



Summer 2017 Newsletter for Gustavus

NURSING ALUMNI

VOLUME 26, NUMBER 1

The baccalaureate degree in Nursing at Gustavus Adolphus College is accredited by the Commission on Collegiate Nursing Education (<http://www.aacn.nche.edu/ccne-accreditation>)

Dear Gustavus Nursing Colleagues and Alumni,

I have had the distinct honor to chair the National Advisory Board (NAB) for Nursing since it's inception in July 2014. The NAB along with nine other advisory boards were established by the college to facilitate an external perspective for College departments and programs. Their purpose is to assist in visioning, long-range facilitation of initiatives and to act as a "think tank" for the department. In addition, the NAB will also provide an avenue for alumni, parents and friends from across the country to stay connected to the College and for enhanced communication between the College and its constituents.

To that end, the NAB along with the Nursing faculty have been engaged in dynamic conversation relating to the Nursing Departments' Strategic Plan as it pertains to the 2016 Gustavus ACTS Strategic Plan. The discussion included ways in which the NAB could be helpful to the Nursing Department.

The following gems are from our discussion of who we are and what we want Gustavus Nursing to be:

- While the program is small and resources limited, we need to begin with a heart of gratitude for the resources (facilities, faculty, etc.) we have.
- Utilize a business-planning model to assess current state and develop potential growth strategies. Dreaming Big and thinking globally beyond what the restraints of our current resources.
- Making Nursing more visible on this campus begins organically within us. We need to lead from a "servant perspective."
- Explore ways that we can be included in the pre-Health Club on campus, to increase opportunities to practice inter-professional communication. Envision collaboration across disciplines.
- Identify Gustavus' Nursing 'niche'. In what ways can the department address a local, national, and/or global need?
- Strengthen and increase the engagement and giving of alumni and friends.

Going forward the NAB plans to develop small groups to address the following initiatives:

1. Simulation Center Working Group:
 - a. Develop and implement a two year plan to raise funds for simulation equipment
 - b. Develop internal and external partnerships for collaboration and fiscal partnerships.
2. Career Readiness Working Group:
 - a. Consult with faculty to prepare career ready nursing students to have the skills they need to navigate and be successful as they enter the health care world.
 - b. Continue to support the Mentor program between alumni and students.



3. Advanced programs Working Group:

- a. Explore certificate, continuing education, and master's degree programs that draw on our strengths and meet market needs.

How can you help?

1. We continue to recruit additional Nursing Advisory Board Members- please consider serving!
2. Consider participating on one of the small groups.
3. If your time is limited, connect with any of the NAB members to share ideas, thoughts, and suggestions for the department! We depend on all of our alumni partners to move this agenda forward!
4. Consider supporting the department financially.

Thank you for your continued interest and commitment to Gustavus! I look forward to connecting with you as we advance this exciting work!

Cheryl Olson '78
colson5252@gmail.com



Jane Coleman, Gretchan Koehler, and Joel Henderson created a pathway of positive energy, by bringing life and color into Mattson Hall. We are exceptionally grateful for their caring vision.

Nursing Simulation Lab Developing

There are many wonderful things happening in the Nursing department, including plans for a \$200,000 simulation lab. So far, we have secured \$38,700 to create a pediatric simulation room, all of which will be able to move with us to our new space, currently under design. We'd love for you to see our new pediatric simulation suite in the Nursing department after the Kubb tournament and football game during Homecoming on Saturday, September 23.

We're grateful for the support we've already received and hope that you might also consider a gift to this initiative. There are several ways to contribute, including directly on the Homecoming registration form. When you register, first select all the fun activities you'd like to participate in that day (we hope you'll join in the fun of the Kubb Tournament in particular, or at least come to watch!) Then, at the end of the form, it asks if you'd like to give a gift. You can enter the dollar amount you'd like to contribute, and simply specify in the special gift designation line that you'd like it to go to the Nursing Simulation Lab: <https://gustavus.edu/alumni/forms/homecoming-2017> or Alumni and Parent Engagement Office at alumni@gustavus.edu Thanks in advance for considering a gift to benefit current and future nurses!

