



Summer 2015 Newsletter for Gustavus

NURSING ALUMNI

VOLUME 24, NUMBER 1

News From Barbara Zust...



Greetings!

What a whirlwind of a year!! Uffda! We now know more about the essentials of baccalaureate nursing education, policies, and standards than we ever dreamed

possible. In fact, that's about all we dare to dream about these days as we move toward our upcoming site visit with evaluators from the Commission on Collegiate Nursing Education. Honestly, ----speaking for myself---I have become a very socially boring person.

Having left the MINC, we have had the chance to recreate our nursing program which has been a wonderful gift. However, sometimes we get bogged down with all the tasks that lie before us and need to be reminded about all we have accomplished in a fairly short time and all that we value about nursing, Gustavus, our students and each other.

I was deeply touched when I watched the Re-building a Greater Gustavus tornado video for the umpteenth time. I've been a big fan of the video because it is such a good example of community, faith, and values. So when Irene Nielsen, Class of 1961--our 2015 distinguished nursing alumni award winner -- wanted to see the tornado video while she was here on campus, I was happy to arrange that.

I have to say, I watched the video in a different way this time. With the enormity of the task that laid before Gustavus, news reporters wondered if Gustavus would be able to rebuild. The eternal light that stayed lit in spite of wind and rain pouring into the chapel space, and the 1000's of alumni, faculty, and staff that arrived by bus loads to help. Like a big human rake, they tediously combed through the grass on campus, picking up splinters of glass from the shattering of 80% of Gustavus' windows. The people who came to help talked about the power of working together as a part of a greater family, about God in their midst, and about the "Can-do" spirit. After three weeks, the students returned to a rather stark, rather tree-less campus with a lot of FEMA trailers, and were hailed back to campus by alumni and faculty whooping and cheering like Gustie Greeters on steroids! That next fall, Gustavus had one of the largest enrollments of first year students ever.

So Nursing has experienced a little microcosm of that same spirit. We have had the incredible support of alumni, of students, and of faculty from multiple disciples across campus! Students – both MINC seniors and non-MINC juniors—have met with us weekly to give us input on curricular changes: what is needed; what is not. Members of Gustavus Nursing's National Advisory Board have helped us create behavioral questions for our interviews with nursing major applicants; have advised us on accreditation procedures, have helped us with mentors for all Gustavus nursing majors and have provided us with input regarding the national face of nursing's educational needs.



Feeling supported is more than half the battle. Our department has been able to extend our administrative assistant's hours, and give our lab instructor (Jessica Pelzel Helget '11) a full time position as Lab, Simulation, and NCLEX Prep (LSNP) coordinator position. Jessie has been a tremendous help to us already! We have been able to obtain excellent clinical sites for our students and expert clinical faculty! Thank you so much for your support!

We look forward to your continued engagement with us in the success of this journey.

Thank you!!

Barbara Zust, PhD, RN
Program Director



Grandson, Bear, is always willing to listen to me talk about expected student learning outcomes.

“As a nurse, we have the opportunity to heal the heart, mind, soul and body of our patients, their families and ourselves. They may not remember your name but they will never forget the way you made them feel.”

Maya Angelou

News from Heidi Meyer...



Greetings again from the hill! It is so hard to believe that we have graduated another wonderful group of nursing students, class of 2015. It is exciting to hear about NCLEX results, employment, and life updates from these alum! And just as one group leaves the nest, we are anxiously preparing for the incoming students, the class of 2017!

This past year was again a whirlwind. I am so excited for the future of our Gustavus Nursing Program and the curricular changes that have been implemented. As part of the revision, I taught Clinical Pharmacology and Health Assessment I in the fall (in addition to my First Term Seminar course). This course mostly focuses on health assessment, integrating a little bit of an introduction to pharmacology. Clinical Pharmacology and Health Assessment II is taught in the spring semester of the junior year and focuses mostly on pharmacology with some emphasis on assessment related to labs and diagnostic tests. I was on sabbatical this past spring and the students (and department) benefited greatly from my sabbatical



replacement, our own alumna Ana Gronseth Bartz. I am excited to continue with teaching both courses for the upcoming year and see how the students progress!

