

# THE BRIDGE

*A monthly newsletter connecting CSUN public health students, faculty, alumni, and communities*



## A Message From the Editors

Written by Amanda Van Dyke

As the days get shorter and leaves begin to fall, we make our way through autumn and near the winter holiday season. Celebrations such as Thanksgiving, Christmas, Hanukkah, Kwanza, and others present us with the opportunity to gather with one another and express our gratitude. This time of year also reminds us to pause and acknowledge those within our communities who are experiencing difficulties in meeting their basic needs, such as food and housing. Our second issue of The Bridge for Fall 2022 gives us the chance to highlight the resources on campus that work to supply students and their families with necessities such as food, and personal care items. In this issue, you will learn how to best support these efforts and give back to those around you!

This newsletter contains program updates, spotlights on faculty, alumni, and enrolled students, current public health news, and events. In addition, students can learn about news and updates specific to the MPH and BSPH programs.

Whether you are a student, a faculty member, alumni, or a community partner, we hope that this fall you will take time to fill your cup so that you have something to pour into others!



## Newsletter Highlights

Program Initiative

MPH & BSPH  
Updates

Spotlight Central

This is Public  
Health

November Calender



# Program Initiative



**READERS PREPARE!**

iSTART, a 5-year grant led by Dr. Bethany Rainisch, is committed to providing FREE, confidential rapid HIV and Hep-C testing and risk-reduction resources to CSUN students. iSTART is also conducting a paid substance use prevention webapp study with a focus on promoting health and wellness activities. For more information on prevention resources, check out the iSTART website and events on campus.

iSTART offers FREE rapid HIV/Hep-C testing to students every Friday from 9.30 am to 4.00 pm at TTC (8330 Reseda Blvd). You can book your appointment at <https://csun.edu/iSTART/get-tested>.

**The iSTART (Initiative for Substance Prevention TechHealth and Rapid Testing) program is hosting a Halloween tabling event on October 31st.**

Meet the iSTART team on Monday, October 31, 2022, during their Halloween tabling event at East Cleary walk from 10.00 am to 12.30 pm. Information about the iSTART program, along with free condoms and lube, will be offered during the event. There will also be opportunities to play games to win goodies and Halloween candy!

**Want to receive between \$65 to \$100 in Amazon gift cards?** Check your eligibility by [clicking on this link](#) to see if you can participate in the iSTART substance use prevention webapp study.

Have questions or comments? Please reach out to the iSTART program at [istart@csun.edu](mailto:istart@csun.edu).





# SPOTLIGHT CENTRAL

## FACULTY SPOTLIGHT

Professor Jefferey Goodman is a graduate of San Jose State University, where he earned a Master of Public Health. He taught at George Washington University, where he also earned a graduate certificate in LGBTQ Health Policy and Practice.

Professor Goodman is involved at the executive level with both the Society for Public Health Education (SOPHE) and American Public Health Association (APHA). In 2016, he joined the CSUN faculty.

"Lawrence Wallack once said that 'public health involves personal health habits, the way society itself is organized and how the social organization affects the health status of hundreds of millions of people.' Public health is enormous and **there is a need and most certainly plenty of room** for all who wish to participate."

-Professor Jefferey Goodman



**Professor Jefferey Goodman,  
MPH**

**Coming in Fall 2023:  
Graduate Certificate in LGBTQ+**



Professor Goodman has extensive experience in the field of LGBTQ health, having crafted several LGBTQ-centric policy statements within APHA and acting as the Associate Program Director for the LGBT Health Policy Graduate Certificate at George Washington University. He brought that expertise to CSUN, working with Dr. Bobbie Emetu to propose and successfully established a Graduate Certificate in LGBTQ+ Health.

The first cohort will be admitted in the Fall of 2023. Professor Goodman states:

"What excites me is that this program will provide immediate benefit to our students and the community through our examination of the provision of health services to the LGBTQ+ community while affixing a focus on ensuring equitable and affirming care for patients at health facilities everywhere. It has been such an honor to be involved with the launch of this program. "

# MPH Graduate Program Highlights



**"The MPHSA student lead organization aims to provide resources to the MPH student body while strengthening the bonds of our community within our program"**

Elections for the MPHSA board will begin at the end of October.  
Stay tuned for your newest board members of the club!

Are you interested in submitting your feedback, workshop topics, or future event ideas?

Click the [link](#) here to have your voice heard!



## MPH Virtual Town Hall

The MPH program had their first town hall meeting on Oct. 7th lead by CHE graduate coordinator, Dr. Suzanne Spear. Attendees enjoyed meeting with fellow students and faculty as we work to create and foster a sense of community and connection within the MPH program.

Resources highlighted during the meeting included CSUN'S Graduate Studies department, which helps to organize support programs and events aimed at cultivating student success and development.