--Angela Erickson, Alumni Office



Nursing to Host First Gustavus KUBB Tournament

KUBB is a yard game was created on the island of Gotland, Sweden by Vikings over 1,000 years ago. Originally, this old game was used to settle disputes. KUBB sets began to be made commercially in the 1980's, resulting in a KUBB game explosion around the world. KUBB has become quite popular in the USA, and is played by people of all ages. Wisconsin claims to be the KUBB Capitol of the Nation, with the National KUBB championship held in Eau Claire every July. The International KUBB Championship is held every year in Gotland, Sweden.

KUBB is clearly a game that belongs on campus at Gustavus! This past Spring, Nursing introduced KUBB as a team-building, wellbeing exercise with our students. Nursing, along with the Alumni Office, has agreed to host the first Gustavus KUBB Tournament for Homecoming. To learn more about the rules of KUBB, go to <http://www.usakubb.org/rules.php> Hope to see you there!!



Kubb Master, Andy Folstad, faculty with three graduating seniors.



Wellness Day - Playing Swedish game of Kubb after a session of yoga for juniors & seniors and potential Gusties.



News from Andrew Folstad...



Greeting to you all! I can't believe how fast this last school year went. As a new member of the faculty at Gustavus I learned a great deal from the faculty and students alike! Being new I feel I should give a brief introduction about myself.

I received my BSN from the University of Minnesota in 2011 and completed my MSN in Nursing Education at Bethel University in 2016. My specialty is pediatric intensive care, emergency medicine and neonatal intensive care. I have been a member of the Float Team at Children's of Minnesota, St. Paul for the past 5 ½ years where I float to our Neonatal Intensive Care Unit (NICU), Sedation and Procedural Services Unit (SPS), the Emergency Department (ED) and our medical/surgical floors which specialize in neurosciences, endocrine and eating disorders. I hold certifications in the Neonatal Resuscitation Program (NRP), Pediatric Advanced Lifesavers (PALS), Emergency Nursing Pediatric Course (ENPC) and am currently working on my Trauma Nursing Core Course (TNCC) and my certification to become an instructor for both PALS and BLS. My passion is to provide exceptional evidence based care to all children and their families in any acute or intensive care setting (although my true love is the ED and NICU).

As a nurse educator before starting at Gustavus I taught clinical for St Kates and Bethel University and was a student faculty member at Bethel where I helped teach the pediatric and medical/surgical content as well as created simulations for students at all levels. At Gustavus this past year I taught the pediatric nursing course (NUR385), theory and research (NUR202), medical/surgical nursing II (NUR335) and oversaw half of the seniors in their preceptor experiences (NUR395).

This coming year I am excited to implement a new online learning platform for the pediatric nursing course. This platform, called Sherpath, is an intuitive software that learns each student's strengths and weaknesses in the course content and adjusts the modules and objectives to meet each individual student's needs. My hope is that through this new presentation of content

students will be more engaged and learn the course content in the way they learn best.

I am extremely grateful for the opportunity to be part of the amazing nursing program at Gustavus and look forward to what the future holds for each student and the program!

Sincerely,
Andrew (Andy) E. Folstad MSN, RN

News from Jessica Helget...



Greetings from the hill!

What a wonderful year we have had here in the Gustavus Nursing Department. I have continued to work as the Lab, Simulation and NCLEX Prep Coordinator, all roles that I thoroughly enjoy!

Teaching students in the lab setting has helped our students find comfort in caring for patient's hands on. Students are so eager to learn in the lab setting, so it makes my job so wonderful! I continue to work at Mayo Clinic Health System on a telemetry floor. I love being able to provide our students with scenarios, skills and different situations that I encounter while practicing as a registered nurse. Helping students make those "crucial connections" to real patients is what I truly enjoy.

Using simulations as a teaching method has become more prevalent this year. Again, we are using audio/video/recording of the simulations so students who cannot participate in the simulation, are able to watch in a different room. We have used volunteers, drama students, and alumni as simulated patients, along with our low, mid, and high fidelity mannequins. We have received very positive feedback from the students and will continue to integrate simulations into all nursing classes. We are able to do this even more this coming fall, as we will have separate simulation suits for all of our different mannequins. I am excited to start organizing these suits to make them just like healthcare environments—for example, an OB suit, pediatric room with a crib, med surg room with geriatric patient, a clinic room, etc. Lastly, as the NCLEX prep coordinator, I have learned so many new things again this year! The NCLEX prep curriculum we continue to use is ATI. Each year brings new ideas, videos, books, and sources of knowledge we are able to bring to our students. I



enjoy meeting with the senior students to help prep them for their NCLEX and help put some anxiety at ease!

