New York Chiropractic College recently unveiled its three-year strategic plan, 2018-2021 BLUEprint: Growing the Future Together.

The BLUEprint identifies five priority areas that, for the next three years, will be at the core of our strategic actions:

1. **NEW AVENUES OF GROWTH**: NYCC will explore exciting new partnerships and consider ways to improve current programs to increase their sustainability and relevance.

2. **COMMUNITY AND PARTNER ENGAGEMENT**: NYCC will deepen our involvement in the profession through scholarship and research opportunities and strengthen our ties to our graduates through collaboration.

3. **CAMPUS INFRASTRUCTURE ENHANCEMENT**: NYCC will continue our commitment to a sustainable, environmentally sound campus while improving our physical facilities.

4. **INTEGRATED BRAND MARKETING**: We have wonderful stories to tell, and we will examine how best to share those stories to ever-broader audiences.

5. **STRATEGIC ENROLLMENT MANAGEMENT**: NYCC will undertake data-informed initiatives to ensure the College’s long-term enrollment success and fiscal health.

NYCC’s 2018-2021 BLUEprint: Growing the Future Together sets a strong strategic course for NYCC going forward into the next three years and beyond. As President Michael Mestan says: “The 2018-2021 BLUEprint plan is an exciting development in the life of this institution. Each of the five priority areas of the BLUEprint will strengthen NYCC as we pursue our commitment to academic excellence, leadership, and professional best practices, now and in the years to come.”
NYCC’s own Dr. Frank J. Nicchi, president of the College from 2000-2017 and current president emeritus, was recently the recipient of two honors: a testimonial dinner on October 20 and the unveiling of his portrait, which now hangs on the NYCC Presidents’ Wall in the library.

People came from as far away as California for Nicchi’s testimonial dinner, held at del Lago Resort and Casino. Fourteen speakers shared what he has meant to their lives and careers. Especially moving was a tribute by his daughter, Carrie Nicchi. A journal of tributes from friends and attendees was given to Nicchi to commemorate the event.

NYCC’s Cultural Heritage and Management Committee (Museum Committee) invited the campus community to the October 17 unveiling of Nicchi’s portrait on the Presidents’ Wall, where it rounds out the select roster of NYCC presidents who personify the change and growth in the College since its inception. Words of commemoration from current NYCC President Dr. Michael Mestan accompanied the event, and refreshments were served to attendees in the library afterwards.

NYCC sent a group of students to Cocoa Beach, Florida, Oct. 27-28 to participate in the Chiro Games. This year we fielded teams in women’s soccer, men’s basketball, men’s golf, co-ed volleyball, and co-ed softball. Chiro Games is an annual event that brings together students from chiropractic colleges across the U.S. and Canada. This year, NYCC placed third in golf and second in soccer. Congratulations to our winning teams and all the participants who represented NYCC with pride—and muscles!

NYCC’s Community Awareness Day, food + information + giveaways made for a festive atmosphere as over 50 local vendors staffed tables to explain many of the nearby resources available to students. The local businesses represented included banks, restaurants, B&Bs, gift shops, park rangers, and historical societies. Refreshments on the North Dining Hall patio and raffle prizes rounded out the offerings of this very well-attended event.
Spinal Column

Constitution Day/Club Day

The United States government requires all institutions receiving federal funding to provide some sort of education around Constitution Day, which is September 17. Here at NYCC we do it up with style and, of course, cake! A fun Constitution-themed quiz drew over 60 participants: One won an NYCC blanket, one a free lunch, and a handful of other quiz-takers won pocket Constitutions.

Constitution Day was combined with Club Day, with tables for the clubs and numerous food offerings in the lobby of the Administration Building. Students could ask questions, receive information, and even register to vote. Judging by the amount of cake consumed, around 200 people attended this dual event.

