

BETH F. MCMAHON, Ph.D.

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Home: 306 Terra Road
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Lock Haven University, Lock Haven, PA 17745
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Education: **The Pennsylvania State University**, University Park, PA
Doctorate in Health Education
Magna Cum Laude (3.89), 1993

East Stroudsburg University, East Stroudsburg, PA
Masters of Science: Cardiac Rehabilitation and Primary Prevention
Magna Cum Laude (3.8), 1984

Bachelor of Science: Health and Physical Education
Cum Laude (3.65), 1980

**Professional
Experience:**

Professor, 1997-Present
Lock Haven University, Lock Haven, PA

- Courses: Introduction to Health, Community Health, Community Health Organization Management, Current Health Issues, Women's Health Issues, Coordinator – Professional Field Experience in Health Science, Program Planning

Adjunct Professor, 1990- 2005
The Pennsylvania State University, University Park, PA
Lycoming College, Williamsport, PA

- Courses: Get Fit, Current Health Issues, Women's Health Issues, and Emergency Procedures for Teachers, Stress Management, Self-Esteem and Empowerment.

Administrative Director, Health Promotion and Education, 1991-1997
Susquehanna Health System, Williamsport, PA

- Formulated policies, goals, objectives and evaluation process for programs providing individuals and groups in the hospital and community with healthcare education and services, information and referral services.
- Supervised and directed daily activities for The LifeCenter (a community based health promotions center), Women's Health Center, and Seniors Programs.
- Developed linkages with community agencies through community outreach activities.
- Coordinated and presented community educational programs, focus, and support groups, and conducted numerous college and public presentations.

- Supervised and direct responsibility for health educators, staff, community volunteers and college interns.

Exercise Physiologist, 1984 - 1991

Cardiopulmonary Rehabilitation & Primary Prevention
Susquehanna Health System, Williamsport, PA

Graduate Assistant, Varsity Collegiate Women's Gymnastic Coach, 1984

East Stroudsburg University, East Stroudsburg, PA

Director, 1982 - 1983

Gymnastic Academy, Williamsport, PA

Health and Physical Education Teacher, 1980 - 1982

East Orange High School, Orange, NJ

SELECTED PUBLICATIONS/WORKSHOPS:

McMahon, B.F. (2012) "Health Status in Lycoming County, Health and Human Service Annual meeting;" Training session for Leadership Lycoming Class of 2012, Susquehanna Health System, Williamsport; PA, February 9.

McMahon, B.F. , Robitaille, V.M. (2011) "An Outcomes-based Community Hardship Intervention Model – Favors Forward Foundation," Pennsylvania Public Health Association Annual Conference; The Power of Public Health – Moving the Mission Forward, Philadelphia, PA; September 26 & 27.

McMahon, B.F. (2011) "The Power of ONE," Keynote address for Federal Employee Combined Giving Campaign Training, Allenwood Federal Prison Training Center, Allenwood, PA; September 23.

McMahon, B.F. (2011). "Do Good Diaries: Civic Responsibility Project for At-Risk Youth," Poster Presentation Annual International conference on the Health Risk of Youth, Hilton Cancun Resort, Mexico, January 5-8.

McMahon, B.F. (2010) "Stress Management," Workshop/training for the Pennsylvania Athletic Trainers' Society Annual Clinical Symposium, Harrisburg-Hershey, PA; June 4, 2010.

McMahon, B.F. (2010) "Balancing Act for Optimal Health," Workshop/training for Central Susquehanna Association for the Education of Young Children, Pennsylvania College of Technology, PA; April 10, 2010.

McMahon, B.F. (2010) "Maintaining Personal Balance," Workshop/training for Lycoming Children and Youth Resource Parents, Williamsport, PA; February 24, 2010.

McMahon, B.F. (2001-2010) "Developing Your Personal Mission Statement and Living Your Dream," Workshop for Youth Leadership Lycoming and "The State of Health in Lycoming County" for the adult class Leadership Lycoming - Annual Workshops, Williamsport, PA.

February 11, 2010.