I feel very fortunate to have been able to engage in many remarkable experiences here at Gustavus thus far and I look forward to the next academic year with great excitement!

*Sincerely,
Jessica Helget*

News from Rose Jost...



Rose Jost is a graduate of Nursing at Gustavus and began teaching Nursing for Gustavus after completing her Master's in Nursing Education. Since then, she worked for over 30 years in all areas of public health nursing for the City of Bloomington. Rose has returned to the Gustavus Nursing program to teach our Public Health course for us once again!

Rose has been an active member of the National Advisory Board for Nursing at Gustavus since it began. She is also a active member of the Henry Street Consortium, consisting of public health faculty members and public health agency members. The Henry Street Consortium developed an award winning "Partnership Engagement Model" used to facilitate planning meaningful clinical experiences for nursing students. Recently, the Henry Street Consortium authored a textbook entitled: Population Based Public Health Clinical Manual for students.

Students in our program will be using this textbook this Fall.

News from Heidi Meyer...



Greetings, Gustavus Nursing Alumni!

It's hard to believe that another year has passed and another cohort of phenomenal Gustie nurses has graduated. And that the summer is coming to a close – too quickly I might add!

As I reflect back on the successes and challenges of the past year, I can't help but be invigorated and motivated for the upcoming academic year. Even though I still have evaluations and reports to complete, I truly enjoy this preparatory time before students come back to campus. The anticipation and excitement is contagious!

One of the most exciting changes that happened this past year was the acquisition of additional space in Mattson Hall! After Education moved out, Nursing faculty moved offices to the other end of the building. This freed up 5 office space areas that are being turned into simulation suites and a nurses' station/medication room. We are in the process of trying to fully supply these simulation suites and are looking forward to using the space this upcoming fall for simulations. This additional space also freed up laboratory space for students to practice their skills and assessments on each other. The plan for the suites is to have two adult simulation rooms and a pediatric and/or OB room. A grant for a pediatric simulator has been submitted and we are anxiously awaiting to hear about the decision.

I continue to progress on my doctoral journey and just recently finished up my coursework. I will be starting the dissertation process this fall and will be focusing on emotional intelligence (EI). After digging into the literature these past three years and becoming certified in the Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT) this past spring, I have become even more passionate about this concept and its importance in nursing and specifically nursing education. I am constantly striving to integrate concepts of EI into all the courses I teach and provide students with the opportunity to enhance their EI to prepare them for their future professional role.

Please stay in touch! I LOVE hearing updates from all of you, and of course am always thinking about how we might partner in the future! Carry, on Gustie nurses!

Heidi

News from Lynnea Myers...



Greetings from Stockholm, Sweden!

It has been another busy, but exciting year. I continue to live in Stockholm, Sweden working on my doctoral degrees at Vanderbilt University and Karolinska Institute. I am



News From Jessica Stadick...



Happy Greetings from the Gustavus Nursing Program!

Each fall and spring I continue to teach the Introduction to Pre-Health Professions: An Interdisciplinary Approach. In the fall, I also taught Medical Surgical Nursing I and facilitated the Alaska Immersion Clinical. In the spring I taught Advanced Medical Surgical Nursing Across the Lifespan and a clinical section for the Transitions to Professional Practice course. Each of these courses provide me with the opportunity to observe the progression of the students from novice to RN role ready.

This spring I officially completed all of the coursework requirements towards my PhD in Nursing Research at South Dakota State University (SDSU). This fall I will be taking my oral and written comprehensive examinations and starting my dissertation. My coursework from SDSU has enhanced my ability to mentor and advise students with independent research. This year I advised 5 student groups who either presented at the National Council for Undergraduate Research Conference (NCUR) or at the Midwest Nursing Research Society Conference (MNRS). Additionally, one project has been accepted for presentation at an international conference in Ireland this summer, and will be presented at the Nobel Conference this fall.

