



May 2012 NEWSLETTER FOR GUSTAVUS

NURSING ALUMNI

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Barbara Zust '76
Department Chair

"No matter what you do in life, you have not done it by yourself. Someone has helped you."

~Alaska Native

Greetings!

From your nursing department on the move! This has been an amazing year! We were able to send two of our Gustavus senior nursing students to Barrow, Alaska for their public health clinical.

As the saying by an Alaska Native states, we could not have accomplished this without the help of YOU - our excellent nursing alumni, who have empowered us to provide diverse and meaningful nursing opportunities for our students.

It was a little cold. I like to think of it as "fresh." In the photo to the right, you see our senior nursing students, Sarah Kate Pierro and Korbin Wayne working with elementary school teachers in Barrow. They created a career day for the students to empower them to think especially about careers in the health care field, which is a much needed dream. Sarah Kate and Korbin clearly pioneered this venture for us and brought back several suggestions for expanding the experience in the future.

In January, my pastor brother, Todd and I accompanied a group of students to Tanzania for J-Term. As we visited medical centers, from the very new and big institutions in Arusha to the small village dispensaries in Tungamalenga, we sang to and with the patients in Swahili. I'll share a few quotes from student journals to give a little insight regarding our time there:

"Time and time again, we encountered people who were sick or who were poor, who were hungry or who needed better clothes and yet, they seemed so much happier than we who have everything by their standards."



Sarah Kate Pierro & Korbin Wayne
with elementary students in Alaska



"As soon as we walked into the church at the Maasai Girls' School, they insisted to sit among us. The youngest class wiggled their way between everyone and scooted between us. I had two girls nuzzled on my left and one to my right. All of a sudden, we were not strangers observing from afar, we were welcomed in as family."

"These people have so much joy for life and for each other that I repeatedly tried to analyze what it is that we are doing wrong and that they are doing right. Jimi Hendrix is known for his quote, 'When the power of love overcomes the love of power, the world will know peace.' Maybe love is the answer to joy. Whether it is or is not, I know that Tanzanians have an abundance of both."



In the photo above, the students visit with Eunice Simonson, co-founder of Operation Bootstrap Africa.

I continue to love teaching at Gustavus, where I see the mission statement guiding our discipline. The nursing students are excellent. The challenges are growth producing. Never hesitate to share your ideas for our program with us! We value your input and insight.

Mungu Awabariki!
God bless you!
~Barb '76

A NOTE FROM HEIDI

Greetings from the Gustavus Nursing Department! Every year that I sit down to write this update, I can't believe how fast the year has gone. The nursing classes here continue to keep the students, as well as the faculty, very busy; which probably has something to do with time elapsing very fast!

I have enjoyed getting to know this year's junior class of students. This is a busy year in our curriculum as far as med/surg content and clinical, so these students are plugging away. They continue to have clinical experiences around St. Peter and up in the cities at Abbott Northwestern and Minneapolis Children's Hospital. With teaching so much in the junior level, I really miss seeing the students once they become seniors. I am thankful for those days when the seniors are hanging around the classroom and I can have some conversations with them about their senior leadership/management experiences and what their future plans are. And I have really enjoyed connecting with some of our recent alums as well! We have a few that recently were hired at Abbott on the same floor as our clinicals. They have been shining examples and positive role models for our students and I feel very thankful that I get to witness this. I'm so proud of all our students, present and alum!

I have really enjoyed using our high-fidelity simulator "iStan" more and more with teaching and with scholarly activities. I have had a few fun projects result from the implementation of the simulator in lab and in the classroom. At the junior level, we continue with a few simulation days throughout the



Heidi Pettis Meyer '98

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semester. It has been a wonderful learning experience for the students to have the opportunity to be involved in a clinical scenario that they may not be exposed to while they are actually on the floor. It has also allowed for these students just to enhance and be more comfortable with many of their assessment, intervention, and evaluation skills that follow them into the clinical setting. I am also trying to incorporate some of the senior students into these junior simulations as a leadership experience for them and it's going well!

I hope this finds all of you well and that you have enjoyed this mild winter! Even though there has not been much snow or cold, I am still ready for the nice warm summer months.

~Heidi Pettis Meyer '98



A NOTE FROM LORI

2011-12 has been a busy year for me. We said mixed goodbyes to Paula, sad for her leaving us but happy she gets to enjoy her retirement traveling and enjoying her family. We said an eager hello to Lynnea as she joined our Gustavus faculty with energy, enthusiasm and a wealth of ideas.

As some of you may know, it has been getting harder to find clinical placements for our students in community health so the MINC faculty had to be very creative this year in finding sites for students. The first group of students did their community health rotation in schools in St. Peter, in daycare centers, at the college and in a clinic in Winthrop. Although there were a few glitches, as with any new system, it was pretty successful.

Although most of my second group went to Sibley County Public Health again, two students were placed in Barrow, Alaska, thanks to the tireless efforts of Barb Zust. The students had a very interesting experience there, at times very challenging.

