



# CLF COMMUNITY LEARNING FORUM

Sponsored for the Oakland community by:

 **SAMUEL MERRITT UNIVERSITY** ALLEN TEMPLE BAPTIST CHURCH

# Making Knowledge part of YOUR HEALTH PLAN

## CLF

The CLF health education series is offered annually to residents of the Oakland community to enhance public awareness of primary health issues affecting them.

The **Community Learning Forum (CLF)** is a series of health education seminars created to educate, empower, and engage the local community on topics of primary health matters. Each seminar focuses on a specific health-related topic (e.g., diabetes, osteoporosis, or cancer) and is taught by Samuel Merritt University faculty with expertise in these areas. The objective for each seminar is to introduce participants to the fundamental concepts that underlie a primary health issue, with the overall goal to empower members of the community to better understand how these issues impact their lives and community.

The CLF series was founded and developed by faculty members Richard Rocco, PhD, and Christina Lewis, PhD in 2011. Since that time, the CLF series has evolved into a partnership between SMU and the Allen Temple Baptist Church.

Dr. Rocco is an associate professor in the Basic Sciences Department and teaches pharmacology at SMU.

Dr. Lewis is an assistant professor in the Basic Sciences Department where she teaches anatomy, physiology, and pathophysiology.

## About SMU

School of Nursing  
California School of Podiatric Medicine  
Physical Therapy  
Occupational Therapy  
Physician Assistant

Samuel Merritt University, located in Oakland, California, has been educating health science practitioners who are committed to making a positive difference in diverse communities since 1909. Nearly 1,400 students are enrolled at SMU, with campuses in Oakland, Sacramento, and San Mateo. The University offers an undergraduate degree in nursing; master's degrees in nursing, occupational therapy, and physician assistant; and doctoral degrees in nursing, physical therapy, and podiatric medicine.

For more information visit [www.samuelmerritt.edu](http://www.samuelmerritt.edu).



# 2014-2015 PROGRAM SCHEDULE

## ALLEN TEMPLE BAPTIST CHURCH

### MIGRAINES

**October 2, 2014**

10:30 a.m.-11:30 a.m.

Michael DeRosa,  
MPH, PhD, PA-C

### FINDING RELIABLE HEALTH INFORMATION ONLINE

**October 16, 2014**

10:30 a.m.-11:30 a.m.

Debbie Sommer, MLS

### HEART DISEASE & HYPERTENSION

**November 6, 2014**

10:30 a.m.-11:30 a.m.

Elmarie Botha, MSN, RN, ACNP

### DIABETES

**January 8, 2015**

10:30 a.m.-11:30 a.m.

Christina Lewis, PhD  
Richard Rocco, PhD

### BIPOLAR & SCHIZOPHRENIA

**February 5, 2015**

10:30 a.m.-11:30 a.m.

Michael Leaver, MSN, CNS

### SICKLE CELL ANEMIA

**March 5, 2015**

10:30 a.m.-11:30 a.m.

Christina Lewis, PhD  
Richard Rocco, PhD

### BALANCE & FALL PREVENTION

**March 19, 2015**

10:30 a.m.-11:30 a.m.

Ciara Cox, PhD, OTL

### DEPRESSION & MENTAL ILLNESS

**April 9, 2015**

10:30 a.m.-11:30 a.m.

Marjorie Hammer, MSN, FNP

### TROUBLED YOUTH

**May 7, 2015**

10:30 a.m.-11:30 a.m.

Chi-Kwan Shea, PhD, OTR/L

Allen Temple Arms  
8135 International Blvd | Oakland, CA 94621 | 510.562.2771

## ALLEN TEMPLE ARMS

### MIGRAINES

**October 30, 2014**

10:30 a.m.-11:30 a.m.

Michael DeRosa,  
MPH, PhD, PA-C

### HEART DISEASE & HYPERTENSION

**November 13, 2014**

10:30 a.m.-11:30 a.m.

Elmarie Botha, MSN, RN, ACNP

### DIABETES

**January 29, 2015**

10:30 a.m.-11:30 a.m.

Christina Lewis, PhD  
Richard Rocco, PhD

### BIPOLAR & SCHIZOPHRENIA

**February 26, 2015**

10:30 a.m.-11:30 a.m.

Michael Leaver, MSN, CNS

Allen Temple Baptist Church  
8501 International Blvd | Oakland, CA 94621 | 510.544.8910

### SICKLE CELL ANEMIA

**March 26, 2015**

10:30 a.m.-11:30 a.m.

