



Delta Omega Honorary Society in Public Health OMEGA CHAPTER

**GWU SPHHS
Omega Chapter**

Issue 5
Winter 2010

From the Desk of Omega Chapter Executive Board

It has been a busy several months for the Omega Chapter. This newsletter showcases a number of activities in which the chapter has been involved, such as the Foggy Bottom Neighborhood Block Party, the food drive benefiting the Capital Area Food Bank, the Alumni Networking and Skill-Building Workshop, and the Annual GWUMC Health Sciences Research Day. The activities highlighted in this newsletter are a testimony to the Omega Chapter members and to the Executive Board's dedication to the chapter.

Our Executive Committee has also been growing. Ms. Nisha Sachdev and Ms. Amanda Davis have both

joined as Member-At-Large, and Ms. Sarah Coseo has joined as our new Secretary. The board is also pleased to announce that Dr. Kalpana Ramiah will now serve as President of the Board and Ms. Michelle Yau will serve as Vice-President. Our past president, Ms. Tamara Windau, will continue to serve on the Board as Past-President. Thank you to Tamara for her great leadership over the years! If you would like to become active with chapter activities, please contact us. We look forward to increasing our involvement with community service events and membership activities.

Inside this issue:

<i>From the Desk of Omega Chapter Executive Board</i>	1
<i>DO Nominations</i>	1
<i>DO National Meeting</i>	1
<i>DO Skill Building and Networking Event</i>	2
<i>Capital Area Food Bank Food Drive</i>	2
<i>News From PHAA</i>	3
<i>Neighborhood Block Party</i>	3
<i>Spotlight</i>	3-4
<i>Research Day</i>	5

2010 Omega Chapter Nominations

The Omega chapter is currently soliciting nominations for election into DO for Spring 2010. Each spring, DO inducts new members from three groups: (1) SPHHS graduate degree students who have completed at least 25 credit hours by the end of the fall semester; (2) SPHHS alumni actively engaged in public health work; and (3) SPHHS full-time faculty. All candidates must demonstrate the potential to make significant contributions to the field of public health. *Please note that individuals from all disciplines within the SPHHS are eligible.* The criteria for applicants are on the Omega Chapter website: <http://www.gwumc.edu/sphhs/alumni/deltaOmega.cfm>.

All nomination packages are to be delivered directly to Ms. Mallory Boyd, Director of Student Academic and Career Development Services, SPHHS Ross Hall 221 no later than **Monday, March 29, 2010**. All information should be provided in hard copy; no electronic materials will be accepted.

We encourage you to nominate anyone you think meets the selection criteria; self-nominations are also accepted.

National Delta Omega Meeting

In November 2009, our current president, Dr. Kalpana Ramiah, represented the Omega Chapter at the national Delta Omega meeting that was held in Philadelphia, PA. Representatives from all chapters shared their experiences with chapter activities and development. The national office is planning on creating a scoring system for chapters based on their activities. We hope to continue our efforts in engaging our membership and aim to score high on the new scoring system.

Second Annual Delta Omega Skill Building and Networking Event



Attendees spent time speed-networking with each other.



The second annual Delta Omega Evening of Professional Skill-Building and Networking was held on Thursday, February 4th from 6:00 – 9:00pm at the GW Alumni House. The event was a success, with approximately 30 alumni and public health students attending to improve their professional skills and speed-network with each other. Presentations for the evening focused on using negotiation tactics in the workplace and improving online networking skills using sites like LinkedIn and Facebook.

Speakers for the event were J. Zoe Beckerman, JD, MPH and Michael Steelman. Ms. Beckerman received her MPH from the University of Michigan and is a Hirsh Health Law alumna from GW. She also sits on the GW Board of Trustees and led the

board in the fundraising initiative for scholarship money for SPHHS. Currently, she is a partner at a DC law firm working in health policy. Mr. Steelman is the Associate Director of Alumni Volunteer Programs at GW, and is working at the alumni house on our career development initiatives.

Special thanks goes to Ms. Kate Duis (Associate Director of Alumni Programs), Ms. Brenda Kirkwood (Treasurer, Omega Chapter), Ms. Amanda Davis (Member-At-Large, Omega Chapter), Ms. Natalie Allgeier, and Ms. Christina Benjamin (President, PHAA).

