

**SUE HASTINGS PENCKOFER****444 Uvedale Ct.****Riverside, Illinois 60546****(708) 442-6641****EDUCATIONAL PREPARATION**

- January 1993      Doctor of Philosophy in Nursing Sciences (PhD)  
University of Illinois, Chicago
- March 1982      Master of Science in Nursing Sciences (MS)  
University of Illinois, Chicago
- June 1979      Bachelor of Science in Nursing Sciences (BSN)  
University of Illinois, Chicago

**RESEARCH TRAINING**

- May 2006-10      Mentored Patient Oriented Outcomes Award (K-23)  
National Institute of Nursing Research, NIH
- September 1995-96      Postdoctoral Fellowship, Institutional Research Award, National  
Institutes of Nursing Research, NIH, University of Illinois  
College of Nursing
- February 1990-  
March 1992      Predoctoral Fellowship, Individual Research Award, National  
Institutes of Nursing Research, NIH, University of Illinois  
College of Nursing

**PROFESSIONAL ADMINISTRATIVE EXPERIENCE**

- 1998-2006      LOYOLA UNIVERSITY OF CHICAGO
- 7/2017 to Present      Associate Dean for the Graduate School
- 2015 to 2017      Research Advisor to Dean of the School of Nursing
- 2003-2006      Director of the Doctoral Program, School of Nursing
- 9/98-2006      Associate Dean for Research, School of Nursing
- 3/98 to 8/98      Interim Associate Dean for Research, School of Nursing

**PROFESSIONAL TEACHING EXPERIENCE**

- 1984-Present      LOYOLA UNIVERSITY OF CHICAGO, School of Nursing**
- 2015 to Present      Distinguished University Research Professor
- 9/2001-2015      Professor
- 1994 to 2001      Associate Professor
- 1991 to 1994      Assistant Professor, Tenured

1984 to 1991            Instructor  
**7/82 to 7/84**            **RUSH UNIVERSITY OF CHICAGO, College of Nursing**  
 Instructor

**1/82 to 7/82**            **UNIVERSITY OF ILLINOIS AT CHICAGO, College of Nursing**  
 3/82 to 7/82            Instructor  
 1/82 to 3/82            Teaching Assistant

### **PROFESSIONAL CLINICAL EXPERIENCE**

July 1988 to    GOOD SAMARITAN HOSPITAL, DOWNERS GROVE IL.  
 June 1989      Staff Nurse (Part-Time), Telemetry/Diabetic Unit  
 1978-1984      RUSH-PRESBYTERIAN-ST.LUKE'S MEDICAL CENTER  
 7/82 to 7/84    Assistant Unit Leader, Cardiovascular Surgery  
 4/80 to 7/82    Staff Nurse (Part Time), Cardiovascular Surgery  
 6/79 to 4/80    Staff Nurse, Medical Cardiology  
 6/78 to 6/79    Nursing Assistant, Medical Cardiology

### **OTHER PROFESSIONAL EXPERIENCE**

#### **External Grant Reviewer**

Member and Reviewer, Chicago Center for Diabetes Translation Research (2013-2017)  
 Ad Hoc Reviewer, National Institute of Nursing Research, Special Emphasis Panel Study Section, June, 2017  
 Special Reviewer, NINR Center Grants for Symptom Management, March 2016  
 Ad Hoc Reviewer, National Institute of Nursing Research (2014, 2015)  
 Reviewer, University of Sharjah, United Arab Emirates (2015)  
 Ad Hoc Reviewer, National Institutes of Diabetes, Digestive and Kidney Disease (2012)  
 Reviewer, Netherlands Organisation of Health, Research and Development (ZonMw) (2012)  
 Reviewer, Midwest Nursing Research Society, Grants Review Committee (2009-2011)  
 Ad Hoc Reviewer, National Institute of Nursing Research, Adult Study Section (2010)  
 Reviewer, Boston Area Diabetes and Endocrinology Research Center (2010)  
 Reviewer, University of Pennsylvania, Diabetes and Endocrinology Research Center at the University of Pennsylvania School of Medicine (2009)

#### **Consultant for External Grants**

Martyn-Nemeth, P. Fear of Hypoglycemia in Type 1 Diabetes. American Nurses Foundation and University of Chicago DRTC (2014-2016)  
 Dunbar, S. NINR-R01. Cost Effectiveness and Quality of Life in Heart Failure Patients with Diabetes. (2009-2013)  
 Dunbar, S. NINR, R-21. Improving Self-Management and Outcomes in Persons with Heart Failure and Diabetes. (2009-2011)

**Journals:**

2014 to present	Special Reviewer, <u>British Journal of Nutrition</u>
2011 to present	Reviewer, <u>Research In Nursing &amp; Health</u>
1/96 to present	Reviewer, <u>Journal of Cardiovascular Nursing</u> .
2013	Special Reviewer, <u>Journal of School Nursing</u>
2012 (March, May)	Special Reviewer, <u>European Journal of Nutrition</u>
2011 (April, June)	Special Reviewer, <u>Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy</u>
September, 2010	Special Reviewer, <u>Western Journal of Nursing Research</u>
March, 2010	Special Reviewer, <u>Current Drug Targets</u>
12/07 to present	Special Reviewer, <u>Health Related Quality of Life Outcomes</u>
1/00 to present	Special Reviewer, <u>Journal of Biological Research for Nursing</u>
10/98 to present	Special Reviewer, <u>Journal of Women's Health</u>
October, 2009	Special Reviewer, <u>Diabetology &amp; Metabolic Syndrome</u>
October, 2008	Special Reviewer, <u>Journal of Diabetes and Its Complications</u>
September, 2008	Special Reviewer, <u>Journal of Pyschoneuroendocrinology</u>
10/91 to 10/95	Editorial Board Member, <u>Cardiovascular Nursing</u>
10/88 to 10/91	Assistant to the Editor, <u>Cardiovascular Nursing</u>
April, 1990	Special Reviewer. <u>Heart and Lung Supplement</u> . Sponsored by Abbott Laboratories for the Council of Cardiovascular Nursing.

**AWARDS AND HONORS**

Fall 2013	Fellow in the American Academy of Nursing
Spring 2010	Graduate Faculty Member of the Year, Loyola University Chicago
Spring 2006	Recognition for excellence in teaching, mentoring and advising students, Graduate Education Week, The Graduate School, Loyola University Chicago
Spring, 2006	Recognition for commitment to the advancement of Graduate Education and dedicated service as a member of the Executive Committee of the Graduate Council, The Graduate School, Loyola University
Spring, 2004	Gloria Smith Health Disparities American Nurses Foundation Scholar
Spring, 2001	Loyola University Faculty Scholar
March, 2000	Honor a Researcher, Physiological Phenomenon Section of Midwest Nursing Research Society: For research in postmenopausal women and heart disease dissemination to biomedical community and lay public
May, 1997	Excellence in Research Award, Alpha Beta Chapter of Sigma Theta Tau, Loyola University of Chicago
October, 1995	Ada Sue Hinshaw American Nurses Foundation Scholar
May 1994	Excellence in Teaching Award, Alpha Beta Chapter of Sigma Theta Tau, Loyola University of Chicago
November 1993	Illinois Nurses Association Distinguished Nurse Research of 1993

**GRANT FUNDING:****Funded Research Grants:**

Penckofer, S & Wolfe, A. (Multiple-PI). The urinary microbiome and vitamin D in women with type 2 diabetes. Industry Sponsored: Novo Nordisk, Inc. (\$35,626) (Awarded, March, 2017).

Kramer, H., (PI) et al. Penckofer, S. (Co-I). Urinary KNOWledge study (U-KNOW). NIH-NIDDK, R01DK10482, 08/25/2016-5/31/2019

Penckofer, S. (PI) Research Supplements to Promote Diversity in Health-Related Research (PA-12-149). Sponsor for Monique Ridosh, PhD, RN, NIH-NINR, RO1NR1306-03S1 (\$218,196), 4/1/15 to 3/31/17.

Byrn, M. (PI), Penckofer, S. (Co-I), Adams, W., Emanuele, MA. Can vitamin D<sub>3</sub> improve cognitive function in persons with type 2 diabetes? University of Chicago, NIH Diabetes Research Clinical Training Center, (\$50,000), 2/1/15-1/31/17

Penckofer S. (PI), Emanuele, M.A., Halaris A., Durzo, R., Camacho, P., Kouba, J, Mumby, P. Can the Sunshine Vitamin Improve Mood and Self-Management in Women with Diabetes? NIH, NINR, R01NR01306 (\$1, 492, 985.00), 6/1/13 to 5/31/17.

Penckofer, S. (PI), Kouba, J., Emanuele, M., and Mumby, P. Vitamin D for Improving Metabolic Control and Depressive Symptoms in Women with Diabetes. University of Chicago, NIH Diabetes Research Clinical Training NIH 5P60DK020595 Subcontract (\$75,000), January 2009.

Penckofer, S. (PI). "Vitamin D for Metabolic Control and Depressive Symptoms in Women with Diabetes". Alpha Beta Chapter of Sigma Theta Tau (\$1000), May 2009

Penckofer, S. (PI) "Vitamin D for Metabolic Control and Depressive Symptoms in Women with Diabetes". School of Nursing Palmer Foundation (\$5000), July, 2009

Penckofer, S. (75% PI) A Psychoeducational Program for Women with Diabetes. National Institutes of Health, NINR (K-23)(NR009240) (\$389,607) (Sponsor: Carol Ferrans, PhD, RN, FAAN), May, 2006 to May 2010.

