Dr. Donna Weinstein is new to our faculty this year and joins our department as an assistant professor of Human Services, Child and Family concentration. She received a Bachelor of Science degree in Business Administration from Rochester Institute of Technology, a Bachelor of Education from the Institute of Higher Learning in Ramat Gan, Israel and a Master of Science degree in Counseling from Texas Women’s University. She completed her studies in 2009 with a Ph.D. in Education with a major focus in Counseling from Oakland University in Michigan.

Before joining the faculty at UIS, Dr. Weinstein taught kindergarten in Israel as well as teaching English as a Second Language to Junior High School students in Israel. She returned to the United States and worked in Independent Adult and Assisted Living facilities and the Oakland County nursing home. For the past 14 years, Dr. Weinstein has worked in 5 of the 26 offices in the Oakland County Youth Assistance program working with children and families to reduce the incidence of abuse and neglect through community involvement.

Dr. Weinstein has NCC certification and a LLPC. Her research interests focus on the subject of perception and how our subjective meanings define the words we use. Understanding this principle may offer insight into miscommunication and misunderstandings between couples, teens and parents, employees and administration.

In October, 2011, UIS began the process of identifying its brand – the inherent promise a university makes and keeps to its constituents.

After months of research that included surveying all UIS faculty and staff, the entire student body, and more than 10,000 alumni, what we discovered was that people agreed, at a fundamental level, on what UIS was about. The result? Leadership lived.
**STUDENT SPOTLIGHT:**
**SARAH E RUDE**

Sarah obtained her Associate’s Degree from Carl Sandburg College in Galesburg and her Bachelor’s Degree in Sociology from Western Illinois University in 2005. Sarah is currently working towards her Master’s in Human Service in the Alcohol and Substance Abuse concentration. Sarah is eager to start HMS 550 (Internship) and reports, “I can’t wait to get the hands on experience in my field.” In addition, Sarah works as a Graduate Public Service Intern for the IDHFS and is a mother to her 7 year old son, Noah. In her spare time, Sarah enjoys walking, church activities at Real Life Church in Springfield where she is a member, watching movies and spending time with her friends and son.

**QUESTION & ANSWER:**

What made you choose UIS? I chose UIS because it is local. It had a program that suited me very well. Everyone was friendly and willing to answer any questions that I had about the university. UIS has a beautiful campus with wonderful resources. When I met with Dr. Peck, I knew at that moment that UIS was a perfect fit. The opportunities are endless here.

What drew you into studying and working within the subject of alcohol and substance abuse? I find alcohol and substance abuse counseling interesting and rewarding because I believe in second chances. There are good people who make or have made very poor choices. I want them to know that they are valuable and there is a new beginning and a bright future out there for them. I also find the human brain fascinating and I love to learn how addiction affects the brain.

What are some of your thoughts about the program? I believe that the Human Service Program at UIS is one of the best. I was drawn to it because it is such a compassionate and selfless program. We are trying to help people, whether it be seniors or children and families, addicts, the homeless, poverty stricken or those with mental illness to name a few...One thing I love about the Human Service program is that we give so much to our clients and our community. Our program teaches us about advocacy and empowerment. This program is really amazing and the professors are so knowledgeable.

If you could go back and give yourself advice to when you first started the program, what would you say? If I could go back, my advice would be to apply for the GPSI/GA programs as soon as possible. They are terrific and rewarding programs. I wish I would have known about them sooner. I encourage everyone to apply!

What motivates you? My 7 year old son motivates me. I love the end of the day when we sit down at the table and do our homework together.

What would you like people to know about you? I have always worked through school. At one point, I was working 40+ hours a week, pregnant and a full-time student. It was hard, and I wanted to give up, but I didn’t. I made it, and no matter how hard it seems sometimes, I keep going. It takes determination and discipline. I needed strength and am so thankful to God for every opportunity given to me.
SIGMA PHI OMEGA WELCOMES NEW INDUCTEES

On October 26th, 2012 six members were inducted into the Eta Chapter of the University of Illinois Springfield’s Sigma Phi Omega National Academic Honor Society during their Annual Induction Dinner. Three members, Sue McGlasson, Karrie DeVerger, and Elton Arrindell were inducted at the graduate level and three members, Teri Berriman, Jamie Freschi, and Mary Riggs were inducted as honorary community members.