McMahon, B.F. (2006-2010) "Striking a Healthy Life Balance," Workshop/training for daycare workers of YMCA – 3 county wide system, August, Williamsport, PA.

McMahon, B.F. (2006-2010) "Stress Less – Appreciate More," Training for Foster Parents, Clinton & Lycoming County Mental Health/ Mental Retardation & Children & Youth Services, October 4, Williamsport, PA.

McMahon, B.F. (2006) "The Impact of Healthy Relationships; with Yourself and Others," Workshop, Pennsylvania Nurse-Family Partnership Conference, April, 21, State College, PA.

McMahon, B.F. (2005) "Maintaining a Healthy Life Balance," Workshop, Keystone Health Promotion Conference, June 22, State College, PA

McMahon, B.F. (2005) "Rediscovering Yourself," Lycoming County Women's Shelter, Workshop, May 25, Williamsport YWCA

McMahon, B.F. (2005) "Surviving and Conquering Life Stressors," Lycoming County Women's Shelter, Workshop, April 27, Williamsport YWCA

McMahon, B.F. (2005) "Community impact and student's response to service given to low income children and families in Clinton County; quantitative and qualitative results of Adopt a School and Adopt a Family Service-Learning Projects 2001-2005," Provost Research Symposium, April 21, Lock Haven University, Lock Haven, PA

McMahon, B.F. (2005) "Health Status in Lycoming County," Training session for Leadership Lycoming Class of 2006, April 14, 2005, Susquehanna Health System, Williamsport, PA

McMahon, B.F. (2005) "Striking a Healthy Life-Balance for Busy Managers," West Branch Technology Group, April 13, Lock Haven

McMahon, B.F. (2005) "Identifying and Nurturing a Healthy Self-Concept and Self-Esteem," Penn College Eating Disorder Organization, Workshop, February 22, Penn's Inn, Williamsport

McMahon, B.F. (2005) "Developing and Maintaining Healthy Relationships," Williamsport Area Business Management Group, Seminar, February 17, Bullfrog Inn, Williamsport

McMahon, B.F. (2005) "Building New Respect for Yourself and Others," Lycoming County Women's Shelter, Workshop, January 26, Williamsport YWCA

McMahon, B.F. (2004) "Development of Health Life skills in Challenging Environments," Lycoming County Women's Shelter, Workshop, November 17, Williamsport YWCA

McMahon, B.F. (2004) "Balance in the Life of a Clergy," Sixth annual Clergy Conference Balance in the Life of the Cleric, Workshop, October 20, Lock Haven Hospital, Lock Haven, Pennsylvania.

McMahon, B.F. (2004) "Maintaining Healthy Relationships & Avoiding Burnout," Tenth Annual American Business Women's Association Conference, Seminar, October 15, Williamsport, Pennsylvania.

McMahon, B.F. (2004) "Where do We Go From Here," Keystone Health Promotion Conference/ School Health Leadership Institute 2004 Conference, Workshop, June 21-23, Pennsylvania State University Harrisburg Campus, Harrisburg, Pennsylvania.

McMahon, B.F., Kutay, A. (2003) "Implementing and Assessing a Pilot First-Year Student Seminar," Tenth National Conference on Students in Transition, Poster Session, November 17, 2003, Lake Buena Vista, Florida.

McMahon, B.F. (2003) "Life Management: How to Get Organized and Get it Done" Public Health Institute, Staff Training, October 31, Harrisburg, Pa.

McMahon, B.F. (2003) "Domestic Violence and Sexual Assault – Local and Global Impact," Annual Sullivan County Victim Services Dinner, Keynote address, September 24, Eagles Mere Country Club, PA.

Hill, D.; Johnson, R.; Kutay, A.; McMahon, B.F. (2003) "First Year Student Seminar Pilot Study: What We Seemed to Do Right", Sixteenth International Conference on The First Year Experience, Poster Session, July 9, Vancouver, British Columbia, Canada.

McMahon, B.F. (2003) "Adopt a School; Service Learning Benefits University and Elementary Students", Academic Exchange Quarterly Journal; Volume 7; Issue 2; Summer Edition.

