty, participated in Operation Christmas Child. Operation Christmas Child (OCC) is an event sponsored by Samaritan’s Purse. Every year people all over the country fill shoeboxes for children living in places who would not receive a Christmas present. When children receive the shoeboxes, they also receive the news about Jesus and the story of Christmas. We wanted to join in on the project!

In October, we set up boxes all around campus and emailed the community encouraging everyone to collect items over fall break for the boxes. The items to include in a shoebox include hygiene items, hairbrush or comb, hair accessories, books, activity books, markers and pencils, school supplies, small toys and hard candy. When deciding on what to fill a shoebox with, it is important to keep in mind the age and gender of a child. After a shoebox is filled, the label is put on the box marking if it is for a girl or boy and what age groups the box fits. A week before we sent the boxes, we gathered some of our HDFS department students and packed the boxes full and included little notes to the children. In all we filled 45 boxes! A week later, we delivered them to West Shore E-Free church. They eventually sent them to the main donation center for completion and then shipped to millions of kids around the world.

Every Thursday during the spring semester, a small group of HDFS department students also gather together to knit and crochet for a cause. This is the service project for the spring semester. Each Thursday, we knit and crochet teddy bears and security blankets with yarn bought last year with the service money. Towards the end of the semester, we will donate the items we made to the Capital Area Pregnancy Center located in Camp Hill, Pennsylvania. The pregnancy center runs a baby boutique where moms can obtain clothes, formula, diapers, wipes and many other items for their babies without cost.

Great job, HDFS department students! Keep up the great service!

“Messiah Women’s Soccer is way more than just a soccer team. It’s a team of never ending grace and love for one another.”
— Maggie Frey (HDFS ’20)

WOMEN’S SOCCER

Messiah Women’s Soccer is way more than just a soccer team. It’s a team of never ending grace and love for one another, always giving each other the benefit of the doubt and challenging each other everyday to improve in our fitness and walk with Christ. Coming into Messiah I thought I had a good idea of what the team was like due to my dad being the coach. However my first couple of months here far surpassed the expectations I brought with me. Living with your teammates and doing everything together builds a bond that I’ve not experienced until my time here at Messiah. My relationship with Christ has grown tremendously thanks to my roommates and teammates who speak truth to me and encourage me every day. There really is no better place to play college soccer in my opinion. Not because of the success on the field but because of the love our team has for one another as sisters in Christ.

— Maggie Frey (HDFS ’20)
MY FCS STUDENT TEACHING EXPERIENCE

By Bree Waters (FCS '17)

My name is Bree Waters and I am currently student teaching FCS classes at New Oxford High School! I teach one section of specialty foods where the students learn more in-depth and advanced cooking techniques, and then I teach two sections of child development which covers topics from romantic relationships, to conception, all the way to the development of children up to age five. At this point in the semester we’re about seven weeks in now so I’m the lead teacher for all the lessons in all of these classes! It feels a little bit intimidating at times to be in charge of so many classes, but my courses that I have taken at Messiah have done a fantastic job in preparing me for this experience. One of the things that I love the most about teaching FCS is the variety of classes that I get to teach in a day. I’m not stuck teaching the same lesson over three or four different times! In the mornings I’ve taught students about different yeast breads, food preservation and cake decorating, and then by the afternoon I get to transition into teaching about infant and toddler development and this week we’re working on making our own children’s books. There are so many different things that I get to teach and they are all things that my students will be using in their everyday lives. It is so satisfying when students come back and say that they replicated a recipe that you made in class or that they were interested in going into a child life occupation field because of what they learned in class. I’ve already learned a lot in my student teaching experience and I can’t wait to learn even more so that I can (hopefully) have my own classroom in the fall.

DINING WITH THE PRESIDENT

By Leah Wagner (HDFS ’17)

Thanks to a generous invitation from President Phipps, the HDFS and FCS students and faculty were invited to share a meal at Orchard Hill this past November! As a senior, I rearranged my plans to attend this special event that has been on my college bucket list. We had a great turn out for this evening of delicious food and fellowship! Some students played games in the basement while others socialized in the dining room with other students, HDFS faculty and President Phipps. After some fun pictures, including this one in her home office, we were sad to see the evening end. Thank you so much President Phipps for inviting our HDFS department to join you in your home and helping us check this memorable experience off our “Messiah College Bucket List.” We are truly blessed to be part of such a friendly department with such a welcoming college president!
HDFS AND FCS ALUMNI TALK CAREERS

By Dr. Raeann Hamon

Every semester the HDFS department organizes an alumni career panel. Alumni return to campus to speak to current and future HDFS/FCS students. Alumni are asked to address questions like: Where do you work and what is your job title? Describe a typical day. What courses or experiences at Messiah College were particularly helpful for you in your current work role? How does your faith interface with the work that you do? What tips do you have for current students to make the most of their educational experience at Messiah College? Students in attendance also had opportunity to ask specific questions of personal concern.

On March 28, five of our graduates shared their professional lives with us: Molly Jancyzk (HDFS ’16) is an admissions counselor at Messiah College; Heather Barnhart (HDFS ’13) is an enrichment coordinator/activities director at Essex House, a retirement community; Lenelle Roberts (FCS ’82) is a regional nutrition links coordinator for Penn State Extension; Judith McCrea (HDFS ’01) is director of social services at Hamilton Health Center; and Lindsey Fye (HDFS ’13) is a therapeutic support staff at Pennsylvania Counseling Services. After the panel, three panelists joined a group of current students and faculty for dinner and further conversation. Students are always encouraged by the career information and the insights gleaned from our accomplished alumni.

We are incredibly grateful for our alumni who so willingly share their lives with our current students. Thank you, Molly, Heather, Lenelle, Judith and Lindsey!

We hope that FCS teachers and guidance counselors will bring their promising students to our career panel in the fall: October 24, 2017.

NORTHEAST ADOPTION AND CHILD WELFARE SUMMIT

By Dani Shover (HDFS ’19)

Bethany Christian Services hosted the Northeast Adoption and Child Welfare Summit on Oct. 7 and 8, 2016 in Lancaster, PA at the Calvary Church. Eight Messiah College students from the HDFS and FCS department were able to attend all day, and it was a fabulous experience. Bethany offered a time of worship in the morning, and the rest of the day consisted of two chances for breakout sessions on various topics that taught about the adoption process related to therapy, preparing families to deal with the trauma of the adoptive child, single parent adoption, disciplining the heart of a child, strategies to manage diversity in foster care and adoption, and many more. Students that attended this conference were able to attend the breakout sessions along with professionals, and adoptive parents. There were also large group sessions throughout the day where the entire conference came together to hear speakers within the professional field talk about a larger issue. These topics included attachment, trauma and hope for enduring the long haul. Throughout the day of the conference, the lobby was filled with an exhibitor fair that provided opportunities for students to get to know other professional organizations, as well as people working in the field. This conference was very informative for someone interested in working in the field of adoption and foster care, and I was thankful Messiah provided the opportunity for me to attend.

Back row (L to R): Paige Linton (HDFS ’17), Josiah Harmes (HDFS ’20), Dan Reiste (FCS ’18), Dani Shover (HDFS ’19), Eliese Bjerke (HDFS ’19) and Allison Schillinger (HDFS ’20)
Front row (L to R): Abigail Young (HDFS ’18) and Megan Wilson (HDFS ’18)
GRANNY GRACE GOES TO BROADWAY

By Kenzie Johnson (HDFS ’18)

This past fall semester, I took a Psychology of Aging class. One of the assignments in the class was an “older adult mentor assignment.” For this, we were required to find an elderly mentor to really just spend time with (10+ hours). The goal was to get an older adult’s perspective and apply what we learned in class to what we learned from our mentors. I contacted the local retirement home, Bethany Towers, and was given the location and number of a lady named Grace. I was pretty nervous going into the assignment because I had no idea what to expect, but as soon as I met Grace we hit it off! She was so easy to talk to and had an interesting take on life. I shared with her that I don’t really have a grandma figure in my life, so she was willing to “adopt” me and within the first two hours of us hanging out I began calling her “Granny Grace.”

