

# The Bear Essential



Spring/Fall 2014

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## Dr. Suanne Maurer-Starks, EdD, ATC

Hi Everyone. This time of the year typically affords many of us the opportunity to become reflective and to identify the accomplishments and set backs of the current academic year. Here at BSU, we are no different and I would like to take a bit of time to outline our many activities and positive outcomes we have experienced.

There have been many accomplishments from our current year, including: students presenting their research at the EATA conference; having a scholarship award winner at the EATA conference; having our UG senior cohort and G first year cohort present their research at the BSU Research Symposium as well as the CAATE extending our accreditation for both the UG and G programs through to the year 2022-2023.

In addition, our original five students and faculty member who volunteered for the 2013 Boston Marathon were invited back to participate in the 2014 Boston Marathon. I know this years' experience was beneficial to all of those who were involved and the outcome was so much different than the 2013 Marathon and I am hopeful the experience from this year aided the cohort in their effort to continue to move forward.

For those of you following BSU, you may have noticed we created a new logo in last fall. Additionally, we rolled out a Facebook page using this logo this past spring. Please look for us on the page as this can keep you up to date with the happenings at BSU. Dr. Wise was kind enough to set up a day at her former 'digs' at Northeastern University and take a cohort of students to the cadaver lab. Dr. Leslie Day offered a two-hour cadaver anatomy session with the students. As you can imagine, this was well received and a positive experience for all who were able to attend.

We have been given word the Marcia K. Anderson scholarship is now fully endowed and gave out our first scholarship monies at our annual reception in May. In addition, we are welcoming in a new UG class of 10 and a G class of 10. We graduated 17 this year from our UG class and 13 from our G class. With regard to BOC Exam results, we have done very well with both cohorts. From our UG cohort, we had 10 students who have sat and passed the BOC at their first attempt. From the G cohort we had **all** 13 who have passed; 12 passed at the first attempt. Congratulations to all of the students, but also a big kudos to the AT Faculty and Preceptors who assist in the classroom and clinical setting providing a learning environment that provides for the experiences the students need in order to be successful.

With the success of the year, we have also experienced great loss. Sadly, first-year graduate student Cailey Bilodeau died during the spring term. During her short time in the program, she had positive impact on the AT Faculty, Preceptors and her cohort. Cailey's presence is not forgotten, but her death has had a profound impact on those in our BSU Family, and while we know we must move forward, we do so with heavy heart.

As we identify that there is always change, I ask that you follow the dialogue that will continue regarding the entry into the profession. Currently, the profession recognizes the bachelor's degree as

entry into the profession. Much is being debated over this, and the AT Faculty at BSU strongly believes the entry into the profession will change to an Entry-Level Masters (ELM) degree. No decision has been formally rendered at any level, however, with reports that have been made public, it seems this change will occur, we just do not know when. That said, the BSU Faculty continues to look to create programs that will separate us from other programs. What we will continue to strive to do is to offer the best programs possible!

We hope you have a successful fall season.

# A Word from Dr. Kimberly Wise

Hello all,

On behalf of the entire Bridgewater State Athletic Training community, THANK YOU for your extraordinary efforts with clinical education. Obviously, the support you afford the programs and students is indispensable. Equally important is the sense of community created when you, as preceptors, join together towards a common goal of student education. As we move forward into a new vision of clinical education, I wanted to extend gratitude to the preceptors/sites that have secured the foundation of clinical education here at BSU:

We would like to thank, namely, Kathleen Thornton at Bishop Stang High School; Steve Medeiros at Boston College High School; the staff at Bridgewater State University, including Jeanne O'Brien, Chris Noyes, Ally Treen, and Colin McCullough; the staff at Brown University, including Russ Fiore and Beth Conroy; the staff at Bryant University, including Patrick O'Sullivan, Melanie Gran, and Shawna Turbyfill; Nate Riel at Diman Reg. Voc. Tech. High School; Lori Johannessen at Greater New Bedford Reg. Voc. Tech. High School; the staff at Massachusetts Maritime Academy, including Chris Barry and Colleen Nolan; the staff at New Bedford High School, including Rick Huston and Nate Walker; Bob Barksdale at Norwood High School; Bryn Van Patten at Providence College; the staff at Roger Williams University, including Joshua King, Louise Humphrey-Arruda, and Cory Viveiros; Peter Krysko at Stonehill College; and Jennifer Dowd at Stoughton High School.