McMahon, B.F. (2002) "Writing Your Personal Mission Statement and Directing Your Destiny," Youth Leadership Lycoming: The Other Side of Education, Workshop, Lycoming Chamber of Commerce, Williamsport, Pennsylvania.

McMahon, B.F. (2002) "Healthy Trends in Lycoming County" Williamsport Sun-Gazette, Editorial, December 20.

McMahon, B.F. (2002) "The Power of a Loving Father to a Child's Well-Being" Williamsport Sun-Gazette, June 16, 2002.

McMahon, B.F. (2002) "The Power of Connectiveness" Keynote address for the Spring Public Health Institute, May 20-24, The Genetti Hotel, Williamsport, PA.

McMahon, B.F. (2001) "Life Management - Getting Organized and Getting it Done". Public Health Institute, October 19 and May 21, King of Prussia and Williamsport, PA

McMahon, B.F. (2002) "Health Improvement Efforts in Lycoming County; Current and Future Efforts". Dinner speaker for the Inter-Council of Kiwanis, May 7, Genetti Hotel, Williamsport, PA 17701.

McMahon, B.F. (2002) "Maintaining a Balanced Life" Keynote address for the Blast IU 17 Unit of Williamsport Spring Educational Seminar, April 24, 2002, Radisson Hotel, Williamsport, PA.

McMahon, B.F. (2002) "Solving the Child Crisis in Lycoming County" Williamsport Sun-Gazette, Editorial, April 14, 2002.

McMahon, B.F. (2002) "How to Set Resolutions That Will Last" Williamsport Sun Gazette, Article in Lifestyle section, January 1, 2002.

McMahon, B.F. (2001) "Volunteer - The Gift you Give Yourself" Williamsport Sun Gazette, Editorial, December 1, 2001.

McMahon, B.F. (2001) "Building Healthier Communities, One School at a Time" The American Journal of School Health, February, 2001.

McMahon, B.F. (2002) "Our Community Works for Betterment of Us All" Williamsport Sun Gazette, Editorial, June 17, 2001.

McMahon, B.F. (2000) "Lycoming County Health Improvement Data Results," Data presentation at the community retreat on October 17.

McMahon, B.F. (2000) "Balancing Life's Responsibilities," Keynote address at the Women's Millenium Conference, Williamsport, PA: October 7.

McMahon, B.F. (1999). "Healthy Management Skills to Maximize Work and Family Effectiveness", Worksite wellness workshop for Country Cupboard, Lewisburg, PA August 23.

McMahon, B.F. (1999). "LifeSkills", Workshop for the Annual Leadership Lycoming Professional Conference, Williamsport, PA: February 10.

McMahon, B.F. (1999). "Project S.H.A.R.E." Published in the CDC; s National Center for Chronic Disease Prevention and Health Promotion Database.

McMahon, B.F. (1999). "Project SHARE: Building Healthy Communities One School at a Time", Workshop at the American School Health Association's 72nd National School Health Conference, Colorado Springs, Colorado October 9.

McMahon, B.F. (1998). "Life Management" Women's Health and Professional Forum, Williamsport, PA: October 16.

McMahon, B.F. (1998). "Roads to Personal Success" Keynote address at the Blue Cross Blue Shield Sales and Marketing Conference, Lake Harmony, PA: September 16.

McMahon, B.F. (1998). "You Can't Imprison a Mind" Graduation Speaker for the 1998 Award Ceremony at the United States Penitentiary, Lewisburg, PA: September 3.

Stratton, B.F. (1998). "Taking Care of Others Without Losing Yourself" Keynote address for the Pennsylvania State Foster Parent Association Conference, Williamsport, PA: June 6.

Stratton, B.F. (1998). "Realizing the Heights of Your Power as One" Keynote address for the Pennsylvania Association of Healthcare Auxiliaries, Hershey, PA: May 5.

Stratton, B.F. (1998). "Self-Empowerment" Keynote address for the Annual Women's Health & Wellness Conference, Gettysburg, PA: March 14.

Stratton, B.F. (1998). "Personal Empowerment" Leadership Lycoming's Personal Leadership Seminar, Workshop, and Williamsport, PA: February 18.