This assignment quickly blossomed into a great friendship! Overly exceeding the 10 originally required hours, I was able to get to know her and hear many stories from “back in the day.” I learned that she is an extremely outgoing individual which I relate well with! But the thing that I picked up on the most is her passion for theater and music. I had the opportunity to listen to her chorus perform at a senior center which was such a blessing! After many conversations about music and theater, I learned that she had never been to Broadway. As soon as I learned this I called my mom and said that what I wanted for Christmas was to take her to Broadway! Thankfully, my mom is awesome and was all about it. So, this Christmas I got to spend an entire day in New York City with Granny Grace and my family. Grace, 89 years old, did phenomenally walking around the city, and I’m pretty sure I was more sore than her after all the walking. My favorite thing that she said was, “You made a dream come true for me—a dream I didn’t even realize that I had.” I don’t think she realizes how special this experience has been for me as well. I’m so thankful to be a HDFS major and benefit from all of the incredible, and even life changing opportunities it presents!

FCS STUDENTS SERVE AS EVALUATORS FOR PA FCCLA CONFERENCE

By Dan Reiste (HDFS ’18)

Four Messiah students recently attended one of the 2017 FCCLA STAR Events at Seven Springs Mountain Resort outside of Pittsburgh, Pennsylvania. STAR Events (Students Taking Action with Recognition) are competitive events in which members are recognized for proficiency and achievement in chapter and individual projects, leadership skills, and career preparation. STAR Events offer individual skill development and application of learning through accomplishing team or individual goals and competing against other FCCLA members.

The Messiah students served as evaluators for five different events including knife skills, menu planning, senior portfolios and food art. Each competing FCCLA member was judged on various criteria related to each event and received scores based on their overall performance. The top two members from each event were invited to compete late on in the year at the national FCCLA conference held in Nashville, Tennessee! The competitive atmosphere made for some intense competition throughout the day. Ultimately, the FCCLA Star Event serves as a wonderful opportunity for FCCLA members to display their skills, be recognized for their achievements, and network with others from neighboring chapters.

Kenzie Johnson and Grace during their day adventure to New York City.

L to R: Cheryl Steenstra, Sara Brooks, adjunct instructor Sasha Roble, Sarah Berger and Dan Reiste
INTERESTED IN HELPING CURRENT AND FUTURE HDFS/FCS STUDENTS?

• Become a mentor for a junior or senior.
• Provide us your job information, so that we might feature you in an alumni career profile on our website.
• Make us aware of any internship or job openings for our students.
• Volunteer to participate on an alumni career panel during fall or spring semester.
• Visit one of our classes as a guest speaker.
• Offer constructive feedback on how we can improve the program.
• Contribute to our HDFS Department Student Professional Development Endowment Fund or the HDFS Department Student Scholarship Fund.
• Initiate an HDFS department-specific endowed scholarship fund.
• Pray for our ongoing work, so that we might offer the best educational experience possible and glorify God in the process.

Feel free to contact me about any of these items or other suggestions that you have at rhamon@messiah.edu.

INVITE PROSPECTIVE STUDENTS TO ATTEND OUR FALL ALUMNI CAREER PANEL.

Tuesday, Oct. 24, 2017 • 4:30 p.m.
For details, contact dchopka@messiah.edu.

ENCOURAGE RISING 8TH THROUGH 12TH GRADERS TO ATTEND OUR FCS SUMMER CAMP.

KNOW THE FACS
Family and Consumer Sciences Career Exploration Camp
June 25–29, 2017

MESSIAH.EDU/KNOWTHEFACSCAMP
This spring, Dr. Hamon’s Sociology of Aging students are participating in an Elder Service Partner Program as part of the course. Undergraduate students select an Elder Service Partner (ESP), with whom they engage in service opportunities for the duration of the semester. Elder Service Partners are 65 or more years of age, have already made service commitments to their communities, and are willing to have a student partner in service with them for twenty hours. In 2015, Generations United recognized Hamon’s Elder Service Partner Program as a Program of Distinction, a national acknowledgement for meeting standards for quality intergenerational programming.

Students engage in two types of service with their Elder Service Partners. First, they join them in serving at places like Recycle Bicycle, local churches, New Hope Ministries, libraries, food pantries, local retirement communities and museums. Second, students conduct life history interviews with their Elder Service Partners and create a chapter of their ESP’s Life Story, which is presented at a celebratory reception held at the end of the semester. The Life Story document serves as a gift to the older participants for their willingness to spend time with their undergraduate counterparts, as well as a valuable expression of reciprocity in the relationship.

According to Matt Glenzel (HDFS with GERO minor ’18): “I have had the privilege of volunteering with Bill Sangrey at the Antique Automotive Museum in Hershey. At the museum, I have helped set up display cases for the new incoming cars, developed a better appreciation for antique automobiles, and have grown close to Bill. Bill is a highly active individual who knows everything about cars, is very close with his family and has a passion for working as a team. I have really enjoyed my experience at the Antique Automotive Museum and plan on keeping in touch with Bill after graduation.”

For Danna Ramirez-Gomez (HDFS ’21): “To say that it has been a delightful experience is really an understatement to the reality of what this journey with Mr. Terry has been. His passion for life and service has become an [outstanding] example in my life. I didn’t know how much joy would come as a result of serving beside a "stranger." Delightedly, I can say he is no longer a stranger, but a friend. It has been an undeniably amazing experience!”

Abby Kazee (HDFS ’18) also reflected on her experience: “The Elder Service Project has been such a gift to me. Nancy, my volunteer, is also a dear friend from my church. We teach preschoolers in Sunday School and bake food for weekly church meetings. Through this experience I have been able to get to know her better and to value every moment life has to offer. This experience has been invaluable to me and I will carry what I’ve learned here into my professional and personal life.”

“I didn’t know how much joy would come as a result of serving beside a stranger. Delightedly, I can say he is no longer a stranger, but a friend.” — Danna Ramirez-Gomez (HDFS ’21)
This column is about gratitude. For sure, there are many Scriptures which admonish us to develop a spirit of gratefulness. For instance, Colossians 3:15-19 says, “And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.” Psalm 118:24 reminds us, “This is the day that the Lord has made; let us rejoice and be glad in it.” Psalms 100:1-5, too, is a psalm for giving thanks. “Make a joyful noise to the Lord, all the earth! Serve the Lord with gladness! Come into his presence with singing! Know that the Lord, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the Lord is good; his steadfast love endures forever!” These verses make my heart swell with gratefulness for a Savior who loves and cares for us through all circumstances! Indeed, we can be thankful! What I also see in these verses is how a spirit of gratitude shapes our outlook on life and our behavior toward one another. Thankfulness is accompanied by singing, a spirit of gratitude, a gracious way of seeing the world, a compassionate way of approaching one another.

Family strengths research also reveals that expressions of appreciation and affection are qualities of strong families. Time and time again, research shows that members of strong families not only care deeply for one another, but they communicate that appreciation and love to each other on a regular basis (e.g., Stinnett & DeFrain). Gary Chapman, in his book entitled “The Five Love Languages,” suggests that there are five primary ways to express and experience love and appreciation. People often express love and appreciation in ways that they prefer to receive love and appreciation, so the key is to know your partner’s or family members’ preferred love language. The five love languages include: receiving gifts (purchasing or making gifts to give to one’s partner), quality time (giving the other person your undivided attention), words of affirmation (using words to affirm other people), acts of service (doing things for your loved one) and physical touch (expressions of appropriate touch). Expressing our gratitude to the people that we love and with whom we share our everyday lives needs to be a priority.