Penckofer, S. (PI). Exploring Dysphoric Symptoms in Women with Type 2 Diabetes. Loyola University Chicago School of Nursing, (\$5000), Spring, 2005. (Summer Stipend and Consultant Costs)

Penckofer, S., Ferrans, C., Bonner, G., Quinn, L. Exploring Dysphoric Symptoms in Women with

- Type 2 Diabetes. American Nurses Foundation Grant. Gloria Smith Health Disparities Award, (\$4900), Fall, 2004
- Penckofer, S. Building a Program of Research: Quality of Life in Women with Diabetes. Loyola University Chicago, Competitive Research Leave for Fall, 2003.
- Penckofer, S. Statistical consultant funding for research program on Quality of Life in Women Living with Diabetes, School of Nursing Funds (\$1000), Spring 2003.
- Penckofer, S. Understanding the Midlife Experience in Women with Diabetes. Loyola University Chicago, Office of University Research Services, (\$2000), January 2003.
- Penckofer, S. External Grant Consultation for critique of RO1 grant "Oxidative Stress in Postmenopausal Type 2 Diabetic Women". Loyola University School of Nursing, Palmer Funds (\$500), February 2000.
- Penckofer, S. Statistical consultant funding for research program on Estrogen and Oxidative Stress in Postmenopausal Women. Loyola University School of Nursing, Palmer Funds (\$500), October 1997.
- Penckofer, S. Vahed, S., Bremner, F., Schwertz, D. Estrogen and Oxidative Stress in Postmenopausal Women: Second-Year Follow-Up. School of Nursing Palmer Funds (\$5000), Spring 1997.
- Penckofer, S., Holm, K., Bremner, W.F., Euler, D. Estrogen and Oxidative Stress in Postmenopausal Women. Research Area Grant from the National Institute of Nursing Research, Special Projects AREA Grant (\$115,136), 9/30/96 to 11/29/98.
- Penckofer, S., Holm, K., Bremner, W.F., Euler, D. Estrogen and Oxidative Stress in Postmenopausal Women. American Heart Association of Metropolitan Chicago (\$49,370: (Year 1: \$24,600 and Year 2: \$24,770), 10/1/95 to 9/30/97.
- Penckofer, S. Postdoctoral Fellowship in Biologically Based Nursing Research Program at the University of Illinois (\$25,600), 9/01/95 to 09/01/96.
- Penckofer, S. Postdoctoral Training Supplement. Loyola University Chicago, Competitive Research Leave from 9/01/95 to 9/01/96.
- Penckofer, S., Holm, K., Bremner, W.F., Euler, D. Estrogen and Oxidative Stress in Postmenopausal Women. School of Nursing Research Fund (\$5000), Spring 1995; Sigma Theta Tau Alpha Beta Chapter of Loyola University (\$700), Spring 1995; American Nurses Foundation (\$5,200), October 1995; Sigma Theta Tau Alpha Lambda Chapter of University

of Illinois (\$500), Fall 1995.

Penckofer, S., Holm, K., Chandler, P. Ferritin as a Cardiovascular Risk Factor in Women. School of Nursing Research Fund (\$5500), July 1993.

Penckofer, S., Holm, K., Chandler, P. Ferritin as a Cardiovascular Risk Factor in Women. Small Grants Internal Awards of Loyola University (\$1200), May 1993.

Penckofer, S. Quality of Life: Women Undergoing Coronary Artery Bypass Surgery. Funded by Sigma Theta Tau Research Awards. University of Illinois, Alpha Lambda Chapter (\$640), May 1990.

Penckofer, S. Quality of Life: Women Undergoing Coronary Artery Bypass Surgery. National Research Service Award, Individual Predoctoral Fellowship, National Center for Nursing Research (\$27,434), February 1990 to March 1992. Sponsor: Karyn Holm, PhD, RN.

Penckofer, S., Jalowiec, A., Fink, N., & Hutson, L. Quality of Life in Coronary Bypass Patients and Spouses. Funded by Loyola University School of Nursing, Summer Research Grant (\$5000), January 1987.

#### **Funded Program Grants:**

Haas, S., Penckofer, S., et al., Loyola University Chicago, School of Nursing. Endowment for Advancement of Nursing Faculty Education. The Arthur Foundation. Funded in 2005 for \$2 million

Penckofer, S. Nurse Faculty Loan Program Grant. Division of Health and Human Services, HRSA. Funded in 2005 for \$114,340

Penckofer, S. Nurse Faculty Loan Program Grant. Division of Health and Human Services, HRSA. Funded in 2004 for \$65,000

#### **Funded Project Grants:**

Penckofer, S., Parse, R. Building the Discipline: Addressing Issues of Health Disparities. Office of Research and the Graduate School (\$2680), Spring 2003 (Keynote Martha Hill, PhD, RN, FAAN)

Penckofer, S., Parse, R., Maurer, M. Building the Discipline: 15 Years of Doctoral Education: Past, Present, and Future. Office of Research and the Graduate School (\$2500), Spring 2002 (Keynote: Roseann Harrigan, EdD, RN, FAAN)

Penckofer, S. & Parse, R. Building the Discipline: Challenges of Basic and Applied Nursing Research. Office of Research and the Graduate School (\$4000), Spring 2001 (Keynote:

Margaret Heitkemper, PhD, RN, FAAN)

**Other Research Completed:**

Stewart, C. & Penckofer, S. Quality of Life in Cerebral Artery Bypass Patients. Department of Neurosurgery, Loyola University Medical Center, March 1985 to August 1986.

Penckofer, S., Llewellyn, J., & Marshall, J. One Year Follow-up of a Discharge Teaching Program on Subjective Responses and Compliance of Coronary Artery Bypass Patients. Rush-Presbyterian - St. Luke's Medical Center, May 1984 to August 1985.

Marshall, J., Penckofer, S., & Llewellyn, J. Evaluation of A Structured Discharge Teaching Program on Knowledge and Compliance of Coronary Artery Bypass Patients. Rush-Presbyterian - St. Luke's Medical Center, January 1983 to May 1984.

Hastings, S. Thesis. Perceived Quality of Life in Coronary Artery Bypass Patients. University of Illinois, June 1981 to March 1982.

**PUBLICATIONS (\* Data-Based Original Research)**

**Submitted:**

\*Penckofer, S., Byrn, M., Adams, W., Emanuele, M.A., Mumby, P., Kouba, J., Wallis, D. Vitamin D supplementation improves mood in women with type 2 diabetes. Journal of Diabetes Research [Under review].

**Published:**

\*Larimer, K., Penckofer, S., Gulanick, M. (2017) Understanding determinants of cardiovascular health in a Mexican-American community. Health Promotion Practice, 18 (4).

\* Pamela Martyn-Nemeth, P., Quinn, L., Penckofer, S, Park, C., Hofer, V., Burke, L. (2017) Fear of Hypoglycemia: Influence on Glycemic Variability and Self-Management Behavior in Type 1 Diabetes. Journal of Diabetes and Its Complications, 31 (4), 735-741.

\*Byrn, M. & Penckofer, S. (2015). Gestational diabetes, depression, and the impact on maternal and infant health outcomes. Journal of Obstetric, Gynecologic, and Neonatal Nursing, 44 (2): 246-255.

\*Brandy, J., Penckofer, S., Solari-Twadell, A., Velsor-Freidrich, B. (2015). Factors predictive of depression in first year-year college students. Journal of Psychosocial Nursing Mental Health Services, 53(2): 38-44.

\*Savoy S. & Penckofer S. (2015). Depressive symptoms impact health-promoting lifestyle

- behaviors, cardiac and quality of life in healthy women. Journal of Cardiovascular Nursing, 30(4): 360-372.
- Meehan, M. & Penckofer, S. (2014). The role of vitamin D in the aging adult. Journal of Aging and Gerontology, 2: 60-71.
- Penckofer, S., Doyle, T., Byrn, M., Lustman, P. (2014). State of the science: Depression and type 2 diabetes. Western Journal of Nursing Research, 36(9): 1158-1182.
- \*Johnson, J., Gulanick, M., Penckofer, S., Kouba, J. (2014). Does Knowledge of Coronary Artery Calcium Affect Cardiovascular Risk Perception, Likelihood of Taking Action, and Health Promoting Behavior Change? Journal of Cardiovascular Nursing, 30(1): 15-25.
- Castro, J. & Penckofer, S. (2014). The role of vitamin D in the health of Hispanic adults with diabetes. Hispanic Health Care International, 12(2): 90-98.
- Byrn, M. & Penckofer, S. (2013). Antenatal depression and gestational diabetes: A review of maternal and fetal outcomes. Nursing for Women's Health, 17 (1), 22-33.
- \*Penckofer, S., Ferrans, C., Byrn, M. Mumby, P., Ferrans, C., Harrison, P., Durazo-Arvizu, R., & Lustman, P. (2012). The Impact of a Psychoeducational Program for Depressed Women with Type 2 Diabetes. Annals of Behavioral Medicine, 44 (2): 192-206.
- \*Fritschi, C., Quinn, L., Hacker, E., Penckofer, S., Wang, E., Foreman, M., Ferrans, C. (2012). Fatigue in women with type 2 diabetes. Diabetes Educator, 38: 662-672.
- Penckofer, S. (2012). Lost in translation: will the 'personal' become 'impersonal' when conducting research in the age of technology? Clinical Investigation, 2(6): 1-3.
- \*Penckofer, S., Quinn, L., Byrn L., Ferrans, C., Miller, Strange, P. (2012). Glycemic Variability Impacts Mood and Quality of Life in Women with Diabetes. Diabetes, Technology, & Therapeutics, 14: 1-8.
- \*Martyn-Nemeth, P. & Penckofer, S. (2012). Psychological Vulnerability among Overweight and Obese Adolescents. Journal of School Nursing, 28: 291-301.
- \*Srof, B., Velsor-Friedrich, B., Penckofer, S. (2012) Coping Skills Training Among Teens with Asthma. Western Journal of Nursing Research. 34, 1043-1061.
- \*Penckofer, S., Byrn, M., Mumby, P., Ferrans, C. (2011). Improving Subject Recruitment, Retention, and Participation in Research Through Peplau's Theory of Interpersonal Relations. Nursing Science Quarterly, 24, 146-151.