Stratton, B.F. (1997). "Balancing Your Life" Annual Staff Retreat for the American Cancer Society, Keynote Address, Split Rock, Pocono, PA November 7.

Stratton, B.F. (1997). "Caring For Yourself While Caring For Others" Annual Office Professional Seminar held at Pennsylvania College of Technology, Williamsport, PA.

Stratton, B.F. (1997). Project SHARE: Safety & Health Attained through Responsibility for Education. Workshop Presentation- 5th Annual Title I Schoolwide Projects Conference, Philadelphia, PA: February 2-4.

Stratton, B.F. (1997). "Your Power As One." Columbia- Montour 17th Annual Women's Conference, Keynote Closing Address, Bloomsburg, PA: April 5.

Stratton, B.F. (1997). "Life Management." Confluence of the Pennsylvania Medical Society Alliance Annual Conference, Keynote Address, State College, PA: April 29.

Stratton, B.F. (1997). "Navigating Safely Through These Challenging Years." Annual American Cancer Society's Staff Conference, Keynote Address, Split Rock, PA: November 7.

Stratton, B.F. (1996). "Taking Care of Yourself While Taking Care of Others." Workshop Presentation- Pennsylvania Association of Hospital Auxiliaries 1996 Conference, Hershey, PA: May 15.

Stratton, B.F. (1995). "Breast Self Examination: The Neglected Tool in the Early Detection of Breast Cancer- The LifeCenter." Workshop Presentation- Pennsylvania Health Educators Institute. Harrisburg, PA: March 29 & 30.

Stratton, B.F., et al. (1994). Planning and Partnering for Healthier Communities. Journal of Health Care Marketing, 14(4): 10-11.

Stratton, B.F., et al. (1994). Breast Self- Examination Proficiency: Attitudinal, Demographic, and Behavioral Characteristics. The Journal of Women's Health, 3(3): 185- 195.

Stratton, B.F. (1994). "Hospital Based Health Promotion- The LifeCenter." Workshop Presentation- Pennsylvania Public Health Association, Harrisburg, PA: March 30.

Stratton, B.F. (1994). "A New Approach to Community Services- The LifeCenter." Workshop Presentation- The Pennsylvania Association of Hospital Auxiliaries 1994 Conference and 44th Annual Meeting, Harrisburg, PA: May 10.

Stratton, B.F. (1994). " Proficient Breast Self- Examination- Implications and Recommendations for Public Health Educators." Workshop Presentation- Pennsylvania Health Educator's Institute Annual State Conference, Harrisburg, PA: March 23, 1994. Research results also presented at the Pennsylvania Public Health Association Annual State Conference in Harrisburg, PA, March 30.

Stratton, B.F. (1994). "Proficient Breast Self Examination (BSE) and Its Relationship to Weeks Post Training and a Women's Demographic, Socio-Economic and Behavioral Profile." Workshop Presentation- American Alliance for Health, Physical Education, Recreation, and Dance, Denver, CO: April 14, 1994. Abstract presented in Research Quarterly for Exercise and Sports Science.

Stratton, B.F. (1993). "Proficient Breast Self Examination- A Key to Early Detection of Breast Cancer." Poster Presentation- American Public Health 121st Annual meeting, San Francisco, CA: October 24-28.

Stratton, B.F. (1991). Euthanasia: An International Perspective. The Eta Sigma Gamma Monograph Series, 9(1), 61-67.

Stratton, B.F. (1989). Pulmonary rehabilitation: For the Breath of Your Life. Journal of CardioPulmonary Rehabilitation, 9, 80-86.

Deliver over 40 keynote addresses/presentations/workshops/inservices and/ or publications regionally each year.