We see the world, our relationships, and our situations differently when gratefulness takes control. In this newsletter, you will see lots of things for which I am grateful. I am grateful for a place like Messiah College and its mission to educate men and women toward maturity of intellect, character and Christian faith in preparation for lives of service, leadership and reconciliation in church and society. I’m also grateful to be a part of a department faculty who cares for and respects each other and who complement each other’s professional gifts and areas of expertise. I’m grateful for the fields of family science and family and consumer sciences which are devoted to strengthening individual and family well-being. I’m grateful for students eager to learn and apply their skills in ways which communicate Christ-like care to others. I’m grateful for the many opportunities afforded our students that you will read about in this newsletter, like conference participation, service-learning, internships and study abroad. I am grateful for alumni and friends of the College who continue to care enough about our mission and our current students as to create research/professional development and scholarship endowments which makes all of this possible. Above all, I’m grateful for a Lord and Savior who promises to be with us in good and bad times, who yearns to be in relationship with us and assures us of life everlasting.
HELPING KIDS AFTER THE HURRICANE

By Matthew Brown (HDFS ’18)

In the fall of 2017, I chose to organize a children’s book drive designed to support families whose homes had been flooded by Hurricane Harvey. The project was a part of a service learning assignment in my Family Science Senior Seminar course and was supported by HDFS professor Paul Johns. By contacting West Shore Free Church in Mechanicsburg, PA, I was connected with the director of ministry effectiveness for the Evangelical Free Church of America in the Texas area, Katie Arnold. Katie provided contact information for a church in need of support—Shine Bible Fellowship Church in Cypress, Texas. I worked through the Campus Events office and College Press to advertise and organize the best location for the book drive and collected donations from both the students and faculty of Messiah College. I also received donations from my local church Shady Grove Presbyterian in Derwood, Maryland. Besides books, donations for the project included substantial monetary support for shipping costs to Cypress. In early December, I sent the church around $250 worth of books to be part of a stocking stuffer event designed for young families that had experienced loss due to the hurricane. I would particularly like to thank Ally Morgret (fellow HDFS senior), Professor Johns, Charlie Baile (pastor of Shady Grove), all churches and staff involved, Messiah College and all who donated for their support and encouragement throughout the process.

Like the Messiah College Department of Human Development and Family Science on Facebook!
facebook.com/Messiah.HDFS
HDFS ANNOUNCEMENTS

2018 HDFS DEPARTMENT OUTSTANDING ALUMNI AWARD RECIPIENT

By Dr. Raeann Hamon

ERIN L. SHAFFER (HDFS ’99)

Each year since 2012, the faculty in the Human Development and Family Science Department look forward to the opportunity to recognize one of our graduates for the positive impact she/he has on individuals and families. The department of HDFS Outstanding Alumni Award is designed to recognize HDFS and FCSE alumni who demonstrate significant and professional leadership and a legacy of distinguished contributions to the service of individuals and families. We are pleased to announce that Erin (Devine) Shaffer (Family Studies/HDFS ’99) is the 2018 HDFS Outstanding Alumni.

For the past 18 years, Erin L. Shaffer has made an impact on the lives of hospitalized children and families in the child life profession. Through the years, Erin has worked as a child life specialist, providing emotional and psychosocial support to hospitalized children with both acute and chronic illnesses. These hospitals include: The Bristol Myers Squibb Children’s Hospital, New Brunswick, NJ; Lehigh Valley Hospital, Allentown, PA; Children’s Hospital, Greenville Health System, Greenville, SC and most recently, Penn State Health Children’s Hospital, Hershey, PA.

During her journey, Erin has shown her commitment to the growth of future child life professionals as a preceptor for dozens of interns, students and new specialists in the field. She has also been sought out by her peers as a mentor and support. Erin has served as a leader in the role of child life coordinator as well as developing child life programing for a one person child life program, neonatal intensive care, pediatric emergency, as well as outpatient pre-op surgery units. Her most recent endeavor brought her and her family back to Pennsylvania, to serve as the child life department’s facility dog handler for Penn State Health Children’s Hospital. In this role, Erin is the primary handler for the Children’s Hospitals second facility dog. She is able to apply her extensive knowledge of hospitalized children and utilize the dog as a tool to promote positive coping and assist children during difficult procedures and treatments. She is a highly competent and respected member of the interdisciplinary team which recognizes the tremendous contribution of the child life professionals role. As a child life specialist, Erin’s hope and passion is to leave a mark on the hearts of those around her and continue to spread joy and compassion to children and families in the hospital setting.

Erin is married to Mike and has three sons: Ryan, 16; Nathan, 10; and Owen, 6.

Congratulations to Erin for being recognized! Be sure to check out the HDFS Department webpage to see other HDFS Department Outstanding Alumni recipients.

Be sure to submit your own nominations for the 2019 award.

INTERNATIONAL STUDENTS JOIN HDFS DEPARTMENT

Hannah Wagner (HDFS ’21)

All of my life has been spent being a missionary kid. I never thought that I too would be a missionary, but God has put on my heart a love for people. I strongly believe that the most important thing in missions is relationship. And what better way to prepare myself to interact well with people than to major in HDFS? HDFS will give me a deeper understanding of interactions and behaviors of people. This will help me to develop relationships more intentionally with the people around me, and to share Jesus effectively as I walk the journey of life with people.

International students and HDFS majors Hannah Wagner (’20) from Kenya and Mik Fenn (’20) from Honduras share their country bracelets.
AN ETERNAL DIFFERENCE: PARENTING FROM THE GROUND UP.

Jason Lehman (HDFS ’04 Masters in Counseling/Therapy ’13)

In January of 2018 Jason Lehman, MA, CFLE, NCC (HDFS and Counseling Graduate of Messiah) conducted a Parenting Seminar in Poltava, Ukraine. Hosted by InStep Ministries International, the weekend parenting seminar focused on three key areas: family dynamics, parenting boundaries and attachment. Each session highlighted both personal and professional stories, offered practical parenting guidelines, and drew from the rich history of the Ukrainian people. Jason states, “It has become more evident the need for theologically sound, research based, culturally sensitive family life education in Eastern Europe! It was a humbling experience to bring together my education, experiences and love for people on this trip.”

The weekend parenting seminar focused on three key areas; family dynamics, parenting boundaries and attachment.

For more information about this trip or work in Eastern Europe please contact jasonplehmancfle@gmail.com.

AMANI BEADS MINISTRY SUPPORTS KENYAN ORPHANS

Jennifer Brenner (HDFS ’18), Leila Zeigler (HDFS ’18), Amber Minarich (HDFS’18)

Senior HDFS majors Leila Zeigler, Amber Minarich and Jen Brenner have chosen to serve with Amani Beads over the past two semesters. Due to conflicting obligations, Amani was resigned to a hiatus for the 2016-2017 year, but this created an excellent opportunity to get the ball rolling again. With support from fellow volunteers, Leila took the initiative and was able to revive the Amani Beads outreach at Messiah College.

Amani aims to serve the needs of orphaned children in Kenya. Volunteers make one of a kind jewelry to be sold at an end of the semester sale to benefit New Life Homes. Since Amani is a volunteer effort, all proceeds from sales go directly to Kenyan orphans. The beads as well as other jewelry items, household goods and artwork sold by Amani are handcrafted by women in Kenya. Because of this, Amani is a unique, collaborative service opportunity between people who string the beads into jewelry, people who sell Amani items, and women in Kenya handcrafting beads and other items. Amani has many different branches where people volunteer. The Amani family here at Messiah College enjoys getting together every Wednesday evening for warm conversation and enthusiastic service. Every volunteer brings new opportunities for Amani beads. Consider joining the fun next year!

Volunteers revive Amani Bead outreach. Left to right: Mackenzie Wear, Leila Zeigler (HDFS ’18), Amber Minarich (HDFS’18), Jennifer Brenner (HDFS ’18).
NCFR CONFERENCE

Verity Hwang (HDFS ’18)

While the rest of the Messiah student population braved the autumn chill of Pennsylvania in November, 17 Human Development and Family Science students enjoyed the sunshine and warm weather in Orlando, Florida. These students, along with Dr. Raenn Hamon, Dr. Erin Boyd-Soisson and Dr. Robert Reyes, were in the Sunshine State for the 2017 National Council on Family Relations Conference held at the Rosen Centre Hotel. The four day conference, from November 15-18, focused on the theme of “Families as Catalysts: Shaping Neurons, Neighborhoods, and Nations,” with discussions around the question of how families function as catalysts for well-functioning societies—an appropriate question to ask in the current cultural climate. Plenaries, symposiums, workshops and roundtable discussions presented on topics such as race, immigration, disability, neighborhoods and laws and policies. This conference provided students valuable opportunities to network with professionals, converse about current findings, gain information about graduate programs and certifications, and for some students, be on the conference program as part of their presentations with faculty members. In the evenings, after conference hours, students were able to take advantage of the hotel’s beautiful outdoor pool and hot tubs, fellowshipping with one another and continuing their discussions of their takeaways from the day. On Friday evening, the department treated the students to dinner in downtown Orlando, where they enjoyed delicious Cuban food and time together as a department.