For my own research projects, I completed a research practicum specific to qualitative research methodology with two other students and two PhD faculty from SDSU. The research project titled, *Nurses and Spiritual Care: A Willingness to Go There*, is a qualitative analysis of narrative descriptions from experienced hospice/palliative care nurses regarding their communication and implementation of spiritual care for patients and families at end-of-life. The manuscript has been published this year in the Journal of Clinical Nursing. We presented the findings from this study at the Sigma Theta Tau: Phi Chapter Annual Nursing Research Day in Brookings, South Dakota. We will also be presenting the findings at the Sigma Theta Tau International Biennial Convention in Indianapolis this fall. This project has been extremely rewarding and truly aligns

wrapping up my dissertation research at Vanderbilt and just completed a first draft of my dissertation and I hope to defend the final dissertation within the next year. My research at Vanderbilt centers on how parents and health care providers communicate during the time when a young child is undergoing a diagnosis of Autism Spectrum Disorder. For my study, I interviewed 31 parents via phone or through video conferencing to explore their perceptions of the communication process. My study also included survey measures to assess parents' perceptions of communication. Meanwhile, my research at Karolinska explores minor physical anomalies in twins with neurodevelopmental disorders, like Autism and ADHD. A publication on my first study summarizing findings from clinical genetic assessments is currently under review and I have drafted a second manuscript on the relationship between ratios of the 2nd and 4th fingers and diagnoses of Autism and ADHD. I presented research this past year at three conferences. One was a public health nursing conference in Billund, Denmark where I was able to meet up with fellow colleagues Barb Zust and Rose Jost. It was a fun few days with these women, as well as other public health nurses and faculty from Minnesota who attended the event. I also presented a poster at AutismEurope in Edinburgh, Scotland and I had a poster presented on my behalf at the International Meeting for Autism Research in San Francisco, CA.

I had the honor of hosting a Gustavus student again this past January when Mariah Schulte, a rising senior nursing student, joined me for the month. Mariah was able to participate in the research studies taking place at Karolinska, including another study I work on exploring typical development in 5-month-old twins. Mariah helped with data collection and analysis. It was fun to have Mariah at Karolinska with me and I know she really enjoyed her experience in Stockholm!

The most exciting news from the past year is that my husband and I just welcomed our first child, Malin Jeannette Myers. She arrived on June 19, 2017 in Stockholm, Sweden at the Karolinska Hospital. She is a wonderfully happy and sweet baby and we are so excited to welcome her into our family. She will be taking her first flight to Minnesota this fall as we will return for a period of time for her to meet family and friends! Thanks to Sweden's generous parental leave, I will be home with Malin for her first year and plan to use the time to wrap up my dissertation at Vanderbilt.

Lynnea



with the art of nursing. Additionally, I presented a poster titled *Definitions Matter: Interprofessional Education - A Concept Analysis* at MNRS. This project aligns with my dissertation topic at SDSU.

Overall, I feel very fortunate to have been able to engage in various remarkable experiences my fourth year here at Gustavus, and I look forward to the next academic year with great excitement! I am eager to meet the incoming juniors and watch the seniors complete their final year as they strive to become professional nurses.

Thank you to those of you who have come back to guest lecture, to those of you who mentor our students, to those of you who continue to precept our students, and to all of the ways you continue to give back to the college and program.

*Kindly,
Jessica*

News From Barbara Zust...



Dear Alumni,

First of all, thank you for all the support you have given us throughout the years! Especially these past few years, could not have happened without your wisdom, encouragement, gifts of time, experience, networking, mentoring, prayers and support in

so many ways! True to nursing, you have nursed us along, and we are grateful.

I had a great sabbatical in the Fall. I slept all night for the first time since 2014; read six novels, spent time with my 2-year old grandson, and watched the sunrise while sipping coffee with my husband and three cats almost every morning. I wrote two articles, both research articles about the role of clergy regarding domestic violence. One has been accepted for publication and the other is still under review. I presented one of the articles in Australia, with an extra little side trip to New Zealand while I was in the neighborhood; and I presented the other article in Denmark with an extra side trip to Sweden. I also became a certified prison doula through Mewinzha Ondaadiziike Wiigaming in Bemidji, MN and the University of Minnesota Prison Doula Program. As a doula, I will be able to spend time on various birthing units as a way of staying current in obstetrics,

while being a support person for someone who would otherwise go through labor and delivery without support.