Barrow is only accessible by plane year round, unless you happen to travel by water or on the ice roads during the appropriate season. The isolation of the community was a new experience for both students. Everything has to be shipped in, so the cost of living is very high. Housing is scarce and food prices are shocking.

Korbin Wayne and Sarah Kate Pierro arrived just in time for the fall whaling season and a successful hunt. They both tried muktuk, fresh whale meat, and decided they probably didn't need to eat it again.



Lori Steffen

“... In January, I traveled with Deb Pitton... to Chimbote, Peru for a J-term trip entitled Health, Education, and Service in Poverty. It was my first time out of the US and I learned so much.”



They learned a great deal about the culture of the Inupiak people, including the challenges of living in a culture that is losing their native language and customs.



I flew to Barrow in November for the last few days of their stay to do their evaluations and to learn as much as possible about the area. We hope to send more students there in the fall of 2012, for OB and community health. Barb and I will collaborate on a course for students, mostly online, focused on learning more about the Inupiak culture.

In January, I traveled with Deb Pitton from the Education Department and 20 students majoring in nursing, biology, Spanish, psychology, and business to Chimbote, Peru for a J-term trip entitled Health, Education and Service in Poverty. It was my first time out of the US and I learned so much.

We spent two weeks at Father Jack Davis' mission either teaching English to the local children and adults or assisting in the local clinic and hospice. Poverty is so prevalent, unemployment is well over 50% (some sources even say as high as 85%) and most people earn the equivalent of \$300 per year. Many live in woven reed houses with dirt

floors, no running water and no modern plumbing. Most of the local diet is starchy and provides full stomachs but little nutritional value to the children. We were there during Peru's summer season and the fruit there was amazing – mango, pineapple, watermelon, strawberries, plums. They all taste so great when they are fresh, unlike the less tasty varieties seen in Minnesota in January.

Following our time at the mission, we traveled to Cusco and Machu Picchu as tourists and were amazed at the history, the architecture and the culture. Quite a switch from one part of the country to the other.

Finally, I presented a Disaster Simulation for Community Health Nursing Students at the HPSN conference in Tampa, Florida at the end of February. Many of the nursing faculty were there as well, learning

and presenting about how simulation can become more integrated into our nursing curriculum.

In my free time, I continue to serve on the editorial board of Creative Nursing. If you haven't seen an issue, maybe it is time to look at it again-I am very proud of the articles we address related to the current and pressing issues nurses face in so many settings. I write whenever I get time and always wish there were more time to just reflect and write.

The remainder of the school year flew by with student research presentations at the Bethel research conference in April, pinning in May and graduation on Memorial Day weekend. I have encountered a few Gustie nurses as I do my clinical rotations in several Twin Cities hospitals and I always enjoy hearing your stories about working as a new grad. Keep those stories coming!!

Wishing all of you a happy and healthy 2012.

~Lori Steffen



J-Term 2012 in Peru: A day at the beach on Isla Blanca

A NOTE FROM LYNNEA

Greetings! My name is Lynnea Myers and I am a new assistant professor in the department of nursing at Gustavus. Although I am new in this role, I am not new to Gustavus. I am a proud 2005 graduate of the nursing program and I am thrilled to be back on campus teaching the next generation of nurses. Upon completion of my undergraduate degree at Gustavus, I moved to North Carolina and worked as a pediatric acute care nurse at Duke University Children's Hospital. I then attended Duke University School of Nursing where I obtained my Master of Science Degree in Nursing as a Pediatric Nurse Practitioner. After graduation from Duke, I moved back to Minnesota and worked as a Pediatric Nurse Practitioner at Park Nicollet and South Lake Pediatrics in the Minnesota metropolitan area.

I discovered education and prevention were my true passions and took a position at Carver County Public Health working in their maternal-child health programs before moving to the Minnesota Department of Health where I served as a Child Health Consultant for the Early, Periodic Screening, Diagnosis and Treatment (EPSDT) program - the well-child screening program for children on Medicaid and MinnesotaCare in the state. In this role, I provided training and technical assistance to healthcare providers across the state of Minnesota. This role provided me the opportunity to develop my skills as an educator and I was thrilled to be offered the position as an Assistant Professor starting in Fall 2011 at Gustavus teaching adult health, nursing concepts, healthcare issues, nutrition, and

child health. In addition to my role at Gustavus, I am also working casually with Children's Hospitals and Clinics Home Care and Hospice. I am the current president of the Minnesota Chapter of the National Association of Pediatric Nurse Associates Practitioners (NAPNAP).

~Lynnea Myers '05

A NOTE FROM THE ACADEMIC ASSISTANTS

It is hard to believe that we are finishing up our senior year in the Gustavus Nursing program. We still feel like those nervous sophomores anticipating our acceptance, when in reality we will soon be the nervous new grads with our first "real" jobs. Our roles as academic assistants gave us the opportunity to get to better know the junior nurses. Being fresh out of junior year ourselves, we had empathy for the craziness that that first year involves. We quickly learned that telling someone "calm down, it's no big deal!" does not apply during lab performance exams!