Homecoming Career Talk

Paul Dougherty, D.C., kicked off Homecoming Weekend with his career development talk, “Practice Opportunities in the VA and Integrated Settings.” Dr. Dougherty is an adjunct professor here at NYCC in addition to being a faculty member with the University of Rochester School of Medicine. He played an instrumental role in establishing the clerkship and rotation opportunities for our students at several VA hospitals and at Monroe Community Hospital, Rochester, which is a long-term care hospital for patients with chronic conditions. Dougherty has been a representative of the chiropractic profession in interacting with professionals from a number of healthcare disciplines and, as such, has been a trailblazer in opening up opportunities for the profession. In addition to his faculty positions, he is currently a staff chiropractor at the Canandaigua VA Medical Center. Dougherty was chosen to kick off Homecoming weekend because of his significant career accomplishments, as well as his efforts in advancing the profession into new opportunities—inspirational accomplishments for students as they consider the professional experiences that lie ahead.

Clinical Educators Workshop

Clinical educators from Seneca Falls, Depew, Levittown, and Rochester convened on campus September 21 for the annual Clinical Educators Workshop. The title of this year’s presentation was “Best Practices in Primary Spine and Collaborative Patient Care,” with speakers Timothy Whiting, D.C.; Philip Garrison, DAOM, L.Ac.; and Sarah Spiegelhoff, Ph.D., LMHC, NCC.

The presenters provided an evidence-based approach to primary spine care with an emphasis on the collaboration between chiropractic, acupuncture, mental health, and referral. With examples of interdisciplinary care and common terminology used by all practitioners, this interactive session was designed to aid in facilitating the integration of the theoretical classroom approach to patient care into practical clinical application.

Patricia Merkle, NYCC’s quality engineer, coordinated the simultaneous collection and reporting of data from clinician participants at the workshop. Ms. Merkle was also instrumental in collecting the student version of this survey at an earlier time, enabling Dr. Wendy Maneri, associate dean for chiropractic clinical education and health centers, to present the data at the workshop. A poster presentation of this research is planned for a future ACC-RAC conference.
Peer Mentor Program

NYCC’s peer mentor program pairs incoming students with upper-trimester students who have strong academic standing in an arrangement that benefits both mentors and mentees. Mentors are able to add “peer mentor” to their resumes as evidence of their leadership skills, as well as practice interpersonal guidance—a useful skill! At the same time, mentees are given the resources to navigate their new experiences at NYCC.

Mentors in the program must be members of the Phi Chi Omega honor society. They will be given a one-credit, semester-long training in being mentors. After that, mentors will hold office hours in Academic III or the library for one or two hours per week.

All incoming students are paired with a peer mentor. If you would like to be a peer mentor to help make a positive difference in someone else’s first trimesters at NYCC, contact Dr. Rebecca Getzke, program coordinator, at rgetzke@nycc.edu.

Out of the Darkness Walk

Nineteen students and three members of NYCC faculty/staff participated in the Out of the Darkness Walk on a chilly Sunday, October 21, at Romulus State Park. The walk was sponsored by NYCC’s Students for Social Diversity Awareness club (SSDA), which is dedicated to increased inclusiveness of all types of diversity including ethnic, religious, language, mental health, sexual and gender orientation, (dis)ability, and socioeconomic.

SSDA participated in the Out of the Darkness Walk to raise awareness about mental health struggles not only among students, but also in the patients of our future graduates. As SSDA President and 4th tri D.C. student Ashley Williams explains: “Many students may not recognize this is just as legitimate of a health concern as back pain. We want to make sure they are exposed to the issue and the resources available before they are practicing doctors.” SSDA’s Out of the Darkness Walk raised over $1,000 for the American Foundation for Suicide Prevention.

Harvest Celebration

The College’s annual Harvest Festival luncheon for faculty and staff was held on November 2. The North Dining Hall was dressed for the occasion with autumn bouquets, pumpkins, scarecrows, and other fall décor, and a delicious lunch of stuffed chicken, roasted potatoes and vegetables, and pumpkin roll was served. The Harvest Festival also featured a crazy hat contest. Entries included a hand-crocheted yarn hat long enough to do a Who proud, a witch, and Olaf. The crazy hat contest winner was Robin Wright [pictured] from Facilities, with a festive, multicolored turkey hat. Attendees at the luncheon brought donations for the House of Concern, a Seneca Falls charitable organization that operates a food cupboard and provides services and basic necessities to local people in need. Altogether, faculty and staff collected cash for the House of Concern plus two large boxes of non-perishable food items.
Welcome, New Employees

Steven Weidner recently joined the Academy for Teaching Excellence as senior instructional technologist. He works closely with Tamika Pearson to support students, faculty, and staff with their instructional technology needs.