Although it was a wonderful sabbatical, I had a hard time letting go of Gustavus. Having returned, I missed a lot, and I sort of feel like a new kid in school, not knowing all the rules or resources. One new idea I missed is called the Möbius Project. The Möbius Project is about departments collaborating with other departments and faculty in working on a project together, to demonstrate how we all can work together in contributing to the liberal arts. Nursing is all about Möbius Projects, even though we haven't called it that. For example: 1. The Awakenings Project at Ecumen with pre-med, pre- PA, pre-music therapy students working with nursing students to reduce nocturnal delirium in this long term care facility; 2. NUR 387 collaborating with Mary Gabler's ethics class to collectively discuss ethical issues in reproductive health; 3. Nursing collaboration with theater majors to do "live" simulation for mental health and medical surgical nursing. Some faculty on campus have asked, "What can Nursing contribute?" I say it's time to beat that Möbius drum a little louder!!! If you have any ideas or suggestions about collaboration, I'd love to hear them!

Carry on with all the good that you do, and please stay in touch! *Barb*

Nadeau & Zust Selected for 2017-2018 AACN Fellowship



Dr. Julie Nadeau ('81) and Dr. Barbara Zust ('76) attended the Leadership for Academic Nursing Program (LANP) at the Oakridge Hotel & Conference Center in July. The LANP is an executive leadership fellowship, which is designed by the American Association of Colleges of Nursing (AACN) to prepare leaders for academic nursing programs. The experience encompasses an assessment and evaluation of leadership skills, opportunities for strategic networking and case study development, consultation to achieve long-term goals, and identification of key partnerships.



Nursing Students Present their Research: Locally, Nationally, and Internationally

Johnna Bottila: *Exploration of Sleep Quality in Undergraduate Students*

* Presented at the Midwest Nursing Research Society (MNRS) in Minneapolis, MN.

Kirstin Buck: *New Contraception for Biological Males: College Student's Perceived Attitudes and Behaviors Related to Non-hormonal Injectable Gel*

* Presented at the Midwest Nursing Research Society (MNRS) in Minneapolis, MN.

* Presented at the Sigma Theta Tau International Nursing Research Congress in Dublin, Ireland.

Sydney Bakken, Jenna Ripperton, & Carley Sager: *College Student's Perception of how Their Experiences with Healthcare Providers Impact their Willingness to Seek Future Care*

* Presented at the National Council of Undergraduate Research in Memphis, TN.

Emily Gustafson & Coursey Edwards: *The Effects of Aromatherapy on Nursing Students Test Anxiety*

* Presented at the National Council of Undergraduate Research in Memphis, TN.

Cassie Severson: *Perceptions of Alumni Regarding the Impact of the Alaska Immersion Clinical*

* Presented at the National Council of Undergraduate Research in Memphis, TN

All students were invited to share their research at the Gustavus Creative Inquiry Event.

Honors & Awards 2016 – 2017

**Winner of the Gustavus Alexis Gerhardt Award
For Academic Excellence**



Kirstin Buck, Class of 2017
(Picture taken in Tanzania on Barb's J- Term course)

**Winner of the Gustavus Paul Magnuson
Student Leadership and Service Award**



Kristine Rogers, Class of 2017
(Pictured here on safari, tasting a Tanzanian delicacy)



Sigma Theta Tau International Honor Society of Nursing



Eleven members of the Class of 2017 were inducted into Sigma Theta Tau International Honor Society of Nursing (STTI), Chi-at-Large Chapter this past Fall. STTI is the second largest nursing organization. STTI was founded in 1922 by six nursing students from the University of Indiana. The honor society' name is derived from Greek words for Love , Courage, and Honor. Students who are inducted into STTI represent the top third of their class in academics, leadership, and service. The following students were inducted from the Class of 2017:

*Johnna Bottila
Kirstin Buck
Lauren Diede
Claire Goblirsch
Emily Gustafson
Ryan Maroney*

*Jaimie Niedermayer
Edward ReMine
Chengying Ruan
Emily Sands
Joseph Vajgrt*

Nursing Department Academic Excellence Award

*The 2016 Academic Excellence Award was presented to:
Kirstin A. Buck*



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.

Faye M. Hershey Prize in Nursing

*The 2016 Faye M. Hershey Prize was presented to:
Cassandra K. Smith*

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.



Nursing Students Win Lip Sync Battle

Nursing students from the Gustavus Student Nurses Association competed in the Lip Sync Battle on campus this Fall and won \$1,000 for their organization.. The choreographed Lip Sync production promoted the upcoming Gustavus Flu Shot clinic.



