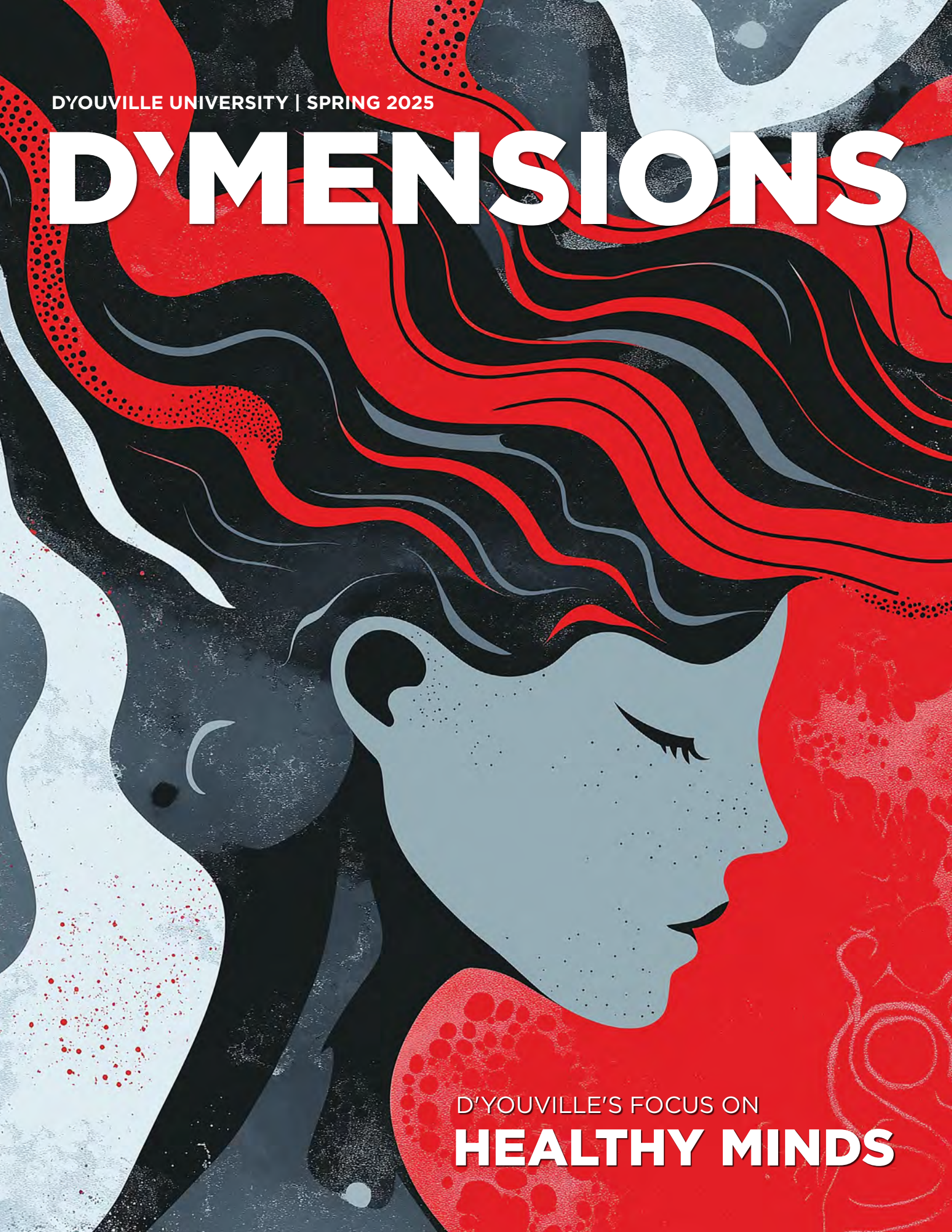




D'YOUVILLE UNIVERSITY | SPRING 2025

# D'MENSIONS

D'YOUVILLE'S FOCUS ON

**HEALTHY MINDS**



### **SAINTS ALIVE!**

The D'Youville volleyball squad earned its biggest win in program history on Nov. 23 when it tripped up Mercy University 3-1 in the East Coast Conference Championship game. One day earlier, the Saints upset the conference's No. 1 seed, Daemen, 3-2.

It was a surprise run for D'Youville, which finished its regular season with an 11-15 record, but a 7-5 ECC mark earned a seat in the conference tournament and a chance at their first trip to the NCAA Division II Volleyball Tournament, where they fell to national semi-finalist Bentley in the opening round.

*Photo by Geoff Schneider*



# D'MENSIONS

SPRING 2025 | VOLUME 21 | ISSUE 1



# 12

COVER STORY

## Healthy Minds

D'Youville University has expanded its mental health programs with a master's program in clinical mental health counseling and a doctoral program in clinical psychology. They've arrived at a time when the university has also invested resources to care for the mental health of its own student body.

# 28

## Buffalo's Wing King

On the heels of being named to the D'Youville Athletics Hall of Fame, alumnus Drew Cerza ('84) shares his journey from aimless business student to a marketing genius and founder of one of the top food festivals in the nation — the National Buffalo Wing Festival.



## 8 Tackling climate change in the classroom

D'Youville is taking a proactive approach to climate change by launching a Master of Science in Health, Wellness and Climate Administration degree.

## 9 New women's sports coming next season

Women's flag football and acrobatics and tumbling are the newest teams in D'Youville University Athletics.



## 22 Madonna Hall, then and now

Photos past and present of Madonna Hall, which after serving for a few years as a public high school, returns as a residence hall for students.

## 32 DYU Hall of Fame inducts new class

A soccer star, the Wing King (pictured left) and an entire softball team are the newest inductees into the D'Youville Athletics Hall of Fame.

### ALSO INSIDE

1 ..... President's Column  
7 ..... D'You Know  
36 ..... Alumni News

Cover image created using MidJourney generative AI software

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*D'Mensions Magazine will publish  
three times a year beginning in 2025.*

D'Youville University is a private university located on the vibrant west side of Buffalo, N.Y., preparing students for the 21st-century. Excelling at helping students reach their educational, professional and career goals, D'Youville instills adaptability, high expectations, hands-on experience and best-in-class education to our students to become change agents, working for themselves and their communities by doing good.

Founded in 1908, the Grey Nuns named the college after the Patron Saint Marguerite d'Youville to be a compassionate place of learning for those from underrepresented populations to give them a better life. As a school with a long Catholic history of supporting the underserved, D'Youville welcomes students of every culture, background and faith and is a place where traditions can be openly shared and respected.

D'Youville offers more than 50 majors in undergraduate, graduate and doctoral studies including advanced certificates and accelerated learning programs. With degrees in healthcare, business and the liberal arts, D'Youville's proud graduates have the academic rigor necessary for careers that make a difference for the world of tomorrow.

*Send story ideas, alumni notes and  
letters to [magazine@dyu.edu](mailto:magazine@dyu.edu)*

# Building a culture of mental health resiliency

*Dear D'Youville community:*

As we wrap up the 2024-2025 academic year at D'Youville University, celebration is in the air. Students who are completing their D'Youville degree are excited to walk across the stage, and for those in the middle of their academic journey, the end of a school year is another step closer to personal and professional career goals.

While this time of year is celebratory, we also know that it can be a season of great anxiety. These feelings can be brought on in numerous ways, whether it be final exams, papers, projects and presentations, fear of the unknown or separating from friends and a familiar environment.

At D'Youville University, student mental health is a cornerstone of the institution's broader commitment to academic success and personal development. Regretfully, there is a mental health crisis among college students nationwide. D'Youville stands out for our proactive approach to support the comprehensive well-being of our students. From our SaintsCare virtual counseling services to in-person support in our Wellness Lodge, the university strives to create an environment where mental health is treated with the same priority, care and support as physical health.

On the academic side, D'Youville also offers graduate programs in Clinical Mental Health Counseling and Clinical



The Wellness Lodge at D'Youville University is just one of the offerings for students to focus on their mental health during their academic journey.

Psychology. Additionally, the university integrates mental health education into our campus culture. Regular workshops, wellness seminars and mindfulness sessions empower students with tools to manage stress and build resilience. Peer support programs further foster a sense of community, where students can lean on each other for encouragement.