Weidner is originally from Bayport (Long Island), New York. Following completion of a B.S. in Computer Science at Rensselaer Polytechnic Institute, he earned a Master of Science in Curriculum Development and Instructional Technology from the University of Albany. After working at Cornell University in instructional technology, he decided to do something different for a while and worked as a chef for six years before accepting a position in Binghamton University’s Center for Learning and Teaching.

Since 2010 Weidner has resided in Trumansburg, where he and his wife share their home with a dog and two cats. One of his hobbies is collecting LEGO® Minifigures, several of which reside on the windowsill in his office (Academic III, Room 201). He can be reached at sweidner@nycc.edu or 315-568-3342.

Counseling Services recently welcomed Susan de Navarrete, Licensed Marriage and Family Therapist (LMFT), as part time counselor. de Navarrete holds a Bachelor of Fine Arts degree from Illinois Wesleyan University and a master’s in human relations from the University of Oklahoma.

Originally from Newark, New York, de Navarrete began her career at the Veterans Administration Hospital in New York City, where she helped patients with Post-Traumatic Stress Disorder (PTSD). She then spent 23 years in Oklahoma, during which time she worked for FEMA after the Oklahoma City bombings, providing Critical Instant Stress Management (CISM) following trauma events to survivors and first responders. After returning to Newark 13 years ago, de Navarrete was a mediator with the Wayne County Center for Dispute Settlement and joined a private family practice in Brighton. She has also worked in community mental health, and one of her primary areas of expertise, in which she has over 30 years of experience, is addictions.

To make an appointment with de Navarrete, who is on campus Tuesdays, Wednesdays, and Fridays from 9 a.m. to 4 p.m., contact Missy Jones at mjones@nycc.edu or 315-568-3064. She can also be reached at sdenavarrete@nycc.edu or 315-568-3242.

The Office of Student Life has welcomed Student Services Coordinator Stephanie Carnevale. In addition to providing clerical support to the Student Services staff, she will coordinate and assist with a variety of campus events; be involved in the numerous aspects of student housing; work closely with Residence Life staff, student programmers, and work study students; and coordinate blood drives.

A lifelong resident of nearby Clyde, Carnevale graduated from Finger Lakes Community College with an Associate in Human Services degree. She has worked as a secretary for Clyde-Savannah Middle School and Hobart and William Smith Colleges. She also has experience working in residential homes for the New York State Office of People with Developmental Disabilities.

Carnevale and her husband, Derrick (Dr. Brett Carnevale’s brother), are the parents of sons Kobey [21], Dru [18], and Kooper [11], and daughter Jenna [16]. Rounding out the family is their German shepherd, Grizz. In her spare time, she enjoys working on a variety of projects and crafts and trying new recipes from Pinterest.

Carnevale’s office is located in Academic I, Room 114. She can be reached at scarnevale@nycc.edu or 315-568-3053.
Health Center News

Our health centers recently underwent some exciting upgrades!

THE SENECA FALLS HEALTH CENTER updated its waiting area with new paint, carpet, and furniture.

THE CAMPUS HEALTH CENTER replaced a dryer and received new patient gowns.

THE LEVITTOWN HEALTH CENTER’S upgrades included new classroom chairs, new carpeting in two classrooms, parking lot repairs, an update to the monument sign with the new logo and service offerings, and five new mobile adjusting tables for spoke site locations and sporting events.