- Penckofer, S., Kouba, J., Byrn, M., Ferrans, C. (2010) Vitamin D and depression: Where is all the sunshine? Issues in Mental Health Nursing, 31, 385-393. (Review Paper).
- \*Fritschi, S., Quinn, L., Penckofer, S., Surdyk, P. (2010) Continuous glucose monitoring: The experience of women with type 2 diabetes. Diabetes Educator, 36, 250-257.
- \*Martyn-Nemeth, P., Penckofer, S., Gulanick, M., Velsor-Friedrich, B., & Bryant, F. B. (2009). The relationships among self-esteem, stress, coping, eating behavior and depressive mood in adolescents. Research in Nursing and Health, 32, 96-109.
- Lustman, P., Penckofer, S., Clouse, R. (2008). Recent advances in understanding depression in adults with diabetes. Current Psychiatry Reports, 10 (6), 495-502. (Reprinted from Current Diabetes Reports) (Review Paper, Reprinted)
- Penckofer, S., Kouba, J., Wallis, D., Emanuele, M. (2008). Vitamin D and Diabetes: Let the Sunshine In. Diabetes Educator, 34, 939-954. (Review Paper)
- Wallis, D., Penckofer, S., Sizemore, G. (2008) Contemporary Issues in Cardiovascular Medicine: The Sunshine Deficit and Cardiovascular Disease. Circulation, 118, 1476-1485. (Review Paper)
- \*DeVon, H., Penckofer, S., Larimer, K. (2008). The association of diabetes and older age with the absence of chest pain during acute coronary syndromes. Western Journal of Nursing Research, 30(1) 130-144.
- \*Saban, K., Penckofer, S., Androwich, I., Bryant, F. (2007). Quality of life of patients following selected types of lumbar spinal surgery: A pilot study. Health and Quality of Life Outcomes, 5:71: 1-11.
- \*Penckofer, S., Ferrans, C., Velsor-Friedrich, B., Savoy, S. (2007). The Psychological Impact of Living with Diabetes: Women's Day to Day Experiences. The Diabetes Educator, 33(4), 680-690.
- \*Saban, K. & Penckofer, S. (2007). Patient expectations of quality of life following lumbar spinal surgery. Journal of Neuroscience Nursing, 39, 180-189.
- Lustman, P., Penckofer, S., Clouse, R. (2007). Recent advances in understanding depression in adults with diabetes. Current Diabetes Reports, 7 (2), 114-122. (Review Paper)
- \*Giurgescu, C., Penckofer, S., Maurer, M., Bryant, F. (2006). Impact of Uncertainty,

Social Support, and Prenatal Coping on the Psychological Well-being of High-risk Pregnant Women. Nursing Research, 55, 356-365.

\*DeVon, D., Penckofer, S., Zerwic, J. (2005). The symptoms of unstable angina in patients with and without diabetes. Nursing Research and Health, 28, 135-143.

\*Penckofer, S., Ferrans, C., Fink, N., Barrett, M., Holm, K. (2005). Quality of life in women before and three months after coronary artery bypass graft surgery. Nursing Science Quarterly, 18, 176-183.

\*Penckofer, S. Filliung, D., Labropoulos, N.(2005). Cardiovascular Risk in Postmenopausal Women with Diabetes. Journal of Vascular Nursing, 23, 1-7.

Penckofer, S., Hackbarth, & Schwertz, D. (2003). Estrogen plus progestin therapy: The cardiovascular risks exceed the benefits. Journal of Cardiovascular Nursing, 18(5): 347-355.

\*Kerestzes, P., Merritt, S., Holm, K., & Penckofer, S. (2003). Quality of life in men and women undergoing coronary artery bypass surgery. Heart & Lung, 32(5): 308-319.

Penckofer, S., Schwertz, D., & Florzack, K. (2002). Oxidative Stress and Cardiovascular Disease in Type 2 Diabetes: The Role of Antioxidants and Pro-Oxidants. Journal of Cardiovascular Nursing, 16(2), 68-85.

Gulanick, M. & Penckofer, S. (2002). Foreword. The Epidemic of Type 2 Diabetes Mellitus. Journal of Cardiovascular Nursing, 16(2), v-viii.

Schwertz, D. & Penckofer, S. (2001). Sex differences and the effects of sex hormones and hemostasis and vascular reactivity. Heart and Lung, 30 (6), 401-426. (Review Paper)

Penckofer, S. & Schwertz, D. (2001). Hormone Replacement Therapy: Primary and Secondary Prevention. Journal of Cardiovascular Nursing, 15(3), 1-25. (Review Paper)

\*Penckofer, S. & Schwertz, D. (2000). Improved iron status parameters may be a benefit of hormone replacement therapy. Journal of Women's Health and Gender-Based Medicine, 9 (2), 141-151.

\*Li, S., Holm, K., Gulanick, M., Lanuza, D., Penckofer, S. (1999). The Relationship Between Physical Activity and Perimenopause. Health Care for Women International, 20, 163-178.

\*Penckofer, S., Holm, K., Schwertz, D., Chandler, P. (1997). Relationship of Menopausal Status and Serum Ferritin to Cardiovascular Risk. Women's Health Issues, 7 (1), 55-63.

- Li, S., Lanuza, D., Gulanick, M., Penckofer, S., Holm, K. (1996). Perimenopause: The transition into menopause. Health Care for Women International, 17: 293-306.
- Holm, K. & Penckofer, S. (1995). Clinical Saavy. Hormone therapy at menopause: Everything you should know. American Journal of Nursing, 95(8), 57-59.
- Norton, P. & Penckofer, S. (1994). Amiodarone Pulmonary Toxicity: The Nursing Challenge. Dimensions In Critical Care Nursing, 13(6), 302-308.
- \*Penckofer, S. & Holm, K. (1994). Poll report: Examining women's risk for heart disease. Nursing '94, January, 42-45.
- \*Keresztes, T., Penckofer, S., Holm, K., Merritt, S. (1993). Measurement of Functional Ability in Cardiac Patients. Journal of Nursing Measurement, 1(1), 19-28.
- Penckofer, S. & Holm, K. (1993) Women and Heart Disease: What You Should Know. Nursing '93, June, 42-46.
- Holm, K., Penckofer, S., Keresztes, P., Biordi, D. & Chandler, P. (1993). Women's Issues in Women's Health Nursing: Coronary Artery Disease in Women: Assessment, Diagnosis, Intervention and Strategies for Lifestyle Change. AWHONN's Clinical Issues in Perinatal and Women's Health Nursing, 4 (2), 272-286.
- Holm, K. & Penckofer, S. (1992). Cardiovascular Risk Factors in Women. Journal of Myocardial Ischemia, 4(1), 25-46.
- Holm, K. & Penckofer, S. (1990). Coronary Heart Disease: Requisite Knowledge for Developing Prevention Strategies for the Aging Adult. Progress in Cardiovascular Nursing, 5(4), 118-125.
- Penckofer, S. & Holm, K. (1990). Women Undergoing Coronary Artery Bypass Surgery: Physiological and Psychosocial Perspectives. Cardiovascular Nursing, 26(3), 13-18.
- \*Penckofer, S. & Llewellyn, J. (1989). Adherence to Risk Factor Instructions One Year Following Coronary Artery Bypass Surgery. The Journal of Cardiovascular Nursing, 3 (3), 10-24.
- \*Stewart-Amidei, C. & Penckofer, S. (1988). Quality of Life Following Cerebral Bypass Surgery. Journal of Neuroscience Nursing, 20(1), 50-57.
- \*Penckofer, S. & Holm, K. (1987). Hopes and Fears Following Coronary Artery Bypass Surgery. Progress in Cardiovascular Nursing, 2(4), 139-146.

\*Marshall, J. Penckofer, S. & Llewellyn, J. (1986). Structured postoperative teaching and knowledge and compliance of patients who had coronary artery bypass surgery. Heart and Lung, 15(1), 76-84.

\*Penckofer, S. & Holm, K. (1984). Early Appraisal of Coronary Revascularization on Quality of Life. Nursing Research, 33(2), 60-63.

Hastings, S. (1983). Surgical Implants: Pacemakers. AORN, 37(7), 1324-1340.

### **Chapters /Contributions to Textbooks**

Penckofer, S. (2006) Contributor for Women's Health Care Plans. In M. Gulanick (Ed.), Nursing Care Plans: Nursing Diagnosis and Intervention. 6<sup>th</sup> Edition. St. Louis: Elsevier.

Holm K. & Penckofer S. (1995). Chapter 9.: Women's Cardiovascular Health. In B. McElmurry & R. Parker (Eds.), Annual Review of Women's Health: Volume II (pp.187-204). New York: National League for Nursing. Selected by the American Journal of Nursing as Book of the Year.

Holm K. & Penckofer S. (1993). Chapter 9: Women's Cardiovascular Health. In B. McElmurry & R. Parker (Eds.), Annual Review of Women's Health: Volume I(pp. 289-310). New York: National League for Nursing.

Penckofer, S. (1990). Hemorrhagic Disorders: Shock. In E. Jacobs (Ed.), Saunders Review for NCLEX RNS, Chapter 4: Fluid/Gas Transport in the Adult Client (pgs. 76-80). Philadelphia: W.B. Saunders Co.

### **Abstracts in Peer-Reviewed Journals**

Penckofer, S., Doyle, T., Mumby, P., Byrn, M., Emanuele, M., Wallis, D. (2013). Vitamin D supplementation improves depression and cardiovascular risk factors. Diabetes, Suppl. 1, p. A-201.

Doyle, T., Penckofer, S., Mumby, P., Byrn, M., Emanuele, M., & Wallis, D. (2013). Vitamin D supplementation decreases severity of pain symptoms among women with type 2 diabetes and comorbid depression: Results from the Sunshine Study. Diabetes, 62, Supplement 1A, 30-LB.