What sets D'Youville apart is our holistic approach to mental health, which recognizes that wellness is not solely the absence of mental illness but a balance of emotional, physical, and social well-being. With its diverse offerings and student-centered philosophy, D'Youville University is not just an academic institution, but a community committed to the health, success and happiness of every student.

In today's challenging world, it's reassuring to know that our students are not navigating their mental health alone.

To your good health!

A handwritten signature in cursive script that reads "Lorrie A. Clemo".

**Dr. Lorrie Clemo**

President, D'Youville University

## MEETING THE DEMAND

The number of physician assistants in the U.S. grew by 28 percent between 2018 and 2022, and the mean income for PAs grew by 8 percent during that time. D'Youville's PA program (pictured at a 2024 white coat ceremony) was the first of its kind in western New York when it launched in 2009.

*Photo by Dan Innes*



# Clearing the path to careers in health care

State-funded program offers tuition assistance for students entering certain health science programs

**WITH DEMAND FOR PROFESSIONALS** in the health care industry at an all-time high, the State of New York has partnered with D'Youville University to offer tuition assistance for students looking to enter certain high-demand fields.

The state's \$650 million Career Pathways Training Program will cover the cost of education for students over the next few years, eliminating the burden of student loan debt and providing opportunities for careers in high-earning fields. At D'Youville, those fields include: pharmacy technician, credentialed alcoholism and substance abuse counselor, nurse practitioner, family nurse practitioner, physician assistant, licensed mental health counselor and registered nurse.

"For years, we've been talking about health care shortages, which were exacerbated by the pandemic," said DYU President Dr. Lorrie Clemo. "Now we have an opportunity that the state has provided us to recruit and train healthcare professionals in these much-needed fields. We're grateful the governor has put this into effect, because it's going to be a tremendous benefit for western New York."



Learn more: Visit [dyu.edu/admissions](https://dyu.edu/admissions)



# Fuel D'YOUVILLE UNIVERSITY

At D'Youville University, every donation fuels the future of our students and strengthens our community. By investing in the D'Youville's student community, you help create opportunities for tomorrow's leaders and shape the university's legacy of excellence!

## WHY GIVE?

### EMPOWER STUDENTS

Nearly 100% of our undergraduates have demonstrated financial need, yet 95% of our students are employed at graduation. Your support helps our students achieve their career goals.

### ENHANCE OUR CAMPUS

With over 1.2 million square feet of facilities —academics, athletics, performing arts— D'Youville needs your support to keep our facilities on the leading edge for our students.

### CREATE LASTING IMPACT

Your gift strengthens our mission to educate the next generation of leaders, professionals, and change-makers.

## WAYS TO GIVE:



Visit [www.alumni.dyouville.edu/give](http://www.alumni.dyouville.edu/give) or scan the QR code



Call (716)-829-8115 to donate or learn more about giving options.



Send your gift to:  
D'Youville University  
320 Porter Ave. Buffalo, NY 14201



## Environmental health

*New master's program will train future professionals to tackle effects of climate change*

Photo: U.S. Geological Survey

**A NEW PROGRAM AT D'YOUVILLE** will combine public health and sustainability to produce experts who are ready to work collaboratively across sectors to improve the health of humans and the planet they live on.

The new Master of Science in Health, Wellness and Climate Administration will take a proactive approach to climate change issues and train students at a time when more and more municipalities are creating positions (like Arizona's chief heat officer) that need dynamic leaders who understand the interconnections of health, wellness and environment. This unique program hopes to fill that gap.

"When community members showed up to our campus during the blizzard of 2022 looking for help, we felt called to incorporate climate change into our commitment to serve," says President Dr. Lorrie Clemo.



Dr. Kacey Stewart is the director of D'Youville's new Master of Science in Health, Wellness and Climate Admin program.

“Our university is known for preparing students to work in health and it is time to recognize the effect our climate has on health and ensure our students are prepared for the changes lay ahead of us.”

D’Youville University has a track record of training highly qualified professionals to work in health care and more recently has been recognized for its innovative online education offerings. This new program builds on these existing strengths and adds environmental dimensions that affect individual wellness and health care delivery and exacerbate inequities. The flexibility and customization of this program in its online format and culminating project means that students will graduate prepared to apply their skills and drive systemic change in a range of professional settings.

“Climate change is already impacting health,” says Dr. Kacey Stewart, program director. “From heat-related illness to respiratory problems caused by wildfires, people around the world are experiencing the effects of a warming world right now. But that doesn’t mean it’s too late to act. Whether it’s working with city officials to plant shade trees or finding supply chain vulnerabilities for emergency preparedness, we need experts and leaders ready to bridge these fields.”



Learn more:  
[dyu.edu/admissions](https://dyu.edu/admissions)



D’Youville students help organize the food pantry at Sylvia’s House, a Buffalo shelter for unhoused individuals.

## A spring break spent in service of others

D’Youville students traded warm beaches and palm trees to serve their community

**INSTEAD OF HEADING SOUTH** to warmer destinations over spring break this year, several D’Youville students chose to immerse themselves in their local community, volunteering their time and energy at vital neighborhood centers like Sylvia’s House, Friends of the Night People and PeacePrints WNY.

Their efforts offer a compelling reminder of the power of local engagement and the profound impact students can have right in their own backyard.

At Sylvia’s House, the extra hands provided by the D’Youville volunteers were deeply appreciated. As the organization noted, the students tackled the essential task of organizing and cleaning the food pantry — a project of significant practical value that might not have been accomplished without their assistance. This seemingly small act spoke volumes of the crucial role volunteers play in the daily operations of community support systems, ensuring that those in need have access to basic necessities right here in Buffalo.

Friends of the Night People said D’Youville students were not only helpful but also brought a spirit of compassion, making everyone feel welcome during lunch time. This emphasis on human connection and creating a positive atmosphere underscores the emotional support that these local centers provide, a support that is amplified by the presence of engaged and empathetic student volunteers from D’Youville.

Rashid James, chair of the Saints Serve Committee at D'Youville said that the experience was “humbling,” and his recognition of the “bubble campus life can be” is particularly poignant. Living and studying within the university setting can, at times, create a disconnect from the everyday struggles faced by many in the surrounding community. James’ realization that this opportunity allowed students to “give hope to real people with real stories” underscores the transformative potential of such local engagement. His enthusiasm for revitalizing communal spaces at a halfway house further illustrates the direct and meaningful impact of their work within Buffalo.

By encouraging students to dedicate their time off to serving their local community, the university is not only fulfilling its service mission but also fostering a deeper understanding of the social fabric of Buffalo among its students. Their choice to spend their spring break volunteering at local community centers in Buffalo is a powerful reminder that positive change often begins with small, dedicated actions within one’s own community.

This initiative not only benefits the organizations they served but also provides the students with invaluable life lessons in empathy, civic responsibility, and the profound satisfaction that comes from making a real difference in the lives of others, right here in Buffalo.



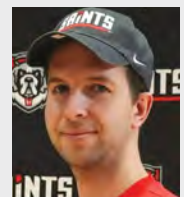
D'Youville student volunteers pose for a group selfie while working for Sylvia's House during spring break.

# Flag football, acrobatics new to Athletics lineup

**WOMEN'S FLAG FOOTBALL JOINS ACROBATICS AND TUMBLING** as the 20th and 21st NCAA sports at D'Youville University, beginning this fall. Both are considered emerging sports at the college level, and D'Youville, in both cases, is among the first group of schools to add them to their programs (there are currently 65-plus flag football teams and just over 50 acrobatics and tumbling squads in the nation). “We value the growth of collegiate women’s sports and believe [these programs] will be another great success like we have seen with women’s wrestling,” said Ona Halladay, vice president for athletics and planning. “We love to be leaders in the growth of athletic opportunities for those in New York state but also around the world.”



**Jeff Weiss** was named the first head coach of D'Youville's flag football program in February. Weiss coached the inaugural team at Orchard Park High School to a 24-7-1 record and three-straight sectional semifinals. He is owner of Empower Flag Football LLC and holds several camps and clinics for girls ages 5 through 15. “I have been at the forefront of the girls’ high school flag football movement in western New York, and look to continue the growth of this sport,” he said.



**Sophie Binsol** will lead D'Youville's acrobatics and tumbling program in its first year. Binsol served as an assistant coach at Stevenson University and was involved in recruiting. She also assisted at Gannon University. Acrobatics and tumbling is the evolution of different forms of gymnastics, involving tumbling, tosses, acrobatic lifts and pyramids. Said Binsol: “I prioritize creating a positive and inclusive environment ... and expect a high level of commitment, effort and respect but I also believe in having fun and creating memorable experiences.”



