

Cardiovascular Wellness Program



SACRAMENTO
STATE

Four Pillars of Health
Physical fitness
Healthy nutrition
Mindfulness
Social Connections



Program Staff

Medical Director

Radhika Nandur Bukkapatnam, M.D.

Dr. Nandur Bukkapatnam has served as the medical director of the Cardiovascular Wellness Program since 2015. She actively participates with the program and provides at least one educational seminar each month.

Her Philosophy of Care:

“I believe in taking time to explain to the patient, the scientific basis of each cardiovascular condition, so the patient has a better understanding and invests in their own health. I believe in prevention of cardiovascular illnesses and by encouraging a partnership with the patient, help them build a sustainable plan for prevention. I strongly believe in hope, and in this era of cutting edge medicine, empower my patients so they can better control their cardiovascular conditions.”



She has clinical practices at UC Davis, with schedules in Folsom and at UC Davis in the Ambulatory Care Center.



Javier López, M.D.

Medical Director, UC Davis Cardiac Rehabilitation Program

Dr. López has long-standing involvement with the Sac State Wellness Program, sending clients over from UC Davis when they have graduated from their cardiac rehab program. He is also an active member our teaching program. He brings in grant connections and his passion for preventive cardiology bolsters our program. He has varied research interests, including a lab at UC Davis where he studies how cardiovascular genes and body organs interact using PET imaging and also community-based health promotion.



Linda Paumer, MA, Program Coordinator

Linda has served as the coordinator for the Wellness Center since its inception in late 2013. Retired after 30 years as an exercise physiologist with the UC Davis cardiac rehabilitation program, she brings a depth of knowledge regarding exercise training for older adults as well as organizational and communication skills. She now serves as a lecturer in the Sac State gerontology program and uses those organizational skills to coordinate well-balanced activities for both the older adult program participants and the undergraduate interns doing field placement with the program.

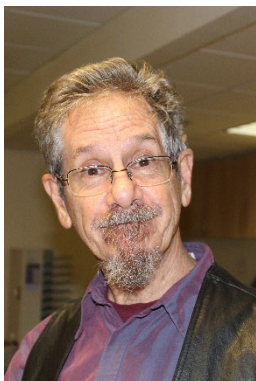
Debbie Lucas, RD

Debbie has been involved with the Wellness Program since its inception and has developed a robust plant-based eating education program. She sets the tone for healthful eating and is always interested in helping groups and individuals meet their dietary needs. She has a 20+ history at UC Davis with the Coronary Heart Disease Reversal and then Preventive Cardiology Programs. She ended her working career as a diabetes educator with Sutter Roseville. Her enthusiasm and compassion are valued additions to our program.



Mary Sheikh

Mary calls herself our “Mother Hen” and she is a vital force during our exercise training sessions. She watches over every participant and also helps keep students on track. She retired from UC Davis after a 30+ career as an EKG and pacemaker technician so those with heart rhythm issues should be on notice to be aware she’ll know!



David Sady

David started with our program at its inception when he gave his dad rides to our classes. He has engrained himself as a vital member of our staff now, leading Tai Chi sessions, being an all-around handyman (he fixes everything!) and also giving guitar lessons to those interested. We value his involvement greatly.

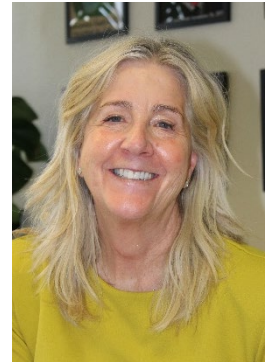


Robin Mitchell, RN

Rob is part of the CSUS nursing faculty and we are blessed to have a small percentage of his time to help with our program. He has a long history as a neuro nurse and currently teaches both at CSUS and also with the Betty Moore graduate nursing program at UC Davis. He is a big part of our teaching program and he has added considerable depth to our health library.

Sharon Myers, RN

Sharon joined our staff spring semester 2023 and her warmth and depth of knowledge are a huge boon to our program. She has a 30+ year history of nursing at UC Davis, working in Preventive Cardiology with the rest of this team and then finishing her career as a consulting heart failure nurse. She is adding significantly to our teaching program, bringing in elements of behavior and health that are greatly appreciated.



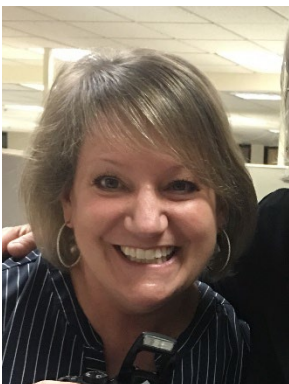
Linda Larsen, RN

Linda currently gives monthly active yoga/mindfulness practice classes for the Wellness Program, coming from UC Davis with a 10+ year history in Preventive Cardiology. Her philosophy: *“My ongoing goal is to provide evidenced based mindfulness tools necessary to end the reign of heart disease being the leading cause of death in the U.S. Research has shown that a regular practice of moment-to-moment mindfulness gives people the necessary tools to reduce their risk of heart disease as well as enhance their well-being. To this end, I provide evidence-based, positive, professional and courteous service.”*



Cari Shulkin RN

Cari is the newest addition to our staff, retiring from UC Davis July 2024 after a 25+ year career in Preventive Cardiology. She served as a health educator and tobacco treatment specialist for many of those years, and can claim responsibility for helping hundreds of people become non-smokers. She has been involved with the Wellness Program since its inception in 2013, and has been a big part of the teaching program, from general health education to enhancing community skills, and also playing brain games with us.



Student Assistant Staff

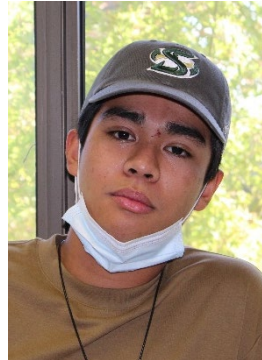
Tim Nguyen

Tim has a long history with our program, starting his 2nd year at CSUS and continuing for 3 years after he graduated. He was terrific in the kitchen and sorely missed. He graduated in 2020.



Ryan Uchi

Ryan was with us during the pandemic and thanks to COVID money helped us learn that a paid student assistant is an important part of our program management. He brought our webpage up-to-date and did valuable data management; he graduated in 2020.



Marilou Ruiz

Marilou not only kept up with the administration details Ryan got started but she also was a huge asset leading some of our resistance exercise sessions. She graduated in 2023.



Ivan Starovoytov

Our current mantra is “TGFI – Thank Goodness for Ivan.” He keeps the webpage up-to-date, does data entry, and is tremendously helpful with our Zoom presence. He graduated 2024, and will be sorely missed.



Leanne Dawson

Our newest student assistant is Leanne, who takes over from Ivan come fall 2024 semester. She is a current gerontology major and is definitely going places once she has that degree. She will continue with the webpage and data management and also be a big part of our cooking classes.

