



## Bachelor of Science in Public Health Summer 2023 Newsletter



### Celebrating our BSPH Graduates

The 2023 Celebration of the Magis held on May 9, 2023 continued a wonderful tradition that honors all of the graduating seniors from Parkinson's three undergraduate programs: Exercise Science, Healthcare Administration, and Public Health. We celebrated the accomplishments of 24 BSPH graduates:

**Yvonne Avila**

**Georgia Baker**  
*Magna cum laude*

**Ellen Beach**  
*Magna cum laude*  
*Honors Program*

**Sophia Brittin**  
*Cum laude*

**Elizabeth DeLoreto**  
*Cum laude*

**Abigail Doyle**  
*Magna cum laude*

**Sarah Eisouh**

**Kimberly Garcia**

**Madalyn Grabow**

**Joaquin Guzman**  
*Magna cum laude*

**Idiake Irumundomon**  
*Cum laude*

**Shalan John**

**Olivia Larson**  
*Magna cum laude*

**Mikaela Lies**  
*Magna cum laude*

**Tijana Nikolic**

**Tatiana Pasewark**  
*Magna cum laude*

**Ainsley Pew**

**Sydney Ross**  
*Magna cum laude*

**Maya Roytman**  
*Summa cum laude*

**Sara Ruiz**  
*Cum laude*  
*Honors Program*

**Naomi Shah**  
*Magna cum laude*

**Sophie Srisak**  
*Magna cum laude*

**Rose Thornquist**  
*Summa cum laude*

**Zachary Wilder**  
*Summa cum laude*

The **Research Excellence Award** was given to **Abigail Doyle** and **Mikaela Lies** for demonstrating exemplary commitment and accomplishment while completing research projects.



The **Internship Excellence Award** was given to **Idiame Irumundomon** for demonstrating exemplary commitment and accomplishment while completing his academic internship.



The **Spirit of Saint Ignatius Award** honors a student or group of students from each of the Parkinson programs who best exemplify the “Spirit of Saint Ignatius.” The awardees demonstrate a positive influence on their peers and the community, as well as demonstrate Jesuit values. **Georgia Baker, Ellen Beach, Sophia Brittin, Elizabeth DeLoreto, Joaquin Guzman, Tijana Nikolic, Rose Thornquist, and Zachary Wilder** received this honor.

The **Advocacy and Leadership Award** was given to **Tatiana Pasewark and Sara Ruiz** for demonstrating leadership abilities, as well as service to their community. Final selection was based on leadership, service, and scholarship.



The **Dean’s Gold Medallion** is the highest honor awarded by Parkinson School of Health Sciences and Public Health. It was presented to **Sydney Ross** for exemplifying Jesuit values and demonstrating excellence in scholarship, leadership, and service.





The **President Medallion** is Loyola's highest award given annually to its most outstanding students, one from each of its 14 colleges, institutes, and schools; students who excel not only in the classroom but also in the world and are dedicated to helping those around them. **Maya Roytman** is the 2023 President Medallion recipient.



### **BSPH Program Director's Note** by Julie Darnell, PhD, MHSA



When I woke up this morning and checked my Weather app, the air quality index showed a reading of “Unhealthy.” In fact, Chicago had the worst air quality of any city in the world.

While listening to the radio in the shower, I heard a news story about Cook County’s plans to replace lead lines for daycare facilities in some of Chicago’s low-income suburbs, including Maywood, home to Loyola’s Health Sciences Campus. For decades, Chicago has had “concerning” levels of lead in households, with a [2022 investigation](#) finding harmful levels of lead (i.e., above the Environmental Protection Agency’s limit for lead) in about 1 in 20 households.

On my commute, I listened to a podcast about ultra-processed foods and their impact on obesity in the U.S. and worldwide. About 60% of an adult’s diet (and 67% of children’s) is comprised of ultra-processed foods. I reflected on these statistics while I ate my individually-packaged Quinoa and Brown Rice packet from Costco for lunch. I have three more packages in my pantry.

As illustrated by the three public health challenges I encountered during my first 90 minutes of wakefulness, public health challenges surround us, some more visible than others. To meet these challenges, we need, of course, a skilled and knowledgeable workforce that is well supported. While these attributes are necessary, they

are insufficient to address the many, inherently complex public health problems we face.