We also want to extend gratitude and welcome our new colleagues:

Stephen Bushee at Boston College; Randy Macy at Bridgewater State University; Matt Culp at Brown University; Kathy Gruning at the Buckingham Browne & Nichols School; Christina Butler at Canton High School; Dianne Sartanowicz at The Fessenden School; the staff at Harvard University, including Brant Berkstresser, Chad Krawiec, Theresa Kennedy, Corey Lanois, Matt Whalen, and Andrei Tarsici; Flo Russo at the Reggie Lewis Track and Athletic Center; Steve Clark at Sports and Physical Therapy Associates; the staff at Tufts University, including Nick Mitropoulos and Fiona Donegan; the staff at UMass Boston, including Ed Perkins and Katie O'Sullivan; Lauren Crombie at Weymouth High School; Nate Withington at The Wheeler School; and Lexie Watkins at Whitman-Hanson Reg. High School.

In addition, the Bridgewater State University Athletic Training Program is excited to announce four new clinical affiliations that we hope will become invaluable sites for many years to come. Welcome to

Ullucci Sports Medicine and Physical Therapy, Inc.; Boston Children's Hospital; St. George's School; and the New England Revolution of the MLS.

Now, some new happenings that have enriched clinical education this year - BIG Kudos to Linda Lalli, Transitional Year Residency Program Coordinator, at Brockton Hospital. She and her support team have graciously afforded multiple learning opportunities in areas such as Radiology, Emergency Medicine and Cardiac Rehabilitation, where the students observe patients participating in not only weight management, but also cardiac preventative exercise. However, the most intriguing opportunity offered is with Dr. Marshal S. Armitage, Orthopedic surgeon and Director of the Residency Program.

The second BIG Kudos was the exceptional experience received at Northeastern University. Leslie Day, Associate (PT) Department Chair & Cadaver Director, offered a group of seniors (7 undergraduate & 5 graduate) a two hour learning experience in their cadaver anatomy lab. We look to continue the dialogue as to how we can move forward in this relationship and develop some type of course affiliation between BSU and NU.

The new and existing relationships that have developed over the past year mean much. I offer many thanks to all of you and to those who continuously give to the betterment of our Program. And finally, I do believe your efforts give something very real to the larger athletic training community; clinical instruction is a mammoth undertaking, and your work makes it look – from the outside anyway – easy.

With great appreciation,



## **Nate Riel - Preceptor at Diman Regional Vocational Technical High School**

Fall River, MA

Nate Riel is an athletic trainer working at Diman Regional Vocational Technical High School in Fall River, MA. Nate attended Kenne State College and earned his undergraduate degree in athletic training in 2002. He also went on to the University of New Hampshire working as a graduate assistant athletic trainer and earning his Masters degree in exercise science in 2007.

Nate currently holds a position at Southcoast Hospital as an Injury prevention specialist and athletic trainer. He was been with the hospital and at Diman for 8 years. Nate works as a full time athletic trainer in the high school setting. There is one athletic training room at Diman RVTHS and is located below the basketball court. The athletic training room is connected to the lockers rooms and down the hall from the fitness center. In the fall he oversees four different sports and in the winter he oversees 3 sports and in the spring he has 3 sports. There are around 450 students athletes at Diman. Nate is also the only athletic trainer at Diman regional. For rehabilitation, Nate utilizes the fitness center to for rehab exercises to help athletes return to play.

When asked why he chose athletic training as a profession, Nate said that he wanted to stay involved with sports and help people perform to the top of their abilities. Nate also has his strength and conditioning coach certification while working at Diman. With his strength and conditioning certification, he said it has helped him bring another level of expertise to his profession. With Nate's certification, he uses his skills to create rehab programs specific for each of his athletes' rehabilitation needs.

In the past several years, Nate has noticed that there is more emphasis on concussion awareness. At Diman, Nate uses Impact testing and the SCAT 2 on athletes with suspected concussions. He takes extreme precaution when treating concussions. He has also seen that the athletic training field is moving towards a more evidence-based practice. There has also been change in the structure of learning in student education in athletic training.