COMMITTEES:

Health Science Department

- First Year Student Seminar Trainer (2006-present)
- Community Health Accreditation Process (SOPHE/AAHE) (2002-present)
- Search Committee (1997-present)
- Assessment Representative (1998-present)
- Evaluation Committee (1997-2009)
- Independent Study Committee (1997-2008)

University-wide

- Middle States Assessment Team, Chair (2008-present)
- Foundations of Excellence for First Year Students, Co-Chair (2008-present)

Human Subject Research Review Board, Co-Chair (2000-present)
First Year Experience Committee (2000-present)
Outcomes Assessment University Wide Team (1998-present)
Alternative Leave Committee (1999-2008)
Teaching Learning Center, Chair of Service Learning task force (1998-2008)
Teaching Learning Center Travel Support Grant Review (1999-2008)
Sabbatical Leave Committee, Chair (1997-2006)
General Education Task Force (summer 1999)

UNIVERSITY SERVICE

Student Orientation (1997-present)
Outcome Assessment (1998-present)
Annual Faculty Phonathon (1998-present)
President's Commission on the Status of Women, co-Chair (2001-2009)
Serve as the Lock Haven University representative in Denver Colorado for the Outcome Assessment Conference and a member of the General Education Task force in the summer of 1999

COMMUNITY SERVICE AND BOARDS

Founder of the Favours Forward Foundation (2009- present)
Program evaluator & assessment manager for The Community Alliance for Progressive Positive Action (CAPPA), (2007-present)
Lycoming County Health Improvement Coalition (1994-present)
Vice President 1996-99, President 1999-2002
Trainer for Women's Shelter in Lycoming County (2003-2007)
Adopt a family and school service learning projects (1999-present)
Foster Parent 2003- present
Children's Discovery Workshop Executive Board (2004-2007)
Partnership Lycoming – Community Action Research (2005-2007)
River Valley YMCA Executive Board (2007)
The Institute for Healthy Communities State Board (1999-2003)
South Williamsport School Board (1995-1998)
Big Brothers/Big Sisters (1996-1998)
American Heart Association (1990-1998)
President of the American Heart Association (1995-97)
Medical Director for the AHA (1994-95)
Preventing Teen Pregnancy (1989-1997)
Chamber of Commerce Education Board (1993-1997)

SELECTIVE GRANT AWARDS:

Junior League

First Community Foundation – Treehouse Grant

Favours Forward Foundation will partner with teachers, guidance counselors, and social service agencies to evaluate and match youth suffering from life-changing hardships with youth serving

organizations. **Partners to Promise Youth Initiative's** mission is to reduce the negative impact of these events. Research will include a systematical approach to measuring the impact of these events and the activities of this initiative. Pre/post tests assessing a child's sense of hope, degree of depression, self efficacy, and resiliency will be administered. Results will be used to develop a regional "promising approach" to reducing the negative impact of ACEs.

Williamsport/Lycoming Community Foundation; \$5000 grant to implement the Favors Forward Foundation which is designed to provide a social network to unite individuals' time, talents, and treasures in effectively providing assistance to people in meeting their current needs, as well as facilitate matching people to programs and services that exist in our county (October 2009).

First Community Foundation; \$2000 grant to provide the "Making My Dream A Reality" essay contest with 74 socioeconomically disadvantaged youth participating in CAPP (2009).

United Way of Lycoming County; \$2000 grant to provide the "Do Good Diaries" project in partnership with Salvation Army, YWCA, The Community Center and Lycoming County Health Improvement Coalition youth groups. Funding is used to support LHU students in implementing and evaluating this program (August 2009).

State System of Higher Education, Faculty Professional Development Council Grant; \$5000 grant to development and promote a comprehensive and user-friendly health and human service guide in Clinton County (2007-2009)

Assist with multiple grant writing projects with Lycoming County Health Improvement Coalition and Multiple Non-profit community health organizations in partnership with LHU students (1994-present).

Service Learning and Community Based Research Grant, funded by the Pennsylvania Service-Learning Alliance, Spring 2002: \$4000 granted to coordinate and facilitate research project and assist the most at risk students in Keystone Central School District and their families.

Service-Learning Curriculum Development Grant, Fall 2001: \$1949 granted to integrate community service with academic development in HLTH 410 Community Health Organization Management. Seven senior community health majors were sent to a national Conference on Community Health Improvement.