Clues about what else is needed to tackle these challenges come from our graduation and Magis speakers, Commencement Speaker Dr. Johnnie Thomas and Class of '23 BSPH Graduate Joaquin Guzman. Their messages were remarkably consistent. Both highlighted the importance of finding purpose and being a person for others. Both celebrated the pursuit of excellence. And both talked about the need for self-care and acceptance of failures, which I view as coping mechanisms but also opportunities for growth during the struggles that accompany a life in service to others.

Dr. Thomas and Mr. Guzman have laid out a thoughtful and compelling roadmap for a life that lifts communities and solves problems. As an educator, I will carry their message with me and look for ways I can support students' 1) search for purpose, 2) pursuit of excellence, 3) practice of self-care, and 4) ability to bounce back from failure. Please join me.

*Dr. Darnell, BSPH Program Director and Associate Professor, Public Health Sciences, is devoted to improving the lives of our nation's most marginalized populations through practice-based, collaborative scholarship, volunteerism, and teaching.*

## Public Health Club 2023-2024 New Leadership

Congratulations to the recently elected Executive Board for the Public Health Club (PHC)!

**Jennifer Gaucin** | Co-President | Senior | [jgaucin@luc.edu](mailto:jgaucin@luc.edu)

**Razina Ahmed** | Co-President | Junior | [rahmed5@luc.edu](mailto:rahmed5@luc.edu)

**Elizabeth Marquez** | Secretary/CAN Rep | Senior | [emarquez@luc.edu](mailto:emarquez@luc.edu)

**Valerie Alvarez Renteria** | Treasurer | Senior | [valvarezrenteria@luc.edu](mailto:valvarezrenteria@luc.edu)

**Vir Trivedi** | Director of Service | Junior | [vtrivedi@luc.edu](mailto:vtrivedi@luc.edu)

**Noor Arfeen** | Director of DEI | Sophomore | [narfeen@luc.edu](mailto:narfeen@luc.edu)

To reach out to the Public Health Club for information on club activities, and membership, email [lucphc@gmail.com](mailto:lucphc@gmail.com).

## Resources

### Public Health Resources:

**[BSPH Program Students Sakai Site](#)**

**[Public Health Job Board](#)**, this site serves to function as a central location for public health job opportunities, internship opportunities, and volunteer events for students and alumni.

**[Career Services](#)**, phone: 773.508.7716, email: [careercenter@luc.edu](mailto:careercenter@luc.edu)

**[Handshake](#)**, schedule career/pre-health advising & coaching meetings, find jobs, register for career fairs and events.

Librarian for the BSPH Program, Cara Forster, MLIS (they/them), Research & Learning Librarian, [cforster1@luc.edu](mailto:cforster1@luc.edu); **[Public Health Guide](#)**

Parkinson Experiential Learning: [ParkinsonEXPL@luc.edu](mailto:ParkinsonEXPL@luc.edu)

Parkinson Weekly Student Life Newsletter, contact: [ParkinsonStudentLife@luc.edu](mailto:ParkinsonStudentLife@luc.edu)

**Student Support Resources:**

[Parkinson School of Health Sciences and Public Health Student Handbook 2022-2023](#)

[Student Accessibility Center](#)

[Tutoring Center](#)

[Writing Center](#)

[Wellness Center](#), medical, mental health, and health education professionals committed to your well-being.

[Center for Student Assistance and Advocacy \(CSAA\)](#), an LUC centralized website for reporting student concerns.

## Interested in Contributing to the BSPH Newsletter?

We are always looking for new content – and new contributors -- for the BSPH Newsletter. Please let us know about accomplishments we can celebrate, events we can highlight, organizations we can profile, and topics we can explore. As a newsletter contributor, students may hone their communication skills, network, and share their thoughts, interests, and ideas on a variety of public health topics. Email Keith Kramer, [kkramer4@luc.edu](mailto:kkramer4@luc.edu).

For more information about the B.S. in Public Health program:  
**Keith Kramer**, Senior Program Advisor, [kkramer4@luc.edu](mailto:kkramer4@luc.edu)  
**Julie Darnell, PhD**, BSPH Program Director, [jdarnell1@luc.edu](mailto:jdarnell1@luc.edu)



*Joaquin Guzman, BSPH '23, delivered the BSPH Magis Reflection*

*Know someone who is interested in public health? Please share this newsletter.*