Katelyn Saiko, Korbin Wayne

It has been interesting learning personalities and class dynamics and the class of 2013 had a great way of remaining cool, calm and collected. This was in large part to the wonderful efforts of our lab facilitator, Cyndee Ahlquist.



Lynnea Myers '05

"... I am a proud 2005 graduate of the nursing program and I am thrilled to be back on campus teaching the next generation of nurses."



Throughout the fall/winter, we worked closely with Cyndee to introduce a wide variety of essential nursing skills. Students are required to prepare for and complete five psychomotor skills tests and one daunting lab final. In preparation for these exams, we held many late night practice sessions that gave the juniors an opportunity to ask questions and perfect what they had learned. It was fun to see their confidence grow, particularly after their first hospital rotation in the fall.

Last year's exciting addition of iStan brought with it the opportunity for new simulated patient care experiences. iStan's newly re-modeled room makes Mattson hall feel as close to a hospital as you can get. Our simulations now allow us to speak through the mannequin, take vital signs, run an IV, feel pulses...he even sweats and cries! With the generosity of another donation we have added even more new technology, called "METIVision." With this, we have begun recording the simulations to give students a chance to watch themselves as nurses. These new capabilities have added exciting new learning opportunities to our program!

Both of us have thoroughly enjoyed working closely with the juniors and our faculty. We sincerely appreciated this opportunity to be the lab assistants. It is a joy to be able to help our fellow nursing students, all the while refining our own skills as nurses. It is bittersweet to be leaving this wonderful program and we are so excited to see what our classmates do in their future endeavors.

Sincerely, Senior Lab Assistants
Katelyn Saiko & Korbin Wayne



Pinning Ceremony

The Pinning Ceremony for the Nursing Class of 2012 was held on May 5, 2012. The ceremony was held in Christ Chapel in which a brief history of the Gustavus Adolphus Nursing pin was shared with the students and their guests. Each student received their pin as a recognition of the work they have done here at Gustavus Adolphus College. The ceremony was followed by a lunch for students, guests, faculty and distinguished alumni in Alumni Hall.



Senior nursing student
Kyle Sadler '12 working with iStan

Newland Recipient of Distinguished Alumni Award

Dr. Jaime Newland was awarded the Gustavus Adolphus Nursing Department's Distinguished Alumni Award at the 2012 Pinning Ceremony on May, 6, 2012. Dr. Newland graduated from Gustavus Adolphus College with a bachelor's in nursing in 1972. She went on to attend Adelphi University and then Pace University in New York where she received her Master of Science Degree in Nursing as a Family Nurse Practitioner. In 2002, she was awarded her PhD in nursing research from the University of Pennsylvania.

Dr. Newland has been a Clinical Associate Professor at New York University College of Nursing since 2008. At NYU, she is also the director of the Doctor of Nursing Practice (DNP) program and is a certified Family Nurse Practitioner in the NYU Nursing Faculty Practice.

After years of experience in critical care as a registered nurse, Dr. Newland moved to advanced nursing practice and prior to joining the faculty at NYU, she was responsible for directing the nurse-managed clinics at Pace University while also directly providing primary health care.

Her list of community service activities is varied and long. She has been instrumental in planning and organizing health fairs in her community for underserved populations and taking volunteer leadership roles in organizations such as the American Cancer Society.

She has received multiple awards and honors, including the Dr. MLK Jr. Excellence in Social Justice Award from Pace University in 2007, the American Academy of Nurse Practitioners State Award for Excellence in 2011, and she is a distinguished practitioner in the National Academies of Practice and a Fellow in the American Academy of Nurse Practitioners, just to name a few. She served as a project director for a HRSA funded grant from the Department of Health and Human Services exploring primary health care for urban underserved and at-risk and currently serves as a principal investigator for \$1 million+ HRSA funded grant from DHHS on enhancing clinical leadership through DNP education.

She is actively involved in numerous professional organizations and has presented nationally on healthcare topics ranging from sickle cell disease to the role of the nurse practitioner. She has published articles in countless nursing journals and she is the current editor-in-chief of *The Nurse Practitioner: The American Journal of Primary Healthcare*, the inaugural journal publication for nurse practitioners. She has authored, edited, and contributed to many books and other publications with her most recent publication titled: *Child and adolescent behavioral health: A resource for advanced practice psychiatric and primary care practitioners in nursing*.

Dr. Newland truly embodies the Gustavus values of excellence and service. It was an honor to have her present at the 2012 Pinning Ceremony to receive her much earned award.