## Upcoming Events & Resources



**Graduate Studies**

[graduate.studies@csun.edu](mailto:graduate.studies@csun.edu)

#csungradstudies

College of Health & Human  
Development Town Hall

**November 2nd, 2:00pm-3:30pm**

Clinton Global Initiative  
Apply by December 16th



# SPOTLIGHT CENTRAL

## ALUMNI SPOTLIGHT



Shenazar Esmundo,  
MPH, CHES

Shenazar (Shane) Esmundo is a Doctor of Public Health student who is currently attending the School of Public Health at the University of Colorado's Anschutz (CU Anschutz) Medical Campus. Shane was recently selected to be part of the 2022 American Public Health Association's and Kaiser Permanente's **Community Health Scholars program**.

The Community Health Scholars program offers a scholarship to graduates seeking MPH or Doctoral degrees to cover tuition expenses.

Shane became enthralled with Public Health while pursuing an undergraduate degree at California State University, Los Angeles. Shane then obtained an MPH at California State University, Northridge. Now, Shane is completing a Doctor of Public Health in Community and Behavioral Health at CU Anschutz. For the past three years, Shane has worked at the Cedars-Sinai Medical Center in Los Angeles as a clinical research coordinator, a position she still holds part-time remotely. During her time with Cedars-Sinai, Shane piloted a cancer awareness campaign and trained healthcare navigators to help overcome barriers in the Filipino community.

### Important Reminder



"my.csun.edu" Gmail accounts expire 6 months after graduation. Please make sure to plan accordingly before your account is removed if you are an Alumni or a student graduating soon! Let's stay in touch! Email The Bridge at [thebridge.csun@gmail.com](mailto:thebridge.csun@gmail.com) to provide an updated email address.



# FIRST ANNUAL *November Hike*

**THE CSUN PUBLIC HEALTH ALUMNI  
CHAPTER WELCOMES ALL HHD  
ALUMNI CHAPTERS, HHD FACULTY,  
FAMILY, AND FRIENDS!**



*Location: Top of Reseda  
Trailhead*

3539 Reseda Blvd., Tarzana, CA 91356  
Experience the natural beauty of the San  
Fernando Valley! Be part of our hike where  
you'll spend a beautiful morning in nature  
with other adventurers.



*Date and Time*

Sunday, November 6, 2022, between  
9:00 am - 10:30 am. We will gather at 8:45 am  
in the parking lot and start the hike at 9 am.



*Win Prizes*

Donate to the [CSUN Food Pantry](#) to enter  
for a chance to win prizes! [Donate online](#) or  
bring the item in person before the hike and  
you'll receive a raffle ticket. Provide proof  
of donation for online donations.



**MORE INFORMATION**  
[Visit our Alumni Chapter's Box](#)

**REGISTER TODAY!** 

**HAVE QUESTIONS?  
CONTACT US**

 [CSUNPublicHealthAlumniChapter](#)  
 [csun\\_ph\\_alumni](#)



# BSPH Program Highlights

**"HEALTH ADVOCATES THAT STRIVE FOR  
HEALTH EQUITY, DISEASE PREVENTION  
AND PROMOTION AMONG THE  
INDIVIDUAL, GROUPS, AND  
COMMUNITIES"**



**Contact**

Email: [heso.csun@gmail.com](mailto:heso.csun@gmail.com) | Instagram: @hesocsun | Tik-Tok: @heso.csun



General meetings in November

**11/14/2022**

**11/28/2022**

Zoom ID: 821 4767 3010

Password: HESOCSUN



- 11/06 → Light the night @3pm
- 11/17 & 11/18 → HHD Conference
- 11/17 → Smoke Out Tabling Event
- 11/28 → HESO Awards & Potluck @3pm

## Looking to become CHES certified?

The April 2023 CHES exam cycle registration is open  
from November 1, 2022 to February 28, 2023

April 20- April 29, 2023 CHES Exam	Nonstudent Fee	Student Fee
Early Bird Registration: 11/1/2022 - 11/30/2022	\$275	\$225
Regular Registration: 12/1/2022 - 1/31/2023	\$330	\$280
Final Registration Deadline: 2/1/2023 - 2/28/2023	\$385	\$335

Follow this link to learn more and to sign up for the exam!



# BSPH STUDENT SPOTLIGHT



Ashley Godinez

Ashley Godinez is a BSPH student and an assistant working at the CSUN Food Pantry. Ashley has a strong passion for health education. Her position at the CSUN Food Pantry allows her to connect with and aid the CSUN community. The CSUN Food Pantry offers bags of shelf-stable goods, toiletries, and fresh produce during pop-up pantry days to all CSUN students, staff, and faculty. Ashley's work at the food pantry consists of packing food bags, sorting and transporting donations, and interacting with the campus community.

"As college students, we need food to nourish our bodies so we can focus and engage in our classes and with our peers. This has made me motivated to aid my community and make a difference. It has also made me realize how vital it is to have easily accessible resources for students on campus. Overall, I am honored to be apart of this program and cannot wait to continue my contributions to public health." - Ashley Godinez

## CSUN FOOD PANTRY

The CSUN Food Pantry offers ready-to-eat meals and other necessities at no cost to CSUN students.