Zinn, K., Velsor-Friedrich, B., Gulanick, M., & Penckofer, S. (2013). A comparison of type 1 diabetes self-care among older adolescents with good and poor glycemic control. Diabetes, 62, Suppl. 1, p. A-347.

Murks, C., Gulanick, M., Penckofer, S., Savitri, F. (2012). Poorer Immediate Memory Predicts

- Better Confidence in Heart Failure Self-Care. Journal of Heart and Lung Transplantation, 31(4S), S272-273.
- Penckofer, S, Byrn M, Emanuele MA, Mumby P, Quinn, L, Wallis D, Harrison P. (2012) Can the Sunshine Vitamin Improve Depression, Diabetes Symptoms, and Quality of Life in Women with Diabetes? Annals of Behavioral Medicine, 43: S.270
- Larimer, K., Gulanick, M, Hackbarth, D, Penckofer, S. (2012) CVD Risk in a Mexican Community of Chicago: Beliefs, Prevalence and Environment. Journal of Cardiovascular Nursing, 27(5): 369-370.
- Johnson, J., Gulanick, M., Penckofer, S. Kouba, J. (2012). Risk Perception and Health-Promoting Behaviors in Persons Informed of a Coronary Calcium Score. Journal of Cardiovascular Nursing, 27(5): 369-370.
- Penckofer, S., Emanuele, M., Mumby, P., Byrn, M., Kouba, J., Wallis, D. (2011). Depression and Metabolic Control in Women with Diabetes: Can the Sunshine Vitamin Make a Difference? Diabetes, 60, (S1), A-220.
- Penckofer, S. Byrn, M., Mumby, P., Ferrans, C., Lustman, P., Harrison, P. (2010). The Impact of a Psychoeducation Program (SWEEP) in Depressed Women with Diabetes. International Journal of Behavioral Medicine, 17 (S1), S214.
- Penckofer, S. Ferrans, C., Byrn, M, Mumby, P., Lustman, P. (2009). Evaluation of a Psychoeducational Program for Women with Diabetes. Annals of Behavioral Medicine, Volume 37, Supplement, p. S-128.
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### **Editorial Commentaries**

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**PRESENTATIONS:****RESEARCH PRESENTATIONS (\*Referred)**Papers

- \*Penckofer, S. Depression and Vitamin D<sub>3</sub> Supplementation in Women with Type 2 Diabetes. Sigma Theta Tau International, Symposium on Vitamin D and Its Impact Across the Lifespan. Dublin, Ireland, July 28, 2017.
  
- \*Penckofer, S. "Can the Sunshine Vitamin Improve Mood and Sleep Disturbances in Women with Diabetes?," The 2013 Annual MNRS Research Conference, Chicago, Illinois, March 8, 2013.
  
- \*Penckofer, S. Can the Sunshine Vitamin Improve Depression, Diabetes Symptoms, and Quality of Life in Women with Diabetes? Society of Behavioral Medicine Meeting, New Orleans, LA, April 14, 2012.
  
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- \*Penckofer, S. Evaluation of a Psychoeducational Program for Women with Diabetes. 30<sup>th</sup> Annual Society for Behavioral Medicine Annual Meeting. Montreal, Canada, April 24, 2009.
  
- \*Penckofer, S. A Psychoeducational Program for the Treatment of Depression in Women with Diabetes. 33<sup>rd</sup> Annual Midwest Nursing Research Society Meeting, Minneapolis, MN, March 28, 2009.
  
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### **Posters**

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Woo, J. & Penckofer, S. What is the relationship between vitamin D status, pregnancy

- symptoms, and quality of life? The 40<sup>th</sup> Annual Midwest Nursing Research Society Conference, Milwaukee, WI, March 19, 2016. (Doctoral Student Poster)
- Ridosh, M., Penckofer, S., Roux, G., Meehan, M. Family Matters in Diabetes and Depression. The Ruth K. Palmer Symposium, Loyola University Chicago, April 23, 2016.
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- \*Penckofer, S., Doyle, T., Mumby, P, Byrn, M., Emanuele, M., Wallis, D. Vitamin D supplementation improves depression and cardiovascular risk factors. The American Diabetes Association, Chicago, IL. June 24, 2013.
- \*Podjasek, K., Byrn, M., & Penckofer, S. The Relationship between Calcium, Vitamin D and Cardiovascular Risk Factors in Women with Type 2 Diabetes. The 36<sup>th</sup> Annual Midwest Nursing Research Society Conference, Dearborn, MI. April 13, 2012.
- \*Penckofer, S., Emanuele, M., Mumby, P., Byrn, M., Kouba, J., Wallis, D. Depression and Metabolic Control in Women with Diabetes: Can the Sunshine Vitamin Make a Difference? American Diabetes Association Meeting. San Diego, CA. June 27, 2011.
- DePesa, S., Bill, B., Byrn, M., Penckofer, S. Does Vitamin D Supplementation Alleviate Diabetes Symptoms? The 35<sup>th</sup> Annual Midwest Nursing Research Society, Columbus, OH. Undergraduate Student Poster Presentation, March 26, 2011 and The 6<sup>th</sup> Annual Chicago Diabetes Day. University of Chicago, Biological Sciences Learning Center, Chicago, IL. May 15, 2011.
- Byrn, M. & Penckofer, S. Gestational Diabetes and Depression. University of Chicago, Biological Sciences Learning Center, Chicago, IL. May 15, 2011. (Poster Award)
- \*Brandy, J. & Penckofer, S. Depression in Freshman College Students. The 35<sup>th</sup> Annual Midwest Nursing Research Society, Columbus, OH. Graduate Student Poster Presentation, March 26, 2011.
- Penckofer, S., Byrn, M., Kouba, J. Emanuele, M., Durazo, R., Wallis, D. Vitamin D for Improving Metabolic Control and Depressive Symptoms in Women with Diabetes. The 5<sup>th</sup> Annual Chicago Diabetes Day. University of Chicago, Biological Sciences Learning Center, Chicago, IL. May 15, 2010.
- \*Penckofer, S., Byrn, M., Ostrom, J., Mumby, P., Ferrans, C., Lustman, P. Six Month Outcomes

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- \*Byrn, M., Penckofer, S., Loftus, S., Fritschi, C., Quinn, L. Glycemic Variability Impacts Mood and Quality of Life in Women with Diabetes. The 34th Annual Midwest Nursing Research Society Meeting, Kansas City, MO. Women's Health Poster Presentation, April 9, 2010.
- \*Savoy, S. & Penckofer, S. Depressive Symptoms Reduce Quality of Life in Healthy Women. The 34<sup>th</sup> Annual Midwest Nursing Research Society, Kansas City, MO. Graduate Student Poster Presentation, April 9, 2010.
- \*Block, M., Gulanick, M., Penckofer, S., DeVon, H., Barnhart, J. Risk Perception in Cardiovascular Disease. 34<sup>th</sup> Annual Midwest Nursing Research Society Meeting, Kansas City, MO. Graduate Student Poster Presentation, April 10, 2010
- \*Ostrom, J., Penckofer, S., Byrn, M. Sleep and Depression in Women with Type 2 Diabetes. The 34<sup>th</sup> Annual Midwest Nursing Research Society Meeting, Kansas City, MO. Undergraduate Student Poster Presentation, April 9, 2010.
- Penckofer, S., Byrn, M., Kouba, J. Vitamin D Levels in Women with Diabetes and Depression. The 4th Annual Chicago Diabetes Day. University of Chicago, Biological Sciences Learning Center, Chicago, IL. May 16, 2009.
- \*Alandy, M., Byrn, M., & Penckofer, S. Quality of life in women with type 2 diabetes and depression. 33<sup>rd</sup> Annual Midwest Nursing Research Society Research Conference, Minneapolis, MN, March 28, 2009. (MNRS Undergraduate Nursing Student Poster Award)
- \*Brandy, J., Byrn, M., Mumby, P., & Penckofer, S. Validity and reliability of depression assessment in women with type 2 diabetes. Poster presentation at 21<sup>st</sup> Annual Ruth K. Palmer Symposium, Oak Brook, IL, March 26, 2009 & 33<sup>rd</sup> Annual Midwest Nursing Research Society Research Conference, Minneapolis, MN, March 29, 2009.
- \*Zinn, K. K, Byrn, M. A., Penckofer, S. The Relationship between Faith in God, Peace of Mind, and Health Outcomes in Women with Type 2 Diabetes. Poster presented at 21<sup>st</sup> Annual Ruth K. Palmer Symposium, Oak Brook, IL March 26, 2009, & Methodist Nursing Research Day: Creating a culture of Nursing Excellence, Omaha, NE, April 22, 2009.
- \*Byrn, M. A., Penckofer, S., Paskiewicz, L., Androwich, I., Havey, J. Gestational Diabetes, Depression, and the Impact on Maternal-Child Health. Poster presentation at Annual Palmer Symposium, Loyola University Chicago, Oakbrook, IL., March 26, 2009 & 33<sup>rd</sup>

Annual Midwest Nursing Research Society, Minneapolis, MN, March 29, 2009.

\*Penckofer, S. Ferrans, C., Mumby, P., Byrn, M., Lustman, P. The Impact of a Group Psychoeducational Intervention for Depression in Women with Diabetes. Council for the Advancement of Nursing Science, Washington, DC. October 3, 2008.

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\*Penckofer, S. Ferrans, C., Mumby, P., Byrn, M., Lustman, P. The Impact of a Group Psychoeducational Intervention for Depression in Women with Diabetes. American Diabetes Association, San Francisco, CA, June 7, 2008.

\*Byrn, M., Loftus, S., & Penckofer, S. Fear of Complications and Type 2 Diabetes. 32<sup>nd</sup> Annual Midwest Nursing Research Society, March 30, 2008, and 20<sup>th</sup> Annual Palmer Symposium, Loyola University Chicago, Oakbrook, IL., April 24, 2008.