Ask any of the 17 Messiah students who attended the 2017 NCFR Conference, and chances are, they will speak fondly of their time at the conference during those four days. In their personal reflections, many students spoke of the opportunities to network. Josiah Harmes (HDFS ’20) notes, “One of my favorite parts of being at the conference was being able to talk with other professionals. During the university reception and the exhibits I got experience talking with other professionals about my career goals and about their programs and jobs. This helped me to be able to make some contacts for the future while practicing interpersonal skills in a professional environment.” Similarly, Hannah Heintzelman (HDFS ’21), was able to see the “importance of networking with other individuals at the conference for grad school programs or future job opportunities.”

“...I strongly encourage all HDFS students to consider attending an NCFR conference at least once during their time at Messiah.”

— Emily Galliard ’18

Additionally, many students were encouraged to see the practical applications of some of the things they have learned in their own classrooms. Amanda Strong (HDFS ’18), who presented with Dr. Hamon, shares, “It was great to see posters and studies similar to the ones I have completed within the HDFS major...Since the conference, I see myself as a budding professional who is capable of contributing to the field and impacting families.” Susan Piland (HDFS ’18), echoes this sentiment, with Susan comparing the plenary session titled “The Journey from Normal” to her own senior strategies project on “raising a child with Down syndrome”, saying, “it was really cool for me to hear someone who has experienced this confirm a lot of the things that I researched.”

Students also found ways to further develop their professional careers after graduation. Annie Insley (HDFS ’18) reflects on a particular conversation she had at the conference, “This year the biggest takeaway from the conference was a conversation that I had with a student at Illinois State University, which is my dream grad school for child life. The student I talked with encouraged me to attend grad school because of how competitive child life is and she also connected me with others in the field.”

Ella Gutman, (HDFS ’18) who graduates this May, had the opportunity to meet with Dr. Amber Seidel from Penn State York to discuss the Master of Education in health education program. Now, several months after the conference, Ella has accepted a position as a graduate assistant at Penn State University in the School of Behavioral Sciences and Education, working to become a health educator! Furthermore, Dr. Seidel has invited her to attend the first Annual Diabetes Expo by the Diabetes Coalition of York County, which Ella will be attending in March.

Finally, many students looked back and fondly remembered the time spent together with other Messiah attendees. For some, this conference was their first time...
interacting with some of the other students and through their time together traveling by plane, squeezing into Ubers, sharing hotel rooms, walking around the poster sessions, exploring Orlando and attending sessions, students were able to further deepen friendships, as well as form new friendships. Danielle Shover (HDFS '19), “Getting to know my fellow students and faculty of HDFS was an added bonus. I thoroughly enjoyed our conversations and interactions throughout the week and it was good to have others to talk about what I was learning and how I was growing throughout the week,” Emily Galliard, (HDFS ’18), “In all honesty, my favorite part of attending the conference was getting the chance to know the people in my major better. I thoroughly enjoyed being with them and being able to experience something new with people who are studying the same things as me.”

I can certainly agree with many of what my classmates have shared of their experiences at the 2017 NCFR conference! For me personally, this was my first NCFS event as well as my first professional conference. Thus before attending the conference, I didn’t know if it would be interesting or even at my level of understanding, being an undergraduate student among all these doctors and professionals! However, I strongly encourage all HDFS students to consider attending an NCFR conference at least once during their time at Messiah. It was an amazing experience to be surrounded by hundreds of other people in this area of study, all talking about families, current issues, policies and ways to empower communities. Messiah’s HDFS department is full of wonderful and knowledgeable professors and students, but being in Orlando and having the opportunity to hear conversations between people of different interests, backgrounds, and viewpoints gave me a new perspective on certain things, while strengthening the concepts and ideas that our department has taught me. I intentionally attended many sessions on racial issues and other controversial issues, such as LGBTQ+ rights and the refugee crisis —issues that I would like to continue learning more about. Attending these sessions and hearing from more secular viewpoints helped me to define how I intersect my faith, my education and these issues in the world around us. Being an undergraduate student attending this conference, I made many connections with professionals that I would probably not ever have the chance to meet anywhere else. I am so glad I attended this year’s conference and am already looking forward to next year’s!

“I made many connections with professionals that I would probably not ever have the chance to meet anywhere else.”
— Emily Galliard ’18

Dr. Reyes joined a sub-group of Messiah students for dinner.

CO-PRESENTING AT THE AGHE CONFERENCE

By Abby Young (Music, CYS minor ‘19)

I attended the national conference for the Association for Gerontology in Higher Education (AGHE) in March with Dr. Hamon. We presented a poster on the Sing for the Moment choir, a choir for dementia patients and their care partners, run by Dr. Rachel Cornacchio. The poster was displayed for several hours, and we were required to be present and explain our poster and the program to the conference attendees. Through this experience I have developed greater comfort when speaking to professionals, along with improving my networking skills. Additionally, I gained confidence in speaking competently to others about topics on which I am knowledgeable and passionate. Not only did I present at the conference but I was also able to attend sessions and learn about the cutting-edge practices and heard from the leading figures in the field. For example, I attended a combination Pecha Kucha and round table, during which I learned about several prevalent issues in gerontology, and was part of a table discussing ideas for teaching. I greatly enjoyed this table as I am hoping to be a teacher. I was able to go to the conference on account of receiving a Gish Women in Leadership award and a SGA grant. I would highly encourage other students to seek out opportunities to attend conferences. They are great opportunities for networking and learning more about your field. Additionally, it is a great place to learn how to put your classroom knowledge into practice, and learn new ideas and concepts in your field. There are so many opportunities around us find one that suits you and jump on it!
“Being a student-athlete at Messiah College is an honor and an experience all in itself. While Coach Fogelsanger is a strong supporter of putting education first, he is not one to take practice and performance lightly. Time management is a huge component of the student-athlete experience that Messiah provides. I was able to run at MACs this winter for indoor track, placing eighth in the 800 with a huge personal record, which was a great personal achievement.”

“Messiah College has given me the opportunity to gain knowledge in the field of Human Development and Family Science, and I have been able to practice these teachings in relationships with my teammates. Track and field at Messiah has helped me to grow in my faith and has taught me what it means to be part of something bigger than myself.”

“Being a student-athlete at Messiah College is an honor and an experience all in itself. While Coach Fogelsanger is a strong supporter of putting education first, he is not one to take practice and performance lightly. Time management is a huge component of the student-athlete experience that Messiah provides. I was able to run at MACs this winter for indoor track, placing eighth in the 800 with a huge personal record, which was a great personal achievement.”

This year being my first season with the falcons I had only heard of what an amazing experience MACs was. However, being able to experience it first-hand was 1000x better. The teamship and support that I felt and was able to give throughout that weekend is what made me fall in love with swimming more than ten years ago. It was so awesome to see the women’s team pull together and swim their hearts out all while giving everything to God. I cannot wait to spend three more years with this team and look forward to what God has in store for us.

My experience at MACs was amazing and an unforgettable time. It is a time that I love and cherish because the team comes together as one, men and women, and just has a great time. Everyone cheers and supports each other in every single race. The experience allows the team to celebrate the accomplishment of others and swim our best to glorify God.
TEACHING INTERN PROGRAM AFFORDS OPPORTUNITY TO EXPLORE TEACHING CAREERS

By Dr. Erin Boyd-Soisson and Annie Insley (HDFS ’18)

Recently, the Office of Teaching and Learning has begun offering the opportunity for faculty to apply for a teaching internship grant that can be awarded to a student for one semester. According to the grant description, “The teaching internship program helps prepare students who are considering careers in higher education, while motivating the faculty member to cultivate and transfer his/her teaching skills.” The grant provides a wonderful opportunity for faculty members to mentor undergraduate students in the area of college teaching.