Christina Lewis, PhD  
Richard Rocco, PhD

### BALANCE & FALL PREVENTION

**April 30, 2015**

10:30 a.m.-11:30 a.m.

Gail Widener, PhD, PT  
Rolando Lazaro, PT, PhD, DPT, GCS

### DEPRESSION & MENTAL ILLNESS

**April 23, 2015**

10:30 a.m.-11:30 a.m.

Marjorie Hammer, MSN, FNP

### GASTROINTESTINAL DISORDERS & GALLBLADDER DISEASE

**May 28, 2014**

10:30 a.m.-11:30 a.m.

Christina Lewis, PhD  
Richard Rocco, PhD

# 2014–2015 CLF PRESENTERS

Samuel Merritt University Faculty

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Elmarie Botha, RN, MSN, ACNP

Ciara Cox, PhD, OTL

Michael De Rosa, MPH, PhD, PA-C

Marjorie Hammer, MSN, FNP

Rolando Lazaro, PT, PHD, DPT, GCS

Michael Leaver, APRN, CS

Christina Lewis, PhD

Chi-Kwan Shea, PhD, OTR/L

Debbie Sommer, MLS

Richard Rocco, PhD

Gail Widener, PhD, PT



**ELMARIE BOTHA, RN, MSN, ACNP**  
ASSISTANT PROFESSOR, NURSING

Elmarie Botha teaches the Managing Care of Adults course in the undergraduate nursing program. She is also an Acute Care Nurse Practitioner (ACNP) and Registered Nurse (RN) who specializes in caring for patients with cardiac disease. She is passionate about nursing and patient education, and has a particular interest in helping patients identify and reduce their risks for cardiac disease.



**CIARA COX, PhD, OTL**  
ASSISTANT PROFESSOR, OCCUPATIONAL THERAPY

Ciara Cox teaches courses in occupational therapy for the adult population, research, and professional development. Her research interests are in the effectiveness of therapy programs in nursing homes, with particular interest in dementia care and fall prevention.



**MICHAEL DE ROSA, MPH, PhD, PA-C**  
CHAIR, PHYSICIAN ASSISTANT

Michael De Rosa teaches physiology and pathophysiology in the Physician Assistant program. He works in family practice at Bayside Medical Group in Berkeley. Dr. De Rosa holds a PhD in Neuroscience from UCLA and has a special interest in primary care neurological issues in primary care. His research interests are based on medical international trips to Panama where he has recently introduced a pictographic prescription instruction form to improve compliance among patients who are illiterate or speak indigenous languages.



**MARJORIE HAMMER, MSN, FNP**  
ASSISTANT PROFESSOR, NURSING

Marjorie Hammer is a family nurse practitioner (FNP) and psychiatric mental health nurse practitioner. Formerly, she was a nurse and FNP at Oakland Children's Hospital and Research Center for 20 years—primarily in pediatric hematology, oncology, HIV, and specialized in individuals and families living with sickle cell anemia. She is particularly interested in the mental health of children and families, including those dealing with chronic or life-threatening illness.



**ROLANDO LAZARO, PT, PhD, DPT, GCS**  
ASSOCIATE PROFESSOR AND CO-CHAIR, PHYSICAL THERAPY

Rolando Lazaro is a licensed physical therapist, and a board-certified geriatric clinical specialist (GCS) by the American Board of Physical Therapy Specialties (ABPTS). His clinical and research focus is on interventions that improve balance and mobility in the older population. He is part of the Samuel Merritt University—Allen Temple—East Oakland Health Home Collaborative (EOHHC) Health Screening Workgroup.



**DEBBIE SOMMER, MLS**  
LIBRARIAN, JOHN A. GRAZIANO MEMORIAL LIBRARY

Debbie Sommer teaches research skills, database searching, and reference management to students and faculty. Recently she received certificates from the National Library of Medicine *clinicaltrials.gov* and PubMed for Trainers programs. She realizes the impact of *information overload* and she is passionate about helping others locate and evaluate reliable health information.



**MICHAEL LEAVER, APRN, CS**  
ASSISTANT PROFESSOR, NURSING

Michael Leaver teaches courses on healthy aging, community health, mental health, and professional nursing. She graduated from the University of California San Francisco with a clinical specialty in mental health with a focus on these issues in the older adult. Michael has worked in hospitals and long-term care facilities—and with assisted living, pharmaceutical research, legal consulting, private case management, community health, and most recently teaching nursing students at SMU.