As part of my sabbatical for spring semester, I was able to finish up with some educational research projects and contribute to manuscript writing. I also began my doctoral education last fall, and in addition to my PhD class, I was able to take an elective class related to technology and nursing education. My final project for this course was to create an actual course that I will be teaching, Transitions to Professional Practice (capstone), with the integration of online technology and teaching and learning activities. I am very excited to implement this course in the spring of 2016 with our seniors! It is so amazing to see our students come full circle from their very first semester in the program and I feel very fortunate that I get to be with the students on both levels. I am sure I will have an update in next year's newsletter.

Work, work, work, and my own continuing education seem to be keeping me busy enough (in addition to other campus responsibilities)! I also have been enjoying time with my family – my daughters are growing way too fast and we seem to be running from activity to activity! Every time I sit down to write this, I am reminded of how proud I am of all our alumni. I love hearing from you, where your paths have taken you, and what you continue to aspire to do in the future. Gustavus nurses are truly advocates and all our patients (individuals, families, and communities) are fortunate to have Gustavus nurses caring for them.

Shine on you Gusties, shine on!
Heidi

News from Lynnea Myers...



Greetings from GAC!

This fall welcomed the start of our stand-alone Gustavus Nursing program. I had the privilege of teaching our curriculum's nursing research course and it was so excited to watch the research interests in these soon to be nurses grow over the course of the semester. I am continuing my own education in research and will be completing my second year in the PhD in Nursing Science program at Vanderbilt University in Nashville, Tennessee. My dissertation focus is on family centered communication around-early childhood development, specifically in the context of early child development. This research interests stem from both my passion for pediatric and public health.

I had the opportunity again this year to serve as a faculty sponsor for Paige Miller '15 (Biology and Math Major) for the January Public Health Internship in Atlanta with Dr. Gordon Mansergh '84 at the Centers for Disease Control and Prevention (CDC). I was able to visit the CDC again and Dr. Mansergh and I, along with last year's student intern, had an article published on HIV/AIDs prevention.

I traveled to Helsinki, Finland last summer to present three podium sessions on pediatric nursing and the Summer Institute of Nursing. This fall, I co-presented with my colleagues at the Nursing Educator Conference at Mayo in Rochester, MN and at the American Public Health Association in New Orleans, LA. I plan to travel to Scandinavia this summer to present research related to some projects I have conducted with my PhD. Gustavus continues to



offer so many exciting opportunities for both students and faculty!

We are excited to announce our 4th Annual Summer Institute of Nursing. The Institute will take place June 21-25, 2015 at Gustavus Adolphus College. Anna Schulte '14 will serve as the co-director for the Institute. Anna was a previous counselor in the Institute and work at Fairview Ridges Hospital in the Birthplace. The Institute is designed for students completing 10-12th grades and provides an opportunity for these students to explore the profession of nursing. Four nursing students were selected as counselors for this year's Institute and include: Jessica Dettling '16, Megan Gustafson '16, Kate Day '16, and Jena Nutzman '16. If you know of a high school student who may be interested, registration is still available at our website: www.gac.edu/camps/nursing.

Lynnea

News From Jessical Stadick...



Happy greetings from the Gustavus Nursing Program! I am excited to be completing the first year in our new program.

This past year I taught two courses in the fall of the junior year and two courses in the spring of the junior year. I taught the theory portions of the courses and had the honor of working with exceptional clinical faculty who led the clinical rotations for all of the junior students. The courses in the junior year have a medical surgical focus on the elderly and acutely ill adult patient. The students completed their rotations at St. Francis Regional Medical Center in Shakopee, New Ulm Medical Center in New Ulm, and Abbott Northwestern Hospital in Minneapolis. This

year in our new curriculum we offered a new course titled Pre-Health Professions: An Interdisciplinary Approach. This course was mostly made up of nursing students, but there was a small amount of non-nursing students who bring the inter-professional aspect that truly help enrich this course. I look forward to teaching it each fall for any student who is interested in the health care system or a health care profession. In this course students learn about the U.S. Health Care System, tackle health care ethical dilemmas together, learn about various health care professions and scopes of practice, and learn how to communicate and collaborate effectively inter-professionally. The collaboration activities throughout the course allow for students to learn and problem solve together inter-professionally.

I was very fortunate to be the keynote speaker for the pinning ceremony for the nursing graduates this spring. This group started the program when I did as a new faculty member and it was a great way to experience the day together. I am so proud of this graduating class and truly wish them the best as they start their professional nursing careers. I had the pleasure of working with a few of them on independent research study projects this fall and spring. Some of them traveled to Washington to

present at NCUR, to Indianapolis for MNRS, and San Diego to UCLA's evidence based practice conference.