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\*Penckofer, S. Carotid Intima-Media Thickness for Assessment of Cardiovascular Risk Assessment in Postmenopausal Women. State of the Science Conference, Washington, DC, September 27, 2002.

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\*Penckofer, S., Schwertz, D., Vahed, S. Are Improved Iron Status Parameters a Benefit of Hormone Replacement Therapy? Twenty Third Annual Midwest Nursing Research Society (MNRS) Conference, Columbus, Ohio, April 10, 1999.

Penckofer, S., Schwertz, D., Vahed, S. Are Improved Iron Status Parameters a Benefit of Hormone Replacement Therapy? Second Annual Research Colloquium. Loyola University Medical Center, Maywood, IL, March 25, 1999.

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- R. Iron Status Parameters and Cardiovascular Risk in Postmenopausal Women. The 70th Scientific Sessions for the American Heart Association, Orlando, Florida, November 11, 1997.
- Penckofer, S., Holm, K., Chandler, P. The Role of Ferritin in Cardiovascular Risk for Women. St. Albert's Day Annual Research Poster Exhibit, Loyola University Medical Center, Maywood, IL., December 2, 1994.
- Penckofer, S., Holm, K., Chandler, P. The Role of Ferritin in Cardiovascular Risk for Women. American Heart Association of Chicago. Research Forum. Midwestern University of Downers Grove, IL., June 14, 1994.
- Penckofer, S., Holm, K., Chandler, P. The Role of Ferritin in Cardiovascular Risk for Women. Interinstitutional PhD Symposium. Sponsored by Loyola University of Chicago School of Nursing, Rush Presbyterian College of Nursing, University of Illinois College of Nursing. McDonald's Lodge, Oakbrook, IL., May 20, 1994.
- \*Penckofer, S., Holm, K., Chandler, P. The Role of Ferritin in Cardiovascular Risk for Women. Eighteenth Annual Midwest Nursing Research Society (MNRS) Conference, Milwaukee, Wisconsin, April 11, 1994.
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- \*Penckofer, S., Holm, K., Fink, N. & Barrett, M. The Coronary Artery Bypass Experience in Women: Difficulties in Recruitment. American Heart Association's 64th Scientific Sessions, Anaheim, CA, November 11, 1991.
- Penckofer, S., Holm, K., Fink, N. & Barrett, M. The Coronary Artery Bypass Experience in Women: Difficulties in Recruitment. Fifth Annual Loyola Nursing Research Colloquium in Oakbrook, IL, October 18, 1991.
- Penckofer, S., Jalowiec, A., Fink, N., Hutson-Danekas, L. A Multivariate Approach to Examining Quality of Life in Coronary Bypass Patients and Their Spouses. Fourth Annual Loyola University of Chicago Nursing Research Colloquium, Oakbrook, May 11, 1990.
- \*Penckofer, S., Jalowiec, A., Fink, N., Hutson-Danekas, L. A Multivariate Approach to Examining Quality of Life in Coronary Bypass Patients and Their Spouses. Fourteenth Annual Midwest Nursing Research Society (MNRS) Conference, Indianapolis, April 23, 1990.
- \*Penckofer, S., Jalowiec, A., Fink, N., Hutson-Danekas, L. Quality of Life in Coronary Bypass



Patients and Their Spouses. American Nurses Association, Council of Nurse Researchers Conference, Chicago, September 29, 1989.

\*Penckofer, S. & Holm, K. Hopes and Fears Following Coronary Bypass Surgery. American Nurses Association International Nursing Research Conference. Washington, D.C., October 15, 1987.

Stewart-Amidei, C. & Penckofer, S. Quality of Life Following Cerebral Bypass Surgery. Sigma XI Poster Session, Loyola University Medical Center, November 21, 1986.

Stewart, C. & Penckofer, S. Quality of Life Following Cerebral Bypass Surgery. First Annual Research Colloquium of Loyola University, Chicago, April 29, 1986.

Penckofer, S., Marshall, J. & Llewellyn, J. One Year Follow-Up of a Postoperative Teaching Program on Subjective Responses and Compliance of Coronary Bypass Patients. First Annual Research Colloquium of Loyola University, Chicago, April 29, 1986.

Penckofer, S., Marshall, J. & Llewellyn, J. One Year Follow-up of a Postoperative Teaching Program on Subjective Responses and Compliance of Coronary Artery Bypass Patients. Eighth Annual Research Conference of the Veteran's Administration, Oakbrook, October 25, 1985.

Penckofer, S., Rovtar, J. & Llewellyn, J. Evaluation of a Structured Discharge Teaching Program on Knowledge and Compliance of Coronary Artery Bypass Patients. Sixth Annual Nursing Research Conference: Trends in Patient Health Education. North Chicago V.A., March 7 and 8, 1985.

Penckofer, S. & Rovtar, J. Evaluation of a Structured Teaching Program on Knowledge and compliance of Coronary Artery Bypass Patients. Sigma XI Session, Rush University, May 24, 1984.

## **INVITED PAPERS**

### National/International

Penckofer, S. The Triple Threat: Depression, Diabetes, and Health Disparities. St. David's Center for Health Promotion (P-60) Research Annual Conference: Meeting the Mental Health Needs of Texans. University of Texas, Austin, March 27, 2013

Penckofer, S. The Triple Threat: Vitamin D Deficiency, Diabetes and Depression. Vitamin D Conference. School of Public Health, Hunter College, New York October 14, 2011.

Penckofer, S. Sunshine Supervitamin? Is Vitamin D the Real Deal? Preventive Cardiovascular Nurses Association, Schaumburg, IL, April 17, 2010.

Penckofer, S. Tips and Traps: My Research Funding Journey. University Health Network. Nursing Research Day, Toronto Canada, November 10, 2006.

Penckofer, S. How to Session: Evaluating Hormone Replacement Therapy in Women with Cardiovascular Disease. The 70th Scientific Sessions for the American Heart Association, Orlando, Florida, November 12, 1997.

Penckofer, S. Heart Disease in Women. Women's Health Issues Conference. National Center for Advanced Medical Education, Hotel Intercontinental, Chicago, IL., March 28, 1996.

Penckofer, S. Relationship of Menopausal Status to Cardiovascular Risk: The Role of Ferritin. Frances A. Matsuda Partners in Women's Health Research Conference. Kauai Marriott Hotel, Hawaii, March 22, 1996.

Penckofer, S. Coronary Heart Disease in Women: Assessment, Diagnosis and Intervention. Cook County Graduate School of Medicine. Holiday Inn Chicago City Centre, December 6, 1991.

Penckofer, S. Women and Heart Disease: An Overview. American Heart Association, Nassau Region. Annual Nursing Education Conference, Mineola New York, April 30, 1991.

### Regional

Penckofer, S. Keynote. "The Mind-Body Connection and Women's Health: The Role of Depression in Cardiovascular Risk," Northwest Indiana's 13<sup>th</sup> Annual Nursing Research Consortium. Merrillville, Indiana, November 11, 2005.

Penckofer, S. Weighing Your Options: Is HRT for You? Building a Better Heart: Tools of the Trade. Covenant Healthcare System, Saginaw, Michigan. May 7, 2003.

Penckofer, S. Hormone Replacement Therapy in Diabetic Women: Implications for Practice. The American Diabetes Association: Clinical Update Conference. Oakbrook, IL. November 5, 1999.

Penckofer, S. Emerging Issues: Is Estrogen Good or Bad for the Heart? Women's Health Issues: A Multidisciplinary Approach. Continuing Medical Education Program for Primary Care Physicians. University of Illinois College of Medicine and the Illinois Academy of Family Physicians. Hyatt at University Village, Chicago, IL., June 4, 1999.

Penckofer, S. Estrogen Replacement Therapy: Health and Nutrition Considerations. North Suburban Dietetic Association Seminar on Women's Health Issues for the New Millennium. Alexian Brothers Medical Center, Elk Grove Village, IL., September 19,

1998.

Penckofer, S. Is Estrogen For Me? First Lay Conference on A Woman's Way to a Healthy Heart. American Heart Association of Metropolitan Chicago. Chicago Hilton and Towers, May 8, 1998.

Penckofer, S. Menopause, Heart Disease and the Estrogen Dilemma. The Julie Louis-Walin Memorial Conference in Peoria, IL, October 9, 1997.

Penckofer, S. Women Have Heart Attacks Too. The Illinois Trauma and Emergency Care Symposium. Indian Lakes Resort, Bloomingdale IL., September 29, 1995.

Penckofer, S. Women and Heart Disease; Cardiovascular Risk Appraisal for Women; Women Recovering from Coronary Artery Bypass Surgery: What Do We Know? Thirteenth Annual Nursing Research Symposium, Indiana University at South Bend, IN. March 25, 1994.

Penckofer, S. Women and Heart Disease and Treatment Modalities for Congestive Heart Failure. St. Joseph's Hospital and Marshfield Clinic- State of the Heart: Innovations in Cardiac Care, Marshfield, WI. August 31, 1993.

Penckofer, S. Women's Health and Heart Disease. Women's Health Update: Empowering Nurses to Make a Difference. Capricorn Productions. The Annex of Christ Universal Temple, Chicago, IL. May 28, 1993.

Penckofer, S. Women and Heart Disease: Do We Ignore Symptoms Because of Gender? Southside Chicago Area Chapter of the American Association of Critical Care Nurses (AACN) Conference on Current Concepts in Critical Care 1993, Harvey Holiday Inn, Harvey, IL. April 29, 1993.

Penckofer, S. Outcomes in Women Following Coronary Artery Bypass Surgery. Chicago Heart Association, Women and Heart Disease Conference, Chicago, IL. April 28, 1993.

Penckofer, S. and Holm, K. Is it Estrogen or is it Ferritin? Strategies for Lifestyle Change. Women and Heart Disease Conference, Women's Lifestream Center of Sheboygan, Sheboygan, WI. March 5, 1993.