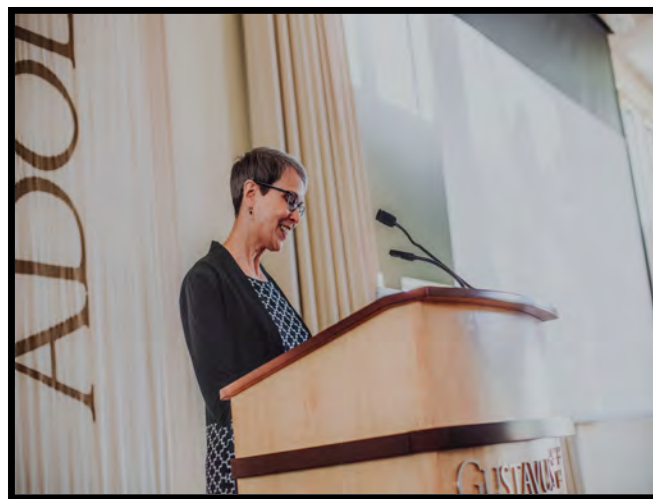
2017 Pinning Ceremony



The Pinning Ceremony for the Nursing Class of 2017 was held on May 6, 2017.

Pinning Ceremony Keynote Speaker Receives the Excellence in Nursing Award

Rene Cronquist '85 BA, JD, RN is dedicated to protecting the health and safety of the citizens of Minnesota through her contributions to professional nursing practice. She is a role model graduate of the Gustavus Nursing Program and believes that *“the value of a liberal arts education can't be overrated.”* After graduating from Gustavus in 1985, Rene began her nursing career in neurology rehab at Bethesda Hospital and then in GYN oncology at the University of Minnesota. She then attended law school at Hamline University and upon graduation obtained a one-year position at the Minnesota Court appeals. The Minnesota Board of Nursing hired Rene in 1992 after an acquaintance mentioned she would be well suited for an open position. Rene has been at the Board since 1992, taking only a short time out to work in risk management.



As a Minnesota Board of Nursing employee, Rene supports the mission “to protect the public's health and safety through regulation of nursing education, licensure and practice.” Being the Director of Practice and Policy requires her to wear many hats, using not only her nursing and legal knowledge but all the liberal arts pieces of her undergraduate education as well. She is responsible for overall management of complaints that come to the Board; often represents the Board at state level committees like home care and assistive living; and frequently speaks in public on behalf of the Board of Nursing. She also provides support to the Nursing Practice committee and Discipline Resources committee at the Board. Rene has been exercising her policy writing skills working on the nursing license compact between Minnesota and other states and has also been working with all state health boards to implement criminal background checks. At the national level Rene is chair of the Marijuana Regulatory Guidelines Committee of the National Council of State Boards of Nursing.



News from our Alumni

1960s

Rebecca (Lund) Otterness '69

Rebecca retired in May 2016. She is enjoying travelling with her 92 yr old mother, a Bethesda grad. Their first trip was to her 92 year old classmate in Wisconsin. It was so much fun to watch the two of them chatter for hours! We have been to Missouri, Utah, and Wyoming.

1970s

Jamesetta Alexander Newland '72

Jamesetta was appointed to the Fulbright Specialist Roster in October 2016 and will be returning to Lithuania for a second visit in 2018 for consultation on advanced nursing practice education (program started in 2015 - first visit).

On February 22, 2017 she received the Estelle Osborne Legacy Award from New York University Rory Meyers College of Nursing for outstanding contributions to the nursing profession. Here is link to website with information about event: https://events.nyu.edu/#!event_id/133156/view/event

Two recent publications besides my monthly editorial for The Nurse Practitioner journal (editor-in-chief): a. Kennedy, M. S., Newland, J. A., & Owens, J. K. (2016). Findings from the INANE survey on student papers submitted to nursing journals. *Journal of Professional Nursing*. Epub ahead of print. b. Drayton-Brooks, S. M., Gray, P. A., Turner, N. P., & Newland, J. A. (2017). Building clinical education training capacity in nurse practitioner programs. *Journal of Professional Nursing*. Epub ahead of print.

Jamesett practices 2 days a week as a primary care provider (FNP) at new site - NYU Langone Ambulatory Care West Side near theater district in New York City. Still teach in FNP program as a clinical associate professor at NYU Rory Meyers College of Nursing.