**RICHARD ROCCO, PhD**  
ASSOCIATE PROFESSOR, BASIC SCIENCES

Richard M. Rocco teaches pharmacology in several programs. His research interests include the pathophysiological basis of the complications of diabetes, and he enjoys his work developing low-cost, battery-operated laboratory instrumentation used by SMU faculty and students on their medical outreach service to remote clinics in developing countries.



**CHRISTINA LEWIS, PhD**  
ASSISTANT PROFESSOR, BASIC SCIENCES

Christina C. Lewis teaches gross anatomy, physiology, and pathophysiology in the nurse anesthesia, occupational therapy, and physician assistant programs. Her academic interests focus on pulmonary physiology, pathophysiology, genetic and genomic studies of disease, and asthma—her main research interest is asthma. She currently is researching the role of the airway epithelium in mediating asthma pathogenesis.



**GAIL WIDENER, PhD, PT**  
PROFESSOR, PHYSICAL THERAPY

Gail Widener teaches neuroscience and physiology in the Doctor of Physical Therapy program at SMU. Her main clinical and research interest is reducing falls in the elderly and those with neurological problems such as multiple sclerosis and ataxia. Dr. Widener's research has been funded by the NIH and National Multiple Sclerosis Society to investigate interventions that improve mobility and balance in people with neurological dysfunction.



**CHI-KWAN SHEA, PhD, OTR/L**  
ASSOCIATE PROFESSOR, OCCUPATIONAL THERAPY

Chi-Kwan Shea has accumulated extensive professional experience in clinical, administrative, academic, and research areas for more than 30 years. Since 2000, she has volunteered at a community-based program that serves at-risk youth by providing her professional consultation services and conducting research studies for the program that focus on the development of theory-based interventions that promote social justice for the at-risk youth population.

# About ALLEN TEMPLE BAPTIST CHURCH

Allen Temple Baptist Church, established in 1919, now has a 5,000-member congregation and is affiliated with both the American Baptist Churches USA and the Progressive National Baptist Convention, Inc. Allen Temple is led by J. Alfred Smith Jr., Assistant Pastor Jacqueline Thompson, and Pastor *Emeritus* J. Alfred Smith Sr. It is located at 8501 International Boulevard in Oakland, California.

For more information, go to: [www.allen-temple.org](http://www.allen-temple.org).



# About ALLEN TEMPLE ARMS

The Allen Temple Arms retirement community, a 128-unit property in Oakland, California, was designed to serve of seniors in need of affordable housing. Developed by Allen Temple Development Corporation and managed by American Baptist Homes of the West (ABHOW), Allen Temple Arms was completed in 1988.

For more information, please visit: [www.allentemplearms.com](http://www.allentemplearms.com).



# ALLEN TEMPLE STAFF



## REVEREND PATRICIA GARDNER

The Reverend Patricia Gardner is the coordinator for the Senior Information and Referral Center, and the co-leader of the Senior Ministry at Allen Temple Baptist Church.

Previously, Ms. Gardner has held several important posts as co-director, teacher, hospice counselor, and volunteer. Reverend Gardner returned to Seminary where she received a master's of divinity degree from the American Baptist Seminary of the West in Berkeley, California. She also holds a BA from the University of San Francisco.



## SHIRLEY BURTON

Ms. Shirley Burton is currently the social service coordinator at Allen Temple Arms, a position she has held since 1999. She has dedicated her life to service, and served four years in the United States Air Force. Ms. Burton graduated from San Jose State University, where she earned a degree as a registered nurse. She has been an incredible asset to the Allen Temple Arms Community, with her care and attention to their needs, and hard work to provide them with the most current knowledge regarding their medical needs, community awareness, education programs, and social services.



## RUTH WALLACE

Ms. Ruth Wallace is currently the chairperson for the community Seniors at Allen Temple Baptist Church.

She is passionate and highly dedicated to the Community Seniors, and her primary goal is to provide an opportunity for seniors to gather, connect socially, support one another, and to provide outreach to seniors who may be temporarily or permanently sick and shut-in. Ms. Wallace is a retired retail sales person of 35 years and is an active volunteer at Horace Mann Elementary School. She is also a wife, mother, grandmother, and a great-grandmother.



## LETTIE BARBER

Ms. Lettie Barber is currently the program director of the Senior Information and Referral Center at Allen Temple Baptist Church. Formerly, she was the coordinator and troop leader for her Mission Circle, chairperson for the New Members Committee, and the leader for her Mission Circle. Prior to retirement, Ms. Barber worked for the Federal Government for 36 years in various agencies concerned with discrimination in employment and housing. Now her focus is improving senior equality in healthcare and housing.



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