During the spring 2018 semester, I applied for the teaching internship grant with Annie Insley, an HDFS junior, who is interested in child life, and who is also considering teaching as an adjunct in the future. Because of Annie’s career interests, she is a great candidate for a teaching intern for HDFS 320 Play and Development.

Annie took the class her first year at Messiah, and utilizes play in her internship at a grief and loss center for children as well as her volunteer work in child life. Annie’s unique understanding of the developmental and therapeutic uses of play has been a great asset to me as I have gone through this semester. I have appreciated Annie’s feedback on teaching techniques and her suggestions for improvements for future classes. Below is Annie’s account of her experience as a Teaching Intern.

— Dr. Erin Boyd-Soisson

This semester I have had the opportunity to be a teaching intern for Dr. Boyd-Soisson’s Play and Development class. I took this course two years ago when I was a freshman and really enjoyed the course material, which is why I wanted to teaching intern for it two years later. In my role, I spend the majority of my time attending class, assisting Dr. B with different classroom activities, and researching material relevant to the course topics. I will also be teaching a class later in the semester on a topic related to play and children’s grief. As a teaching intern, I have gained a deeper understanding of effective teaching strategies in the classroom that will help me as I engage with children and families in the future. This opportunity has been a great way to deepen my understanding of the course material as well as strengthening my teaching abilities and understanding of education as a whole.

— Annie Insley, (HDFS ’18)

DIPLOMATS SUPPORT DEPARTMENTS RECRUITMENT EFFORTS

By Kortnei Confer (HDFS ’19)

This is my fifth semester being an HDFS Diplomat and it has been so rewarding. As a Diplomat, I attend various prospective student programming, specifically the HDFS Academic Sessions where prospective students come to learn more about our department. At these sessions I get to share why I am passionate about families, why I chose HDFS, what I am involved in on campus, and what I plan to use my degree for in the future. It is an honor to get to meet and follow up with these students and an even greater joy to get to see them around campus and in classes when they choose to attend Messiah.
The last couple of years have been particularly exciting for me as several scholarship endowments have been created for students in the Human Development and Family Science Department. Wow! Did you ever want to sing at the top of your lungs while standing on the highest mountaintop while throwing your arms up into the air? That’s me! Words seem inadequate to describe my joy and gratitude for these special people who have sensed a call and decided to respond in a very generous way. These scholarships will help students attain a Messiah College education in Human Development and Family Science or Family and Consumer Sciences, ultimately helping families in meaningful and life-changing ways.

I asked those who have created scholarships to share a few words about their decision to do so. Please join me in thanking these wonderful people who see the value of investing in our special students. Praise be to God!

**SUSAN AND TONY SCHIANO**

_Messiah College Board of Trustee_

I have served as a trustee of Messiah, for over 10 years, but Susan’s and my relationship with Messiah goes back to when we first attended West Shore Evangelical Free Church in 1983. Many of the attendees were Messiah educators or staff, and many students came as well. We were very impressed with the commitment they showed to Christ and making a difference in the lives of others, and this led us to a closer relationship with the college. Susan has been a leader for me, and many others, when it comes to promoting the importance of family and the impact that Christian organizations have on developing our youth and preparing them for future roles in society.

When we heard Dr. Hamon speak at a Messiah event, we were both impressed with her commitment to HDFS, and what she and her team were accomplishing with her students. We thought what better way to support her efforts than with a scholarship.

“When words seem inadequate to describe my joy and gratitude for these special people who have sensed a call and decided to respond in a very generous way.” — Dr. Raeann Hamon

**STEPHEN RICE**  
_Business Administration, ’80; Dauphin County Children and Youth, retired._

I believe deeply in the values of Messiah College. Particularly, the academic discipline, the emphasis on a gracious Christianity, and the focus of a Christ-centered life. And it is a privilege to financially assist the exceptional young people who desire to attend Messiah, and have a passion for equipping families with the necessary skills to succeed in today’s society.

**SOO AND YONG LEE**  
_Messiah College Librarian, 1982-1999_

My husband Yong and I are grateful immigrants from Korea, who came to this country to pursue graduate degrees in engineering and library science, respectively. Later, we met and married, producing two proud sons and five beautiful grandchildren.

We were always looking for ways to pay back the USA for the help that we have received throughout the years. One day last year, I was having lunch with Dr. Hamon when I found out about the opportunity for establishing a scholarship to help financially needy and yet worthy students at Messiah, as Dr. Hamon and her husband did. Then and there, we decided to establish a Yong and Soo scholarship in Human Development and Family Science or Nursing Departments, as I had been a library liaison for these two departments for years [while working at Messiah College].
JOIN THE ENDOWMENT CHALLENGE

By Dr. Raeann Hamon

Are you interested in contributing a gift that keeps on giving? If so, consider endowing an HDFS Department Student Scholarship or Research Endowment Fund! The Messiah College Board of Trustees, through the Committees on Finance and Advancement, has issued an endowment matching challenge for scholarships or undergraduate student research in support of key goals in our current strategic plan. The first option is to endow an HDFS department-specific scholarship (like those noted in an article within this newsletter). Scholarship endowments require a minimum of $25,000 to get them started. However, with the current challenge, donors need to give $12,500 over a two-year period and the College will provide the remaining $12,500 in a match! Can you imagine ending a scholarship within two years? This scholarship can bear the donor’s name and help to support Human Development and Family Science and/or Family and Consumer Sciences students! These scholarships can make the difference in helping financially needy students be able to finish their degree at Messiah College.

The second option is to donate a $5,000 gift over two years toward a Student Research Endowment Fund, with the College matching the remaining $5,000 to create a $10,000 endowment. This endowment would produce about $500 each year to help support HDFS and FCS students to complete student honors research projects, engage in research with faculty, contribute to community research and/or travel to present at professional conferences. These professional development and research activities are capable of giving our students the competitive edge when applying to graduate schools and entry level jobs. In both cases, an Endowed Fund Agreement is prepared to establish the donor’s preference for the stipulations of the new endowment. Giving is possible via cash, check, IRA rollover or stock transfer. If you are interested in creating a named endowment for scholarships or research, I would be thrilled to have you please contact me directly at rhamon@messiah.edu. I would be happy to put you in contact with a representative from our Development Office to assist with this process.

Are you interested in contributing a gift that keeps on giving? If so, please consider endowing an HDFS Department Student Scholarship or Research Endowment Fund!

PAFCS CONFERENCE

By Daniel Reiste (FCS ’18)

From April 5-7 four Messiah students (Dan Reiste FCS ’18, Kimberly Lopez FCS ’19, Joanna Bopp FCS ’19, Kaity Chemidlin FCS ’20) travelled with Dr. Hamon to the annual PAFCS conference held at the Hilton Hotel in Scranton, Pa. This conference serves as a great opportunity for professional development and networking through a variety of workshops, keynote lectures, and other social opportunities throughout the weekend. The workshops cover a great range of topics including: Financial literacy, play and development, cooking with grains and barley, the art of making sushi, PA beef and veal grants and careers in hospitality management.

In addition to the workshops, over 50 other FCS professionals were in attendance which served as a wonderful resource and networking opportunity for student members. Four Messiah alum also attended the conference which clearly illustrates the dedication of Messiah graduates to their individual fields. Ultimately, this conference provides an abundance of resources for future FCS educators and is always a highly anticipated event within the FCS department.

Right: Kaity Chemidlin (FCS ’20) and Kimberly Lopez (FCS ’19) help host the Messiah exhibit at the PAFCS Conference. Below: Professor Sasha Roble, Dr. Raeann Hamon, Kimberly Lopez (FCS ’19), Daniel Reiste (FCS ’18), Kaity Chemidlin (FCS’20) and Joanna Bopp (FCS ’19) pose for a photo.
INTERESTED IN HELPING CURRENT AND FUTURE HDFS/FCS STUDENTS?