Barbara Zust, Lynnea Myers, Dr. Jaime Newland, Lori Steffen



Junior/Senior Awards Received

Emily Hassenstab '13

- Presidents Scholarship (awarded freshman year, receive annually)
- Evelyn Anderson Theater and Dance Scholarship (awarded freshman year, receive annually)
- Legacy Scholarship (awarded freshman year, receive annually)
- Kay and Robert Moline Scholarship



Elliott Herdina '12

- Captain, Football Team
- 2011-2012 Academic All-Conference
- Service/Leadership Award - football team, for founding annual "Breast Cancer Awareness" game
- Academic All-District 1st team



Allison Schwab '12

- MIAC All-Conference (Hockey)
- MIAC player of the year and All American
- One of four finalists for the Laura Hurd Player of the year award



Honors & Awards

2011 - 2012

Nursing Department Academic Excellence Award

Each year we present an award to the nursing student with the highest grade point average. While all students who are admitted to the Gustavus nursing program are the cream of the crop, achieving this academic feat is a notable accomplishment.

*The 2012 Academic Excellence Award was presented to
Korbin A. Wayne*

2012 Sigma Theta Tau Chi Chapter-at-Large Inductees

Logan J. Becker

Phoebe L. Breed

Elliot M. Herdina

Julie C. Hill

Sarah C. Maddux

Stacy P. Miorana

Sarah K. Pierro

Katelyn A. Saiko

Allison N. Schwab

Korbin A. Wayne

Faye M. Hershey Prize in Nursing

Established in 1992 by Barbara Knight Kaiser to honor the memory of her grandmother, Faye M. Hershey, a dedicated volunteer worker in nursing throughout her lifetime. This is an annual award made to juniors in nursing, who show promise as a prospective nurse and whose activities include volunteer work.

The 2012 Fay M. Hershey Prize was presented to

Sarah J. Strand

From the Class of 2013



Class of 2013

We welcomed the Class of 2013 this past fall into the Nursing program. We have 26 young and promising students this year and we are excited about their academic adventures and the lives that they will touch on their journey.

Junior Nursing Students

Emily A. Batchelder	Kassie A. Lueth
Amy M. Brooks	Christina R. Mantey
Brittany M Corson	Samantha K. Opsahl
Harlie R. Cozad	Kelli D. Phillips
Lauren Del Core	Alexa L. Potts
Alyssa M. Gaulrapp	Cristian A. Raether
Laura T. Goebel	Jeannie W. Ribbel
Emily A. Hassenstabe	Gabe M. Steinborn
Sara A. Judd	Sarah J. Strand
Erin E. Kotzenmacher	Lauren M. Tebrake
Macayla R. Lindenfelser	Danielle L. Thibodeau
Kelsey A. Lucia	Sydnie M. Wigand



Gustavus Junior Nurses, Class of 2013



SUMMER INSTITUTE OF NURSING

GUSTAVUS ADOLPHUS COLLEGE

Gustavus Adolphus College Summer Institute of Nursing

We are pleased to announce the first Gustavus Adolphus College Summer Institute of Nursing on July 8-12, 2012 at Gustavus. The Summer Institute is a residential experience that will provide high school students (10th-12th grade) the opportunity to explore the profession of nursing. The Institute will expose students to the variety of career opportunities available within nursing including hospital and community-based nursing, rural healthcare, and leadership opportunities in nursing. Students attending the Institute will receive valuable knowledge about applying to a nursing program, as well as have the opportunity to earn CPR certification.

Heidi Meyer and Lynnea Myers, both Assistant Professors of Nursing at Gustavus will serve as faculty for the Institute, along with Wendy Foley who works with the Southern Minnesota Area Health Education Center (AHEC). More information regarding the Summer Institute can be found online at: <https://gustavus.edu/camps/nursing>.

Nursing alumni and friends of the Gustavus Adolphus College Nursing Program are invited to participate in the Summer Institute as panelist for the nursing panel on Tuesday, July 10 from either 8:30-10:30am or 1:00-3:00pm. The purpose of the panel is to expose high school students to the variety of roles available for nurses.

If you are interested in learning more about the panel or would like to participate, please contact Lynnea Myers at lmeyers@gac.edu or 507-933-6127 by June 1, 2012. Also, if you would like to donate money for a student scholarship (cost of tuition is \$450 per student) or nursing supplies (e.g. scrubs, stethoscopes, pen lights, etc) please contact Lynnea Myers.



2012 NCUR Presenters

NCUR - 2012

The following students and their studies were accepted for presentation at the National Conference of Undergraduate Research in Ogden, Utah at the end of March, 2012.

Logan Becker and **Elliott Herdina**: Exploration of anxiety among male nursing students. Accepted for presentation at Weber State University, Ogden, Utah for March, 2012.

Sarah Kate Pierro: Exploration of public perception of sexual assault in Barrow Alaska. Accepted for presentation at Weber State University, Ogden, Utah for March, 2012.

Kyle Sadler and **Anders Bowman**: Exploration of the impact of sports participation in one's nursing career. Accepted for presentation at Weber State University, Ogden, Utah for March, 2012.