Sigma Phi Omega (SPO) is the National Academic Honor and Professional Society in Gerontology. Eligibility requirements are rigorous; at the graduate level membership is open to students with a minimum of a 3.5 GPA. Professionals working in the field of gerontology that have developed and maintained exemplary programs for the elderly and their adult caregivers are also eligible for membership. With the new inductees, there are currently 43 SPO members. Dr. Peck is ETA faculty advisor. Congratulations to the new members of SPO!

Outstanding Master’s Project: Mary K. McGuire!
The Department of Human Services is pleased to announce that Mary K. McGuire has been selected as the winner of the HMS Outstanding Master’s Project Award! Dr. Donna Weinstein chaired the HMS outstanding master project selection for projects completed and recommended the Master’s Thesis written by Mary K. McGuire: Identifying needs and barriers for lesbian, gay, bisexual, and transgender (LGBT) older adults as the HMS outstanding project.
Mary completed extensive research on the topic of LGBT older adults and raised important questions regarding their unequal treatment by health professionals and social service professionals. She discusses the effect on the older LGBT adults who lived through the Stonewall riots of 1969 and the APA’s classification of homosexuality as a mental disorder up to 1973. These LGBT individuals have lived in fear of the social, professional and personal repercussions of others finding out their true identity. To this end, even as the world has become more accepting, many of the older LGBT individuals have never allowed themselves this freedom of openness. As they age, this fact, which they choose to keep secret for their own safety, can hamper health professionals and others to provide the correct necessary services to them.
Mary fostered a sense of safety and trust in her focus groups of 11 men and 3 women. Her participants spoke openly and truthfully about their feelings of aging and the response of their community, friends and family to them at this point in their life. Their discussion ranged from topics of the generation gap to housing to concerns and fears for themselves regarding their future.
Mary’s Thesis is an outstanding written work that adds to the published literature of the LGBT older adult population and to the profession. Her work conveys factual information regarding the older LGBT population supported by their personal, heartfelt statements. Her Thesis is a clear message that more such interactions need to occur so that the voices of these older LGBT adults are heard and not forgotten so that we, in the social service professions, may better understand their needs in order to provide these individuals with the best services possible in the most respectful and understanding manner. Mary’s Thesis has been submitted for consideration for the award for outstanding Master’s Thesis or Project of the University of Illinois Springfield. Mary is a HMS Gerontology graduate. Dr. Carolyn Peck chaired her masters project. Congratulations, Mary!
HMS 525, Alcohol and Substance Abuse, is an introductory course in the Alcohol and Substance Abuse Concentration. Students gain knowledge about the physiological/biological effects of drugs, the psychological correlates of drug use, societal issues and concerns, theories of addiction, treatment and relapse issues, regulation and legislation, ethical issues, and accreditation/certification standards. The course is taught in a blended format by Dr. Ann Melvin, with five on campus sessions.

**Class in Action**

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**HMS Graduate Assistants**

**Chrissy Benoit**—Chrissy has been working with the HMS department since Fall 2011. She is a graduate from MacMurray College, in Jacksonville, Illinois, where she earned her Bachelor of Arts Degree in Psychology with emphasis in Deaf Education in 2010. She transferred to UIS in Spring of 2011 and is studying Human Development Counseling with a concentration in Marriage, Couples, and Family Therapy. She is happy to be with the Department of Human Services and is looking forward to another wonderful year with the department.

**Shah Hasan**—Shah is a new addition to the HMS Department. He is a graduate of Benedictine University at Springfield, where he earned his Bachelor of Arts in Psychology in 2010. Shah started his graduate program at University of Illinois in the Spring 2011 and is studying Human Development Counseling with a concentration in Marriage, Couples, and Family Therapy. Shah is excited to be working with the Department of Human Services and looks forward to learning more about the department and the programs offered.
The HMS Department will have a new Mandatory Internship Orientation that must be completed the semester before a student begins their internship. Students will receive their internship packets and specific information required to begin internship. All students in each concentration (Gerontology, Child and Family Studies, Social Services Administration, Alcohol and Substance Abuse) must attend the session or make arrangements to view the presentation online. We will be conducting this orientation each semester so we would like only the students who are starting internship in the spring to attend the November orientation. Students are encouraged to work with their advisor on securing an approved internship site. For more information please contact Dr. Ann Melvin or Dr. Donna Weinstein.