- Become a mentor for a junior or senior.
- Provide us your job information, so that we might feature you in an alumni career profile on our website.
- Make us aware of any internship or job openings for our students.
- Volunteer to participate on an alumni career panel during fall or spring semester.
- Visit one of our classes as a guest speaker.
- Offer constructive feedback on how we can improve the program.
- Contribute to our HDFS Department Student Professional Development Endowment Fund or the HDFS Department Student Scholarship Fund.
- Pray for our ongoing work, so that we might offer the best educational experience possible and glorify God in the process.

Feel free to contact me about any of these items or other suggestions that you have at rhamon@messiah.edu.

INVITE PROSPECTIVE STUDENTS TO ATTEND OUR FALL ALUMNI CAREER PANEL.

Tuesday, Oct. 23, 2018 • 4:30 p.m.
For details, contact dchopka@messiah.edu.

ENCOURAGE RISING 8TH THROUGH 12TH GRADERS TO ATTEND OUR FCS SUMMER CAMP.

KNOW THE FACS

Family and Consumer Sciences Career Exploration Camp
June 24–28, 2018
MESSIAH.EDU/KNOWTHEFACSCAMP
I’d like to ask you to pause and reflect on those people who have made a difference in your life. Take a moment and consider those who have influenced you and affected your life trajectory. For me, my mother, my father, a college professor, the chair of my doctoral committee and an experienced colleague would be among those who made a profound impact on my life choices, my opportunities, and my ability to fulfill the roles that I play.

In all probability, the individuals about whom we are thinking are mentors. Mentors are experienced and trusted advisors, people who share information and provide guidance and emotional support. Mentors serve as important role models for us relative to our familial, spiritual, personal, and vocational obligations. They take personal interest in us and willingly share their expertise and wisdom. Very importantly, they are invested in us.

I dare to say that faculty in the Human Development and Family Science Department take their role as mentors very seriously. All of us seek to build relationships with our students, express personal interest, model personal and professional enthusiasm, share our skills and knowledge, set a good example, help students explore options, and motivate them to maximize their potential. We mentor students in research, as is evident in Dr. Reyes’ Adult Development class and Rachel Jones’ work as a Smith Scholar Intern (featured in this newsletter). We mentor students by facilitating opportunities to enhance their professional growth and increase their confidence (refer to article on students presenting at the NCFR conference).

Our students also serve as mentors. Many have mentored children and adolescents in organizations like Young Life, youth groups, tutoring programs, and child care settings. In this newsletter, for instance, we feature the important mentoring role that Tariah Rozier (FCS ’21) plays for her brother and other special needs teens as a coach for Special Olympics teams.

We also want to acknowledge the essential mentoring role that Dr. Dorothy Gish played for many women faculty and administrators at Messiah College. As the College’s first female academic dean, Dr. Gish inspired many women about vocational possibilities. Be sure to note the short article on the Dr. Dorothy J. Gish Women in Leadership Endowment that was created in honor of the invaluable mentoring that Dr. Gish provided and continues to provide to women who wish to enhance their leadership skills.

Finally, you will read about an Elder Mentor program in which our GERO 231 Psychology of Aging students engaged. As part of the expectations for the class, students selected Elder Mentors with whom they spent time for the duration of the semester. These older adults served as wonderful role models in the art of living.
I hope that each of us will ponder ways in which we can invest in others through mentoring.

**Experiential Learning in Adult Development**

**Dr. Robert Reyes**

One of the main learning objectives of HDFS 312 Adult Development is to introduce students on how to conduct a qualitative research project. To this end, students enrolled in the course during the fall 2018 collaborated with the staff of the Salvation Army (Harrisburg Capital Region) to conduct a qualitative study to help evaluate one of their initiatives. The focus of the study was to understand the experience of individuals transitioning from unemployment to employment and eventually to self-sufficiency, as well as to understand the attitudes towards work and barriers and keys to success.

At the conclusion of the project the students were able to provide a report to the staff at the Salvation Army to help them determine the effectiveness of their program. In doing so, the students explored the long-term impact of the program and assisted the Salvation Army to be in a better position to apply for additional funding.

**Undergrads Kickin’ It at the 2018 National Council on Family Relations Conference**
The 2018 National Council on Family Relations Conference was in San Diego, California in November of this year. Because of the significant distance and increased cost, we only had four undergraduates attend; however, their experiences were as valuable as ever.

Poster presentation by Hannah Heintzelman (HDFS '22) and Hannah Wagner (HDFS '21) at the NCFR Conference

Hannah Wagner (HDFS ’21)

The National Council on Family Relations Conference was by far the most professional event that I have ever attended. I learned a great number of things while attending, and even though I was most likely one of the youngest people there, I appreciated the new crowd of people that were interested in the same field as me.

In general, the conference helped me to learn independence in a new way. It was held in a city that I have never been to before, and I traveled with peers. This gave me a chance to explore, get to know people that share my interests, and be an independent learner, which is a wonderful experience to have.

While presenting my poster with Hannah Heintzelman, multiple attendees approached us and asked about our personal experiences with the project. We were able to intellectually discuss the importance of our project with professionals, professors, and other students who related to our experiences and wanted more information. One of my professors told me how proud he was that Hannah and I pursued presenting at the conference even though we are very young; this was an encouragement to me as a student and as someone who will one day be a professional in the field as well.
As for the sessions that I attended, I focused on ones that were about immigration, adoption, individuals of mixed status, and refugees, as these are the topics that currently interest me the most. In these sessions, I learned about new terminology used to discuss the topics, such as “hyphenated Americans”, and I was made aware of the process and outcomes of research studies currently being conducted. Observing these research presentations up close was a unique way to learn about what is being studied in the field today. One of the things that I love most about the HDFS major is that there is always new information to learn and study! This conference gave me a newfound excitement for learning about new topics because I was able to witness the people doing the research and learning new things firsthand.

The conference was a phenomenal experience, and I would love to attend again. Even though I am still young, I learned so much, and as I get older and discover my passions more in depth, I will be able to glean more from future conferences.

Special Olympics Has a Special Place in my Heart

Tariah Rozier (FCS ’21)

Tariah shares a special bond with her brother, Terazie Rozier, and the Lebanon County Special Olympics team.

I am a Family and Consumer Sciences major with a minor in Disability and Family Wellness. When I am not at school or on campus, you can always find me with the Lebanon County Special Olympics! I have been a volunteer, unified partner, and Coach for nine years. I have been blessed to get to know all these athletes, from my county and beyond. Becoming a part of their family is the best gift for which I could have ever asked God.

I am inspired by the Special Olympics athletes. These athletes set all disabilities aside when they play. It is so amazing to watch the smiles on their faces and their excitement when they score as they laugh and play with other athletes. They don’t let their disabilities define who they are as a person. If anything, their disabilities make them stronger, smarter, and more passionate people. In their eyes no one is different, everyone is the same no matter if you have a disability or not. This amazes me because they are managing some of the most challenging and difficult circumstances, but they know that they are not a mistake. God made and loves them for who they are.

My biggest inspiration of all is my brother Terazie Rozier who has multiple disabilities. When Terazie steps on that court and starts playing, all those disabilities disappear and he is just like any other athlete. Special Olympics truly inspires me, I’ve learned that no matter how much life throws at you, you can and will push through it. Special Olympics has a special place in my heart and I look forward to volunteering with this organization for years to come.

Mentor and Model: Dr. Dorothy Gish

Dr. Raeann Hamon
Dr. Dorothy Gish, Academic Dean Emeritus and former Professor of Early Childhood and Family Education at Messiah College has a long history of mentoring women. During her years of service at Messiah College, Dr. Gish was a critical role model and inspiration for women across campus who aspired to use their gifts to advance in leadership roles. Now, as a resident of Messiah Lifeways, Dr. Gish continues to model perseverance, resiliency, the love of learning, and creative thinking. In recognition of Dr. Gish’s trail-blazing efforts, faculty and other friends established an endowment in her honor. The interest from this endowment is used to support worthy leadership opportunities for full-time female students at Messiah College. Female students can apply for grants to assist them in achieving leadership goals. Grant recipients are highlighted on our HDFS department webpage.