Allison Schwab and **Kathryn Sellner**: Exploration of plans to reduce obesity in Midwestern elementary schools. Accepted for presentation at Weber State University, Ogden, Utah for March, 2012.

Korbin Wayne and **Katelyn Saiko**: Perceptions of contraception responsibility among college students. Accepted for presentation at Weber State University, Ogden, Utah for March, 2012.

Amanda Woodhull: Exploration regarding the use of BRCA 1 & 2 genetic screening among men and women. Accepted for presentation at Weber State University, Ogden, Utah for March, 2012.

Gustie Nurses Participate in PHN Conference

Gustavus Nurses gathered for a photo while attending the 2nd International Public Health Nursing conference held in St. Paul, MN in October, 2011. The theme of the conference was "Visibility and Voice in Public Health Nursing." The audience of nearly 300 nurses included speakers and participants from Norway, New Zealand, the Netherlands, Kenya, Scotland, Denmark, Ireland, Mexico, and Canada. In addition, speakers and participants from the US represented many states, ranging from California to New York to Colorado. Gustie nurses on the planning committee were Bonne Brueshoff, Marjorie Schaffer and Rose Jost.

Front row: Laura Frauendienst Reid '77, Amy Schilman Mimm '95, Kari Sieward Evans '79. Back row: Bonnie Madsen Brueshoff '79, Marjorie Aasness Schaffer '71, Jill Divnberger Timm '94, Rose Omodt Jost '63, Barbara Mattson Zust '76, Althea Werner Freidrichs '99.





News *from* Alumni

Class of 1960

The first graduating nursing class of 1960 is finding themselves very mobile and always ready for a party. Our group tries to plan a gathering about every two years somewhere in the USA. Now that most of our group is turning 74 or 75, we love to share life's journeys through the minefields of aches, pains, joint replacements, importance of exercise etc. We also share accomplishments of our grandchildren such as being a star in high school, grandchildren graduating from college and even a few great-grand children. This year we are gathering in Orlando, Florida for five days. We are celebrating Carolyn Kvam-Hanman's birthday. Her husband has been very helpful in facilitating our reunion and birthday celebration. Our theme is "Enjoy life and cherish each day."

1960's

Irene (Pearson) Nielson '61

Irene lives in Lindsborg, KS. She is completing a PsyD with a specialization in health and wellness.

Ruby (Monson) Englund '64

Ruby is reviewing the archives of the Psi Chapter of Sigma Theta Tau International in preparation for the celebration of the 50th anniversary of the founding of the chapter. A summary of the founding and activities of the chapter will be included in the celebration at the Fall 2012 meeting. Psi chapter is a chapter at large of this national honor society of nursing, including the University of Washington, Seattle Pacific University and Pacific Lutheran University.

Mary (Torsen) Kitundu '65

Mary is working with a non-profit organization that she helped establish, to build a hospital in Nyakato, Tanzania. Her organization also supports the largest baccalaureate school in Tanzania, and hopes for the development of a Master's program.

Sandra (Gunderson) Goff '66

Sandra is part of the Benefis Health System/Great Falls Public Schools, in which she teaches CNA classes for high school seniors.

Maryann (Pommeranz) Kaul '68

Maryann is retired from her almost 40 year career as a Psych and CD RN. However, she intends to keep her RN license as she looks for volunteer work.

Kathryn (Nelson) Burks '69

Kathryn recently retired from her job as the Designated Learning Officer at the Truman VA Medical Center in Columbia, MO. In retirement, she plans to do some part-time teaching.

1970's

Cory (Muth) Jepsen-Hobbs '71

Cory went to Graduate School after receiving his baccalaureate degree. Cory currently works as a Nurse Practitioner in cancer care, but plans to retire in a few years.

Bonnie Friesner '72

Bonnie earned a dual Masters, MSN/MHA, and currently works in Infection Control.

Jamesetta (Alexander) Newland '72

Jamesetta is the director of the DNP program at New York University College of Nursing and editor-in-chief of The Nurse Practitioner Journal. Recently, a textbook was published, in which Jamesetta was co-editor.

Martha (Odden) Voshell '72

Martha recently retired, but still works on a casual basis.

Connie (Hanson) Martin '72

Connie currently works in the operating room at Nebraska Medical Center in Omaha. She works with organ transplants, cancer surgery and trauma.

**Doris (Herrmann) Acton '73**

Doris is currently working as a parish nurse at Normandale Hyland United Methodist Church. She helped establish the Doris Acton Community Health Center in Manonkoh, Sierra Leone, in which community health workers in the villages teach basic health practices to reduce illness.

Stephanie (Olson) Geisler '73

Stephanie is working at the Mayo Clinic in Thrombophilia. She plans to work a few more years before she retires.

Nancy (Youngren) Liddy '73

Nancy worked for 20 years at Abbott Northwestern Hospital in the ICU and Radiology. She now works as an Adult Nurse Practitioner in Primary Care with the Hennepin County Health Care for the Homeless Project.

