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March Research



JULIE PUSZTAI RECEIVED A \$10,000 GRANT FROM KAISER PERMANENTE

Julie Pusztai, M.S.N., Instructor of Nursing and Director of the Neighborhood Wellness Center, and the Azusa Pacific University School of Nursing received a grant of \$10,000 from the Kaiser Permanente Baldwin Park Medical Center. Kaiser Permanente has a Community Benefit Charitable Contributions Program which provides grants for local nonprofit organizations and schools focused on specific priority areas, such as improving access to health care and support of social services. The Neighborhood Wellness Center provides primary prevention services to the community of Azusa and has been utilized by the Azusa Pacific School of Nursing as a "hands on" learning experience in wellness and preventative care for senior level baccalaureate nursing students. Three objectives have been the guiding force for its

growth and expansion: 1) "increase access to preventative and primary care services for a predominately minority underserved population; 2) establish a community based center that is easily accessible, friendly, culturally competent and effective in improving health behaviors and reducing the effect of chronic disease; 3) promote the collaboration between an academic institution, local government and agencies to improve access to health services and promote health behaviors in the residents of Azusa." The Kaiser grant will specifically fund the Wellness Center in implementing a program called *Neighbor to Neighbor – Health Education Leadership Program (N2N-HELP)*. This program seeks to increase awareness of pre-diabetes, diabetes, and obesity prevention, and promotes healthy



Julie Pusztai is an Instructor in the School of Nursing and Director of the Neighborhood Wellness Center

lifestyle behaviors, such as physical education activity education and strategies, nutrition education, and even cooking classes to demonstrate healthy meal choices. Director Julie Pusztai is to be commended for her efforts in strengthening and expanding the services of the Wellness Center.—Abbylin Sellers



90 DAYS OF INSPIRATIONAL THOUGHT BY PAMELA D. COTTON-ROBERTS, ED.D.



Pamela D. Cotton-Roberts, Ed.D., Assistant Professor of Teacher Education in the School of Education, makes her published writing debut with her 90-day devotional, *90 Days of Inspirational Thought* (Xlibris Corporation, 2008). The intent of the devotional is simple: “to change the ratio of negative to positive thoughts” of an individual, as well as “to develop a better awareness by recognizing God’s promises of life.” Basing each chapter on one of the fruits of the spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control), each “fruit” has ten daily reflections on the particular theme. Several of the daily insights are personal narratives or ruminations. In the section on joy, the concept of joy is examined in the following ways: joy and happiness, being joyful, making a joyous beginning, having a joyful attitude, studying God’s joyful words, sending a joyful message, the joy of loneliness,



tears of joy, and remembering how to be joyful. The end of each section closes with a Scripture verse related to the specific fruit of the spirit, as well as space to journal a prayer for the particular topic studied for ten days. There is also journaling space for personal reflection, such as how joy or love is defined in one’s own life, how God defines it, and where one sees God’s evidence of it. These seemingly simple, yet practical daily inspirational thoughts can undoubtedly be a positive force in the daily lives of each one of us.—Abbylin Sellers



Pamela D. Cotton-Roberts, Ed.D. is an Assistant Professor of Teacher Education in the School of Education

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“DOING FRIENDSHIP, MAKING CONTACTS AND BUILDING TRUST: CHRISTIAN INDIAN RESPONSES TO RELIGIOUS DIVERSITY” BY NORI HENK

Nori Henk, Assistant Professor of Sociology and

Global Studies, examines the dynamic activities and shaping of identities that occur within three Indian/American congregations in Chicago: the South Asian Fellowship Center, St. Luke’s Lutheran-Missouri-Synod Church, and Christ Mennonite Congregation in her “Doing Friendship, Making Contacts and Building Trust: Christian Indian Responses to Religious Diversity”, a chapter in *South Asian Christian Diaspora: Invisible Diaspora in Europe and North America* (Ed. Knut A. Jacobsen and Selva J. Raj, Ashgate, 2008). “Friendship evangelism” is “the informal backbone of the Christian Indian community,” she notes. Church members distrib-

ute tracts, invite new friends and colleagues from work to church services, and provide ethnic celebrations such as an India Independence Day event or a harvest festival in order to cultivate relationships that may lead to church attendance and conversion to Christianity. She affirms that “the primacy of Christian authority, namely the Bible and its teaching, is held firmly.”

The three churches she studied, however, vary in the mixing of Indians and Americans within their congregations and in the combining of Christian beliefs with ethnic practices. Indians and Americans worship together at the South Asian Fellowship Center, although “women and children sit on the right and men sit on the left.” At St. Luke’s Lutheran-Missouri-Synod Church, there is a Telugu Indian

service led by their pastor on Saturday nights and an American service led by their pastor on Sunday mornings. Christ Mennonite Congregation emphasizes a “congregationalism” that values “the role of sub-cultural influences on congregational identity beyond prescribed denominational values.” The pastor here affirms, “From the very, very beginning our church was designed to be multicultural and multiethnic.”

Thus at local levels Americans and Indians determine their styles of evangelism and worship, but, Henk remarks, “beyond this level Americans dominate decision-making.” She concludes, “The immigrant church represents both a reassertion of familiar rituals and an accommodation to an American religion.”—Carole J. Lambert

“SHEROES: MOTHERS MAKE GREAT LEADERS, NATURALLY” BY DR. KIMBERLY BATTLE-WALTERS DENU

Kimberly Battle-Walters Denu, Ph.D., Professor of Social Work and Associate Provost, explores the challenges mothers working in higher education and corporate leadership positions face in her essay “Sheroes: Mothers Make Great Leaders, Naturally” (*Women in Higher Education*, 18 [2009]: 23-24). She astutely connects talents cultivated while mothering to invaluable skills brought to the workplace: “Motherhood forces one to adapt, make challenging decisions quickly and move fluidly between multiple roles and tasks.” Multi-tasking mothers become experts at “juggl[ing] several projects at once.” Motherly “intuition” transforms itself into wise hunches about people and work outcomes. Ten-

der, loving maternal care can evolve into the nurturing of colleagues, while a willingness to “share the power” as well as demonstrate loyalty and protectiveness prevail both at home and at work.

Nevertheless, Denu’s research indicates that mothers need help both at home and in their organizations. The four women she interviewed were supported by “hired help, helpful husbands, extended family, prayer and faith, [and] good childcare.” They were extremely organized and chose their priorities carefully. Some enjoyed “flex time” and their bosses’ understanding of intense family and

work time pressures on them. Additional structural changes like childcare in the workplace, expanded maternity and paternity policies, alternative schedules or permission to work from home, plus tax advantages and incentives for employers who establish “family friendly” practices all would help women earnestly trying their best to be outstanding mothers at home and superb leaders at work.—Carole J. Lambert



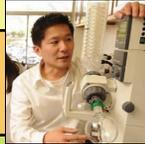
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Office of Research Mission Statement:

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From left—Susan Ferrante, Lou Hughes, Carole J. Lambert, Abbylin Sellers