## TECHNOLOGY IN EDUCATION

# No longer the exception, virtual is an expectation

D'Youville's growing online programs featured in recent 'national trends' article in *Chronicle of Higher Education*



D'Youville University now offers 16 fully online degree options in the health sciences and business and boasts nearly 1,000 online students.

**THE CHRONICLE OF HIGHER EDUCATION'S** recent "Trends Report 2025," highlighted both D'Youville University and Executive Dean of Online Learning and Faculty Development Dr. Jeremiah Grabowski for recent efforts to increase the number of degree programs offered fully online.

Grabowski and the school were featured prominently in the article, titled *The Online Overhaul: Virtual Courses Used to be the Exception. Now They're an Expectation*. When Grabowski joined the D'Youville team in 2017 to develop and expand the university's online education and degree offerings, the options were minimal. Just eight years

**"Many students and faculty members are more comfortable with educational technologies. And the flexibility ... [has] enticed learners who are unable to commit to a four-year, in-person college experience."**

later, D'Youville now offers 16 fully online degree options in the health sciences and business and boasts nearly 1,000 online students. From the article:

**Why online learning:** "The factors driving continued interest in online learning are manifold. Many students and faculty members are more comfortable now with educational technologies. And the flexibility and accelerated learning opportunities that online instruction can afford have enticed learners who are unable — or perhaps unwilling — to commit to a four-year, in-person college experience. That is especially the case, sources say, for a population not historically associated with online learning: traditional-age undergraduates. Many still want to reap the social benefits of living on campus, but now expect the option of both in-person and online courses."

**D'Youville online:** "At D'Youville University, 15 of its 16 online-degree programs began as in-person programs, according to Grabowski. The university, which specializes in the health sciences, has been adding online options for electives, too, in response to student demand and requests from program directors. In some cases, online has even become the dominant programming format. Twelve of those 15 programs are now exclusively online."

Grabowski said he appreciated the opportunity to not only showcase D'Youville's growing online offerings, but showcase the university as a whole in a national publication read by higher education industry professionals.

"D'Youville is a university on the move, and we are proud of the high quality online degree programs we're offering at the bachelor's, master's and doctorate levels," he said.

## BUFFALO BITES

A quick look at some of the recent high points that make us proud to be Saints:



### Best value in Buffalo

D'Youville was named the No. 1 Best Value College in Buffalo by Research.com, underscoring the school's commitment of "high quality education that is both affordable and accessible for all." "This recognition reflects our unwavering mission to empower our students and uplift our community through education," said President Dr. Lorrie Clemo. "We are dedicated to ensuring that a college degree is not just a dream but an attainable reality for everyone."

### Alumni gather in D.C.

Alumni and friends of D'Youville University gathered in Washington, D.C., on April 2 to celebrate their connections. President Dr. Lorrie Clemo spoke to the gathering about the university's growing health sciences programs and its efforts to meet the needs for health care professionals in the region.

Congressman Tim Kennedy, a 1999 D'Youville graduate, also greeted those in attendance and introduced his mother, Mary Kennedy, also a D'Youville graduate. "I'm proud to be an alum of this incredible institution," he said.



### Record nursing class

The Zeta Nu Chapter of Sigma Theta Tau International Honor Society of Nursing at D'Youville University celebrated a momentous occasion on April 14 with the induction of a record-breaking 87 new members. This year's ceremony featured guest speaker and alumna Savannah Conroy, an ICU nurse at Kenmore Hospital.

The chapter holds a rich history at D'Youville, having been established in 1982 by alumna Mary Catherine Kennedy. The record number of inductees this year underscores the commitment to academic rigor and professional development within D'Youville's nursing programs.

### New Saints volleyball coach

Allison Post was named the next head coach of D'Youville volleyball on April 16. Post comes to Buffalo after spending a season at the University of Rochester as an assistant coach. Prior to that, she spent seven seasons at nearby Daemen University — five as a player and two as a graduate assistant coach. As a player, she led Daemen to an ECC championship and an appearance in the Elite 8.

She takes over a D'Youville program coming off its first ECC tournament championship and an appearance in the NCAA Div. II tournament.

### Military grads honored

The Veteran and Military Aligned Student Coin of Excellence Ceremony in April saw graduating military-aligned students receive a specially designed coin symbolizing their outstanding academic performance and perseverance. Graduating veterans were also presented with red, white and blue cords to wear at commencement, signifying their service.

Among those recognized for outstanding performance was Nathan Meza Ray (below), who is set to commission as a second lieutenant in the U.S. Army following graduation. He plans to serve in the Army as a physical therapist, exemplifying his academic excellence and commitment to service.



### Drool Cup champion

When the slobber settled, D'Youville's Maggie was the winner of this year's annual Drool Cup, a friendly battle with her mascot companion that's decided by sweatshirt sales. This year, Maggie narrowly edged out Saint for the top spot.

Proceeds from the fundraiser held in April made a paws-itive impact on Nickel City Canine Rescue, a nonprofit Buffalo dog rescue run by volunteers and fosters (and supported by adopters and donors).

See more photos from this year's Drool Cup on our Facebook and Instagram pages.

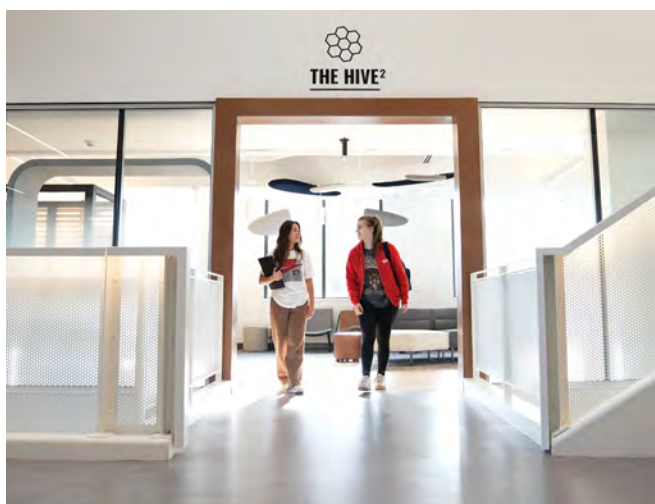




## COVER STORY

# HEALTHY MINDS

**Already a school that values its students' well-being, D'Youville University launches ambitious mental health program as nation faces shortage of professionals**



D'Youville launched its Master of Clinical Mental Health Counseling and Doctor of Clinical Psychology degree programs last fall and will expand its offerings to include more students this year.

**BEHIND EVERY COUNSELOR**, there's a story of their call to compassion — a moment when their deep-seated empathy and concern for others sparked a desire to dedicate their lives to guiding others through their darkest days. For Rebecca Wolf, that call came in the form of a friend who was experiencing pain and anguish and had confessed to suicidal thoughts. That friend sought the care of a mental health professional, who helped her friend to “replant himself, heal his mind and reconnect with the world.”

Already an associate professor of clinical nursing with both a doctorate and a master's degree, Wolf says seeing her friend receive the help he needed ignited a passion to learn more about resilience and wellness.

“It raised my awareness,” she said. “I was so honored to be able to be there as part of their support network to help them get grounded again. It made me want to help other people, too.”



Wolf is one of the 14 students enrolled in the first cohort of D’Youville University’s Clinical Mental Health Counseling master’s degree program, which launched last fall alongside a new Clinical Psychology Doctoral program. Both come at a time when the U.S. and the state of New York are facing a mental health crisis with a significant shortage of professionals in the field. A recent survey of the American Psychological Association revealed that 56 percent of the nation’s practitioners have no openings for new patients, and average wait times for those new patients to book an appointment are roughly three months.



Clinical Mental Health Counselor Paige Schultze (left), talks to a student in a private room in the university’s Wellness Lodge. D’Youville is currently constructing more counseling rooms for students and members of the community.

That first class of masters students has paved the way for a larger class this summer thanks in large part to D’Youville’s involvement in New York’s Career Pathways Training program, which will provide tuition assistance in several health care fields, in addition to mental health counseling. Students in the program will also be the first to work in the university’s soon-to-be-completed mental health clinical lab in the Academic Center, which will provide affordable (potentially free) counseling to students and the community while training future counselors in the process.