I feel very fortunate to have been able to engage in various remarkable experiences my second year here at Gustavus and I look forward to the next academic year with great excitement! Next fall I will be teaching the incoming juniors the inter-professional pre-requisite course and Medical-Surgical Nursing Across the Lifespan I and II. I will also be teaching an Advanced Medical Surgical Course for the seniors in the spring and I look forward to being able to teach both levels of the program.



Personally, I have completed my first year of course work in my PhD program and I will continue into the summer and next year. I have been able to apply what I am learning already and look forward to another year of content to be able to apply to my position here at Gustavus.

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 Jessica Helget...



Warm greetings from the Gustavus Nursing Department! What an exhilarating year we have had up here on the hill. I, personally, have also had lots of exciting news. Not only did my husband and I welcome our first child, Ethan, into this world in

December, but I also have eagerly accepted a full time position in the department as Laboratory Instructor/Simulation Coordinator/NCLEX Advisor. I am so excited to jump into this expanded role and to be able to spend quality time with our nursing students.

Between all the “hats” that I wear in the department, my true passion lies in teaching in the laboratory setting. I truly love teaching hands on skills to the fresh new minds of

nursing students, who are so eager to learn and feel like they are doing “real” nursing skills. Also working as a staff nurse at Mayo Clinic Health System, I get to live and breathe patient care, bring my practiced skills back to Gustavus, and provide evidenced based practice to my students. This past fall, many alumni and friends were invited to help teach skills to our students. This alumni lead skills day was a very positive experience for our students, faculty and alumni! With such influential results, Lynnea, Jessica, and myself took our skills day and researched its effectiveness, titling our research: *Giving Back: Using Alumni for a Nursing Skills Day*. We presented this research at the Professional Nursing Education and Development Conference in Rochester, submitted this as a journal, and was accepted for publication in the Journal of Nursing Education. This was a new experience for me as a faculty member and a thoroughly enjoyed researching and publicizing our findings! I also advised junior level students in their first clinical experience at a nursing home, participating in ADL care, checking vital signs, administering medications, and vaccinating residents for the flu season.

Incorporating simulations into our nursing curriculum has been top priority for the last few years. We are fortunate enough to have low, middle, and high fidelity mannequins that allow us to simulate real life scenarios with our students. We have received very positive feedback from the students and will continue to integrate simulations into all nursing classes. We have also used many alumni, friends, departmental staff and students to be role players in simulations. We thank you all who have taken the time to pose as a patient!

New to both the Nursing Department and me this year is having a specific faculty member to guide student work, track progress and help prep students for the NCLEX. As many of you may know, this nail-biting, butterfly provoking,



nerve-racking test has not gotten any easier! By setting up one-on-one meetings with the students, counseling them on weak content areas, and evaluating their pre-test scores, I hope to put some of that tension and nervousness at ease, while continuing to have successful pass rates at Gustavus. I thoroughly enjoy meeting with the students individually and helping them find some comfort in taking their nursing boards.

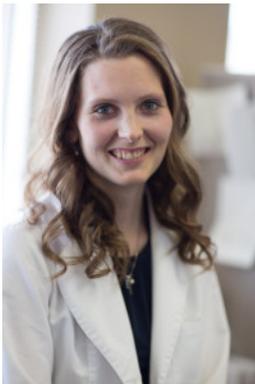
I feel very fortunate to have been able to engage in many remarkable experiences here at Gustavus thus far and I look forward to the next academic year with great excitement!

Jessica Helget

by the hard work and thoughtful dedication to the practice of nursing carried out by each of us. I encourage all of the alumni reading this to reach out to these new nurses in support- show them how everyday leadership fosters the best in each of us and in our patients. I think we'll all be glad for the personal and professional growth that ensues.

Ana Bartz

News from Ana Bartz...



Though my time as faculty in the Nursing Department was fleeting, (only a semester to cover for Heidi Meyer while she's away on sabbatical) I was able to connect with both the junior and senior classes of talented future RNs.