THE DEPEW HEALTH CENTER had major renovations. The new driveway and parking lot included curb repairs and replacement, as well as extensive tree removal and landscaping work. The HVAC system received major service to rebalance the heating and cooling systems. Additionally, the interior and exterior of the building were repainted and given new signage that is aligned with the College’s branding initiative.
NYCC student clerks provided chiropractic services for Rochester Marathon runners on Sept. 23. Pictured are (front row) Betina Petit, Mariela Hernandez, Tasnim Selim, Riley Fake, Angel Yi, Dr. Alexandra Fiore, and Nathan Hansen; (back row) Dr. Jose Balseca, Holly Potter, Jarod Balog, Olivia Trainor, Timothy Gagan, Sheri Peacock, Nevin Parish, Julio Cruz-Gonzalez, Kat Blaine, Jake Mihalkovic, and Christopher Swanson.

NYCC’s Rochester Health Center participated in the Bryant and Stratton Wellness Fair held October 17 at its Greece Campus. Pictured are (front row) Dr. Alexandra Fiore; Caitlin Simpson, Riley Fake, and Angelica Yi; (back row) Christopher Swanson, Korey Sawdey, Nathan Hansen, Kayla Beck, and Kat Blaine.

New York Chiropractic College
22nd ANNUAL RESEARCH SYMPOSIUM

May 21 and May 23, 2019
11:30 a.m. to 2:30 p.m.

CALL FOR ABSTRACTS
Students, faculty, staff, and friends of NYCC
Abstract submission form now available on faculty and student portals

SUBMISSION DEADLINE: Friday, December 7, 2018

Presentations can be based either on new work made specifically for this symposium or work prepared for other meeting presentations, workshops, conferences, etc. A presentation can cover completed projects, it can be a report on work in progress, or it can be a summary of a research proposal.

If the research is being presented at some other venue, then the abstract may be submitted in a format that is required by that organization. Otherwise, abstracts should be no more than 500 words. It is preferred that abstracts be submitted electronically in MS Word format via email to researchsymposium@nycc.edu. Hard copies will not be accepted.

For more information and abstract submission forms, contact the Research Department office: 315.568.3868 or email: researchsymposium@nycc.edu
From left to right: Drs. Mike Gurlach, Megan Tuzzo, Rae Smith, Allison Fleming, and Sarah Tirimacco.

The New York State Chiropractic Association’s (NYSCA) District 15 dinner, new graduate panel discussion, and business meeting was held Nov. 8 in the North Dining Hall. Attendees included current NYCC students, faculty, and practicing doctors. The purpose of the event was to help prospective graduates understand the opportunities and challenges of practice in the state of New York, how to be successful as an associate or in solo or group practice, and how to market a chiropractic practice. It also served to introduce students to the organization and familiarize them with one way chiropractors in the state can stay politically connected and involved. The panel was led by recent NYCC graduates who are also leaders in the NYSCA organization, including Drs. Sarah Tirimacco-Penkin ’14, recording secretary; Allison Fleming ’14, president and delegate; Amorette “Rae” Smith ’14, treasurer and regional director; and Megan Tuzzo ’16.
DECEMBER birthdays

Students

2 Chang Yong Lee
   Quincy Monroe
3 Ariana D’Aurio
   Taylor Thompson
5 Janet Austin
   John Duggan
   Manpreet Grewal
6 Ronald Ayello
   Alexander Castellano
   Taylor Jarvis
   Nicholas Longo
7 Maria Leone
   Bushra Mahmud
9 Andres Long
10 Maryam Milanian
11 Joseph Merli
12 Sinjin Cavosi
   Jason Karpinski
   John Napier
13 Wesley Cotton
   Steven Knowles
14 Taylor Turner
15 Richard Lee
   Nicolas Serna
   Kristian Tarong
21 Kaitlyn McMahon
   Aurielle Graziano
   Caitlin Jones
   Robert Kovarik
20 Juan Escobar Sanchez
   Jeremy Gongola
   William Krembs
21 Kaitlyn Newton
   Jessica Jacobs
   Hailey Saxton
24 Peter McGee
   Alexander Voutsas
   Joseph Park
25 Amanda Abdagic
   Jacob Bone
26 Samantha Burnett
   Megan Cloud
   Renae Moken
27 Selena Perez