Send your comments and suggestions about the event to: dltomega@gwu.edu.

Food Drive for the Capital Area Food Bank

Ms. Amanda Davis and Ms. Nisha Sachdev, Members-At-Large for the Omega Chapter, are spearheading a community service event this spring to benefit the Capital Area Food Bank. This month-long food drive event began in late January and will run through the end of February. The theme for this event is "Show your Heart this Valentine's Day", with a goal to collect 214 food items by the end of the drive. Many departments in the GWU

School of Public Health and Health Services have chosen to participate in the event as well.

The Omega Chapter looks forward to a successful food drive and is excited to help the Capital Area Food Bank feed DC Metro area residents.

Contact Ms. Amanda Davis at amdavis6@gwmail.gwu.edu for more information.



News From PHAA

The GW Public Health Alumni Association (PHAA) Board of Directors invites all alumni to attend an open Board meeting on March 23rd, 2010 at 7 p.m. at the George Washington University Alumni House (located at 1918 F Street, NW, Washington, DC). For more information, please contact Christina Benjamin, President of PHAA, at Ccbenjamin@aol.com.

PHAA encourages all alumni to participate in GW's Alumni Service Weekend on April 10-11, 2010. More information about regional community service opportunities will be posted online at <http://www.gwumc.edu/sphhs/alumni/networkingnews.cfm>

National Public Health Week (NPHW) is April 5-11, 2010. This year's theme is "A Healthier America: One Community at a Time." If you have suggestions for NPHW Omega Chapter activities, please contact Ms. Nisha Sachdev at nasachde@gwu.edu.

Delta Omega Participates in the 7th Annual Foggy Bottom/West End Neighborhood Block Party

On Sunday, October 18, 2009, Delta Omega participated in The 7th Annual Foggy Bottom and West End Neighborhood Block Party. The event was hosted by FRIENDS, a community group composed of roughly 450 student, faculty, and neighborhood members to promote positive dialogue between GW and its neighbors. Despite the rain, the event was well-attended and included booths from more than 100 local businesses, restaurants, groups, and institutions.

Delta Omega teamed up with the Public Health Alumni Association and the Public Health Student Association for the second year in a row to provide over 50 individuals with information about seasonal and H1N1 flu prevention. Volunteers from these organizations talked to individuals about the importance of getting flu vaccinations and taking everyday preventive actions.

Thank you to all volunteers who made participation in this event possible!

Spotlight On Tamara Windau, MPH, CPH



Tamara Windau serves as the Senior Project Officer for the White Ribbon Alliance for Safe Motherhood (WRA), an international coalition of individuals and organizations formed to address the need to make pregnancy and childbirth safe for all women and newborns. With members in 143 countries and affiliated National Alliances in 15, the WRA works from the grassroots up through all levels of government to build coalitions, strengthen capacity, influence policies, harness resources and inspire action to reduce maternal and newborn mortality and morbidity.

Tamara assists in the coordination of the WRA's advocacy campaigns, including the 2008 *Promise to Mothers Lost* campaign and the 2009/2010 *Global Maternal Mortality* and *Mothers Day Every Day* campaigns. She serves as a point of contact for the WRA membership and partners and provides management of small grants to member organizations in developing countries. Tamara also oversees the WRA's *Stories of Mothers Lost* project, a stunning art exhibit created by community members from around the world who needlessly lost a woman in pregnancy or childbirth.



Spotlight Continued...

Managing this project since its inception in 2007, she handled its international tour since the launch of *Stories of Mothers Lost* at No. 10 Downing Street in London. Both public exhibitions as well as private high-level displays of the art exhibit were held in conjunction with the 2008 International Monetary Fund/World Bank Spring Meetings in Washington, D.C., the World Economic Forum for Africa in South Africa, the G8 Summit in Japan, and the United Nations General Assembly in New York as part of WRA's continuing efforts to draw attention to the issue of maternal mortality. Tamara is an editor of the *Stories of Mothers Lost* book published in 2008, which has been an acclaimed advocacy tool amongst diverse audiences. Tamara is currently co-coordinating the *Stories of Mothers Saved* project, which will have its debut at the Women Deliver Conference in Washington, D.C. in June 2010.