Adding mental health further solidifies D’Youville’s positioning as a health care leader in higher education, says Vice President for Student Affairs Dr. Benjamin “BG” Grant, who also points to the school’s recent public plans to launch a school of osteopathic medicine.

“D’Youville will become the university for your health care degree in western New York,” Grant says. “Keeping in line with our holistic approach, we’re operating on the idea that mental health care is the same as physical health care. Interprofessional education is a big part of what we do here — whether you’re a nurse, a pharmacist or a chiropractor, we can embed the mental health side into their training as well and further break down the pre-existing societal stigma attached to those who seek counseling.”

As a veteran instructional designer in higher education, Wolf speaks from experience when she says D’Youville’s two-year curriculum is “thoughtfully designed,” compared to other programs that take three to four years.

“It makes the most out of every day,” she says. “Personally, I’m excited about the clinic opening to allow students like me to practice and benefit the community we’re in, allowing easier access to mental health care. I feel like this school is investing huge resources to make this happen.”



**DR. HELENA BOERSMA UNDERSTANDS** the impact of limited access to mental health professionals.

Boersma was a professor at Medaille University when she first traveled to Lilongwe, Malawi as part of the National Board of Certified Counselors, to help instruct graduate students at the Africa University of Guidance, Counseling and Youth Development. Malawi, like many countries in that region, has a large population of men and women suffering from mental, behavioral and neurological disorders — as well as drug-related mental health problems — yet access to mental health professionals is extremely limited.

New York, which ranks a modest 17th in the nation in access to mental health care, has roughly 39 psychiatrists, psychologists, licensed clinical social workers, counselors and therapists per 10,000 residents.

## CHALLENGE ACCEPTED

"This program is about bringing knowledge from the field directly into the classroom and using it to shape future counselors with the expertise to navigate the increasing mental health challenges of society."

— Dr. Helena Boersma,  
administrative director of  
D'Youville's Mental Health  
Counseling program.





Before coming to D'Youville to lead its mental health programs, Dr. Helena Boersma worked with grad students in Malawi, Africa, to produce more mental health professionals in a country desperate to meet the growing needs of its people. The experience inspired her to take a more family-based approach to teach future clinicians in the U.S.

The best states (Massachusetts, Alaska and Oregon) have more than 70, and the worst (Georgia, Texas and Alabama) have between 15 and 20. Malawi has fewer than one.

Boersma's experience in Malawi showed her the "deep need" local clinicians have for learning the profession of counseling — and how her western-world approach was limiting.

"My Malawian training experience profoundly shifted my thinking of what it means to be in service of others," she says. "I found myself asking questions about what we were really aiming to teach students about counseling — was I really informing their autonomous learning and sense of agency with clinical approaches, or asking them to accept western approaches to counseling as the only way? As I continued to develop the DYU counseling program, I found myself shifting paradigms and adding more elements of engagement that allowed the students to check in with themselves about their own growth within the structure of the foundational courses.

"After all, the program is designed to attract students from all populations, and if the program only supported one way of learning, I would be limiting my own sense of service to student growth."

Boersma and a handful of other professors come to D'Youville from Medaille — which closed its doors permanently in August 2023 — to launch the graduate program here. Fourteen students made up D'Youville's first cohort last fall, learning both online and through a hybrid delivery system that included some time on campus, but the program is expected to grow considerably with the second class this summer.

And when they get here, they'll be among the first students to train in the school's new mental health counseling training center on campus, which will give them real-life experience providing care for both students and community members.

"What will potentially differentiate us from other programs in this field is our ability to train students in a more didactic setting, offering real experience with patients and benefiting our community at the same time," Boersma says. "They'll get more experience using electronic medical records, more experience with intake and assessments and more time learning all kinds of introductory skills. If we can do more of that — and do it on campus where we can keep a close eye on them — then by the time the students go out into the field, they're more ready for their placements."

Practicum experiences, Boersma has found, are often “hit or miss” with students. Sometimes they get to work with patients. Sometimes they can only observe. D’Youville’s model ensures the former.

“We decided this was key to strengthening the program,” she says. “Let’s see if we can train our practicum students in-house, where there’s tons of oversight. It will make them such stronger and more viable candidates when they graduate.”

Master’s graduates can go on to become licensed mental health counselors, and that title can lead to a number of different careers, Boersma says. Behavioral health clinics. Psychiatric facilities. State agencies. Schools. Universities. Private practice. Anywhere that can use a licensed clinician. And when they enter the workforce in the next few years, the jobs should be plentiful.

According to the American Psychological Association, 90 percent of Americans think their country is in the midst of a mental health crisis, and roughly 25 percent of U.S. adults say they suffer from some form of mental illness. Yet a third of those surveyed admitted they could not get the mental health services they needed, citing costs, shame and stigma and no access to care as their main reasons.

On average, it takes someone 11 years to seek help after first experiencing symptoms of a mental disorder. And those who do seek help are finding months-long waiting lists, even in cases where they need immediate care. Ninety percent of Americans who die by suicide (the second leading cause of death among persons aged 10 to 34) experience symptoms of a treatable mental health condition such as depression, anxiety disorders or other forms of serious mental illnesses, according to the Los Angeles-based Mental Health Foundation.

One of the silver linings from the COVID pandemic was the public spotlight on the mental health effects brought on by isolation, remote learning and working and widespread unemployment. As people became more comfortable sharing their feelings and struggles, the demand for professionals who could listen rose and continues to rise. According to the U.S. Bureau of Labor and Statistics, the demand for mental health counselors will grow by 25 percent by 2029, compared to pre-pandemic levels. In four years, there will be an additional 79,000 certified counselors employed in the U.S. alone.

“What we love about our students at D’Youville is their diversity of backgrounds,” Boersma says. “It’s from those backgrounds and those unique experiences where you find that desire to help and support their communities. The ideal student in our program is someone who really wants to focus on behavioral health and improving the lives and the wellbeing of others.”

Rebecca Wolf represents that ideal student, but she’s far from a traditional student.

She earned a degree in humanities and psychology from Houghton University in 1990 and a degree in education from Brock University six years later. In 1998, she got her master’s in reading education from Clemson and earned her doctorate in education (organizational change and leadership) from the University of Southern California in 2022. For the past nearly 12 years, she’s worked as an associate professor and writing center coordinator at the University of Rochester’s School of Nursing.

Going back to school (again) to study mental health counseling might seem to many like a “pivot,” she says, but Wolf sees it more as a mid-life calling.

“I’ve always been fascinated by the concept of resilience,” she says. “More people, especially younger generations, are seeing the value and benefit of having professional support for their mental health. And there’s such a shortage of people out there who are qualified to help. There are so many underserved communities — so many places like prisons — that need more of these programs.

“I want to be a part of the effort to address those needs. That’s why I’m here.”

**The demand for mental health counselors will grow by 25 percent by 2029, compared to pre-pandemic levels. In four years, there will be an additional 79,000 new certified counselors.**

**PAIGE SCHULTZE’S DESK IS SURROUNDED BY CHILL.** Miniature zen gardens, fidget toys, coloring books and Thinking Putty are all within reach of the comfortable chairs and futons found in D’Youville’s Wellness Lodge, located on the third floor of the Koessler Administration Building.

Schultze — a licensed clinical mental health counselor who oversees the Lodge and the mental health support and wellness initiatives offered to D’Youville students — prefers to work in the same room where those students can come to relax, unwind or refresh. She isn’t there to interrupt those visits

## THE LODGE

Paige Schultze, D'Youville's clinical mental health counselor, provides confidential counseling to students in areas on campus designed to evoke comfort and safety. The Wellness Lodge hosts a variety of programs like yoga, art as therapy, massage therapy and guided meditation workshops, to name a few.

*Photo by Lauren Innes*





(neither is the project director for wellness education whose desk is on the other side of the room) ... but she's there in case someone needs an ear.

"It's just a nice space for students to get away for a little bit," Schultze says. "[Having my desk here] means I'm always present for anyone who wants to come in and just chat. And if they need to speak confidentially, we have private rooms down the hall for that."

The addition of a master's program in mental health counseling has signaled D'Youville's commitment to training and educating students in a field sorely in need of professionals to keep up with demand. But the university is by no means a stranger to the idea that treating the brain is as important as treating any other part of the body.

