

Part-time Instructor, Health Services Program (9/05 – present)

- Teach traditional and distance education formats using the Blackboard course management system (class sizes ranging from ten to one hundred)
- Teach introduction to gerontology and healthy aging
- Teach introduction to healthcare delivery systems
- Teach three worksite wellness and health promotion courses (component of the Health Promotion and Worksite Wellness Minor)
- Teach an eight-week Worksite Wellness Certificate Program for professionals semi-annually
- Co-chair of the curriculum committee planning the First Annual Mid-America Gerontology Conference to be held in August, 2008
- Build relationships with community businesses to host student practicums

Adjunct Instructor, Health Services Program (8/02 – 9/05)

- Revised Worksite Wellness and Health Promotion Minor Curriculum to coincide with Certified Health Education Specialist responsibilities (CHES credentialing); increased credit hours from 24 to 27
- Received Indiana Campus Compact Service Learning Grant (7/04-6/05)

Project Coordinator (Part-time, Grant) Worksite LINK to Wellness Program (12/01 – 10/02)

- Responsible for completing a feasibility study on Worksite Wellness programs in Vanderburgh County, IN
- Facilitated wellness steering committee
- Coordinated four focus groups with area business leaders
- Piloted worksite wellness programs in five area businesses
- Completed evaluation of program

Scholarship

Peer-Reviewed Journal Publications

Ligon, M. B., Ehlman, MC., Moriello, G. & Welleford, E. A. (2009). Oral History in the Classroom: Fostering Positive Attitudes toward Older Adults and the Aging Process. *Journal of Aging, Humanities and the Arts*. 1(3):1-14.

Ehlman, MC., Ligon, M. B., Moriello, G. & Welleford, E. A. Schuster, K. (2009). Assessing Differences in Student Attitude toward Aging and Older Adults: A Comparison Between Traditional and On-Line Modalities in Gerontology Classes. Manuscript to be submitted for publication in October, 2009.

Peer-Reviewed Presentations

Ligon, M, **Ehlman, MC**, Moriello, G., & Welleford E.W. Oral History in the Classroom: Fostering Positive Attitudes Toward Older Adults and the Aging Process. 11th Annual Nursing and Health Professions Educator Conference, October 18, 2006, Evansville, Indiana.

Peer-Reviewed Poster Presentations

Ligon, M. B., **Ehlman, MC.**, Moriello, G. & Welleford, E. A. (2007). Oral history in the classroom: Fostering positive attitudes toward older adults and the aging process. 33rd Annual Meeting and Educational Leadership Conference of the Association for Gerontology in Higher Education, March 3, 2007, Portland, Oregon.

Ligon, M, **Ehlman, MC**, Moriello, & Welleford E.W. Oral History in the Classroom: Fostering Positive Attitudes Toward Older Adults and the Aging Process. Southern Gerontological Society Annual Meeting, April 5, 2006, Lexington, KY.

Ehlman, M.C. & Cotter, J.J. (2006). The Relationship Between the Quality of Skilled Nursing Facilities and Employee Wellness Using the Resource Dependency Model. Association for Gerontology in Higher Education Annual Meeting, February 11, 2006, Indianapolis, IN.

Presentations – Invited - Regional

Ehlman, MC, & Coudret, N. (2009). Assessing the Benefits of Bladder Ultrasound Scanners in Nursing Homes. Indiana State Department of Health; Long Term Care Leadership Conference, March 24, 2009, Indianapolis, IN

Ehlman, MC (2009). Picture a Livable Community: Trends from Indiana Communities. 2nd Annual Mid-America Institute on Aging. University of Southern Indiana, August, 13, 2009. Evansville, IN.