Various grants to support activities of Lycoming County Health Improvement Coalition (Approximately \$300,000 per year) 1994 – present.

Health Science Club, October 1999: \$500 granted from contingency funds from Student Council and October 1998: \$1200 granted (Educational aids and material to use in the local elementary schools, training provided by health science majors from LHU)

City of Williamsport, January 1997, 1998: \$35,000 granted (Health Improvement Projects in high poverty schools). This funding is used to continue an ongoing pilot study.

Williamsport Lycoming Foundation, January 1997, 1998, 1999, 2000: \$15,000 granted over three years. Funding used to continue and expand the Health Improvement Projects in high poverty schools.

West Branch Drug Commission, April 1997: \$ 9,000 granted. Funding to be used to continue and expand the Health Improvement Projects in high poverty schools.

Williamsport Area School District, July 1996: \$30,000 granted (Health Improvement Project for Lose School). Funding used to provide a full time project manager to champion health and safety improvement projects to be directed at the highest poverty stricken school in Lycoming County (83% of the children live in poverty).

The Lycoming County United Way, August 1996: \$4,000 granted (High Risk Parent Mentoring Program). Funding used to match high-risk parents with mentors to assist them in parenting, positive role modeling and healthy development.

The Lycoming County United Way, June 1993: \$3,000 granted (Teen Pregnancy Prevention Education). Funding used to purchase educational videos, which were placed throughout the region free. These free videos and accompanying brochures were selected in an attempt to act as starters for parents and preteen/teens to talk openly about sexuality and family values.

Bristol Myers Squibb, September 1993 and 1994: \$ 2,450 granted (490 free community cholesterol screens provided). Funding used to provide a week long free community cholesterol screen.

The Williamsport Hospital Foundation, July 1992: \$39,195 granted (1.5 FTE health educators); July 1993: \$41,455 granted (2.5 FTE health educators); January 1996: \$64,000 granted (3.5 health educators). Funding used to provide health educators at The LifeCenter, a health promotion, disease prevention and early detection community center providing free services, education and health screenings.

MEMBERSHIPS AND CERTIFICATIONS

Victim Assistance Certificate, Office for Victims of Crime Technical Assistance Center,
November 2009-present

Ecollege Teaching Certificate, March 2005

Human Subject Review Board National Certificate, February 2005

American College of Sports Medicine, Exercise Specialist (1984-present)

Certified Health Educator (CHES) (2002-2009)

Eta Sigma Gamma Honorary Society

CPR and First Aid Instructor

Certified Massage Therapist

Pennsylvania School Board Association (1995-1997)

American Business Women's Association (1990-1997)

American Public Health Association (1996-1999)

Advisory Boards:

Advisor for the Health Science Club at Lock Haven University
Lycoming County Health Improvement Partnership
Lycoming County Health Improvement Partnership, Member of the Preventive Care
Task Force Sub-committee (1994-1997)
Institute for Health Communities State Advisory Board (1994-1997)

HONORS:

- 2011 Finalist for Person of the Year in Lycoming County
- Woman of Distinction in Lycoming County for 2011 selected by the Regional YWCA
- Rotary Club of Williamsport – 2009 Non-Rotarian of the Year
- Who's Who in American Business Women 2008
- Who's Who in American Teachers 2005/2006/2007/2008/2009
- Outstanding Service to American Business Women's, October 2004
- Outstanding Volunteer of the year – 2003 – Lycoming County Health Improvement Coalition
- Lock Haven University Outstanding Service Award, September 2002
- Induction to the East Stroudsburg University Sports Hall of Fame (All-American Gymnast) September 2002
- Citation from the House of Representatives for distinguished tenure of community service as President of Lycoming County Health Coalition from 1999-2002
- Citation from the Senate of Pennsylvania for outstanding record of service to the Lycoming County Health Coalition as President from 1999-2002
- American Heart Association Volunteer of the Year 1996
- American Business Woman of the Year 1995
- All-American Collegiate Gymnast
- Outstanding Senior Collegiate Athlete East Stroudsburg University 1980
- Eucharistic Minister (2001-present); Sunday School Teacher (2001-2007)