We asked Nate what his biggest challenge was, his response was, "learning how to be independent and taking on the responsibility of making decisions on his own as an athletic trainer." It took him a couple of years, when he first started athletic training, for him to fully be confident with his decision making. Words of wisdom from Nate, "KNOW YOUR ANATOMY! Always continue to learn!"



## Shawna Turbyfill- Preceptor at Bryant University Smithfield, RI

Shawna is an ATC at Bryant University in Smithfield, Rhode Island, where she has been serving athletes for 4 years. She holds several certifications and degrees including an Associate Degree in General Studies, a Bachelor of Science Degree in Athletic Training from Catawba College, a Master of Education in Sport and Exercise Psychology from Temple University and a Massage Therapy certification from Garret College.

Bryant University is a Division 1 institution in the Northeast Conference. The Chace Wellness Center houses their main athletic training room while their stadium houses a satellite training room used primarily for taping for both football and lacrosse. While entering her 5<sup>th</sup> year at Bryant, Shawna works with Men's Basketball and softball while overseeing an intern responsible for field hockey, cross country, and track and field. During the fall while her sports are out of season, she spends a lot of her time with the Men's Lacrosse team.

In high school, Shawna ran track with a coach who was also the strength and conditioning coach. With his education, he made his athletes learn the major muscles and bones and how they worked during their lifting sessions. The learning during lift lead her to question how these structures get injured and when they do, how do they get fixed; thus leading her to study athletic training. Her own injuries also intrigued her interest, further leading her towards her career in athletic training.

What about her national massage therapist certification and masters degree in sport psychology? "I use both of these tools EVERY DAY in the athletic training room!" She explains to us how massage therapy taught her to approach injuries slightly different than most athletic trainers and involves work with both the muscles and joints of the body. Furthermore, her education in sport psychology helps in dealing with athletes during recovery, but also helps her pick up on issues the athlete might be dealing with outside of athletics. She certainly is using the tools in her toolbox! Her thoughts on our changing profession are that it is constantly doing exactly that, changing! From having more women than men, to being used in a variety of settings outside athletics. It is just one more reason she loves it so much.

Her biggest challenge seems to be one that our profession struggles with as well, Athletic Trainers do much more than tape some ankles! She describes taking whatever means necessary to communicate and check in on each of her teams while she has two teams in-season at the same time. Though this does include checking up on injuries, it goes far beyond that with gaining the trust and forming important relationships with her athletes.

Shawna's words of advice - "If you want to do this job then you need to love it! It's long hours, not always the best pay, and sometime you live out of a duffle bag....but you get front row seats to some awesome sporting events, celebrate the big wins, and cry with painful loss', and sometimes that duffle bag you live out of takes you to some pretty cool places. In this job a

hug from a parent on senior day while they whisper "thanks for keeping my baby in one piece!" in your ear is more than any monetary amount. Watching an athlete go from screaming in pain and being told their season is over to coming back bigger, faster and stronger is better than any trophy given. If that's not enough for you....then athletic training should not be your profession.” We thank Shawna for her contributions to our program and for continuing to provide our students with great experiences.



## Cory Viveiros - Preceptor at Roger Williams University

Bristol, RI

Cory Viveiros earned his undergraduate degree in Athletic Training from Bridgewater State University in 2011. Cory is also currently enrolled at California University of Pennsylvania online masters program for a degree in exercise science and health promotion with a concentration in rehabilitation science.

Cory Viveiros is the Assistant Athletic Trainer at Roger Williams University and just completed his third year at the university. Roger Williams University is a Division III college. The staff at Roger Williams has three full time athletic trainers and one part time athletic trainer who covers club sports. There are a total of 22 varsity sports with around 600 athletes. At RWU there are 2 athletic training rooms. The downstairs ATR is the main room with

offices and the majority of their equipment, also where they have their rehabilitation programs and the other room is mainly for pre/post practice and pre/post game treatments for their outdoor sports.

Cory chose athletic training because, when he was a high school athlete during football season, he had sustained an injury to his knee. After surgery and months of PT, he found that he was extremely interested in how the human body worked and healed itself. Cory originally wanted to go into PT but when he saw what the athletic trainer did compare to a PT, he fell in love with that. He loves being the first responder to an injury; he also loves the diagnostic part of athletic training as well. Being able to see an injury happen, being able figure out what the problem is and then being able to create a program to get that athlete back on the field. Cory says, “just the aspect of seeing an injury from beginning to end is what makes the profession special.”