Spending Time with Older Adults: The Elder Mentor Program

As part of Dr. Hamon’s GERO 231 Psychology of Aging course during the fall of 2018, students were required to select and spend time with an Elder Mentor. The purpose of this program is to help students to establish a one-on-one relationship with an individual over the age of 65, and benefit from a mentor relationship. Through activities such as going for walks, visiting in their home, attending local community events, going to the movies, playing games, crafting, cooking, sharing lunch or dinner, or gardening students have the opportunity to influence and be influenced by an older adult. The Elder Mentor Program additionally affords opportunity for students to connect classroom content with the real world experience of aging and examine preconceived assumptions about older adults.

Students chose their own mentors. Mentors were grandparents, neighbors, family friends, someone they knew from church or other contexts or residents of Messiah Lifeways or Bethany Village. Students were expected to spend a minimum of 10 hours with their mentors throughout the semester in no less than four separate face-to-face meetings. Students submitted multiple journal entries in which they reflected on their experience and lessons learned.

A couple of students share their reactions to the program.

Asiah Williams (HDFS ’20)
Asiah Williams sharing a hug with her grandmother

I gained so much from this experience! In all honesty, I have not had a lot of experience interacting with older adults. This assignment was completely new for me and it was a little frightening. I am sad to say that I had my fair share of stereotypes about older adults in the beginning stages of this program. Looking back, I think that most of those were caused by my lack of experience with older adults. However, I did not want to have any stereotypes or excuses when participating in this program. So, I prayed and asked God to remove all of my stereotypes, all of my excuses for not trying my best, and all of my negative attitudes. I wanted to walk into this program with an open mind and a happy heart that was eager to learn. I can honestly say that the change in mindset made all the difference in this program. I was able to glean so much. I have always thought that experience itself is a great teacher. So, it makes sense for me to be excited to be able to learn from a person with a lot of experience—I chose my grandmother. I am incredibly thankful for this experience and I pray that I never forget all that I have learned.

Amelia Budd (Nursing ’19, Gerontology minor)
The Elder Mentor Program was a positive experience for me both academically and spiritually. I went into this program with limited expectations, but I was blown away. I simply wanted to be able to discuss anything with my mentor, from faith, to school, to life in general. I was able to do all of those things and more. I learned baking skills, stories from my mentor's nursing career, how to be an awesome grandmother, and how to love like Jesus. It was a humbling experience that taught me how to be vulnerable and trusting with others that I may not know extremely well. My mentor filled my mind with wisdom and immediately accepted me and made me feel like a part of her family. I plan to take the lessons I learned from this amazing woman of God and use them to form meaningful connections with patients in my future nursing career. I really enjoyed the program, and I plan to stay in contact with my mentor in the future.

Smith Scholar Intern

Rachel Jones (HDFS '20)
The Smith Scholar Internship program has been such a wonderful experience for me. I have worked under the mentorship of Dr. Hamon, the chair of the HDFS department. This grant “enables highly capable juniors or seniors to spend a semester or a full year being mentored by a faculty member who is involved in a significant scholarly project.” I have been allotted 75 hours of paid work time per semester. Additionally, this internship meets the Experiential Learning Initiative (ELI) requirement. And, I earn one academic credit for every 40 hours I work. This program has allowed me to grow substantially as both a student and a professional.

In fall 2018, I spent the semester doing research on the educational outcomes for students completing a needs assessment and 4-hour family life education project for HDFS 442 Strategies of Family Life Education senior capstone course. I analyzed process papers for common themes regarding benefits and growth for students. I was also the co-author of an NCFR presentation on using creative writing in Family Science courses. In J-term and spring 2019, I am researching and writing about the history of the culturagram, assessing its effectiveness as a teaching tool to enhance cultural competence among students enrolled in HDFS 345 Parenting, and writing an article about our findings to be published in a family science teaching journal. To be a co-author of a presentation at a national conference and be published in an academic journal as an undergraduate is such a rare opportunity that I feel very privileged to be a part of.

**SPAIN: Study Abroad**

**Allison Schillinger (HDFS ’20)**

If someone had told me four years ago that I would study abroad in my third year of college, I probably would have laughed and said something along the lines of “Well, that’d be fun, but I don’t think I could
ever actually do it.” I remember coming to college with the idea that I would be majoring in HDFS, a comfortable field of study for me, and that would be it. I did have the intention of minoring in Spanish, solely because I had already spent so much of my high school experience learning the language, but this thought quickly turned into a passion (and a minor turned into a major) that I did not foresee. It’s cool looking back and seeing how God had been preparing me and pointing me down the path he had set before me all along. With all that being said, come spring of my sophomore year, I was signed up and getting ready to go abroad the following semester.

Going abroad to Spain is without a doubt one of the best decisions I have ever made. I was challenged in many ways during my time there; my faith, my academics, and my worldview were all impacted in those three short months. I am so grateful for the life experiences I was able to gain while traveling in Europe. I had the opportunity to join a local church, connect with people from all over the US, and learn from professors who were native Spanish speakers. I also witnessed an election within the Andalusian community, which I discussed in my classes the following week; to see the politics of another country was eye-opening. Living with a host family was one of my favorite parts of the experience. Building relationships with my host sisters (age 6 & 9) and learning from them was so special and I will always be thankful for that. Another aspect of my study abroad experience that I loved was getting to volunteer in an elementary school helping students learn in their English class. It was humbling to be in a classroom where no one came from the US and, although I was there to be helping them learn, I certainly took a lot away from them.

As of now, I have a double major in HDFS and Spanish. I love how I am able to take my passion for people and for God’s kingdom and see how those passions can be expressed through my studies of family, culture, and reconciliation. I would encourage anyone in HDFS to consider studying abroad because you are able to see the diversity of relationship dynamics within the context of different cultures. Study abroad changed my life and helped me to continue pursuing the plan that I know God has for me. I cannot wait to see how He will use me for His good, wherever and however that may be.

2019 Department of HDFS Outstanding Alumni Award Recipient

Jeremy Sorzano (Family Studies ’96)
Congratulations to Jeremy Sorzano, 1996 graduate in Family Studies, for being selected to receive the 2019 Department of Human Development and Family Science Outstanding Alumni Award! The award, initiated in 2012, is designed to recognize HDFS alumni for distinguished contributions to the service of individuals and families. The HDFS faculty recognizes Jeremy for the way in which his organization, Soccer Shots, has afforded meaningful experiences to young children and their families through sport. We appreciate how he turned his passion for soccer into a business that benefits children and families. We especially value how children attain better fitness, acquire soccer skills, and develop character through the Soccer Shots programs.

Jeremy’s partners in the Soccer Shots business are Jason Webb (’98) and Justin Bredeman (’96), also graduates from Messiah. Jeremy started the first Soccer Shots program in Charlotte, NC in 1997 and in 2005, he and Jason began franchising the program across the US and Canada. Currently, Soccer Shots serves about 350,000 children each year. Ultimately, their goal is simple: To leave a positive impact on the children and families they serve.

Jeremy lives in North Carolina with his wife, Lisa, and their two children, Gus and Olive. He and his family enjoy being outside in nature, riding bikes, and generally anything that keeps them active.

View the previous award recipients

Hamon Receives 2018 Cognella Innovation in Teaching Award for Family Science

DR. RAEANN HAMON ACCEPTING THE COGNELLA INNOVATION IN TEACHING AWARD FOR FAMILY SCIENCE AT THE 2018 NCFR CONFERENCE
Dr. Raeann Hamon, Chair & Distinguished Professor of Family Science and Gerontology was presented the 2018 Cognella Innovation in Teaching Award for Family Science at the National Council on Family Relations Conference in San Diego in November of 2018. Cognella, Inc. and the National Council on Family Relations (NCFR) partnered to recognize outstanding instructors through the creation of the Cognella teaching award. The prize celebrates higher education instructors who go above and beyond to introduce cutting-edge teaching practices to their courses to better engage students and advance scholarship in the discipline. Hamon was applauded for her "extensive scholarship contributions to the discipline, especially in regard to the teaching of family science, having published five books since 2007 and authoring 36 peer-reviewed articles and book chapters.” In addition to her contributions in advancing the scholarship of teaching and learning in the discipline, Dr. Hamon has implemented a variety of innovative teaching practices to her courses at Messiah College. She created The Elder Service Partner Program, an intergenerational service-learning program that pairs students with Elder Service Partners in the community.” She also challenges students to create family genograms and family life education programs, and employs a variety of active learning exercises in her classes. A formal announcement is available here.