Presentations - Community

Coudret, N. Dugger, R, Eggleston B., **Ehlman, MC**, Harrison, E., Mathis, S, Wilson, A. Harrison, E., Bladder Jeopardy. Good Samaritan Home, April, 2009

Coudret, N. Dugger, R, Eggleston B., **Ehlman, MC**, Harrison, E., Mathis, S, Wilson, A. Harrison, E., Bladder Jeopardy. Bethel Manor, April, 2009

Coudret, N. Dugger, R, Eggleston B., **Ehlman, MC**, Harrison, E., Mathis, S, Wilson, A. Harrison, E., Bladder Jeopardy. Mount Vernon Nursing and Rehabilitation, April, 2009

Coudret, N. Dugger, R, Eggleston B., **Ehlman, MC**, Harrison, E., Mathis, S, Wilson, A. Harrison, E., Bladder Jeopardy. Newburgh Health Care, April, 2009

Ehlman, MC. Preservation Through the Generations. Corpus Christi Senior Group, January 15, 2009. Corpus Christi Church, Evansville, IN.

Coudret, N. Dugger, R, Eggleston B., **Ehlman, MC**, Harrison, E., Mathis, S, Wilson, A. Harrison, E., Bladder Ultrasound Scanner In-service: Project Overview and Treatment and Management of Incontinence in Long Term Care. Good Samaritan Home. November, 2008

Coudret, N. Dugger, R, Eggleston B., **Ehlman, MC**, Harrison, E., Mathis, S, Wilson, A. Harrison, E., Bladder Ultrasound Scanner In-service: Project Overview and Treatment and Management of Incontinence in Long Term Care. Bethel Manor. November, 2008

Coudret, N. Dugger, R, Eggleston B., **Ehlman, MC**, Harrison, E., Mathis, S, Wilson, A. Harrison, E., Bladder Ultrasound Scanner In-service: Project Overview and Treatment and Management of Incontinence in Long Term Care. Mount Vernon Nursing and Rehabilitation. November, 2008

Coudret, N. Dugger, R, Eggleston B., **Ehlman, MC**, Harrison, E., Mathis, S, Wilson, A. Harrison, E., Bladder Ultrasound Scanner In-service: Project Overview and Treatment and Management of Incontinence in Long Term Care. Newburgh Health Care. November, 2008

Grants

Assessing the Benefits of Bladder Ultrasound Scanners in Nursing Homes; awarded July 2008 by the Indiana State Department of Health; \$37,285 (funded)

Yoga...Yoganna Love It; awarded in November 2008 by the University of Southern Indiana, Major as Home; \$3200 (funded); written in conjunction with Dr. Brandon Eggleston

STELLAR; awarded in November 2008 by the University of Southern Indiana, Major as Home; \$1300 (funded); written in conjunction with Dr. Kathy Elpers

Preservation Through the Generations; awarded in December 2008; by the Historic Southern Indiana, Darrell Bigham Historic Southern Indiana Faculty Engagement Fellowship; \$4000 (funded)

Healthy Aging Conference: A toolkit for Professionals Working with Older Adults; Centers for Disease Control and Prevention; National Center for Chronic Disease Prevention and Health Promotion Conference Support Program, \$37,301; July, 2009 (awarded, but not funded)

Professional Work Experience

2/97 – 2/02

Cardinal Carberry Senior Living Center

Evening/Weekend Administrator (part-time) - Cardinal Carberry Senior Living Center (skilled nursing, assisted living & independent living), St. Louis, MO (2000 – 2002)

- Worked closely with residents and families
- Researched, planned and initiated a campus wide quality assessment performance improvement program reporting to the Board of Directors Quality Committee. Facilitated campus wide 20-member quality committee.

Initiated quality teams when needed. Staff liaison to Board of Directors quality committee.

Administrator - Cardinal Carberry Senior Living Center

Mother of Perpetual Help Residence (A Residential Care facility on the Cardinal Carberry Senior Living Center Campus), St. Louis, MO (1999-2001)

- Managed the day to day operations; supervised directly or indirectly 40 FTEs
- Worked with 80 residents and their family members/responsible parties one-on-one and in small and large group settings

Administrator - Cardinal Carberry Senior Living Center

Our Lady of Life Apartments, Inc. (on Cardinal Carberry Senior Living Center Campus), St. Louis, MO (1997-1999)

- Managed the day to day operations of a \$2 million independent retirement center; directly supervised 21 FTEs
- Worked with 230 residents one-on-one and in small and large group settings