He is currently working towards his masters in exercise science with a concentration in rehabilitation science. This will allow Cory to take the certification test and receive his Corrective Exercise Specialist (CES) certification. In the short time that he has been in this profession he thinks the biggest change the recognition that athletic trainers are starting to receive. “While you are never going to get all the recognition that you deserve as an athletic trainer, there seems to be more and more understanding of what we do.”

There are always numerous challenges that an athletic trainer will face. One is what Cory just mentioned in the previous question, while there is starting to be more of an understand of what we do we as a profession still have to “prove” and reassure people that we know what we are doing and that we are health care professionals. Dealing with coaches, athletes and depending on where you work sometimes parents will always pose as a problem.

Athletic Training is has to be more than just a job for you, you really have to love this profession. You can't do this for the money or the fame. There are always going to be long days and very few days off. But there is something about seeing an athlete at their absolute lowest when they are injured and not play and then seeing them when they make it back on the playing field. Also knowing that at any point

during the day you could save someone's life, whether it is a hands on emergency or if just you sitting down an talking and explaining to them that getting their "bell rung" is more than just part of the game, that it can be a serious medical problem. Make sure you study hard and are always willing to do more than you have to. You can never get too much experience and you never know what you are going to see.



## Meredith Curry - Graduate ATS

New Bedford, MA

Meredith is a 2014 graduate of the MS program and is from New Bedford, Ma. She did her undergraduate studies at University of Massachusetts Amherst and received a Bachelors of Science in Kinesiology.

**Why Athletic Training?** In high school, she was a three-season athlete, and found herself in the athletic training room quite a bit. She loved spending time in there. Her ATC was always making jokes and made the environment in the athletic training room fun and comfortable. Her experiences in high school made her want to pursue a career in sports medicine. In college, she went back and forth between a career in athletic training and physical therapy. She worked in couple of different PT clinics and really enjoyed it. During her last semester at UMass Amherst she completed a practicum course in the athletic training room. She then realized that she found the same atmosphere that she loved so

much in her high school AT room. That is when she decided that athletic training was what she had a true passion for.

Choosing BSU was an easy decision for her because of the great reputation the program received and the highly qualified faculty members. The small class size was also a strong appeal after being in such large classes at UMass. Being from Massachusetts was just an added bonus.

Meredith's four clinical sites have been Wheaton College, Greater New Bedford Regional Vocational Technical High School, Bridgewater State University and Harvard University. Her most memorable moment in her clinical education was being able to be in full control of the rehabilitation and progression of a post-surgical fibula fracture from beginning to end. It was a great experience for her to see that she was capable of using what she learned in class and throughout her clinical rotations and put it all together. Her most memorable quote from a preceptor was from Don Gazzero, "The spleen is on the spleft."

Meredith has been on the Dean's List all four semesters at Bridgewater State University. She was also nominated and received the Graduate Athletic Training Student of the Year at BSU. Meredith has completed some research at BSU titled "Prevalence and Treatment of Latent Trigger Points in Runners." Meredith plans to pursue a career in athletic training at the high school or collegiate level.



## Evan Chandra - Undergraduate ATS

Ashland, MA

Evan Chandra is a second year undergraduate athletic training student. Evan is from Ashland, Massachusetts and comes from a family of 5 including his mother Krishna, father Prabir and two older brothers Amick and Neelav.

Why Athletic Training? Evan has always wanted to help people in way that would be rewarding for them and him as well. Athletic training fits that category perfectly for him because he can help athletes get back to the sports they love. He experienced this when he used to play soccer and while he was out with an injury or concussion, he was glad that an athletic trainer was there to guide him and rehabilitate him back to play with no worries. He learned a special kind of appreciation for that kind of profession.

Evan chose BSU to pursue his athletic training education because of the affordable program and all of his athletic trainers from high school attended BSU and spoke very highly of the program.

Evan's clinical experiences have included Roger Williams University and Diman Regional Vocational High School. His most memorable moment during his clinical education was when he treated an athlete with shoulder and quad problems. He did the entire rehab with the patient from start to finish and was able to see her return to play to her full potential with no pain. It was a very rewarding experience and a great feeling for him knowing that he helped someone get better and play the sport they love. The most memorable quote from an ACI was from Nate Riel, at Diman High School, "Never change who you are."