Discussions surrounding further education, advanced practice roles, and research segued into explorations of what it means to be a nurse leader. While the traditional sense of someone in a position of institutional power or authority springs to mind, the concept of an everyday leader is often less considered. Nurses guide and educate patients on disease processes and self-cares, develop evidence-based practices to improve outcomes and safety, and work to improve unit quality measures through process improvement every day. These are not small feats and they are not pioneered by great industry leaders- they are done quietly everyday





Academic Assistants 2014-2015

Starting IVs, inserting catheters, injecting shots into oranges, what could be more exciting to a fresh, new group of nursing school students! These exciting nursing tasks take on a whole new light when you are in the position of teaching them. After repeating every step hundreds of times and going over every little detail of the process, it becomes much less about the excitement and more about the pride of passing on this nursing knowledge to future nurses. Having the opportunity this year to teach our fellow junior nursing students as Academic Assistants, we all realized how proud we are of the profession we have chosen to go into.

Throughout the year, we were able to work with Jessica Helget and Heidi Meyer helping develop the junior nursing students' various nursing skills and concepts. Some of these included medication administration, head to toe assessments, and patient transfer. Our job also included the set-up and take-down of lab equipment and inventory of the lab supplies. One of the most satisfying aspects of the position, which was new this year, was actually getting to instruct full lab sessions for the students. We planned, developed, and taught the lab sessions on our own. This allowed us to get a glimpse of what nursing education is really all about.

After experiencing what it takes to educate, we cannot express our gratitude for our nursing department staff enough. All of the hard work, long hours, and dedication they put into our program is truly inspiring. We are grateful that we were given the opportunity to learn from such phenomenal professors and to assist them in passing on our knowledge to the next nursing class.

As we look to start our new careers as nurses, we will enter the field with an increased pride in our profession. Our newfound knowledge and confidence will guide us as we teach future patients, nurses, and students. We truly thank everyone in this nursing department for giving us this incredible opportunity and wish the best in years to come!

Pictured below: Molly Ashwill, Ben Williams, Kelsey Zimmer and Haley Kemper





Pictured: Adam Burnett and April Phillip



April Phillip

Students From Alaska

They arrived with their coolers full of comfort food. Whale meat. Seal meat. Salmon berries, which they ended up sharing with everyone within 1 ½ months of being here. Even knowing that students would spit out the whale meat, they shared all they had. And, it’s not as if one could just zip down to Family Fresh Foods and get some more.

Adam Burnett and April Phillips completed their pre-requisite requirements at Ilisagvik College in Barrow, Alaska. We met them when we first began having our Gustavus Nursing students do their public health rotation in Barrow. Barrow is one of the most medically underserved areas of the country. Not too many people are crazy about the climate at this most northern point snuggled up to the Arctic Ocean, 300 miles north of the Arctic Circle. There are no roads to Barrow, except in the winter when the ice highway is recreated every year. There are no trees, or spiders, or farms. The summer solstice brings in temperatures with an average high of 47 degrees Fahrenheit under continuous sunlight for 80 days. The winter solstice casts a dark blanket over Barrow for 67 days.

At the time we interviewed April and Adam, Anchorage had the only baccalaureate-nursing program in the state and there was a 3-year waiting list. We accepted Adam and April into our then MINC program for the fall of 2013, above and beyond the 24 we were “allowed “ to accept through MINC. Now, they are graduating, and we will sorely miss them. Adam and April brought to our program a sense of community that all of us are starving for even if we don’t know it. Their appreciation of elders and their very non-Western view of human kinship to animals, the earth, and the sea has been thought provoking, and in some cases transformational.

Last year, I invited April and Adam to a special supper with American Indian Movement founder and activist, Clyde Bellecourt. Nursing brought Clyde in for a community presentation. Ten other faculty and administrators were at the table, including the president when April told Clyde about her home village. The effect that fishing regulations had on her village’s subsistence living, ultimately were because of the fishing industry. With eloquence, and gentle strength, as tears rolled freely and



unabashedly down her cheeks, April spoke of how her village had been stripped of the only food source they had. Families were forced to decide whether to break the law or let their children starve. Officials came and destroyed their fishing nets and took their fish.

This year, I invited the nursing class to attend a community event on the liberal arts. This was one of President Bergman's inaugural events. An amazing panel of people talked about graduating from Gustavus and what they learned through the liberal arts. As the evening was closing, April wanted to go up to the panel and take the microphone, but she was stopped by a peer who thought the event was too formal for that. I asked April what she wanted to say. She said, "I wanted to tell everyone that I will not forget the stories I have heard here tonight and that I am very proud to be a part of this community." I wish no one had stopped her.

Adam is a generous cook. He has me drinking smoothies that look like vomit, but reduce my BP. On numerous occasions he has given the nursing office his homemade soups, salmon berry pie, and rhubarb jam...in addition to the whale treats.

