

# HDFS NEWSLETTER



SPRING 2013 | Newsletter of the Department of Human Development and Family Science

## ANNOUNCING THE 2013 HDFS DEPARTMENT T-SHIRT DESIGN CONTEST

By Raeann Hamon

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.



Above: The winning T-shirt design for 2012-13  
Top: Rachel Shenk, Alicia Joseph, Kristal Smith, Gina Sheehan wearing 2012-13 design  
Above right: Teagan Bohn and Rochelle Book in 2011-12 design  
Right: Kristal Smith displaying the HDFS department 2012-13 T-shirt



## 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
- Gender Studies
- Gerontology
- Human Development and Family Science
- Multicultural Families
- Pre-Counseling and Therapy

### CONTACTS

#### Faculty

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## FROM THE DEPARTMENT CHAIR

Raeann Hamon



From left: Debbie Chopka, Professor Paul Johns, Dr. Erin Boyd-Soisson, Dr. Raeann Hamon, Dr. Robert Reyes

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 R. Hamon*

Raeann Hamon, HDFS department chair

## HDFS DEPARTMENT ANNUAL SPRING RETREAT

How many of you remember our annual retreat at the Adelphoi cabin, just 10 minutes from campus in South Mountain? Here is a picture from last year's retreat, but this year we're looking forward to assembling at Adelphoi on May 3 from 5-8:30 p.m. Feel free to join us! While we don't stay overnight like we used to, we take this opportunity to share dinner together and enjoy each other's company while appreciating the peaceful surroundings that the creek and forest provide.

Contact Debbie Chopka at 717-766-2511 x 2629 or [DChopka@messiah.edu](mailto:DChopka@messiah.edu) to RSVP and for directions to the Adelphoi cabin on Coffeetown Road in Dillsburg.



Students and faculty attending the HDFS spring retreat at Adelphoi cabin

## HDFS DEPARTMENT AND MESSIAH COLLEGE COUNCIL ON FAMILY RELATIONS ACTIVITIES



Annual HDFS Christmas party at Dr. Hamon's home

Every year the HDFS department and our student professional organization, Messiah College Council on Family Relations, co-sponsor a variety of social, professional development and service activities.

This fall, the "Men of HDFS" invited the women of HDFS to a bonfire at Professor Paul Johns' home in September.

Dr. Hamon's family hosted the HDFS department Christmas party on December 2, 2012. This year students organized an ugly sweater contest. We also continued our tradition of a "now-you-have-it-now-you-don't" gift exchange, which is tons of fun!

## FACULTY SPOTLIGHT

### 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



Pictured from top left: Dr. Robert Reyes, Sarah Narehood '13, Teagan Bohn '13, Alyssa White '13, Katherine Ake '12, Rachel Shenk '12, Dr. Raeann Hamon, (front row) Megan Dubbs '14, Kayla Griffith '13 and Rachel Schmuck '13 attending the 2012 NCFR conference.

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,



Rachel Shenk '12

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 and Rachel Schmuck '12 with their poster presentation.

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](https://facebook.com/messiah.HDFS).

### PA FAMILY AND CONSUMER SCIENCES SOUTH CENTRAL MEETING IN HERSHEY

By Raeann Hamon

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 '13

**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

### SUSAN BINKLEY VAN ZANT RECOGNIZED WITH OUTSTANDING ALUMNI AWARD

By Raeann Hamon



Susan Binkley Van Zant, winner of the 2012 HDFS Outstanding Alumni Award

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!

### NOMINATIONS WANTED FOR THE 2013 OUTSTANDING ALUMNI AWARDS

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](http://messiah.edu/HDFS/alumniaward).

Nominations should be submitted by **Oct. 1, 2013**. Email completed nomination forms to Raeann Hamon at [rhamon@messiah.edu](mailto:rhamon@messiah.edu) or mail to:

Messiah College  
One College Avenue Suite 3047  
Mechanicsburg PA 17055

## STUDENT SPOTLIGHT

### CHILD LIFE INTERN: SARAH HAHNER '13



Sarah Hahner '13, spent her spring semester as an intern at Children's Hospital Colorado with the Therapeutic Recreation & Child Life Department.

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!"

### STUDENT RECOGNITION AWARD PROGRAM NOMINATES 12 SOON- TO-BE GRADUATES

By Raeann Hamon

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



Alyssa Kunkle '12, wearing NCFR honors stole

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.

### STRATEGIES OF FAMILY LIFE EDUCATION CLASS CELEBRATES!



Students in the 2012 Strategies of Family Life Education class celebrate the completion of their needs assessment project.

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



Above: Lindsey Fye '14, Megan Dubbs '14, and Amanda Hench '15, "land" in front of their work the Dean's Suite in Boyer Hall. Left: Megan Dubbs caught in the act of "flamingoing" the Dean's Suite.

By Raeann Hamon

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.

One College Avenue Suite 3047  
Mechanicsburg PA 17055

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## 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.



*Sarah Beale '11 (center) talks about her profession as a Child Life Specialist with Amanda Seal '13 and Dr. Boyd-Soisson at the dinner after the career panel*

If you are interested in participating on an alumni career panel, contact Raeann Hamon at [rhamon@messiah.edu](mailto: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.