In fact, when it comes to providing resources for the mental health of its students, D'Youville is already a leader.

The Wellness Lodge hosts regular yoga classes, art-as-therapy seminars, massage therapy sessions, meditation workshops and other events (all free) for students to work out the stress of college life and find some balance. Staff are always on hand if a student needs to talk or vent, and counseling sessions can be set up with Schultze in one of the few private rooms down the hall — both decorated with calm and comfort in mind.

The lodge first opened in 2021, a year into the pandemic that shined a spotlight on the mental health needs of students all over the country. Grant, who joined D'Youville as vice president for student affairs three years earlier, says talks to provide more mental health resources for students began before the pandemic hit in March 2020.

"When I got here, the mental health model for students was the same as it had been for probably the previous 30 years," he says. "A couple of counseling rooms down a dark hallway, with a few mental health counselors that students could email and set up an appointment with. When I took over student affairs, I did an assessment and realized the needs of our students were increasing, and the university's response was to just add another counselor. But the demand was still not being met."

Grant and his team reached out to a company in 2019 called TimelyCare, the largest university telehealth company in the nation. TimelyCare could offer students on-demand access to counselors and the ability to schedule appointments with a diverse network of providers. D'Youville launched "Saints Care" late that year.

"Three months later, COVID hit," Grant says. "So our decision to do that was a saving grace — we were already equipped to handle the increase in mental health needs that resulted from COVID. Students were going through a lot with not having social interactions anymore, feelings of being alone and the uncertainty of where their careers were headed. It took a huge toll on everybody."



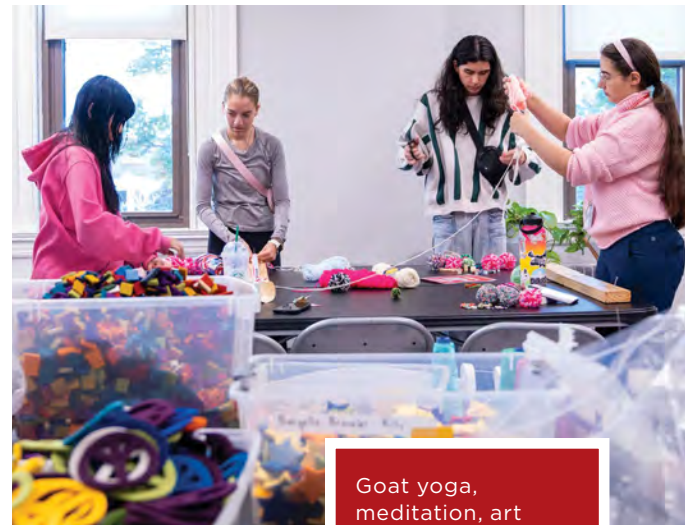
**“Mental health affects the body — students can get stuck in a survival response where they aren’t able to concentrate on the growth they want to achieve. I think D’Youville really honors that and understands that as humans, we’re super complex. And our mental health needs are complex as well.”**

**PAIGE SCHULTZE**  
D’Youville mental health counselor

At its peak during the pandemic, around 160 students were using Saints Care regularly, Grant says. Five years later, it’s still an oft-used resource. And its popularity justified the need for the Wellness Lodge, which is also used on a daily basis, says Schultze.

Sitting on one of those extra-cushioned couches in a private counseling room, Schultze says the topics students come to her with run the gamut, from general anxiety and depression to trouble with friends or family. Schultze’s training prior to coming to D’Youville dealt with traumatic experiences — that training has served her well in her role here.

“Because I work through that trauma-informed lens, I’m really seeing a lot of students who have struggled with adverse experiences in their life,” she says. “We’ve talked about homelessness, domestic violence, assault and things like that. We spend a lot of time in here trying to unpack things that have happened in their past that might currently affect their ability to function in college.”



Goat yoga, meditation, art therapy and stitching are but a few of the many mental health therapy sessions offered to students at D'Youville both inside and outside of the Wellness Lodge.

And the students, she says, are far more comfortable talking about these heavy subjects than they might have been even six years ago and certainly more than 20 or 30 years ago.

“Students know they are in control of the process when they come in here,” Schultze says. “If they want to talk, we will listen. If they want to come in and just vent about academics or their social life, then absolutely ... we can do that.”

Both Schultze and Grant say having these resources on campus not only makes students feel better about being here, but it also gives their parents an extra sense of calm knowing their children are in a caring, nurturing environment.

“The two questions we get from parents or guardians are: ‘Is the campus safe?’ and ‘How are you going to support my child?’” Grant says. “So being able to show the 24-7 services we have through Saints Care and to introduce them to

Paige and the Wellness Lodge ... it’s big for us. It allows us to both talk the talk and walk the walk.”

D’Youville became the first university in western New York to be recognized as a “Health Promoting University” when it adopted the Okanagan Charter in 2024. The charter is a call to action for schools to embed health and well-being into all aspects of campus culture.

It recognizes that health is a fundamental driver of academic success, and that healthy campuses are critical for the well-being of individuals, communities and the planet.

“Before someone is a student, they’re a person with needs,” Dr. Lorrie Clemo, D’Youville’s president, said as she sat next to Schultze during a signing ceremony that February. “Which is why health and well-being is a driving factor behind how we serve our students.”

MADONNA HALL

# THEN & NOW

**IT BEGAN AS A WOMEN'S DORM**, and until recently, it was home to an esteemed public high school. Madonna Hall has served several purposes for D'Youville University since its opening in 1959, and now its newly remodeled interior (completed last summer) once again makes it a coveted on-campus home for DYU students. Now a co-ed residence hall, Madonna is also home to the university's Nutrition and Dietetics Lab (a fully-functional institutional kitchen found in the building's basement) and an active learning lab.

Photographers and communications/marketing directors Dan Innes and Lauren Innes dug through the archives to show what's changed over the past 66 years (and what hasn't). We'd love to hear your Madonna Hall memories for our next edition of D'Mensions.

Email the Communications Team at [communications@dyu.edu](mailto:communications@dyu.edu)





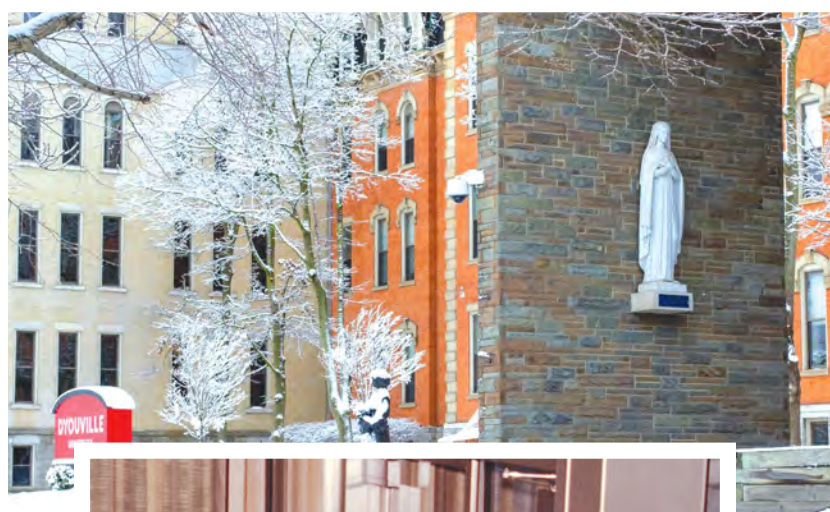
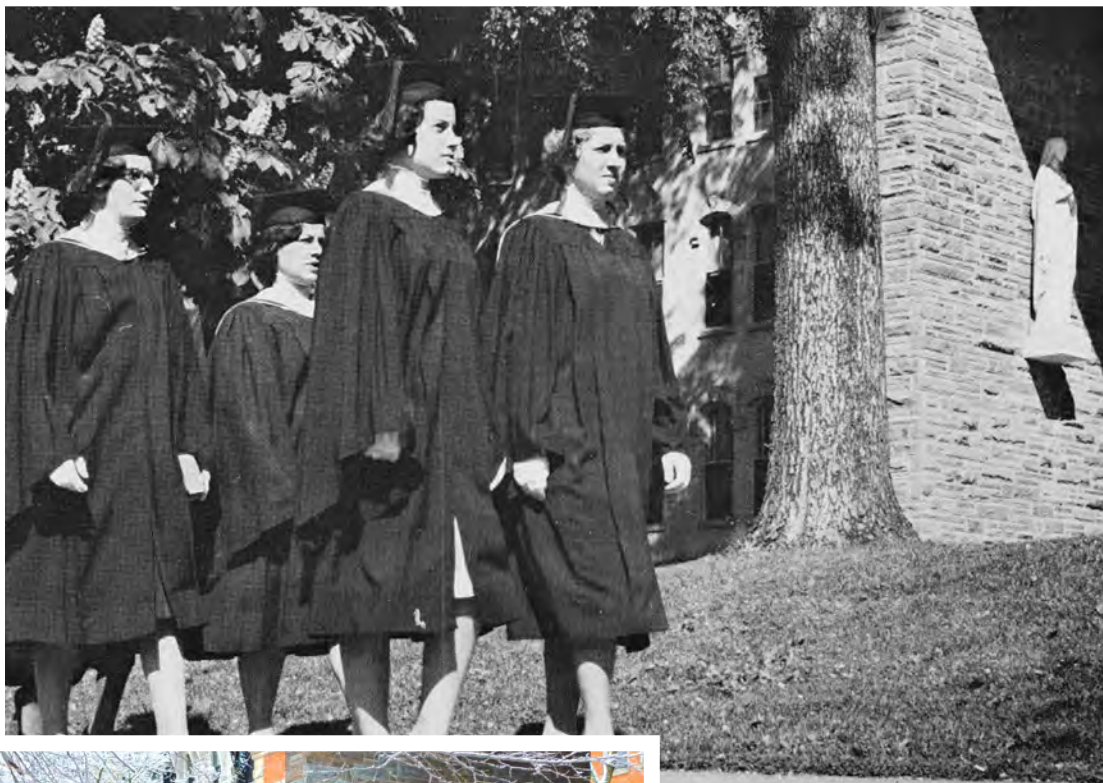