On the coldest and windiest of January days on the hill, Adam would stand outside the nursing building and soak it all in. "It's just like home!" he'd beam, as freezing, grumbling students rushed past him to get in out of the cold.

Adam and April plan to go to Anchorage to get experience in nursing and then return to Barrow. Adam wants to eventually go on to be a nursing practitioner, and April hopes to become the mayor of Barrow. I can see both happening.

*To Adam and April: You homesteaded our hearts, and we'll never forget you.
And, a big Quyanaqpak to both of you for sharing your whale, your values, and your friendship with all of us. We're all a little bit better people for having met you.*

Quyanaqpak!





MJ Sun '15 Takes Unique Path to Veterinary School

Highlights from an Article Posted on May 20th, 2015 by Matt Thomas '00

When Gustavus Adolphus College senior Mengyuan (MJ) Sun crosses the stage to receive her diploma on May 31st, she will be more than 7,000 miles from her hometown of Sichuan, China. Her decision to attend Gustavus has paid off in more ways than one as she will leave the college with degrees in nursing and biology along with offers to attend eight different colleges of veterinary medicine.

In order to be accepted into eight prestigious veterinary schools, Sun had to build an impressive resume of accomplishments and experiences during her four years at Gustavus. After developing a passion for both animals and public health during her youth, Sun made the decision during her first year at Gustavus to pursue a challenging double major in nursing and biology.

Most students interested in pursuing veterinary school don't major in nursing, but Sun quickly discovered several benefits from doing so including learning about holistic care and improving their interpersonal communication skills.

"My experience in the Gustavus Nursing Program has really been rewarding," Sun said. "The idea of holistic care helped me to

identify many aspects of wellbeing other than physical soundness. Being able to assess a problem from multiple points of view gave me a robust foundation for my future in veterinary medicine. My patients won't be able to tell me where it hurts, so I need to put together as many pieces of the medical puzzle as possible.

Nursing also equipped me with skills to build relationships and solve conflicts with my future clients who are pet owners."

Sun says that when she thinks about her future career path she would like to devote herself to a career that can help reduce both animal and human suffering through disease prevention. To that end, she plans to serve as a public health veterinarian who can contribute globally.

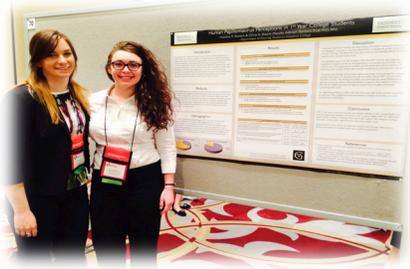
"While I work toward my Doctor in Veterinary

Medicine degree, I am hoping to also pursue a Master in Public Health degree to aid my potential future career in public health," Sun said. "For the first 20 years of my career I would like to practice and learn veterinary medicine, but my long term goal is to collaborate with physicians, nurses, medical researchers, and environmental conservationists in China or East Asia to improve the life quality of all beings."





MNRS Research Presentations



Sigma Theta Tau research conference, podium presentation and the Midwest Nursing Research Society, poster presentation.

Natasha Bowers and Olivia Skaare: *Human Papillomavirus Perceptions in 1st Year College Students*

McCartney Renn: *Death perceptions and attitudes among health and non-health majors: A Descriptive Study*



Nursing Students Present Research at NCUR

The following nursing student research studies were accepted for presentation at the National Council of Undergraduate Research Conference held at the University of Kentucky in April and/or at Gustavus' Creative Inquiry event held on campus in May.

Melissa Doyle and Aubrey Lambert: *College Students Health Perception of Electronic Cigarettes.*

Anne Stevens and Molly Ashwill: *Exploring Doulas' Perceptions of Their Role in Assisting Families in the Labor and Delivery Process.*

Ben Williams: *Exploring Creative Teaching Methods and Patient Care in a Simulated Scenario.*

Kaylee Maxon: *High School Students' Perceptions of Nursing.*

Casey Skurzewski and Michayla Nelson: *Perceptions of Sleep Quality Versus Technology Use in High School Students.*



Pictured: Molly Ashwill, Melissa Doyle, Michayla Nelson, Anne Stevens, Casey Skurzewski, Ben Williams, Aubrey Lambert, and Kaylee Maxon



Research and Practice Symposium at Bethel University

Lynnea Myers, along with senior nursing students Haley Kemper '15, Ben Williams '15, Kelsey Zimmer '15, and Kaylee Maxon '15 presented a podium session at the 15th Annual Nursing Research and Practice Symposium at Bethel University on April 23, 2015. Their presentation was titled "Creating a Pipeline of Future Nurses: An Examination of a Summer Institute as a Way to Recruit High School Students to the Profession of Nursing." The presentation featured an overview of the Gustavus Summer Institute of Nursing and student research related to their role as counselors in the Institute.



