

2004 Fall, Study of Health and Leisure United: An ethnographic study looking at the experiences of Yoga students to assess how Yoga acts as a vehicle to both influence stress levels and provide a means for engaging in leisure

2004 Spring, Health Behaviors, Attitudes, and Beliefs: A Look at Leisure Contraceptive Usage Among International Students

2003 Fall, Study on Health and Leisure: Conducted interviews on complementary and alternative medical practitioners to investigate the reasons that people engage in Complementary and Alternative Medicine, why they continue to recognize these treatments as a necessity, and the relationship between alternative health and the dimension of leisure that relates to buffering stress

ORGANIZATIONS AND COMMITTEES

2010-2011, Web Manager. Women Like Us Foundation

2007-2009, Member. Healing Arts Indy

2005, Chair. Graduate Student Advisory Council

2004, Recreation Representative. Leisure Research Institute Grant Selection Committee

2002-2005, Recreation Representative. Graduate Student Advisory Council

2002-2005, Chair. Minority Graduate Students in HPER

2001-2005, Co-Editor of Illuminare (a student journal in Recreation, Parks, and Leisure Studies established by the students at Indiana University)

COMMUNITY SERVICE

2015, Ho`opono Outreach Program. Unity Church of Hawai'i. Feeding Honolulu's hungry community. Honolulu, HI

2014-2015, Volunteer Healer. Energy healing for children and parents at Shriners Hospital for Children. Honolulu, HI

2013-2020, Faculty Member. Indiana Student Hospitality Association - Ivy Tech Community College. Indianapolis, IN

2012, Faculty Member. Health and Wellness Task Force - Ivy Tech Community College. Indianapolis, IN

2010-2016, Treasurer. Indiana Yoga Association, Inc. Maintaining finances for organization. Indianapolis, IN

2008, Cope by Faith - faith-based cancer support group. Indianapolis, IN

2008, Sisters Network Indianapolis - African American breast cancer support group. Indianapolis, IN

VERSATILE SKILLS

Caregiving

- Assist with activities of daily living (ADLs) - bathing, toileting, oral care, dressing, food preparation, grooming, housekeeping, laundry, transferring assistance, running errands, buy groceries, cleaning and maintaining a sterile and unobstructive environment
- Health Advocate - escort to medical appointments, assist with medical and end-of-life decisions, arrange hospice care
- Medication - order, pickup, organize, administer, and monitor meds; talk to RN on call to assist with additional medical needs