Penckofer, S. Recovering from Bypass Surgery: What Research Tells About the Differences Between Men and Women. Cardiovascular Nursing Therapies and Technologies for the 1990's. Contemporary Forums. Fairmont Hotel in Chicago, IL. October 29, 1992.

Penckofer, S. Unmodifiable Cardiac Risk Factors in Women; Sex Bias in the Diagnosis and Treatment of Women with Coronary Heart Disease; Current Research Findings on Women Undergoing Coronary Artery Bypass Surgery; Lifestyle Changes: Diet and Stress. Women and Heart Disease Workshop. Highland Community College in Freeport, IL. September 18, 1992.

Penckofer, S. & Holm, K. An Overview of Women and Heart Disease. Illinois Nurses Association Council of Clinical Nurse Specialists. INA Headquarters, Chicago, IL., May 9, 1991.

Penckofer, S. Quality of Life in Cerebral Artery Bypass Patients. Illinois Nurses' Association 68th Biennial Convention, Continuing Education Program: Neurological Update, St. Charles, IL., November 7, 1985.

#### Local

Penckofer, S. A Multidisciplinary Approach for Improving Outcomes for Women with Type 2 Diabetes. The Undergraduate Nursing Students Research Committee, February 23, 2016.

Penckofer, S. Building a Program of Research to Improve Diabetes Outcomes. University of Illinois College of Nursing Diabetes Seminar Group, Diabetes October 2015.

Penckofer, S. Depression, Diabetes and Vitamin D. American Association of Diabetes Educators, Elmhurst Hospital, January 16, 2014.

Penckofer, S. Does the Sunshine Vitamin Improve Mood in Women with Diabetes? Loyola University Chicago and Trinity HealthCare Board of Trustees, SSOM, November 22, 2013.

Penckofer, S. Does the Sunshine Vitamin Improve Mood in Women with Diabetes? Loyola University Palmer Symposium, Maywood, IL. March 31, 2012.

Penckofer, S. The Triple Treat: Vitamin D Deficiency, Diabetes, and Depression. Loyola University Endocrinology Group, Maywood, IL. March 16, 2012.

Penckofer, S. Vitamin D, Depression and Diabetes. The Triple Threat. University of Chicago Diabetes Research and Training Group, April 8, 2011.

Penckofer, S. Depression and Diabetes: A Collaborative Effort. SSOM Summer Emersion Program, June 23, 2008.

Penckofer, S. Grand Rounds for Department of Psychiatry at LUHS: Depression and Diabetes. Objectives: (1) To evaluate the evidence linking depression and diabetes, (2) To identify the therapies that have been effective in the treatment of depression for persons with

- diabetes, (3) To critique research using cognitive behavioral therapy in the treatment of depression in persons with type 2 diabetes. September 20, 2007
- Penckofer, S. Monthly Endocrinology Conference at LUHS: Diabetes and Depression. Department of Endocrinology, Loyola University Health Systems, Maywood, IL. September 28, 2007
- Penckofer, S. Depression and Quality of Life in Women with Type 2 Diabetes. University of Chicago Research Diabetes Group, Department of Medicine, Division of Epidemiology, July, 14, 2006
- Penckofer S. The Role of Depression in Cardiovascular Risk for Women. Diabetes Seminar Group, College of Nursing, University of Illinois, Chicago, IL. February 23, 2006
- Penckofer, S. Mental Health Life Issues in Women with Type 2 Diabetes. Department of Endocrinology, Loyola University Health Systems, Maywood, IL. October 21, 2005
- Penckofer, S. Quality of Life Issues in Women Living with Diabetes. Department of Urogynecology, Loyola University Health Systems, Maywood, IL. April, 27, 2005
- Penckofer, S. Evidence Based Research: The Critique Process. Northwestern University, Division of Nursing. November 18<sup>th</sup>, 2004 and follow-up December 9, 2004.
- Penckofer, S. Quality of Life in Midlife Women with Diabetes. Department of Endocrinology, Loyola University Health Systems, Maywood, IL. August 20, 2004.
- Penckofer, S. Hormones, Menopause, and Beyond. The Greater Chicago Mended Hearts Chapter #36. Loyola University Medical Center, Maywood, IL. April 13, 2003.
- Penckofer, S. Hormones, Menopause, and Beyond in Diabetic Women. American Diabetes Association Northern Illinois Chapter: 28th Annual Public Conference. Mother Morton West High School, Berwyn, IL., March 15, 2003.
- Penckofer, S. The Cardiovascular Evidence on Hormone Replacement Therapy. Cardiovascular Symposium. Putting the Pieces Together: Quality Care for the Cardiac Patient. Loyola University Medical Center, Maywood, IL. February 8, 2003.
- Penckofer, S. Menopause and Diabetes. Diabetes Care in the Millennium. American Diabetes Association Northern Illinois Chapter: 27th Annual Public Conference. Morton West High School, Berwyn, IL., April 20, 2002.
- Penckofer, S. Hearts, Hormones, and Women's Health: Where We Have Been and Where We Are

- Going. Chapman Nursing Grand Rounds, Northwestern University, Chicago, IL., April 10, 2002.
- Penckofer, S. Hormones, Menopause and Beyond! Diabetes Care in the Millennium. American Diabetes Association Northern Illinois Chapter: 26th Annual Public Conference. Mother Theodore Guerin High School, River Grove, IL., April 27, 2001.
- Penckofer, S. Hormones, Menopause and Beyond! Diabetes Care in the Millennium. American Diabetes Association Northern Illinois Chapter: 25th Annual Public Conference. Mother Theodore Guerin High School, River Grove, IL., March 25, 2000.
- Penckofer, S. Hormone Replacement Therapy: Primary and Secondary Prevention. Grand Rounds, Department of Obstetrics and Gynecology, Loyola University Medical Center, Maywood, IL., September 29, 1998.
- Penckofer, S. Cardiovascular Health and the Role of Hormone Replacement Therapy. INA District 20 Meeting, Alsip, IL. April 16, 1998.
- Penckofer, S. Quality of Life for Women After Coronary Artery Bypass Surgery. Quality of Life: Nursing's Goal for the 21st Century. Loyola University of Chicago, October 19, 1995.
- Holm, K. & Penckofer, S. Women and Heart Disease: Research Based Interventions. Loyola Nursing Research Forum, Loyola Medical Center in Maywood, IL. December 9, 1993.
- Penckofer, S. Cost Containment: Creative Alternatives for Patient Education. Sixth Annual Surgical Nursing Symposium, Rush-Presbyterian-St. Luke's Medical Center, October 18, 1984.
- Hastings, S. Basic Cardiac Arrhythmia Workshop: Pacemakers. Rush-Presbyterian-St. Luke's Medical Center, March 15, September 14 and November 16, 1983.
- Hastings, S. Angina: Differential Diagnosis and Management. DuPage Heart Association, Good Samaritan Hospital, May 20, 1981.

#### **CHAIR OR MEMBER OF DISSERTATION COMMITTEES:**

##### **Dissertation Committees, Chaired**

Angel, C. (2017-Proposal Development Process). Maternal-fetal Attachment and Its Relationship to Quality of Life in Women with Gestational Diabetes Mellitus. Loyola University Chicago

Tulley, J. (2017-IRB Approval and Data Collection). Does Mood Impact Illness Perception,

- Functional Status, and Quality of Life in Women with Cardiovascular Disease? Loyola University Chicago
- Woo, J. (2017). What is the Relationship Between Vitamin D Status, Pregnancy Symptoms, and Quality of Life? Loyola University Chicago
- Adams, M. (2016). Factors contributing factors to maternal quality of life with examination of attitudes, expectations and mood of mothers from prenatal to postpartum. Loyola University Chicago
- McCormick (Loftus), S. (2015). Quality of Life Outcomes in Persons with Intensive Management of Insulin-Dependent Diabetes, Loyola University Chicago
- Brandy, J. (2011). Depression in College Aged Students. Loyola University Chicago.
- Byrn, M. (2011). Gestational Diabetes, Depression and Impact on Maternal Child Outcomes. Loyola University Chicago. (Student was awarded an MNRS Dissertation Award)
- Savoy, S. (2010). Depression, Quality of Life and Cardiovascular Risk in Women. Loyola University Chicago
- Juretske, L. (2007). Are Parents Satisfied with the Care Provided by Neonatal Nurse Practitioners to Their Premature Infants in NICU?
- Martyn-Nemeth, P. (2006). An Investigation of the Relationship of Coping and Eating Behavior. (Student was subsequently awarded a UIC Postdoc)
- Saban, K. (2006). Predictors of Perceived Quality of Life of Patients Undergoing Spinal Surgery. Loyola University Chicago. (Student was subsequently awarded a VA PostDoc )
- Giurgescu, C. (2004). Perceived Stress and Coping Strategies for Women with High Risk Pregnancy from an Antepartum Testing Unit. Loyola University of Chicago, School of Nursing (Student was subsequently awarded a UIC Postdoc, R03)
- Roberts, S. (2002). The Relationship Between Serum Glucose and Stroke in Persons with Cerebral Aneurysms. Loyola University of Chicago, School of Nursing
- Santas, E. (1998). Attribution in Women with Breast Cancer. Loyola University of Chicago, School of Nursing

**Dissertation Committees, Member**

Lucese, A. (2016). Risky Decision Making in College-Aged Students (Chair: Barbara Velsor-Friedrich, PhD, RN) (Proposal Phase)

Park, M. (2015). Diabetes-related stress, perceived stress, coping strategies, and eating behavior in people with type 2 diabetes. University of Illinois, Chicago, IL. (Chair: Laurie Quinn, PhD, RN)

Block, M. (2013). Risk Perception in Cardiovascular Disease. (Chair: Meg Gulanick, PhD, RN)

DeWolff, D. (2012). Resiliency in Teens with Asthma. (Chair: Barbara Velsor-Friedrich, PhD, RN)