Stephanie (Olson) Geisler '73

Stephanie retired from Mayo Clinic December 2014, and moved to St.Paul. She is very involved working with her Presbyterian Church in downtown St.Paul.

Joy (Nelson) Lundeen '75

Greetings from the Intermountain West! Joy has lived in Jackson Hole, Wyoming for the past 35 years. Her husband and her have raised their son and daughter here, and for the past 20+ years, she has been a biofeedback and behavioral health practitioner, specializing in neurofeedback. Joy owns her practice (Biohealth, Inc.) and sees approximately 25 clients a week. Many of her clients are seen for anxiety, depression, sleep disorders or attention. She has a significant number of PTSD, migraine, hypertension, and pain clients as well as a myriad of other applications. She is very fortunate to be passionate and successful in her work. Dr. Verona Gordon, our psych nursing prof once said to me, "When you get done messing around in the mountains, come back to Minnesota and we will put you to work." I think I can confidently say my work seems to be in the mountains.

Rebecca (Linn) Pyle '76

Rebecca has worked for the past 7 years at Children's Hospital Colorado. She started there as Director of Nursing for the Digestive Health Institute. After a couple of years, she stepped back from the management/Director arena and returned to her roots as a staff nurse in the Sie Center for Down Syndrome at Children's Hospital. This is a remarkable Center founded by Anna and John Sie whose granddaughter Sophia was born with Down Syndrome. The Center, under the direction of Dr. Fran Hickey, an internationally recognized expert in children with Down Syndrome partners with the University of Colorado to combine research with practice. She worked part time for the first time in my career which allowed her to spend time with her mother who had recently been diagnosed with breast cancer. She passed away in November 2015. Rebecca now works full time as the Inpatient Nurse Case Manager for the Heart Institute at Children's Hospital Colorado. She has put her organizing



skills to the test as she arranges all of the home care for the patients when they discharge. You might remember that pediatrics was not my first love, however I find this work fascinating and at time quite frustrating. Coordinating what's best for the patient and family is not always important to their insurance company. Some of the social situations are beyond my imagination and at times my heart aches for these newborn infants, toddlers, and young adults experiencing terminal and life threatening diagnosis. But I am grateful that they have come to us for their care as this is one of the top pediatric heart centers west of the Mississippi.

In my spare time I stay very busy as the legal guardian for my niece Heather. Heather has lived with me for 12 years and is now 27. She has some cognitive and physical disabilities - a stroke at the age of 3, a genetic anomaly, partial trisomy 3, and Turner's Syndrome. She is an Ambassador and works 3 days a week as the greeter at the arcThrift store near us. She attends all the arc activities, has been a model in the fashion show at the arc Thrift Store Gala, and this year will be honored as one of the arc Hero's of the Year. She participates in a musical theater group called Magic Moments and this year has a solo in the production "Step Right Up. I am so proud of her and remind her often that she leads a charmed life, as well she should.

1980s

Julie (Wiggins) Nadeau ('81)

Julie is the BSN Program Chair at the University of the Incarnate Word, a faith-based, Hispanic-serving institution in San Antonio, TX. She is the program director for a four-year \$2.6 million U. S. Department of Health and Human Services' Health Resources & Services Administration (HRSA) grant. The Scholarship for Disadvantaged Students (SDS) grant program aims to increase the number of graduates practicing in primary care, the enrollment and retention of full-time students from disadvantaged backgrounds including students who are members of racial and ethnic minority groups, and the number of graduates working in medically underserved communities. 100% of the grant funds are designated for nursing scholarships.

Terri Bergeron '85

Terri is currently the Pediatric Trauma Coordinator for the Level 1 Pediatric Trauma Center at Mayo Clinic Hospital Rochester, MN. In the fall of 2016, she was elected Secretary of the Pediatric Trauma Society, a national professional organization dedicated to improving care of injured children. Terri is also a site reviewer for the State of MN Trauma System and the American College of Surgeons.

Nancy Rydland '86

After working as a Registered Nurse at the University of Minnesota Hospital on a general postoperative care unit, Nancy has been involved in the healthcare field for over 25 years. She spent time in National Accounts at Bristol-Myers Squibb, Market Manager for Apria Healthcare, and Purchased Services Executive at VHA. Nancy currently works as a Region Director for Premier, Inc., a healthcare improvement company uniting an alliance of approximately 3,750 U.S. hospitals and more than 130,000 other provider organizations whose mission is to improve the health of communities. Nancy loves what she does and often utilizes the experience she gained as a nurse in the healthcare business world. Gustavus was a wonderful launching pad!