Tamara was a panelist at the 2009 Millennium Development Goals Strategic Conference sponsored by MIDEGO, where she spoke on *Advocacy in Action: Building a Global Movement to Make Pregnancy & Childbirth Safe*. She also has presented on *Maternal Health: The Cornerstone of Public Health* as an invited guest lecturer at The George Washington University's School of Public Health & Health Services, Maternal and Child Health graduate course.

Prior to this position, Tamara served the WRA as a fellow and intern. Tamara is a member of the Charter Class to become Certified in Public Health and holds a Masters of Public Health degree from The George Washington University's School of Public Health & Health Services with a specialization in Maternal and Child Health. Her thesis, based on research she conducted on the ground, "Intimate Partner Violence in the Andean Highlands: Women's Experience of Domestic Violence in Calca, Peru", received an *Excellence in Culminating Experience Award* in the School of Public Health & Health Services' Department of Prevention and Community Health. She presented her research at both the

135th Annual Meeting of the American Public Health Association and The George Washington University's 12th Annual Research Day, where she received the *Best Poster Presentation Recognition and Award* in 2007.

"Tamara's passion and dedication for ensuring the health of women and children worldwide is truly an inspiration to those who meet and work with her."

-Dr. Karen McDonnell

Tamara received her Bachelor of Arts degree in Psychology with a certificate in Women's Studies from the University of Wisconsin – Madison. She studied abroad through the University of Pittsburgh's Institute for Shipboard Education's *Semester at Sea* program, where her passion for learning and service was heightened through her internationally focused coursework and travel in developing countries.

Tamara is a member of Phi Beta Kappa and Delta Omega, the public health honorary society. She currently serves as the Past President of the Executive Board of The George Washington University's School of Public Health & Health Services Omega Chapter of Delta Omega and recently received the *Above & Beyond Volunteer Public Health Alumni Association Award* from The George Washington University's School of Public Health & Health Services Alumni Association. Tamara also recently received the *Galaxy Award* from the New York Women's Agenda and was recognized at their annual Star Breakfast. Tamara is dedicated to the field of public health and determined to ensure that women's voices are heard the world over and gender equity is realized.

The Omega Chapter would like to express its gratitude for Tamara's dedication to the chapter. Her leadership and dedication to activities such as Research Day is greatly appreciated.



Research Day 2010

The 15th Annual George Washington University Medical Center Health Sciences Research Day will be held on Wednesday, March 10th, and the Omega Chapter is excited to be involved once again! Each year, Omega Chapter members volunteer their time to serve as judges for the oral and poster presentations by students in the School of Public Health and Health Services (SPHHS).

This year, the SPHHS oral presentation competition was held on Tuesday, February 16th. Congratulations to the four finalists who were selected to compete:

- Kristin Craviotto - "Quality Improvement (QI) using Community Oriented Primary Care (COPC): Integrating Primary Care with Public Health"
- Nancy LaVerda - "Correlations between BMI and Pesticide Exposure in a Cohort of Pesticide Applicators"
- Cindy Lentino - "Dog-walking is Associated with a Favorable Risk Profile in Middle-Age"
- Amina Wilkins - "Fish Consumption: Methylmercury Risks and Omega-3 Fatty Acid Benefits".

Three of the four selected finalists participated in the competition. Nancy LaVerda was declared the winner and will present her research on Research Day. Congratulations, Nancy—we wish you the best of luck!

Also, many thanks to the following Omega Chapter Members who volunteered their time to judge the oral presentations: Yasir Shah, Dana Schlossberg, Jake Nelson, Brett Johnson, Nisha Sachdev, Kalpana Ramiah and Tamara Windau.

The Omega Chapter is still recruiting Members to volunteer their time to judge the SPHHS poster presentations on Research Day from noon until 2:00pm in the Marvin Center. If you are interested in learning more or getting involved, please email dltomega@gwu.edu.

**We welcome any comments or suggestions. Please contact us at:
dltomega@gwu.edu**