Zinn, K. (2012). Adolescent Self-Care of Type 1 Diabetes: Issues Surrounding the Phenomenon. Loyola University Chicago (Chair: Barbara Velsor-Friedrich, PhD, RN)

Doumit, R. (2012). Stress and Coping among Lebanese Adolescents. (Chair: Barbara Velsor-Friedrich, PhD, RN)

Johnson, J. (2012). The Influence of Behavior Change to Reduce Cardiovascular Risk. (Chair: Meg Gulanick, PhD, RN)

Murks, C. (2011). Self-Care in Heart Failure: The Effect of Selected Cognitive Domains. (Chair: Meg Gulanick, PhD, RN)

Larimer, K. (2011). Cardiovascular Health and Risk for Disease among People of Mexican American Descent. (Chair: Meg Gulanick, PhD, RN)

Kent, D. (2011). Type 1 Diabetes, Hypoglycemia and Quality of Life. University of Illinois, College of Nursing, Chicago, IL. (Chair: Laurie Quinn, PhD, RN)

Manion, A. (2009). Obesity, Asthma, and Quality of Life. Loyola University Chicago (Chair: Barbara Velsor-Friedrich, PhD, RN)

Fritsch, C. (2008). Fatigue in Women with Type 2 Diabetes. University of Illinois, Chicago, IL. (Chair: Laurie Quinn, PhD, RN),

Srof, B. (2004). Coping Skills Training in Adolescents with Asthma in the Rural Setting. Loyola University of Chicago (Chair: Barbara Velsor-Friedrich, PhD, RN)

Kraft, P. (2002). Mining a Spinal Cord Injury Clinical Database for Nursing Information: A Source of Knowledge. Loyola University Chicago, School of Nursing (Chair: Ida



Androwich, PhD, RN)

Devon, H. (2002). Women and Heart Disease. University of Illinois, College of Nursing, Chicago, IL. (Chair: Julie Zweric, PhD, RN)

Cullen, P. (2001). Feature Selection for Intelligent System Classifiers in Healthcare Decision Making. Loyola University of Chicago, School of Nursing, (Chair: Ida Androwich, PhD, RN)

Keresztes, P. (2000). The Coronary Artery Bypass Experience in Men and Women. University of Illinois, College of Nursing (Chair: Sharon Merritt, PhD, RN)

Mullins, E. (1997). Burden in Caregivers of Alzheimer's Patients. Loyola University of Chicago, School of Nursing (Chair: Karyn Holm, PhD, RN, FAAN)

Li, S. (1996). Physical Activity in Middle-Aged Healthy Women. Loyola University of Chicago, School of Nursing (Chair: Karyn Holm, PhD, RN, FAAN)

#### **PRELIMINARY EXAM COMMITTEES:**

##### **Preliminary Exam Committees, Chaired**

Adams, M. (2013). Preliminary Exam. Loyola University Chicago

Loftus, S. (2010). Glycemic Control and Quality of Life Outcomes in Intensive Management of Insulin-Dependent Diabetes, Loyola University Chicago

Brandy, J. (2009). Depression in College Aged Students. Loyola University Chicago.

Byrn, M. (2009). Gestational Diabetes, Depression and Impact on Maternal Child Outcomes. Loyola University Chicago.

Savoy, S. (2007). Depression, Quality of Life and Cardiovascular Risk in Women. Loyola University Chicago.

Martyn-Nemeth, P. (2003). Coping and Eating Behaviors In Adolescents. Loyola University Chicago.

Saban, K. (2003). Quality of Life and Expectations: An Evolutionary Concept. Loyola University of Chicago.

Giuregescu, C. (2002). Coping with a high risk pregnancy. Loyola University of Chicago.

Santas, E. (1995). Attribution in Women with Breast Cancer. Loyola University of Chicago, School of Nursing.

**Preliminary Exam Committees, Member**

Reader for Preliminary Exams for Loyola Doctoral students, 2012-2017.

Doumit, Rita (2011). Coping Mechanisms of Lebanese Students: State of the Science (Chair: Barbara Velsor-Friedrich, PhD, RN)

Johnson, J. (2010). The Influence of Behavior Change to Reduce Cardiovascular Risk. (Chair: Meg Gulanick, PhD, RN)

Zinn, K. (2009). Adolescent Self-Care of Type 1 Diabetes: Issues Surrounding the Phenomenon. Loyola University Chicago (Chair: Barbara Velsor-Friedrich, PhD, RN)

Kent, D. (2009). Written Examination. University of Illinois, Chicago, IL. (Chair: Laurie Quinn, PhD, RN),

Block, M. (2008). Risk Perception in Cardiovascular Disease. (Chair: Meg Gulanick, PhD, RN, FAAN)

Larimer, K. (2007). Cardiovascular Disease Risk and Health Challenges in the Hispanic Population. (Chair: Meg Gulanick, PhD, RN, FAAN)

Murks, C. (2007). A Preliminary Analysis of the State of the Science of Cognitive Impairment in Heart Failure. (Chair: Meg Gulanick, PhD, RN, FAAN)

Manion, A. (2006). Obesity, Asthma, and Quality of Life. Loyola University Chicago (Chair: Barbara Velsor-Friedrich, PhD, RN)

McCartney, E. (2006). Resilience in Adolescents with Asthma. Loyola University Chicago. (Chair: Barbara Velsor-Friedrich, PhD, RN)

Fritsch, C. (2006). Theoretical Basis for Fatigue in Diabetes & Measurement of Fatigue in Diabetes. University of Illinois, Chicago, IL. (Chair: Laurie Quinn, PhD, RN),

Moriarity, K. (2004). Accupressure in the Treatment of Menopausal Hot Flashes. University of Illinois. (Chair: Dorie Schwertz, PhD, RN, FAAN)

Srof, B. (2002). Self-Efficacy in Adolescents with Asthma. Loyola University of Chicago (Chair: Barbara Velsor-Friedrich, PhD, RN)

- O'Connor, R. (2000). *Engagement: A Concept Analysis*. Loyola University of Chicago (Chair: Sheila Haas, PhD, RN)
- Devon, H. (1999). *Women and Heart Disease*. University of Illinois, College of Nursing (Chair: Julie Zweric, PhD, RN)
- Kraft, P. (1999). *Information: A Concept Analysis*. Loyola University of Chicago (Chair: Ida Androwich, PhD, RN)
- Cullen, P. (1997). *Pattern Recognition: Machine Learning in Nursing*. Loyola University of Chicago (Chair: Ida Androwich, PhD, RN, FAAN)
- Roberts, S. (1998). *Adaptation: The Fit Between and Organism and Its Environment*. Loyola University of Chicago (Chair: Carrol Gold, PhD, RN)
- Hockenberry, B. (1996). *Myocardial Ischemia in Women*. Loyola University of Chicago, School of Nursing (Chair: Karyn Holm, PhD, RN, FAAN)
- Li, S. (1995). *Physical Activity in Middle-Aged Healthy Women*. Loyola University of Chicago, School of Nursing (Chair: Karyn Holm, PhD, RN, FAAN)

#### **MASTERS COMPREHENSIVE EXAM COMMITTEES:**

- Jensen-Fitsch, J. (2017). *Fresh Optimism in the Quest for Therapeutic A1C Levels: Glucagon-Like Peptide-1 (GLP-1) Receptor Agonist Injection Therapy for Type 2 Diabetes*
- Starzyk, M. (2017). *Vitamin D and the Impact on Multiple Sclerosis*.
- Commons, B. (2016) *The challenges of adherence to augmented pump therapy in pediatric patients with type 1 diabetes*.
- Hanna, S. (2016). *Nonnutritive sweeteners and their effects on metabolic syndrome*.
- Centano, S. (2015). *Dealing with diabetes: What is important and often overlooked*.
- Nolan, B. (2015). *The relationship between vitamin D and depression in older adults*.
- Forsythe, K. (2014) *The impact of diabetes in adolescents females*.
- Abaddi, H. (2014) *Proton Pump Inhibitors and nutrition related complications: What every dietician should know*

- Sand, R. (2013). The relationship between depression and metabolic syndrome.
- Smaga, A. (2013). Obesity and vitamin D levels across the lifespan.
- Saleki-Hadavand A. (2013) Should insulin be initiated early in type 2 diabetes?
- Meehan, M. (2013). Vitamin D and the older adult. (Published)
- Castro, J. (2012). The role of vitamin D in Hispanic adults with diabetes (Published)
- Turano, N. (2012). Managing the obesity epidemic: What is primary care's role?
- Lauderdale, E. (2012). Melanoma prevention and detection in primary care: The role of the nurse practitioner.
- Achmirowicz, I. (2011). Nurse practitioner management of adults with depression & diabetes in the primary care setting.
- Frick, M. (2010). Vitamin D Supplementation in the Elderly. Loyola University Chicago
- Matsumoto, C. (2010). Vitamin D for Women's Mental Health. Loyola University Chicago
- McCain, M. (2010). Depression and Diabetes: Implications for the Primary Care Nurse Practitioner. Loyola University Chicago.
- Dezynski, C. (2010). Vitamin D: An Issue for the Health and Well Being of Women. Loyola University Chicago.