Pictured: Ben Williams, Kelsey Zimmer, Haley Kemper, and Kaylee Maxon

The Exploration of Swedish Nurses' Perception of Nursing in Sweden



Kailee Carlson, senior, had her qualitative research with Swedish nurses accepted at the Sigma Theta Tau International Honor Society Research conference in Puerto Rico, this summer.

Mayo Scholars: Anne Stevens and Sophia Iquanta

Senior nursing students Ann Stevens and Sophia Iquanta were chosen for the 2015 Mayo Research Award! This is a very competitive award to receive. There were numerous applicants from across the campus in the sciences and in business that applied for this honor.



A Stress Management Initiative at Gustavus: Stress Arrest

Junior nursing majors, Bree Flicek and Ellie Jenny, have been working with the Gustavus Wellbeing center on a stress management initiative at Gustavus: Stress Arrest. This project was developed to assist Gustavus students in managing their stress, recognizing the negative impacts stress can have on our health and wellbeing.

In the 2014, the American College Health Association (ACHA), reported that approximately 30% of Gustavus students reported stress as negatively impacting their academic performance. Additionally, more than 53% of Gustavus students rated their stress as more than average or tremendous within the last 12 months. This number is 10% higher than the national average among college students (ACHA, 2014).

Meghan Krause, in the Wellbeing center, approached the Gustavus Student Nurses' Association (GSNA) about working with the nursing department to address stress management on our campus. Stress is an issue of health and wellbeing, and nursing majors are in a great position to be at the forefront of this initiative.



Bree and Ellie agreed to take leadership of this project. Stress Arrest is funded by a Coca-Cola grant that these students received. Bree and Ellie, as GSNA representatives, wrote a grant proposal with guidance from Meghan and received Coca-Cola grant funds. The funds were allocated to different aspects of the project according to a budget plan. Stress Arrest has two components: Stress Busters massage therapy and Stress Arrest kits.



The Stress Busters massage team is made up of junior nursing students. The team was trained by a licensed massage therapist to learn basic techniques of head, neck, shoulder, and hand massage. Stress Busters massage sessions are held twice a month and are open to all Gustavus students. Students can receive a free, 5-minute massage from the team members, listen to soothing music, and take a break to relax. The Stress Busters team also attends events such as Relay for Life to offer massages to students.

The other component of Stress Arrest is stress kits that are available for students to check out. These kits contain a yoga mat, acupressure mat, stress balls, coloring books, Play-Doh, a deck of cards, stretching and exercise guides, and more. Students can check these kits out from the Wellbeing center for up to three days at a time.

Both components of Stress Arrest, the massages and kits, have already had positive outcomes for Gustavus students. Stress Arrest is a sustainable project that aims to promote wellbeing and healthy stress management for students at Gustavus now and in the future.



Gusties Attend the National Student Nurses Association (NSNA) Annual Convention

The 2015 annual National Student Nurses' Association Convention was held in Phoenix, AZ gathering about 3,000 attendees comprised of students, state board advisors, and nurse educators. Junior nursing students, Bree Flicek and Katie Kemp, serve on the Minnesota Student Nurses Association (MSNA) director board and had the opportunity to attend the national convention. Flicek and Kemp participated in the House of Delegates by voting on Resolutions brought to the floor by nursing peers and learning the ins and outs of parliamentary procedure. They took advantage of the Career Exhibit Hall featuring numerous employers, graduate schools, and professional nursing associations. Students had the opportunity to participate in the professional development amenities of the iDream room sponsored by The Johnson & Johnson Foundation. Additionally, the convention offered breakout focus sessions that addressed specialized areas of nursing and provided guidance for student nurses' association state boards. The Annual NSNA convention was an excellent opportunity for Flicek and Kemp to improve their leadership skills, network with individuals from all over the United States, and provide incite on the broad field of professional nursing.