While dorm rooms haven't changed too much over the past 60-plus years (aside from the decor), the basement at Madonna Hall has changed considerably since the early 1960s. Initially a dining hall when it opened in 1959, the basement is now an area to relax, hang out or take in a game of pinball (though the adjoining kitchen still serves a purpose as a dietetics lab).



Madonna Hall was D'Youville's first residence hall when it opened in 1959. Though it's undergone several renovations over the years, many of the building's then-modern (now "retro") design elements remain, including the curved interior beams. One "unusual" element of the building is its rooftop canopy, shown below being enjoyed by a group of students on a cool autumn evening in 1965.





The plaque under the statue just outside of Madonna Hall reads: "In memory of Dr. Charles A. Lawler | Gift of Eva Lawler." Charles Lawler was a well-known physician in Salamanca and a medical doctor (rank of captain) for the U.S. Army medical Corps during World War I. He died in 1957, two years before Madonna Hall's opening, but his and Eva's niece, Gloria Silvernail, was a student at D'Youville the year the building and the statue were dedicated.

(Opposite page) The lobby of Madonna Hall is no longer draped by 60s-era curtains. The new design allows for more natural light and more spots to "loungue."





**SEND US YOUR MEMORIES!**

We want to hear your favorite Madonna Hall memories and stories, whether you were a resident there during the 70s or 80s, a high school student there in recent years or a current student. Email at [communications@dyu.edu](mailto:communications@dyu.edu).





## KING OF THE WING

Since founding the National Buffalo Wing Festival (Wing Fest) in 2003, D'Youville alumnus Drew Cerza has become the official Wing King of Buffalo and a celebrity to fans of the city and the dish that bears its name.

*Photo courtesy of Drew Cerza*

IN A CITY WHERE THE WING IS KING,  
DREW CERZA IS ROYALTY

# WINGMAN

BY BILLY LIGGETT

**T**he thumping bass of his entrance music bouncing off the walls of College Center Gym, the Wing King strode onto the court dressed in his full regalia. Crimson mantle outlined in white fur. Matching red and white sneakers. Aviator shades. And the *pièce de résistance* — his orange foam “crown” shaped like the Buffalo wing Cerza has become synonymous with over the last 20-plus years.

The D’Youville women’s basketball team — hosting its annual “Free Throw-A-Thon” fundraiser that day — didn’t need to read the title emblazoned on his t-shirt and on the back of his robe to know they were in the presence of royalty.

But when the music subsided and the sunglasses, cloak and drumstick-shaped hat came off, the King was once again Drew Cerza, former business major, basketball player and 1984 D’Youville College graduate who was back on campus this day to not only shoot free throws for a good cause, but offer

some advice to the team of young women as they started their season.

His wisdom: “When you walk off this court for the final time, you’re done. And it sucks. What you’ve got to do this year is play every single game like it’s your last. Every game. Go after every loose ball. Leave it all on the court. Do that, and no matter what, you’ll have won.”

As is the case for the countless events Cerza is asked to attend each year, the “costume” — as he calls it — is what gets him in the door. But there’s more to the founder of the National Buffalo Wing Festival (considered one of the best specialty food festivals in the nation) than his royal facade. He’s a strategic businessman. An innovative marketer. A generous philanthropist. Most importantly — he’s a lifelong western New Yorker who wants great things for his native Buffalo and is willing to do anything it takes to make that happen.

A “wingman,” in more ways than one.



Drew Cerza's rise to the level of "Wing King" in Buffalo has allowed Cerza to rub elbows with a number of celebrities, including Bills quarterback Josh Allen (top right) and renowned TV chef Bobby Flay. There's even been a bobblehead doll made in his likeness.



Drew Cerza always wanted to be a businessman. He certainly had the genes for it — his father worked in marketing for a Buffalo-area grocery store chain when Cerza was a kid, and he's described his mother as an "outgoing, gregarious person." He attended St. Joseph's Collegiate Institute (St. Joe's) for high school and made a name for himself as a basketball player, making All-Catholic in his senior year and earning a full-ride scholarship to St. John Fisher University in Rochester.

Or so he thought.

Cerza says his parents were by no means "wealthy," but his father's salary put him right over the cap for the requirements for the scholarship. Cerza learned this in mid-August, just before his first semester, so he was forced to pivot and attend and play at SUNY Fredonia, which he says had a team "full of guys like me, shooting guards who could play forward." He didn't get much playing time that year.

He'd transfer to Bryant & Stratton College the following year — "I was doing the transfer portal long before there was a transfer portal," he jokes — and played two years before earning his undergraduate degree in business. It was after

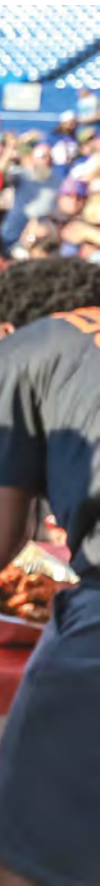
commencement when Cerza's father took him aside and said, "You did it, kid. What are you gonna do now?" "I don't know, dad," Cerza answered.

*Well, you should have a plan.*

That summer, Cerza got a call from Dave Spiller, a coach who got his start at D'Youville before embarking on a long career that included stops at Fordham, Boston College and Ohio State. Spiller recruited Cerza to play out his last two years of eligibility. He'd go on to do well on the court, earning Team MVP honors after the '82-'83 season.

But the most value from his time at D'Youville came in the classroom. Cerza would continue to study business and marketing, joining a community of students he says were there to learn first. Their approach was contagious.

"You felt like you were really learning something, not just memorizing for a test. You were getting real experience," Cerza says. "My dad always told me, 'College will train your mind. It's not going to give you all the answers, but when you get out of there, you'll have learned to think.' And that's how I really feel about my experience at D'Youville. My two years kind of put everything in place — all that I learned up until then, it made it make sense."



He followed in his father's footsteps in the food industry, and in 1994, Cerza founded RMI Promotions Group, working with big-name national food manufacturers like Hershey's and General Mills and would serve as president until 2005 (shortly after the wing festival took off). Just as strong as his entrepreneurial spirit was his passion for philanthropy — RMI raised more than \$1 million for Buffalo-area nonprofit groups during his time there.