Evan has been on the Dean's List every semester at BSU. He has also been asked to join the Honor's Society because of his grades. Evan worked on research with Joe Richard, a fellow classmate, on Cauda Equina Syndrome in a 30 year-old male recreational athlete. Evan plans to graduate from the athletic training program and continue on to graduate school to get a Doctorate of Physical Therapy.

# Faculty Accomplishments

Dr. Suanne, Dr. Wise and Dr. Leone presented at the Eastern District Association Annual Meeting in Newport, RI. On the topic, “Are you catastrophically prepared?”

Dr. Wise is the Co-Chair of the Continuing Education Committee on the Athletic Trainers of Massachusetts. She, along with Cris Haverty and Kathy Thornton put together the annual combined RI and MA Athletic Training Conference that was hosted by BSU.

Congratulations to Dr. Leone as he graduated from Northeastern University with a MPH in May 2014 focusing in urban public health. He also was an Invited speaker at Harvard School of Public Health and spoke on Understanding 'normative content' and its clinical implications. In addition, Dr. Leone has been elevated to Board Editor for the Psychology of Men and Masculinity journal. Here are two articles from AT Faculty that are in press:

Leone JE, Mullin EM, Maurer-Starks S, Rovito MJ. The Adolescent Body Image Satisfaction Scale [ABISS] for Males: Exploratory Factor Analysis and Implications for Strength and Conditioning Professionals. *J Strength Condit Res* (2014, In Press).

Leone JE, Wise KA, Mullin EM, Drewniany J, Harmon W, Moreno N. The relationship between pubertal timing and alexithymia and the drive for muscularity and muscle dysmorphia. *Psychol Men Masc* (2014, In Press).

# Our Accomplishments

The following undergraduate and graduate students presented their research at the BSU Research Symposium:

## Undergraduate Student Research

Megan Bellemore, Joseph Sanford, Brian Fallon & Noah Peduzzi (Mentor: Dr. Pamela Russell, Movement Arts, Health Promotion & Leisure Studies) “Immediate Joint Angle Transitions from Shod Barefoot Running: Preliminary Findings”

Adam Bennett & Zachary Cyr (Mentor: Dr. Suanne Maurer-Starks, Movement Arts, Health Promotion & Leisure Studies) “Lateral Femoral Condylar Fracture and Posteromedial Patella Fracture with Associated Osteocondritis Dissecans in a High School Field Hockey Athlete”

Matthew Campbell, Tom Douette & Ben White (Mentor: Dr. James Leone, Movement Arts, Health Promotion & Leisure Studies) “Validity of the McMurray’s Test”

Kaitlyn Mohler & Stephanie Adukonis (Mentor: Dr. Suanne Maurer-Starks, Movement Arts, Health Promotion & Leisure Studies) “A Case Study of Osgoods Schlatter’s Disease in a High School Soccer Player”

Jordan Leonard (Mentor: Prof. Kimberly Wise, Movement Arts, Health Promotion & Leisure Studies) “The Functional Movement Screen: A Mini Meta Analysis”

Crystal Carvalho & Alexis Forsythe (Mentor: Prof. Kimberly Wise, Movement Arts, Health Promotion & Leisure Studies) “Misdiagnosis of a SLAP Lesion”

Brian LaBelle (Mentor: Dr. Tom Wu, Movement Arts, Health Promotion & Leisure Studies) “The Effect of Football Cleat Height on Ankle Movement”

Kristen Robillard & Jordan DaSilva (Mentor: Dr. Suanne Maurer-Starks, Movement Arts, Health Promotion & Leisure Studies) “Nutritional Survey for Collegiate Female Athletes: Is There a Need for Education?”

Nicholas DeCastro (Mentor: Dr. Tom Wu, Movement Arts, Health Promotion & Leisure Studies) “Kinematic Analysis of the Snap Down Technique in Folk-Style Wrestling”

## Graduate Student Research

Roya Johnson (Mentor: Dr. Pamela Russell, Movement Arts, Health Promotion & Leisure Studies) “Electrical Stimulation: Adequate Treatment for Upper or Lower Extremity Spasticity?”