Ambassadors Offer Hospitality to Prospective Students

Danna Ramirez-Gomez (HDFS ’21)

Danna Ramirez-Gomez (HDFS ’21) and Clara Haubold (HDFS ’21) are both Ambassadors.

This year I have been granted the pleasure of being a member of Messiah’s Ambassador Program. In this program, students help represent Messiah, give tours, assist with questions on event days, and host students for chapel and overnight stays. Through the experiences of this program, I have improved my
social skills, share my love of Messiah, and most importantly, foster meaningful relationships with people. Holding the door, answering a question, or just having a casual conversation can go a long way. I remember when I visited Messiah for the first time, I was very nervous. Seeing students putting in genuine effort to talk to me gave me a great feel for the campus and what it may be like to come here for the next four years of my life. I hope I can do the same for any prospective student and family.

One of my favorite experiences I have had with the program was when I hosted an overnight stay at the end of February. The prospective came and she was very energetic and excited for her stay. She was a bit nervous though because her other overnight visits were not successful. We went to dinner and I got to know her by asking questions about her major, family, and interests. After, we went to the Union and played a board game while bonding over music and media. Then I took her to Powerhouse and, then, we got ice cream after in the Union. By the morning she felt more comfortable at Messiah and was excited to come back! I am so happy to have met her and share my love of Messiah to her. Through Messiah Ambassadors, we love to make students feel comfortable and see what Messiah has to offer for them!

My Social Science Fellowship Experience

Janelle Miller (HDFS ’21)

For the duration of the 2018-2019 year, I was chosen to work as a Social Science Fellow at the Pollock Center in Mechanicsburg, PA. The Pollock Center is an industrial training center which offers job training, career coaching, and community engagement opportunities to adults that have mental and physical disabilities. For my placement, I am working in the community participation department. My job is to find volunteer opportunities for the individuals to go out into the community and network with local
businesses or non-profits. The hope is that through these interactions the individuals are able to create connections in the community that enable them to find jobs when the time comes. The specific job I have worked on this past year is to compile a list of organizations within the area that would be willing to host volunteers. By creating this database, my findings can be used in the years to come.

My experience at the Pollock Center has been wonderful. I have been able to refine my administrative skills and more importantly, invest time in work that I find meaningful. I am grateful for the classes I have taken in the HDFS department thus far which have equipped me with the skills needed to thrive in this work environment. It is wonderful to have faculty that are so supportive and willing to help their students succeed.

**A “Strategies” Program Focusing on Adolescent Perfectionism**

**Hannah Fogle (HDFS ’19)**

Like many students, leading up to senior year I was unsure of what to focus my Strategies of Family Life Education program on. I toyed with a few ideas until I was personally presented with a problem that required attention-- perfectionism. Although many of us make light of our perfectionistic tendencies, I was beginning to see some concerning symptoms in a group of high school girls I know. Thus, I decided to conduct a needs assessment on the issue of perfectionism in adolescence.

What I found was rather concerning. Although perfectionism is thought to play a role in mental health disorders such as anorexia nervosa and suicidal ideation, research has primarily conceptualized perfectionism as a risk factor for psychological problems rather than examine the predictors of perfectionism itself. Because of this, I had to utilize sparse research to outline risk and protective factors for the construct. However, drawing heavily upon cognitive-behavioral therapy techniques and personal coping skills, I was able to develop a program that seeks to facilitate a conversation about perfectionism. The program explains what perfectionism is as well as ways it is harmful. In addition, adolescents and their parents learn cognitive and behavioral coping skills that help them combat perfectionistic tendencies together, resulting in better mental health in a crucial developmental stage of life. I believe my program meets a felt need in the realm of current adolescent family life and mental health and hope it can be used in the future to help prevent destructive perfectionism. Given the opportunity, I hope to facilitate this program or share it with those that can use it to meet this pressing need.

**Child Life Program**

**Danna Ramirez-Gomez (HDFS ’21)**

I decided to take the Child Life class this semester as a way to learn more about the profession of a Child Life Specialist. I did not know I was in for a ride! My Child Life Class has taught me so much more than what a career in Child Life is. From play therapy to therapeutic relationships, the topics we discuss in class are fascinating, practical lessons that we can incorporate in our lives as we embark the journey of Child Life Specialists. Every minute in this class is a minute well spent because it has taught me how to best care for and love hospitalized children and their families. My passion to serve has been encouraged and empowered through this class as I also get the privilege to volunteer at Penn State Health and work
with children and their families. Although I enjoy my time in the classroom very much, volunteering at the hospital is the highlight of this course. It has allowed me to get hands-on experience and also learn from other professionals as I observe them in their natural environment at the hospital. As a volunteer, I interact with children, play with them, and hold many babies. I am so thankful our HDFS department offers this course. It has opened my eyes to many captivating topics regarding the healthcare and wellbeing of hospitalized children as well as given me the opportunity to take what I am learning in the classroom into real life situations as a volunteer. I am beyond grateful for this Child Life course.

Presenting Dr. Paul Johns

Paul Johns, Ph.D.

Paul Johns, assistant professor of human development and family science, successfully defended his dissertation titled “Husbands’ Experience of Being Trusted by Their Wives: A Heuristic Study.” Johns completed his Ph.D. in professional counseling from Liberty University in December 2018. Congratulations to Dr. Paul Johns!

The majority of research to date on interpersonal trust has focused on the decision to trust and the interactions between a trustor and trusty, with a strong bent toward understanding the trustor’s
experience. To begin to fill a void related to the experience of trusties, this qualitative study allowed husbands to freely express their experiences of being trusted by their wives. The primary themes that emerged from the interviews were: deep satisfaction; an understanding that his wife’s trust is a privilege not to be taken for granted; validation through positive regard; affirmation of doing what is right; peace and security; intimacy; experience of grace; and freedom.

Read the full dissertation

Celebrating a PAFCS Scholarship

Kaity Chemidlin (FCS’ 20)

Scholarships are an important way of helping to reduce the cost of college tuition. When I heard about the PAFCS Scholarship I was very excited to apply. Several weeks after applying, I received a letter explaining that I had been chosen for the scholarship! I felt so honored and grateful. I am excited to become a Family and Consumer Sciences Teacher and this scholarship will help me achieve my goal. Becoming an FCS teacher will allow me to use my passion for helping people by guiding and supporting students through the challenging stages of life. I hope to guide students to lead better lives, be prepared for work and careers in which they choose to pursue, and build strong families. With the help of this scholarship, I will be able to do what I love and become an FCS teacher!

Celebrating our Future Family and Consumer Sciences Teachers

Emily Hogan ’21, Abby Fontana ’21, Emily Nase ’22, Kaity Chemidlin ’20, Kimberly Lopez ’19, Lydia Marano ’21 and Tariah Rozier ’21

In recognition of Family and Consumer Sciences Educators Day, February 13, the Human Development and Family Science Department highlighted our current FCS students on our HDFS Department Facebook page. Each day we featured one FCSE major. We are very excited about the potential of each of our very own future FCS teachers!

Like Messiah College HDFS on Facebook!

Interested in helping current and future HDFS/FCS students?

- Become a mentor for a junior or senior.
- Provide us your job information so that we might feature you in an alumni career profile on our website.
- Make us aware of any internship or job openings for our students.
- Volunteer to participate on an alumni career panel during fall or spring semester.
- Visit one of our classes as a guest speaker.
- Offer constructive feedback on how we can improve the program.
- Contribute to our HDFS Department Student Professional Development Endowment Fund or the HDFS Department Student Scholarship Fund.
- Initiate an HDFS department-specific endowed scholarship fund.
• Pray for our ongoing work so that we might offer the best educational experience possible and glorify God in the process.

Feel free to contact Raeann Hamon about any of these items or other suggestions that you have: rhamon@messiah.edu