

BETH F. MCMAHON, Ph.D.

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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:

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

- Courses: Introduction to Health, Community Health, Community Health Organization Management, Lifeskills for Health Promotion, Current Health Issues

Adjunct Professor, 1990- Present
The Pennsylvania State University, University Park, PA

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

Adjunct Professor, 1990 - Present
Lycoming College, Williamsport, PA

- Course: Wellness for Life

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 had direct responsibility for 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. (2003) "Life Management: How to Get Organized and Get it Done", Public Health Institute, Staff Training, October 31, Harrisburg, 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) "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 50 keynote addresses/presentations/workshops/in-services and/ or publications regionally each year.

COMMITTEES:

Health Science Department

Community Health Accreditation Process (SOPHE/AAHE) (2002-present)
Search Committee (1997-present)
Evaluation Committee (1997-present)
Independent Study Committee (1997-present)
Assessment Representative (1998-present)

University-wide

First Year Experience (2000-present)
Alternative Leave Committee (1999-present)
Sabbatical Leave Committee, Chair (1997-present)
Human Subject Review Board (2000-present)
Teaching Learning Center Travel Support Grant Review (1999-present)
Outcomes Assessment (1998-present)
General Education Task Force (summer 1999)
Teaching Learning Center (1998-2000)

UNIVERSITY SERVICE

Annual Faculty Phonathon: Coordinate the recruiting phonathon within the Health Science Department (1998-present)

Student Orientation: Participate each semester as a representative of the Health Science department in greeting and providing tours for potential students (1997-present)

Outcome Assessment: Coordinate and provide inservice for the Health Science Department on our outcome assessment plan (1998-present)

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

The Institute for Healthy Communities State Board (1999-present)

Lycoming County Health Improvement Coalition (1994-present)

Vice President 1996-99, President 1999-2002

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:

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)

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, 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

American College of Sports Medicine, Exercise Specialist (1984-present)
Certified Health Educator (CHES)
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
Institute for Health Communities State Advisory Board
Lycoming County Health Improvement Partnership
Lycoming County Health Improvement Partnership, Member of the Preventive Care Task Force Sub-committee (1994-1997)

HONORS:

- 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
- Susquehanna Health System Care Employee of the Month 1996
- American Business Woman of the Year 1995
- All-American Collegiate Gymnast
- Outstanding Senior Collegiate Athlete East Stroudsburg University 1980
- Sunday School Teacher
- Eucharistic Minister