Kaite Kemp

President
Minnesota Student
Nurses' Association



Bree Flicek

Director of
Communications
Minnesota Student
Nurses' Association



Honors & Awards 2014 – 2015

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 2015 Academic Excellence Award was presented to:

Haley Kemper

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 2015 Faye M. Hershey Prize was presented to:

Megan Gustafson and Anna Ribbel

2015 Sigma Theta Tau Chi Chapter-at-Large Inductees

Molly Ashwell, Kailee Carlson, Megan Holmberg, Sophia Iaquina, Haley Kemper, Kaylee Maxon, Michayla Nelson, McCartney Renn, Casey Skurzewski, Ann Stevens, Menggyuan (MJ) Sun, and Ben Williams



2015 Pinning Ceremony

The Pinning Ceremony for the Nursing Class of 2015 was held on May 2, 2015. The ceremony was held in Alumni Hall 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 recognition of the work they have done here at Gustavus Adolphus College.



Distinguished Alumni Recipient: Dr. Irene Nielsen '61



Dr. Irene Nielsen of Lindsborg, KS received the Nursing Department Distinguished Alumni Award for 2015. Dr. Nielsen's pioneering work with three other nurse midwives from 1976 – 1986 established and modeled the safety and efficacy of out-of-hospital and in-hospital Birth Centers.

After receiving a BSN from Gustavus, Dr. Nielsen earned a Master of Science in Maternal/Newborn Nursing from the University of Utah along with a Certificate of Nurse Midwifery. Dr. Nielsen owned the Birth Center practice in Oregon and collaborated with physicians as needed. Dr. Nielsen, then Certified Nurse Midwife Nielsen, managed total care, labor and delivery for about 2,500 pregnant families as well as practiced well-woman gynecology in her clinic. Dr. Nielsen validated criteria for the new Birth Center idea with Professor Kloosterman, from the University of Amsterdam. The Netherlands remains one of the safest countries in the world in which to give birth.

Nursing's Distinguished Alumni Award honors Dr. Nielsen's work in nursing and nurse midwifery. Support for her work and for pioneer, national work of professional Certified Nurse Midwives was given from the late Ted Kennedy as well as a 1980 Congressional hearing chaired by Al Gore.

Dr. Nielsen recently completed her doctoral work in Psychology, specializing in Health and Wellness and a special interest in Optimal Aging. Dr. Nielsen's dissertation investigated the relationship of adversity and resiliency on subjective well-being for women born between 1930 and 1940. The focus from serving birth and aging remains a matter of common respect and activism for a partnership between health providers and the consumer.

Dr. Nielsen is currently teaching Psychology part-time at Ashford University, online, and is active at Designing Excellence with Historical Echoes for first-person performances of historical women who challenged and changed history. For more information of historical performances, call McPherson Opera House 620-241-1952.

Zust's J-Term Group Meets Gustie Grad in Moshi, Tanzania

Moshi, Tanzania. Barb Zust's With One Voice in Tanzania J-Term arrived at the Uhuru Lutheran Hostel just as the induction ceremony of a new Bishop was concluding. Hundreds of people had come from all over Tanzania, and various parts of the world for this event. Out of the masses, a little lady, with perfect English, came forward and asked the group where they were from. In answering 'Minnesota in the United States', she lit up, "Oh! I know Minnesota! I went to school there!" The group soon learned that Ruth Mshagulma Shekalaghe graduated from Gustavus in 1962. Se hugged every student and held as many hands as she could, so happy to see Gustavus students. She invited the group of 20 to her house for tea, where the group exchanged Gustavus student stories, sang a few songs with her, and closed with the Gustie Rouser, which was new to her.





50 Year Distinguished Alumni Citation Recipient: Mary Ellen Tordsen Kitundu

Mary Ellen Kitundu, Class of 1965 (nursing) was presented with the Gustavus Adolphus 50 Year Achievement Award at the alumni banquet, in May, 2015. In her acceptance speech Mary Ellen Kitundu talked about seeing the hand of God in the opportunities she has been given. For example:

- She helped her father fence on the farm she grew up on, and now there are teams coming to fence in the hospital land, using the same fencing techniques her father taught her.
- She signed up for a study tour of Tanzania; hiring a Tanzanian student to teach her Swahili, and that led to eventually marrying him, thus eventually leading her to live and work in Tanzania.
- As a graduate of the Gustavus Nursing program, she found herself working “up country” in Tanzania. Having a small baby die in her arms, led to her passionate interest in helping decrease infant and child mortality.