Janet (Weatherhead) Borcheller '74

Janet is currently working on a Master of Public Health degree at George Mason University in Fairfax, VA. She is also a Research Assistant for the Chair of the Health Administration and Policy Department at George Mason.

Kathy Fitzsimmons '75

Kathy is currently teaching Psychiatric/Mental Health Nursing and Nursing Leadership at the University of South Carolina Upstate. In April, she will be teaching Community Health Nursing at the University of Medicine and Pharmacy in Ho Chi Minh City, Vietnam.

Joy (Nelson) Lundeen '75

Joy works in Jackson Hole, Wyoming, where she is owner and practitioner at Biohealth, a biofeedback and behavioral health practice. Joy specializes in neurofeedback, biofeedback, and personal behavioral guidance.

Vicki Odegaard '75

Vicki is now residing in Olympia, Washington and retired from the Army in 2005 from Hawaii after over 30 years of active military service. Currently, she serves as a full-time civil service employee in her role as Clinical Nursing Officer at the McChord Medical Clinic, an outlying Family Medicine and Specialty Clinic in the Madigan Healthcare System.

Michelle (Olson) Hartman '76

Michelle currently works as a CRNA in Sebring, Florida.

Cynthia (Zotalis) Gustafson '77

Cynthia lives in Helena, MT and works as the Executive Director of the Montana Board of Nursing. She is also the state co-lead of the Montana Action Coalition of the Future of Nursing.

Gail (Johnson) Rudberg '77

Gail is a Nurse Practitioner at Health Partner's Como clinic in St. Paul, MN. Gail and her husband, Tom, will celebrate their 30th anniversary this summer.

Melissa (Fischer) Struve '78

Melissa is the Patient Care Supervisor at Fairview Clinics Bloomington-Lake Xerxes. She manages the provider support staff for the family practice clinic.

Linda (Augst) Carlyon '79

Linda is working full time at North Hennepin Community College teaching the 3rd and 4th level nursing students. She is also working part-time as a Nurse Manager of a young home care agency, BrightStar Home Care where she supervises and teaches 26 nurses and aides to care for clients in their homes.

1980's**Betty Bender '80**

Betty is currently working as a nurse anesthetist at Mercy and Unity Hospitals in the Twin Cities. She continues to have passion and love for her job.

Amy (Linner) Quarberg '82

Amy just landed her dream job at St. Johns Hospital in Maplewood, MN as the Healing Arts and Wellness Coordinator. She has a master's degree in Human Development with a focus on Healing Presence. Amy is also certified in Therapeutic coaching, NLP, and Hypnosis and has a private coaching practice called Soul Power Coaching. She also has an interest in dance and teaches a movement class called Soul Power Workout.

Bev (Matson) Rose '83

Bev is working as a staff nurse in the NICU at the U of M Amplatz Children's Hospital in Minneapolis, MN. After 28 years, she still loves every minute of being a nurse.

Beth (Groehler) Davis '83

Beth lives in Eden Prairie, MN with her family and has been working at Metropolitan State University



as Residents Faculty and the simulation lab coordinator. She is attending school to complete her post-masters certificates in gerontology and nursing education.

Valarie (Highes) Hanson '84

Valarie has worked at Abbott-Northwestern Hospital for the past 25 years in the Neurological-Medical-Surgical Intensive Care unit as a staff nurse and charge nurse.

Karen (Granquist) Gutierrez '85

Karen is currently working as an assistant professor in the nursing department of Metropolitan State University in St. Paul, MN teaching both undergraduate and graduate students. She received a PhD in nursing from the University of Minnesota and did her dissertation research on prognostic communication at end-of-life between nurses, physicians, and family members in an ICU. She has written several manuscripts based on this research that are all in various stages of publication.

Ruth (Nelson) Lau '85

Ruth works as a nurse practitioner at Ministry Good Samaritan Health Center in Merrill, WI and has worked for 8 years in the Emergency Department/Urgent Care. She has been a NP for 18 years and is currently precepting a NP student.

Debbie (Anderson) Clark '86

Debbie is a pediatric nurse at Children's Hospital in Minneapolis, MN. Since 1998, she has been working as the district school nurse for school district 930.

Sara (Digerness) Hasse '86

Sara is currently working as a Pediatric Hospice Nurse at Children's Hospitals and Clinics of Minnesota. She is one of the first 75 nurses to be a Certified Hospice and Palliative Pediatric Nurse.

Jackie (Attlessey) Pries '86

Jackie has moved from a nurse administrator at Mayo Clinic to the Chief Nursing Officer and Vice President at Boulder Community Hospital in Boulder, CO.

Betsy (Johnson) Farley '88

Betsy is currently a PHN with Hennepin County Human Services and Public Health, Long Term Care Consultation, Assessor and Case Manager. Also, she resides in Andover, MN with her husband and three children.

Amy Noer '88

Amy resides in Greensboro, North Carolina where she has completed Bodies Revealed and helps handicap people ride horses.