His desire to give back to his community is ultimately what led to the creation of the National Buffalo Wing Festival, more affectionately and commonly known as Wing Fest. Cerza was cleaning out his garage when a front page column in an old newspaper caught his eye — the writer had just seen the movie *Osmosis Jones*, which has a scene where Bill Murray's character "surprises" his daughter with tickets to "The Buffalo Wing Festival" in Buffalo.

*Ninety-nine kinds of wings; 128 different dipping sauces. You love math. Crunch the numbers on that. The possibilities are infinite.*

The columnist wondered, in ink, why Buffalo didn't have such a festival and made a call out to the city asking for someone to step up and make it happen.

Cerza answered the call.

*Osmosis Jones* hit theaters in 2001. By 2002, the National Buffalo Wing Festival was a reality, drawing about 40,000 people that first year at Sahlen Field and launching a tradition that's as much a part of Buffalo as the wing itself.

## Wing Fest FUN FACTS

**A TOP 3 FOOD FESTIVAL:** This year, *USA Today* placed Wing Fest No. 3 on its Top 10 list of Specialty Food Festivals in the country, coming in just behind the Delta Hot Tamale Festival in Greenville, Mississippi, and the winner, Picklesburgh in Pittsburgh.

**ALL OVER THE WORLD:** Since its founding in 2002, Wing Fest has drawn more than 1.25 million attendees from all 50 states, 41 different counties and every continent (even Antarctica).

**NATIONAL ATTENTION:** Wing Fest has been showcased by the Food Network (*All-American Festivals*, *Unwrapped*, *Throwdown with Bobby Flay* and *Emeril Lagasse Live*), the Travel Channel (*Bar Food Paradise*, *Taste of America* and *Food Wars*), NBC's *Today Show*, ABC's *The View*, *The CBS Morning Show*, BBC, *Fox and Friends* and even a PBS documentary.

**COMPETITIVE EATING:** Wing Fest hosts a number of competitive eating contests each year, including the U.S. Chicken Wing Eating Championship, Amateur Chicken Wing Eating, Amateur Creative Sauce Contest, Wing's Army Hot Wing Eating Contest, Bobbing for Wings (in blue cheese), the Buffalo Buffet Bowl and more. Famed hot dog champ Joey Chestnut is a six-time winner, and Sonya "Black Widow" Thomas has won seven times.

**GIVING BACK:** In its 23-year history, Wing Fest has raised over \$500,000 for Buffalo-area charities. Said Drew Cerza: "It's all about giving back to the community. It's about civic pride. People are proud of this festival. The Buffalo wing is a unique food, and it is our food."



Wing Fest relies heavily on volunteers, and each year, D'Youville University students help out in a number of ways, including at the fry pits (above).



Drew Cerza, donned in his famous Wing King regalia, visited the D'Youville women's basketball team back in November to take part in the squad's free throw fundraising event. Cerza offered advice to the young women, telling them to leave it all on the court and play every minute in every game like it was their last.

Over the years, Wing Fest has drawn more than 1.25 million people from every U.S. state and every continent in the world (even Antarctica), and it has raised more than \$500,000 for local charities. And every year, Cerza has been front and center — donned in his regalia — announcing the ever-popular competitive eating contests and awarding the winners of various contests going on during the two-day event.

Reflecting on what he's built (and the King he's become), Cerza credits the lessons he learned 40-plus years ago in his business classes at D'Youville.

"I learned that in business, marketing and sales go hand in hand," he says. "If you're not a good marketer, you're not going to sell. And vice versa. You need to be a great strategist, too. A good strategy is what really directs your marketing and sales."

His Wing King persona was part of that strategy early on, created in 2004 when Cerza was

getting ready to travel to five major cities in the U.S. to promote the 40th anniversary of Anchor Bar, originator of the Buffalo wing. He shared the origin story with Great Lakes Life Magazine in 2010: "I went to this costume store and picked up a cape. My wife pressed on letters to spell 'Wing King.' We put on a foam chicken wing hat, kind of like the Wisconsin cheese hats, and I got a Wing King T-shirt. Next thing I know, I'm on the front page of the Buffalo News. But when Bobby Flay called me the Wing King, that's when it really stuck."

A level of celebrity has come with being the Wing King, but Cerza says the biggest benefit of his alter ego is the opportunities it presents to give back. Long before Wing Fest, Cerza served on the board for the Make-A-Wish Foundation and spent time on boards for the United Way, Goodwill and other nonprofit organizations. His time at RMI saw the organization raise more than \$1 million for various charitable groups. In 2003, Cerza

was called on by then-Buffalo Mayor Anthony Masiello to secure funding and sponsorships for the city's annual New Year's Eve ball drop in Roosevelt Square. Cerza raised more than \$50,000 in three days — made possible by the relationships he'd built a year earlier through Wing Fest.

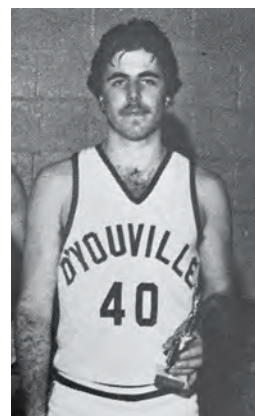
"Philanthropy has guided everything I've done, and it's the reason we've been successful with Wing Fest," Cerza says. "The older you get, the more you value the connections you've made and the relationships you've built. Had it not been for the connections I'd made over the years working with charities, Wing Fest wouldn't have happened. It certainly wouldn't have been as successful."

Philanthropy is ultimately what reconnected Cerza with his alma mater a few decades after his graduation. It began with D'Youville becoming a sponsor for Wing Fest and D'Youville students coming together to cook wings at his event. The decision to induct Cerza into the DYU Athletics Hall of Fame this year was more in honor of his work with charities and his commitment to western New York and the City of Buffalo than his shooting ability in the early 80s, says Ona Halladay, vice president for athletics and planning.

"He was a good basketball player, and I've seen him shoot. There's still something there," Halladay says. "So there was the athletics component, but what really stood out to us — what's bigger than D'Youville Athletics — is the impact he's had on our community. He's a great representation of what we preach every day to our student athletes. So including him in the Hall of Fame was a no-brainer."

Halladay points to the November basketball fundraiser, where Cerza was asked to make an appearance and maybe sink a few free throws. His speech to the team was off the cuff, but his audience was engaged. There was a connection, she says, which isn't always easy to do.

"Every time you meet somebody, there's an opportunity there," Cerza says. "My message that day just came from my experience. I talked about the continuity of education and the continuity of basketball. How does being an athlete help make you successful in life? I think a big part of my success comes from that experience, because it helped make me driven. Every game I played, I was driven to win. And now every time I do something in business, I'm driven to make it a success."



His message of "play every game like it's your last" is getting more relevant in what is now his 21st year as Buffalo's Wing King. At 63, Cerza has slowly been handing the reins over to others to promote and run Wing Fest so it remains a success long after he's gone. He jokes that even then, they may still wheel him in the festival grounds, a la "Weekend at Bernie's."

"It's gotta end sometime. That was my message to the team. When you do reach that last game, you'll feel better knowing that you left everything you had on the court," he says. "That's *carpe diem*. That's getting up every morning and doing what makes you happy. That's life."

In a rare public appearance that had nothing to do with Buffalo wings, Drew Cerza was inducted into the D'Youville Athletics Hall of Fame in February. And while he left the Wing King crown and mantle at home for the event, he did represent with a Buffalo wing tie.





Former basketball standout (and Buffalo's Wing King) Drew Cerza, 2014 soccer MVP Danielle Kabel and members of the 2011 women's softball team were inducted into the D'Youville Athletics Hall of Fame in February. Softball inductees included: Christa Campbell, Rachael Cirello, Erica Comisso, Kristen Deschenes, Cassy Engle, Shannon Evans, Gabby Lathrop, Hannah Norton, Lisa Petty, Danielle Phillips, Kristie Ryan, Chelsea Stoeckl, Shannon Sutton, Alexis Walser and head coach Angie Churchill. Photos by Dan and Lauren Innes

# HOF welcomes new class

A basketball 'king,' soccer standout and entire softball squad honored in February induction ceremony



Learn about the members of DYU Athletics Hall of Fame at [dyusaints.com](http://dyusaints.com)

**D**'Youville's 2011 softball team was so well-rounded (and so successful), it was hard to pick just one or two standouts for consideration in the DYU Athletics Hall of Fame.

So why not induct the entire team?