Moonsung Jo (Mentor: Dr. Pamela Russell, Movement Arts, Health Promotion & Leisure Studies) “Relationships between Anterior Pelvic Tilt and Hip Muscle Strength”

James Scanlon (Mentor: Dr. Pamela Russell, Movement Arts, Health Promotion & Leisure Studies) “Patient Perceptions Surrounding Soft Tissue Mobilization Techniques”

Victoria Cooley (Mentor: Dr. Pamela Russell, Movement Arts, Health Promotion & Leisure Studies) “Kinesio Tape and Ankle Sprains in Collegiate Athletes”

Scott Thornton (Mentor: Dr. Pamela Russell, MAHPLS) “Comparison of Proprioceptive Neuromuscular Facilitation and Static Stretching: Hamstrings”

Joo sung Kim (Mentor: Dr. Tom Wu, MAHPLS) “The Effects of Load Mass Variations on Front and Back Squat Movement Coordination Patterns”

Kate Fullerton (Mentor: Dr. Pamela Russell, MAHPLS) “Effects of Kinesiology Tape on Return to Play Time”

Allison Hetrick (Mentor: Dr. Pamela Russell, Movement Arts, Health Promotion & Leisure Studies) “Dietary Salt Influence on Exercise-Induced Asthma”

Leann Norrman (Mentor: Dr. Pamela Russell, Movement Arts, Health Promotion & Leisure Studies) “The Placebo Effect of Ankle Taping”

Virginia Rhoads (Mentor: Dr. Pamela Russell, Movement Arts, Health Promotion & Leisure Studies) “Patients with Chronic Ankle Instability: Tape or a Brace?”

Annie Chen (Mentor: Dr. Pamela Russell, Movement Arts, Health Promotion & Leisure Studies) “Effects of Chiropractic Adjustments on Sacroiliac Joint Stability”

Emily Vartabedian (Mentor: Dr. Pamela Russell, Movement Arts, Health Promotion & Leisure Studies) “Turnout and Risk of Injury in Irish Step Dancers”

Congratulations to the following students as they are the newest members of the NATA Profession – all becoming BSU’s newest ATCs!

Undergraduate Cohort

Meagan Bellemore	Adam Bennett	Sandra Custodio
Jordan DaSilva	Thomas Doucette	Brian Fallon
Jordan Leonard	Noah Peduzzi	Kristen Robillard
Joseph Sanford	Stephanie Adukonis	

Graduate Cohort

Jason Anderson	Ryoki Ayoki	Jennifer Ashley
Matthew Barsaleau	Aaron Baum	Meredith Curry
Mary Foster	Joosung Kim	Jared Lewis
Adam Newell	James Scanlon	Stephen Sablack
	Lindsay Twohig	

Junior Nicholas DeCastro has been granted a prestigious Adrian Tinsley Program Grant and conducted research this summer. His faculty advisor for this project is Dr. Tom Wu.

Preceptor Bryn VanPatten kept the Providence College Men’s Basketball team healthy all year and it paid off as PC won the Big East Tournament! Quite an accomplishment.

Preceptor Bob Barksdale has recently completed a Level 2 Medial Certification through Titleist Performance Institute and will be completing a Level 2 Functional Dry Needling course in May.

## Best in Their New Journey

We would like to thank Preceptors Kathy Thornton, Chris Noyes, Collin McCoulough and Bryn VanPatten as they begin the fall semester in new places of employment. We thank you for the mentoring and experiences you afforded our students and wish you the best in your new jobs.

# In Memory of Cailey A. Bilodeau



Sadly our program lost first year graduate student Cailey Bilodeau in March. A former member of the BSU Track & Field team and Alumni of BSU, Cailey was pursuing her Master's in Athletic Training. She was a loving, caring and strong individual. Her humor in stressful situations would always help to get us through. Although she was with us for such a short time, she made a profound impact on her graduate cohort and our entire program. Cailey was, is, and will forever be a part of our BSU Athletic Training Family. On behalf the Graduate Athletic Training Class of 2015, we'd like to dedicate this issue to our beloved friend, classmate and angel, Cailey.



## In Loving Memory Of Cailey A. Bilodeau



“Rest Easy”  
“Cailey A. Bilodeau”

Fundraising for donation made in Cailey’s name.  
Bracelets will be sold at: Adrian Tinsley Buiding  
Contact for inquires: [caileyscholarshipfund@gmail.com](mailto:caileyscholarshipfund@gmail.com)