Vicki (Larson) Harvey '89

Vicki is working for Allina Health at Coon Rapids Women's Health doing OB/GYN triage.

1990's

Meg (Shankey) Linden '92

Meg completed WHCNP program at the U of M in 2008 and is working at Southdale OB/GYN Consultants in their Burnsville Clinic.

Jennifer (Bowden) Brickley '93

Jennifer has been happily working for 19 years in pediatrics. Currently she is at Mayo Clinic in outpatient pediatrics.

Tami (Brown) McQuoid '93

Tami is currently working in Redding, California at Mercy Hospital in their Labor and Delivery unit.

Dawn (Stueven) Fadden '97

Dawn is a Nurse Practitioner at Carleton College Student Health and Counseling in Northfield, MN.

Heidi (Friederichs) Hermel '97

Heidi works in Mankato, MN as a Nurse Practitioner at Mayo Clinic Health System, Northridge Clinic in the area of Family Practice.

Amy Yilek '97

Amy works as a Family Nurse Practitioner at Minnesota Oncology in Minneapolis, MN.

Jessica (Floren) Johnson '99

Jessica earned her Master of Science from the U of M in 2009 and currently is working as a Women's Health Care Nurse Practitioner at Mayo Clinic in Rochester, MN.

2000's

Kasey (Stecker) Paulus '03

Kasey recently started a new position as the Clinical Project Director for Hospital Quality at Park Nicollet Methodist Hospital. Additionally, she just passed the Certified Professional in Health Care Quality exam.

**Chad Paulus '03**

Chad is currently working at Tria Orthopedic Center in Bloomington, MN. He is a certified life coach, hardstyle kettlebell certified, functional movement system certified practitioner, and studying for the Russian kettlebell challenge certification. He is also a coach and instructor for TRX and kettlebell classes through Tria's employee fitness and wellness program.

Amy (Humburg) Crofton '04

In 2011, Amy received her Master's in Nursing Education from Minnesota State Mankato. She is currently working at St. Mary's Hospital in Rochester, MN. She is looking into Nursing Education opportunities within Mayo Clinic.

Kirsten (Kaufmann) Morse '04

Kirsten resides in Apple Valley, MN with her husband and thirteen month old son. She is working as a Pediatric Nurse Practitioner Hospitalist at Children's Hospital in Minneapolis, MN. Kirsten is also very involved with the local MN chapter of NAPNAP.

Rachel (Kvanli) Dickinsen '05

Rachel is currently working at Minnesota Gastroenterology out of the Maplewood area and also works at the HealthEast hospitals as a GI staff member. Rachel and her husband are expecting their first child in June.

Miriam (Bulland) Rauk '05

Miriam recently started a new job as a visit nurse with HealthEast Home Care. She welcomed her second son this past February!

Kate (Sheehan) Menne '06

Kate is a full-time student in the St. Mary's University of MN Nurse Anesthesia program and will graduate in August.

Amy (Huble) Prawalsky '06

Amy is currently employed on the float team at Children's Hospital in Minneapolis. She will graduate from University of St. Catherine in May with a Master's in Nursing with Certification as a Nurse Practitioner. She is looking to work in the Minneapolis/St. Paul area as a Pediatric Nurse Practitioner.

Joshua Siebell '06

Joshua is working at Saint Joseph Hospital in Lincoln Park, MN in their MICU. He is also applying for graduate school.

Kara (Meyer) Haus '07

Kara is currently working at Sanford Children's Hospital in Fargo, ND. She has worked in the NICU for the past four years and currently works as a staff nurse, charge nurse, and has her CLC to assist in the lactation department. Kara is also a flight nurse trainee and working on becoming certified.

Laura (Kojetin) Ingalsbe '07

Laura is working the float pool at United Hospital as a staff nurse. She graduates from St. Catherine University in May 2012 with a Master's Degree in Nursing Education. Laura and her husband are proud parents of their daughter who was born in September 2011.

Danielle (Anderson) Schmidgall '07

Danielle currently works at Rice Memorial Hospital in Willmar, MN as a Med/Surg RN. In June of 2011 she was blessed with the birth of her son.

Jennifer Sherry '07

Jennifer works as a Labor and Delivery nurse at Methodist Hospital and she is currently getting her DNP at the University of Minnesota.

Cassie (Henke) DeLaitch '08

Cassie works for Minnesota Gastroenterology as a GI nurse in the endoscopy center. Cassie and her husband expanded their family with their little boy born in October 2011. Congrats to the both of you!

Katie Lohmann '08

Katie is working at Amplatz Children's Hospital at the University of Minnesota in the PICU.

Andrea Hunter '09

Andrea has been living in Tucson, Arizona where she works as an RN at the University of Arizona Medical Center on an intermediate care post-surgical unit specializing in kidney, liver and pancreas transplants and abdominal cancers. She is currently studying to take the CMSRN exam this summer. Good luck to you, Andrea!