Faculty & Staff

1 Daniel Bailey
   Colleen Smith
   Elizabeth Burgess
   Christina Cassell
   David Petters
   Melissa Baxter
   Brenda Bedell
   Susan de Navarrete
   Lisa Bloom
   Christine Cunningham
   Christine Zambuto
   Christina Ippolito
   Lynda Kuhn
15 Cory Marone
   Peter Nickless
   Dorothy Anthony
   Joyce Lichtenberger
18 Margaret Gonzalez
   Patricia Merkle
   John D’Amico
   Carla Martin
   Peter Thompson
   Veronica Wicks
   Amy Simolo
   Diane Zink
   Julie Murante
   John Beadnell
   Ralph Mangels
29 Cynthia Wayne
   Matthew Zdilla
   Nicolette Olree

16 Kaitlyn McMahon
   Aurielle Graziano
   Caitlin Jones
   Robert Kovarik
   Juan Escobar Sanchez
   Jeremy Gongola
   William Krembs
   Kaitlyn Newton
   Jessica Jacobs
   Hailey Saxton
   Peter McGee
   Alexander Voutsas
   Joseph Park
   Amanda Abdagic
   Jacob Bone
   Samantha Burnett
   Megan Cloud
   Renae Moken

JANUARY birthdays

Students

1 Demetri Dalekos
   Sarah Heath
   Gregory Lyle
2 John De Maso
   Ryan Robichaud
3 Deepa Patel
   Jason Potash
   Aislinn Rooney
   Alex Zielinski
4 Brady Dailey
   Camilla Anderson
   Jenna Nitowski
5 Aardin Bacovic
   Tyler Rank
   Devin Welch
7 Morgan Huey
8 Evin Kolm
   Jodie Lasky
   Benjamin Verhovsek
9 Andres Long
   Ellora Pollard
12 Eric Hong
   Shahana Khan
   Kathryn Powers
13 Brittny Ellis
   Jacob LaBree
14 Christopher Leeson
15 Bianca Filice
   Yong Hwan Kim
   Dahee Lee
   Katelyn Trenouth
16 Austin Vanheck
   Sarah Heath
   Gregory Lyle
2 Austin Vanheck
   Sarah Heath
   Gregory Lyle
20 Falak Aziz
   Gamze Yildiz
22 Aidan Kaye
   David Quintero
   Kassandra Reed
23 Hyocheong Byeon
24 Kelly Hafemeister
25 Christopher Dempsey
   James Garofalo
   Michael Hoalcraft
   Stefania Incollingo
27 Jane Martinez
   Molly O’Hara
   Steven Pfeiffer
29 Lakshidan Asokan
   Justin Charney
30 Riley Fake
   Joshua Flax
   Selena Perez
   Jennifer Schrider
   Manan Trivedi
31 Natalia Aponte
   Evan Ludwig

Faculty & Staff

1 Kathy Seeber
2 Lori Bonacci
   Ana Stearns
3 Cynthia Adler
   Eileen LaForce
4 Ralph Ticconi
   Francis McCann
5 Michael Mestan
10 Carl Jago
11 Chelsey Mollin
14 Joseph Miller
16 Logan Fleming
19 Brett Carnevale
20 Maryam Milanian
20 Mike Whelan
20 Tony Zahn
29 Lindsay Rae
30 Suellen Christopoulos-Nutting

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20 Maryam Milanian
20 Mike Whelan
20 Tony Zahn
29 Lindsay Rae
30 Suellen Christopoulos-Nutting
NYCC’S STUDENT GOVERNMENT ASSOCIATION INVITES YOUR ATTENDANCE …

Pursuit of Academic Excellence & Leadership Ceremony

IN RECOGNITION AND CELEBRATION OF

2018 Phi Chi Omega Honor Society Inductees
Scholarship Recipients
Student of the Year and more!

Thursday, November 15, 2018 - Delavan Theater

DOORS OPEN FOR SEATING AT 12:00 P.M. - CEREMONY BEGINS AT 12:15 P.M.

RECEPTION IN THE NORTH DINING HALL IMMEDIATELY FOLLOWING

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