**Interview Tips for Interns**

**Prepare responses to frequently asked questions**

- Why do you want an internship with this company?
- What do you think makes you a good candidate?
- What do you think you will gain from an internship with this company?
- How does this internship relate to your career goals?

**Research the company**

We can't emphasize enough how important this one is. No matter how busy you are, if the company has a web site, take the time to surf it. There's nothing that impresses an interviewer more than someone who shows a real interest in the company and its goals. Doing your research proves that you're engaged with what the company has to offer and that you made an informed decision when you applied for the position.

**Prepare questions of your own**

Wait a minute - aren't they supposed to be the ones asking you the questions? Not necessarily. Having thoughtful questions prepared for an employer will show that you're conscientious about making sure the internship meets your needs as well as the company's. In fact, employers expect questions—they are a sign of an employee with potential. Here are some sample questions you might consider asking:

- What's the company's philosophy behind hiring interns?
- How many interns is the company hiring?
- Who will be my boss? With whom will I be working?
- What do you like about your job?
- What is the office environment like?
- How do you think this internship will benefit me?

**Thank you, thank you, thank you**

Often overlooked, the thank-you note is a crucial part of the interviewing process. It doesn't have to be long, but promptly thank your interviewer for his or her time and consideration. This is also a good opportunity to stress your best qualities, reiterate why you'd like the position, and address some of the concerns you feel the interviewer might have had when speaking with you. As with all correspondence to potential employers, be sure to use correct grammar and avoid informal language.

Announcements

2012 Governor’s Conference on Aging: Location-Chicago, Conference title: 31 Years of Diligence, Resilience, and Excellence. **December 12-14**, Chicago Sheraton Hotel and Towers. Dr. Peck will be presenting a workshop on: Aging Boomers: Service Challenges and Opportunities.

The **2013 IAODAPCA** Spring Conference will be held in Itasca, IL on **March 18-22**. More information will be provided on the IAODAPCA website: http://www.iaodapca.org/

**National Drug Facts Week 2013:** Monday January 28th through Sunday February 3rd.

For more information on National Drug Facts Week, or to become a partner visit the Website http://drugfactsweek.drugabuse.gov or call 301-443-1124.

**ATTENTION SPRING 2013 GRADUATES!!!!**

During your last semester of coursework, you will need to complete required graduation closure exercises early in the semester in order to have your degree conferred. The spring deadline is **FEBRUARY 15, 2013**. It is your responsibility to complete this process. Failure to complete the paperwork by the deadline will postpone your degree attainment.

Detailed instructions concerning the Graduation Application process are located at the following website - http://www.uis.edu/registration/graduation/index.html.

The Graduation Application link is available through Student Self-Service - https://apps.uillinois.edu which is where you go to register for classes.

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HMS Advisory Board

Thank you to each of the members for their support:

Brittney N. Ottino: Gateway Foundation
Mary Jane Forney: Illinois Department of Human Services
Mike Lucas: Caretaker
Valerie Scarborough: Counseling Center/ University of Illinois at Springfield
Cathy Annerino: MERCY Communities
John Kelker: United Way of Central Illinois
Lisa Zuubier: Illinois Department on Aging
Brenda K. Johnson: Helping Hands of Springfield
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Dr. Ann Melvin, Department of Human Services Assistant Professor of the Alcohol and Substance Abuse concentration serves as Editor while Shah Hasan and Chrissy Benoit serve as Graduate Assistants to the department’s Newsletter. They work together to construct the biannual newsletter. Suggestion for future HMS Newsletters can be directed to Shah Hasan (Shasa2@uis.edu). Thank you and we hope you enjoyed this semester’s edition.

Hyperlinks within the Newsletter

Page 1:
http://www.uis.edu/brand/  
http://www.uis.edu/humanservices/faculty/weinstein.html

Page 2:
http://broadlifechurch.com/  
http://cspl.uis.edu/graduate/internprograms/  
http://www.uis.edu/graduateassistants/

Page 3:
http://www.apsigmaphiomega.org/

Page 5:
http://www.iaodapca.org/
http://www.experience.com/alumnus/article?channel_id=internships&course_page=editor_picks&article_id=article_1126286323224

Page 6:
http://drugfactsweek.drugabuse.gov  
http://www.iaodapca.org/  
http://www.uis.edu/registration/graduation/index.html  
https://apps.uillinois.edu

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Scan with a QR reader on your smartphone and visit our website!