That's how it went down when 14 members of the squad, along with head coach Angie Churchill — joined by 1984 basketball standout Drew Cerza and 2014 soccer MVP Danielle Kabel — became the newest Hall inductees during a ceremony on campus in February. It's the fourth class to join the Hall since its inception in 2022.

The softball team is the third DYU *team* to make it to the Hall, joining the 1999 men's volleyball team and the 2007-2008 women's basketball team. The 2011 squad

put together a 21-10 record and defeated Mount Aloysius 1-0 in the AMCC Championship game to earn a berth in the NCAA Tournament. Churchill was the conference's Coach of the Year, and Hannah Norton was Pitcher of the Year with 16 wins and a 2.51 ERA. Norton also played basketball at DYU and averaged nearly 15 points during her senior season.

As for the two individuals honored, Danielle Kabel (Gehen) was a four-year member of the D'Youville women's soccer team and had a decorated career. She was a three-time Allegheny Mountain Collegiate Conference First Team selection and was named the DYU Female Athlete of the Year and Team MVP during the 2011-12 academic year.

Kabel had a knack for finding the back of the net, whether it was

by scoring a goal or assisting on one, finishing with 48 goals and 28 assists throughout her career. During her junior season, Kabel became the all-time career points leader, career goal scorer, and career assist leader.

She helped D'Youville reach the AMCC Championships in all four of her seasons, including a pair of trips to the AMCC Championship Semifinals during her last two seasons with the team. Her teams finished with an overall record of 41-25-5, 22-12-2 in conference.

Drew Cerza was a two-year member of the D'Youville men's basketball team and was named the team MVP during the 1982-83 season. Better known today as "The Wing King," Cerza has been a pillar in the Western New York community as he founded the National Buffalo Wing Festival in 2002. He has become the "wing ambassador" throughout the country, traveling the

country in search of unique wings that capture the local flavors of different regions. The National Buffalo Wing Festival has been serving WNY and beyond for over 21 years. In that time, the festival has generated more than \$440,000 for local charities.

"This is a very special group of former student-athletes" said Ona Halladay, vice president for athletics and special projects. "How does it get any better than inducting an entire team, and the 2011 championship softball team was so incredible, the entire team needed to be recognized. Danielle earned just about every school, team and conference recognition during her years on the soccer team. And Drew, the Wing King, went from being MVP on the D'Youville basketball team in the early 1980s to being recognized as a valued and respected servant-leader in the Buffalo community."



**2024 - 2025**  
Dave Mohr (1978)  
Bill Schultz (2004)  
Ben Navarro Twist (1974)  
Men's Basketball Team (2008)

**2024 - 2025**  
Drew Cerza (1984)  
Ile Kabel (Gehen) (2014)  
Men's Softball Team (2011)



Men's Basketball Team (2008)

**2024 - 2025**  
Drew Cerza (1984)  
Ile Kabel (Gehen) (2014)  
Men's Softball Team (2011)



(Top) Members of the 2011 softball team gather for a group photo at their Hall of Fame induction ceremony in February. (Bottom left) Hannah Norton was Pitcher of the Year for the squad during its AMCC championship season. (Bottom right) Danielle Kabel (Gehen) was inducted for her decorated soccer career.



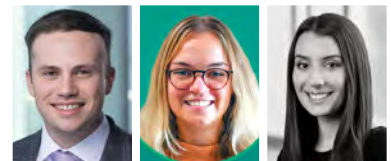
## Outstanding contributions to WNY health care

Three D'Youville alumni were recognized by Buffalo Business First for their outstanding achievements and significant contributions to the health care sector in Western New York.

**Dr. Theresa Hurd ('04, '19)**, vice president of clinical education, research and professional Practice at Catholic Health, was recognized for her exceptional work in shaping clinical education and advancing research.

**Dr. Matthew Veronica ('12)**, a physical therapist and co-owner of Ethos Performance & Pelvic PT, was honored for his innovative approach to physical therapy and his commitment to improving the quality of life for patients with specialized needs.

**Marjorie Quint-Bouzid ('85)** serves as the Chief Nurse Executive for Kaleida Health, where her visionary leadership in nursing ensures top-tier care to the community.



## Buffalo Business First's 30 Under 30 list

Three D'Youville alumni were named to Buffalo Business First's 30 Under 30 list for the Class of 2025. The honorees included **Louis Q. Reynolds ('17, '20)**, **Elizabeth Musial ('20)** and **Sarah Garcia ('21)**. The trio was recognized for their outstanding achievements and contributions to their fields, demonstrating leadership, innovation, and a commitment to improving their communities.

**SEND US YOUR NEWS!**

D'Mensions Magazine wants to publish your wedding, engagement and birth announcements, promotions and anything else you feel like sharing! Email us for our summer edition at [magazine@dyu.edu](mailto:magazine@dyu.edu). Please be sure all photos are high resolution!

**Patricia "Trish" Campbell ('78, Nursing)** happily retired after 43 years in nursing. Campbell relocated to St. Cloud, Fla., to begin a new chapter.



**Kenneth Kresse ('92, History)** retired in December after serving 27 years in the CIS as a counterterrorism officer. During his career, he served overseas tours in the Middle East, Africa and Europe.

**Cathy Zacher ('95, PT)** is the director of rehab services at UR/ Jones Memorial hospital and currently serves as secretary of the APTA New York.



**Emily Jerge ('13, MS Nursing)** was named one of Buffalo Business First's "40 Under 40" recipients in November 2023. Jerge is the former director of nursing simulation and clinical practice at D'Youville.



**John Rogowski Jr. ('24)** was named the team manager for the Niagara Falls Americans, a collegiate summer baseball franchise which competes in the Perfect Game Collegiate Baseball League. Rogowski was the player development coach for Hot Corner Athletics in 2024 and has worked in data and promotions for MLB and the Buffalo Bisons.



**Shannon (Stappenbeck) Zasa ('21)** married Mitchell Zasa in August 2024 in Utica and celebrated with a reception in Cooperstown. Shannon currently works in the D'Youville Student Success Center as an international student services and campus employment coordinator and is also a member of the Alumni Association board.



**Dr. Karla Rosa Rodriguez ('16, '19 DPT)** announced her engagement to Dr. Gary Schuler Zimmer III, an emergency medicine physician at Rochester Regional. Rodriguez is a therapist with Stern Physical Therapy and at D'Youville.



**Dr. Alyssa (Cizdziel) Wozniak ('18)** and her husband Jacob welcomed their second son Kade Jacob in February. Kade joins big brother Jase, who is 2. Alyssa works at D'Youville University as the assistant dean of Clinical Affairs, Outreach & Special Projects.

# Smart ways to support D'Youville



Make an impact for today

## STOCK GIVING

Donating appreciated assets avoids federal capital gains taxes and provides a federal income tax deduction for the current market value of the gift. Similar state tax benefits are also provided in most of the country. Most importantly, you'll be making a powerful difference for D'Youville.

## IRA GIVING

For D'Youville supporters age 70.5 or older, IRA gifts present a powerful way to save while you give. Generally speaking, IRA gifts are always tax-free and can help you reduce your future tax burden, satisfy a Required Minimum Distribution (RMD) if you have to take one, while maintaining the values of never refusing to serve.

**20 mins** Average time it takes a user to complete their plan

**1.1M+** Number of people who have created estate plans through FreeWill

Make an impact for the future

## DONOR-ADVISED FUND GRANTS

Donor-Advised Fund (DAF) grants are an increasingly popular way to support D'Youville programming — and there's a good reason! By giving through your DAF, you can use the funds you've already set aside to advance our mission immediately.

## LEGACY GIVING

Everyone should have an estate plan to support their future and protect what they love. And by including a bequest to D'Youville University in your plans, you can create a legacy that will serve DYU and the WNY community for future generations. FreeWill's online estate planning tool makes it easy and cost-free to make your plan, and add the necessary language to create your legacy.



## GET STARTED

Scan the QR Code or visit  
[FreeWill.com/dyu](https://FreeWill.com/dyu)

**D'YOUVILLE**

**FREEWILL**

Questions? Contact Ryan DiNunzio  
[dinunzir@dyu.edu](mailto:dinunzir@dyu.edu)

# D'YOUVILLE

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**DYU PAST** A group of students gather for a photo at D'Youville College in 1910, just two years after the school's founding.

D'YOUVILLE ARCHIVES