#### **MASTERS' THESES/PROJECTS**

- Koo, J. (1993). Physical Activity in Women Following Coronary Artery Bypass Surgery. University of Illinois, College of Nursing (Advisor: Alice Dan, PhD)
- Keresztes, P. (1992). Measurement of Functional Ability in Patients with Coronary Artery Disease. University of Illinois, College of Nursing (Advisor: Karyn Holm, PhD, RN)
- King, L. Comprehensive Measurement of Quality of Life in Elderly CABS Patients. University of Illinois, College of Nursing (Advisor: Carol Ferrans, PhD, RN)

## **MENTOR FOR UNDERGRADUATE RESEARCH EXPERIENCES**

### **Provost Scholars (\$1000 each Funded by University for Mentor-Mentee Application)**

Katelyn Sullivan, Provost Scholar, “Assessing the Education Received by Women with Type 2 Diabetes and How the Education Affects Their Metabolic Outcomes: A Secondary Sunshine Study.” Loyola Undergraduate Nursing Program, Summer 2017

Kara Podjasek, Provost Scholar, “The Relationship between Calcium, Vitamin D and Cardiovascular Risk Factors in Women with Type 2 Diabetes.” Loyola Undergraduate Nursing Program, Summer 2011

Melissa Mae Alandy, Provost Scholar, “Quality of life in women with type 2 diabetes and depression.” Loyola Undergraduate Nursing Program, 2009 (Awarded MNRS Poster Prize-2<sup>nd</sup> place)

### **Individual Mentored Experiences**

Katelyn Sullivan, Loyola University Chicago Traditional Undergraduate Program, 2016 present

Melissa Grebeck, PhD Sociology Graduate of Loyola University Chicago, 2016 to present

Lauren Wells, Loyola University Chicago Traditional Undergraduate Program, 2015

Sana Rizvi, Graduate from Loyola Psychology Program, 2013-2014

Kara Podjasek, Loyola University Chicago, Traditional Undergraduate Program, Summer, 2011

Sarah DePesa, Loyola University Chicago Accelerated Baccalaureate Program, Summer, 2010

Brittany Bill, Loyola University Chicago Traditional Undergraduate Program, Summer, 2010

Jaimie Ostrom, Loyola University Masters Immersion Program (LUMIN), BSN 2009-2010

Melissa Mae Alandy, Loyola University Chicago, BSN 2009

## **MENTOR FOR HIGH SCHOOL STUDENTS RESEARCH EXPERIENCES**

Kiran Gogana and Vinita Ghai. Proviso Math & Science Academy High School, 2010-2011.

## **PROFESSIONAL AFFILIATIONS AND SERVICES OUTSIDE LOYOLA**

**See Other Professional Service (pages 2-3)****SPECIAL PANELS**

Penckofer, S. Panelist for Innovative Questions Workshop of Self-Management of Chronic Conditions. National Institute of Nursing Research at the National Institutes of Health. March 25, 2014.

Penckofer, S. Panel Member, Special Emphasis Panel for Sex/Gender Differences in Obesity and Cardiovascular Disease, Society for Women's Health Research, Washington, DC, November 2-5, 2005.

Penckofer, S. Moderator, MNRS Symposium on the Effects of Gender and Sex Hormones on Cardiovascular Health and Behavior. Twenty Fourth Annual Midwest Nursing Research Society (MNRS) Conference, Dearborn, Michigan, April 2, 2001.

Penckofer, S. Focus Group: Research. Community Based Multicultural Research for Women's Health Issues Forum. Frances A. Matsuda Partners in Women's Health Research Conference. Shriner's Hospital for Crippled Children, Honolulu, Hawaii, March 21, 1996.

Penckofer, S. Panel Expert on Research. Health Care Reform and the Heart Patient. Cardiovascular Nursing Forum, American Heart Association of Metropolitan Chicago. Chicago, Il., January 30, 1995.

**International Organizations**

Member, Sigma Theta Tau: Alpha Lambda and Alpha Beta Chapters

**National Organizations**

Member, American Nurses Association

Member, American Academy of Nursing

Member, American Diabetes Association

Member, Society of Behavioral Medicine

Member, American Heart Association and Chicago Affiliate (Formerly)

Member, American Heart Association's Council on Cardiovascular Nursing (Formerly)

**Regional Organizations****Midwest Nursing Research Society**

Grant Reviewer, MNRS Grant Review Committee (2010-2012)

Member, MNRS Associate Dean Research Group (2004-2006).

Publicity and Public Relations Committee for MNRS Society (Spring, 1994)

Coordinator for Guaranteed Symposium for the Physiological Phenomenon Section,

"Effects of Gender and Sex Hormones on Cardiovascular Health and Behavior (1999)

**Illinois Nurses Association**

Recording Secretary, Council of Nurse Researchers for the Illinois Nurses Association (1993-1995)

**Alpha Beta Chapter of Sigma Theta Tau**

Chairperson, Research Committee: Coordinated the research activities for the Loyola Chapter of Sigma Theta Tau which included planning annual School of Nursing Research Symposium in conjunction with the Research Council for the School of Nursing, coordinate and facilitate the review of the Sigma Theta Tau Research Grants (1998-2004).

**American Heart Association of Metropolitan Chicago:**

**Women and Heart Disease Committee:** Participated in the planning and implementation of major conferences held in Chicago for professional as well as lay audiences on women and heart disease topics (1996-2001).

**Black Women Fighting Heart Disease Committee:** Worked on planning and implementation of the Second Annual Heart of The Family Conference and participated in a volunteer training session to educate lay community persons on medical terminology (1998 to 2000).

**Science and Health Promotion Committee:** Served as a speaker promoting science as a career for children in the grade school by various activities and judge at the Annual Science Fair for AHA (1994-1996).

**American Diabetes Association of Greater Chicagoland:** Guest Speaker for Audiences on Menopause, Depression and Diabetes (1999-Present)

**PROFESSIONAL SERVICES INSIDE LOYOLA:**

**University Service (1994-Present):**

**University Wide-Committees:**

Member, Institutional Review Board for Loyola Medical Center (2001-2009, 2011-2017)

Member, Advisory Board, Clinical Research Office (2013 to 2016)

Member, University Benefits Committee (2012 to 2016)

Member, Research & Patent Policy/Technology Transfer Committee for Loyola University Medical Center (2007-2009)

Member, Task Force-Positioning Loyola University Chicago for the Future: Improving Quality while Containing Costs (2012)

Member, University Health Sciences Library Search Committee (2011-2012)

Member, Faculty Council (2011-2013)

Member, Loyola Maywood Community Outreach Committee (2007-2009)  
 Member, Patient -Oriented Research Teams Committee (2005-2007)  
 Member, Research Advisory Council, SSOM (2005-2006)  
 Member, Executive Committee of the Graduate School (2004-2006)  
 Member, Council of Graduate School Programs (2004-2006)  
 Member, Doctoral Program Directors Committee (2004-2006)  
 Member, Faculty Scholar Search Committee (2002, 2003)  
 Member, Search Committee for the Associate Vice President/Dean of the Graduate School (2001)  
 Member, University Research Committee (1997-1999)  
 Member, University Subcommittee of Research Services and Grants Accounting (1998-1999)  
 Member, Search Committee for Associate Vice President for Research (1999)  
 Member, Search Committee for the Dean (1994 to 1995)

### **School of Nursing Service (1992 to Present):**

#### **Associate Dean Related Activity:**

Editor, School of Nursing Annual Report (2000-2005)

#### **Research Committee:**

Member, Planning Subcommittee for Palmer Symposium, 2008  
 Chair, Research Committee of School of Nursing (1997-2006)  
 Member, Research Committee (1993-1994)  
 Member, Committee on Research Across the Curriculum (Fall 1992 to Fall 1993)

#### **Other Committees:**

Member, Doctoral Program Committee (2002-2006, 2013-2017t)  
 Member, School of Nursing Rank and Tenure Committee (2009-2012, 2015-2017)  
 Member, School of Nursing Executive Committee (2011-2013)  
     Chairperson, Faculty Retreat Committee, 2012  
 Chairperson, School of Nursing Doctoral Program Committee (2003-2006)  
 Member, School of Nursing Subcommittee for BSN to PhD (2005-2006)  
 Member, School of Nursing Faculty Search Committee (2004-2006)  
 Member, Medical-Surgical Departmental Advisory Board (1993-1994)  
 Chairperson, Medical-Surgical Nursing Search Committee for New Faculty (1992-1993)  
 Member, Policy and Procedure Committee at Loyola Medical Center (Fall 1991 to Fall 1993)  
 Member, Undergraduate Program Committee (UPC) (Fall 1992 to 1993)  
 Member, Subcommittee on UPC, Report on Loyola NCLEX Scores

#### **Other Volunteer Activities for Loyola University**

Mentor, Interprofessional Committee for Translational Research (2015-2016)  
 Freshman Convocation Mentor (2013)  
 Volunteer for Health Fair at St. Angela in Chicago, Sponsored by Loyola Alumni (2008)



Volunteer for Maywood Health Initiative Health Fair (2008)  
Registration for Kim Noonan Walkathon (Fall 1995, 1997-1999, 2001, 2003-2007)  
Mentor for ABSN Nursing Students, (2001-2002)  
Participant, Healthy Teens Fair at Proviso (Fall, 1999)  
Volunteer, Cancer Survivor's Day Loyola University (Spring 1993, 1994, 1995)

## **Public Relations**

### **Television/radio/lay publication**

Interviewed and Video. Research on Vitamin D and Type 2 Diabetes. The Loyola University Center for Clinical and Translational Research. 2015 and 2016

Interviewed, Vitamin D, Depression, Diabetes in Hispanics. Univision Television, September 9, 2013

Interviewed, Loyola Study Links Vitamin D, Depression, Diabetes. *Chicago Tribune*, July 13, 2013.

Quoted, Vitamin D in Women with Diabetes. *Diabetes Self-Management Magazine*, July, 2013

Quoted, Vitamin D Boots Your Mood. *Prevention Magazine*, July 2013.

Quoted, Vitamin D-Depression Fix? *Chicago Today's Woman*, October 2010 (p. 30)

Interviewed. Be Well: Get Your Vitamin D Levels Checked. *Women's Day Magazine*, August 2010

Interviewed, A Brighter Day Thanks to Regimen, Feature Article. *Chicago Sun Times*. May 26, 2010

Interviewed. Vitamin D, Diabetes, and Depression. Quoted by numerous lay publications and internet sources (*Chicago Tribune*, *Sciencedaily.com*, *topnews*, *physorg.com*, *lifeclinic.com*, etc.) 2008-Present

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