Rachel Karst '09

Rachel is currently working at the U of MN Physicians Neurology Clinic doing care coordination work and loving it!

Brianna Otis '09

Brianna has recently been working as a traveling nurse. She is currently in Loveland, CO working labor and delivery, postpartum, antepartum, and also a little work with GYN patients post op. She doesn't think there could be a better fit for her!

**Kristy Schmid '09**

Kristy has been working at St. John's Hospital in Maplewood on a med/surg floor that mostly specializes in telemetry and stroke as well as pediatrics. She will be training to be able to float to the postpartum floor soon.

Carla Thielbar '09

Carla is currently working in the PICU at Minneapolis Children's and just joined the unit council.

2010's**Sara Bentley '10**

Sara currently works at Fairview Ridges Hospital on a telemetry unit. Her career goal is to gain more cardiac experience and put her TNCC certification to good use by working in the ER.

Alyssa (Becklin) Haglund '10

Alyssa and her husband will be moving back to the Twin Cities this spring. Alyssa just accepted a job offer in the Postpartum/Family Care unit at Fairview Southdale Hospital in Edina, MN. She is looking forward to being closer to family and friends.

Emily (Zehrer) Wiechmann '10

Emily is currently working at Oaklawn Health Care Center in Mankato, MN. She also does guest teaching in which she advises students who are interested in the nursing path, as well as providing first aid and general medical information to the residents in the dorm.

Lillia Benson '11

Lillia is working at Regions Hospital in a Critical Care Immersion Program on a cardiac/telemetry floor. By fall or early winter she will move to one of the four ICU's at Regions.

Brita Gilyard '11

Brita recently moved to Denver, Colorado and is working as a PCA in home for a boy who was CP. She helps him with therapies and schoolwork. Keep up the good work, Brita!

Carrie Gundersen '11

Carrie is currently working as an RN on the Orthopedic floor at Sanford Health in Fargo. She is also part of the Sanford Nursing Research Council where she has the opportunity to conduct and promote nursing research within the hospital.

Amy Hassenstab '11

Amy is currently working at Abbott Northwestern Hospital in Minneapolis, MN on a cardiac/telemetry floor. Amy has gotten opportunities to precept the junior Gustavus nursing students during clinical rotations, which she really enjoys!

Laura Jensen '11

Laura is currently working as a Public Health Nurse for Rice County Public Health. She works part time as the coordinator of the Child and Teen Checkup program of Rice county and part time as a family child health PHN.

Brianna Jobe '11

Brianna is working on a surgical trauma floor at the Mayo Clinic in Rochester, MN.

Kristin Kennedy '11

Kristin is currently working at Mayo Clinic Health System in Mankato, MN as a cardio-pulmonary nurse. She will also begin training for an ICU position.

Jessica Pelzel '11

Jessica is working at Mayo Clinic Health System in Mankato, MN on a cardio-pulmonary unit. She is also busy making wedding plans for this fall.

Laura (Humburg) Rollins '11

Laura is working at Laurels Edge Assisted Living in Mankato, MN as their RN Housing Director. Laura and her husband Jay were recently married.

Allie Schulte '11

Allie is working full time as a Registered Nurse at Twin Cities Pain Clinic in Edina, MN.

If you would like to receive this newsletter electronically, please send your e-mail address to Lisa Koppelman.

If you are receiving this newsletter electronically and would like to receive a hard copy, please e-mail your request and current mailing address to Lisa Koppelman.

If you would like to nominate someone for the Gustavus Nursing Department Distinguished Alumni Award, please send your nomination to Lisa Koppelman.

Lisa can be reached at: lkoppelm@gustavus.edu

or by snail mail at:

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SUMMER INSTITUTE OF NURSING

GUSTAVUS ADOLPHUS COLLEGE

We are pleased to announce the first Gustavus Adolphus College Summer Institute of Nursing on July 8-12, 2012 at Gustavus.

Nursing alumni and friends of the Gustavus Adolphus College Nursing Program are invited to participate in the Summer Institute as panelists for the nursing panel on Tuesday, July 10 from either 8:30-10:30am or 1:00-3:00pm.

If you are interested in learning more about the panel or would like to participate, please contact Lynnea Myers at lmeyers@gac.edu.

Barbara Zust '76 named Carlson Winner

The Edgar M. Carlson Award for Distinguished Teaching is the College's highest faculty accolade. Students describe this year's winner as "compassionate," "caring," "genuine," "encouraging," and "an advocate." Fittingly, these descriptors perfectly embody her profession – as a nurse.

Her students wrote about her passion and commitment to nursing and to their professional and personal growth. One student wrote, "When she teaches, not only are her students interested, they are inspired." The 2011 Edgar M. Carlson Award for Distinguished Teaching goes to Barbara Zust, associate professor in the Department of Nursing. Congratulations Barbara!



"Whatever we do, let us do it well."
- Eric Norelius

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