1990s

Kara (Bloomquist) Drekonja '96

Kara graduated from St Kate's Adult/Gero NP program in December 2016, passed her boards in February and is now working as an Electrophysiology NP at the Minneapolis VA Medical Center

2000s

Laura Berg Menden '00

Laura is working as a District Licensed School Nurse for District #717 Jordan Public Schools.

Elizabeth Eden '03

Elizabeth has joined Phoenix Children's Hospital staff in June of 2016 and is a Pediatric Nurse Practitioner for the robust Neuro-Oncology



Program at the Center for Cancer and Blood Disorders.

Beth (Wallgren) Gleason '06

Beth is a Labor and Delivery RN at Abbott Northwestern Hospital Mother Baby Center since 2006. She is certified in Inpatient Obstetrics Circulating and post operative RN for open fetal surgeries for Midwest Fetal Care Center. I am one of the RN leads for OB ICU program starting July 1, 2017.

Joshua Siebell '06

Josh has officially moved to Oakland, CA in July of 2016. He started working for John Muir Physician Network as a Gastroenterology Nurse Practitioner. He is set to get married this September 2017. Josh and his fiance are loving the Bay area with the recent acquisition of our newly adopted rescue dog - Cali.

2010s

Kristin Knapp '10

Kristin started working on a med/surg/tele unit at Fairview Ridges in October 2010. After a year and a half, she transferred to the Emergency Department where she stayed for another year before moving to San Francisco. Kristin continued to work in the Emergency Department the two years she lived in California. As of last August, she has been working in the surgical/trauma/neuro ICU at Dartmouth-Hitchcock Medical Center. (Any seniors interested in re-locating, Dartmouth has a great new-grad residency program!)

Angel Yackel '10

Angel is working as a nurse practitioner for Allina Hastings Clinic in the same-day/after hours care department.

Laura Jensen '11

Laura is working as a Med/Surg nurse at Northfield Hospital and Clinics. Laura says she loves it here, there is something to say about finding a workplace

environment with the right culture and fit for you! Her daughter is now 3 years old-still growing like a weed and making us smile every day.

Amanda Woodhull '12

Amanda is currently working at North Memorial Infectious Disease Clinic as a Nurse Practitioner. Amanda sees a broad spectrum of ID patients but her passion is helping those with HIV and viral hepatitis. She graduated from Duke University's AGNP program in Aug 2015 where she was also able to specialize in working with patients living with HIV/AIDS.

Sarah Strand '13

Sarah is currently working as an RN in the Cardiovascular Intensive Care Unit at Abbott Northwestern Hospital. Sarah is living in Minneapolis, and enjoys spending time with her many Gustie classmates in the area!

Alecia Woods '14

Alecia started a new position as a clinic RN at Smiley's Family Medicine Clinic in South Minneapolis, working with Kayla Warner '14. Together, they created a new RN Care Coordinator positions at the clinic and moved into those roles in October. Alecia is also getting married in August. Congratulaitons!!

McCartney Renn '15

McCartney has recently accepted a NICU position at Children's in St. Paul! She loves her time at the ICU at Methodist and recently obtained her CCRN certification. Also, McCartney recently was published in the Creative Nursing journal for the research that Lori Steffen and her completed in Peru!

Jaclyn Housley '16

Jaclyn took her first job in O'ahu, HI at Manoa Senior Care then took her second position this January 2017 at Mayo Hospital in Rochester, MN for Neurosurgery as the Operating Room RN.



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GAC Nursing Mentors on Facebook

Hello GAC Students and Alumni!

Our mentorship program for nursing students and grads is on Facebook: GAC Nursing Mentors, and allows students and alumni to connect, foster relationships, and engage in meaningful discussions. It's meant to be a place for encouragement, advice and connection for all nurses! You can find the group at the web address below and request membership from me once there (Ana Gronseth Bartz DNP FNP-C - Admin).

Hope to chat soon! <https://www.facebook.com/groups/624999747648862/>

If you would like to receive this newsletter electronically, please send your email 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.

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