6/95 - 2/97

Education Coordinator

Alzheimer's Association, St. Louis, MO (internship, part time and full time)

- Responsible for family and general community education in 38 counties; assisted in creating in-services for professionals
- Editor of a national award winning *Training the Trainer* manual
- Organized an Alzheimer's disease research update for over 300 people in conjunction with a poster session consisting of 18 St. Louis researchers
- Formulated a quality system to track satisfaction for approximately 240 annual speaking engagements

8/95 to 3/96

Evening Resident Coordinator

Hope Lodge, American Cancer Society, St. Louis, MO (part time)

9/93 to 7/95

Garden Villas South Retirement Community

Weekend Administrative Assistant

Garden Villas South Retirement Community, St. Louis, MO (2/95-7/95)

Receptionist

Garden Villas South Retirement Community, St. Louis, MO (8/94-7/95)

Assistant Activity Director

Garden Villas South Retirement Community, St. Louis, MO (9/93-8/94)

1/95 to 5/95

Graduate Social Work Intern

Barnes Extended Care, BJC Health System, St. Louis, MO

7/92 to 8/93

Second Language Teaching

Catholic Lay Missionary, Kyoto, Japan

Honors

Inducted to the Phi Kappa Phi Chapter, Virginia Commonwealth University
(April, 2006)
Member of the Quincy University Athletic Hall of Fame (inducted fall 2004)
Advisory Council, Beverly HealthCare, Alzheimer's Dementia Care
(Evansville, IN -2003)
St. Louis School of Social Work Volunteer Scholarship (1994-1996)
Four year member of Quincy University's Women's Soccer Team (1988-1992)
NCAA All-American, Quincy University, Women's Soccer (1988)
Adidas Academic All-American (1989, 1991)
Resident Assistant, Quincy University (1989-1990)
Quincy University Academic, Leadership and Athletic scholarships (1988-92)

Conferences

- 2nd Annual Mid-America Conference on Aging, August 2009
- *Case Management 2009*, University of Southern Indiana, May, 2009
- *12th Annual Research and Health Care Issues Conference*, University of Southern Indiana, April, 2009
- *Educator's Conference*, University of Southern Indiana, October 2008
- 1st Annual Mid-America Conference on Aging, August 2008
- *Case Management 2008*, University of Southern Indiana, May, 2008
- *11th Annual Research and Health Care Issues Conference*, University of Southern Indiana, April, 2009
- *Living with Grief*, National Hospice Association, March, 2007
- *Case Management 2007*, University of Southern Indiana, May, 2007
- *10th Annual Research and Health Care Issues Conference*, University of Southern Indiana, April, 2006
- *Assessing and Managing Alzheimer's Disease Using Retrogenesis Theory*, University of Southern Indiana, April, 2005
- *End of Life Conference*, University of Southern Indiana, October, 2004
- *Healing Touch Level I*, Colorado Center for Healing Touch Inc. in Evansville, Indiana, March 2003
- *Larry Dossey, M.D. on Spiritual Health and Healing*, University of Southern Indiana, Nov, 2002
- *Rethinking Alzheimer's*, University of Southern Indiana, October, 2002
- *Blackboard Instructor Series (4 sessions)*, University of Southern Indiana, Fall 2002
- *National Wellness Conference*, National Wellness Institute, Stevens Point, WI, July 2002
- *Corporate Compliance*, Missouri League for Nursing, May 2001
- *Dementia Care*, Missouri League for Nursing, April 2001
- *International Alzheimer's Disease Conference*, Washington DC, June 2000

- *Catholic Health Care Association National Conference, Orlando, Florida, June, 1999*
- *Where Our Treasure Is: Stewardship of Resources in Catholic Health Care, St. Louis, Missouri, October 1998.*
- *The Disney Keys to Management Excellence, St. Louis, Missouri, June, 1998.*
- *Managing for Results, St. Louis, Missouri, May – June, 1998.*
- *Long Term Care Executive Development Program, St. Louis, Missouri, May, 1998.*
- *Alzheimer's Association Regional Conference, Iowa City, Iowa, June, 1996.*

References furnished upon request