Located in Laurel Hall on the North side of campus behind Jacaranda Hall, the food pantry is open Monday through Thursday each week when the campus is in operation. Individuals may visit the pantry once per week to receive a week's worth of food. Individuals may also receive toiletries upon request. Students only need to arrive with their CSUN ID or myCSUNprofile to confirm their affiliation with the campus.



Photo Credit: Samantha Bravo

Food Program assistance is offered to those who do not have reliable access to nutritious and affordable food through the CalFresh Outreach program. For more information including hours of operation and ways in which you can support the CSUN Food Pantry, please click on the icons below:



Food Pantry  
Donations



Food Pantry  
Amazon Wishlist



Food Pantry  
Operating Hours



Food Pantry  
Instagram

# FOOD PANTRY QNA

**How do you feel that food insecurity affects the campus community? Are there times during the semester when there are more students visiting the food pantry?**

Christel: "I feel like we see pretty consistent numbers, it doesn't matter if it's the first or last week, we are open or throughout the year. The only time the food pantry is closed is when the entire campus is closed."

Christel: "Food insecurity is one of those things where there isn't a certain shape. The pantry is a place that is openly accessible and available whenever you need. People can come to us and feel safe, they can also learn about other resources such as the Women's Resource Center, Matty's Closet, and the CSUN CalFresh Outreach program."

**How do the resources provided by the Food Pantry combat food insecurity and support the health of the campus community?**

Christel: "We work as a holistic service. In addition to our canned foods, we offer access to more resources, such as CalFresh and fresh produce through our Pop-Up Pantry."

Ashley: "We have our Pop-Up Pantry every other Wednesday, it's free of charge, you just show up with your CSUN ID. There should not be any hesitation to get what you need. We try to be as inclusive as we can, offering food options such as kosher and vegetarian diets. We also have options that consider allergies."



**Ashley Godinez (Left), Student Assistant, and Christel Bowen (Right), Activities Assistant for Food Programs.**

**Are there any upcoming events or extra information you'd like students to know about?**

Christel: "We are hosting Hunger and Homelessness Awareness Week November 14th to the 18th as part of the national campaign. We are still building out the events, but we will definitely have a Pop-Up Pantry that week on Wednesday 1-5pm & we have confirmed a collaborative event with our partners at Sustainability. This program will focus on how you can use your CalFresh benefits to purchase seeds and food producing plants. Our Sustainability partners will then show how you can grow these food items in a limited space like apartments."

Ashley: "The Food Pantry is open every week. We want to make things as easy as possible, students only need to use their CSUN ID or myCSUN profile when they come by. We want to focus on resources and connect people to the campus community. At the end of the day, we are a community, we need to be there for each other."

# THIS IS PUBLIC HEALTH

THE BRIDGE WILL SHARE RECOMMENDED READINGS, PODCASTS, AND JOB/INTERNSHIP OPPORTUNITIES EVERY MONTH!  
CLICK THE UNDERLINED HYPERLINKS BELOW TO LEARN MORE!



## WHAT WE READ IS INFLUENTIAL

[How a Hospital-Based Food Pantry Program Grew its Impact During the COVID-19 Pandemic](#)  
[Pregnancy-Associated Breast Cancer](#)  
[Regulation of Cannabis Retailers](#)

## WHAT WE LISTEN TO IS INSPIRING

[The Good Health Cafe: Diabetes](#)  
[Teaching Public Health from an Anti-Racist Perspective](#)  
[Sawbones: Harm Reduction](#)

## WHAT WE WATCH IS MOTIVATIONAL

[Report on COVID-19 Border Measures](#)  
[The Price of Insulin is a Danger to Diabetics](#)  
[What Do We Do When Antibiotics Don't Work Anymore?](#)

## WHERE WE WORK MATTERS

[Director, Well Being and Health Promotion](#)  
[Health Education Specialist](#)  
[Health Educator: Recovery Health Promotion Specialist](#)

## WHERE WE INTERN, WE PREPARE

[CSUN D.C. Internship](#)  
[Graduate Intern: Health Economics and Outreach Research](#)  
[Advocacy and Public Policy Intern](#)

## UCLA Public Health Scholars Training Program

Summertime training opportunity for undergraduate students:

8-Week Rigorous  
Training Program

Contribute to  
Public Health

No-Cost Campus  
Housing

Click to Apply



# NEXT IN NOVEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## NCHEC's Annual Infographic Contest

1      Register: April 2023 CHES Exam Opens

2      Webinar: Antimicrobial resistance, COVID-19, and  
pandemic preparedness

6 - 9      APHA's 2022 Annual Meeting & Expo

12 - 20      Hunger and Homelessness Awareness Week

14      World Diabetes Day

15      Webinar: Our Path Forward - Addressing the  
Alzheimer's Epidemic

17      American Cancer Society's Great American Smokeout

18      Webinar: The role of national and international  
IPC associations/societies and individuals to  
support global IPC strategies

18 - 24      World Antimicrobial Awareness Week

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Let's stay informed! Contribute to The  
Bridge by filling out our content form  
so we all stay updated and connected!