Currently, Mary Ellen Kitundu is involved in building the first 500 bed Children's Hospital in Tanzania to decrease the extremely high mortality rates of children under the age of five, and the high maternal-neonatal death rates. (More information about the project can be found at ihptz.org). She is also involved in establishing a nursing school in Dodoma, Tanzania in order to staff the hospital she continues to build.

Mary Ellen referred to the writings of *Frederick Buechner* whose writings included the thoughts of how time and age give clarity to one's life and the work of God through you. Often, those affirmative reactions lead to places where one can feel that you are doing the work you are meant to do, and gratefulness to the past for those experiences that give you the capability to do it. Classmate Christine Swenson Wilmot commented, " Her acceptance speech embodied precisely what Gustavus and the nursing department is all about! "



Barb Zust's With One Voice in Tanzania J-Term class presented Mary Ellen Kitundu with the announcement that she had been chosen for the Gustavus Adolphus 50 Year Achievement Award at a medical conference hosted in Iringa, Tanzania. Mary Ellen joined the J-Term class to sing a favorite song in Swahili with the group.



Gustavus Alumni Mentoring Program

The Nursing Department was invited to participate in the Gustavus Alumni Mentoring Program. The Gustavus Alumni Mentoring Program partners Gustavus alumni professionals one-to-one with upper-class students for career preparation assistance. Mentors and their mentees connect regularly throughout the academic year to discuss everything from study habits to career choices.

Mentors tell it like it is. They provide another voice that stresses the importance of a strong work ethic, a professional attitude and effective time management.

Mentors show the ropes. They encourage students to watch them in action and teach them how to get the job done; they acquaint students with their colleagues and their professional organizations.

Commitment. It is our hope that the Gustavus alumni participating in the Alumni Mentoring Program will interact with their student on a monthly basis. During these phone calls, emails, or meetings, alumni are encouraged to offer advice and insight on important subjects such as resume building, interviewing, networking, and job searching. Suggestions for specific topics will be offered by our team. Alumni participants will also be strongly encouraged to attend beginning and end of year banquets and provide feedback on the program. Two daylong job-shadow opportunities for their student at the mentor's place of work or a month-long career exploration during January Term would be highly valuable to our students but are not required.



How to Apply. Please contact the Nursing Alumni Mentoring Coordinator, Amy Pehrson. You can [email her](#) or you can go to the [mentoring website](#) for more information. (You can email Amy directly at apehrson@gustavus.edu or visit the website at <https://gustavus.edu/servantleadership/vocation/mentoring.php>)

How can Nursing Alumni get involved?

- Volunteer to be a panelist at the Summer Institute, sharing your specialty in nursing with students who are thinking about nursing.
- Help with mock interviews for senior nursing students.
- Be a mentor for a nursing student.
- Blog with nursing students who would like advice on their career path, etc.
- Consider precepting a Gustavus nursing student at your institution.
- Consider sharing your expertise as a guest lecturer in class.
- Provide a scholarship for a financially-challenged high school student to attend the Summer Institute of Nursing.
- Consider co-leading an international January term.
 - Help us find innovative clinical sites.... OR just plain clinical sites (they are getting scarce as the competition for sites increases).
 - Donate to support nursing student research.
 - Volunteer to help lead a Spring break service trip.
 - Save discarded hospital equipment for our nursing lab.
 - Apply for a faculty position; and/or clinical facilitator; OR refer someone to us. • Help us think creatively about our program in terms of assignments, clinicals, classroom topics, etc.



News from our Alumni ~~~ A Historical Review ~~~

1960s

Alicejean Leigh Dodson '63

The lead instructor for a program working to certify nursing assistants. With students coming from all walks of life, Mary's philosophy is to "love them to success." She finds this work to be incredibly "gentle, worthwhile, and meaningful."

Mary Ellen Tordsen Kitundu '65

Mary received the 50 Year Distinguished Alumni Citation in the field of nursing. The award was presented to her at the Alumni Banquet on May 30th 2015.

Jerri Rodebert Hirsch '65

Recently volunteered as an English teacher for a Charity School in the slums of Ho Chi Minh City, (Saigon) Vietnam. Jerri hopes to inspire other nurses to follow their own passions and expand their horizons so as to make a difference in the world.

Wendee Johnson '66

Retired since 2009, Wendee is enjoying life in Phoenix, AZ with her husband David and Westie McDuff (Duffee). David and Wendee are celebrating their 49th Wedding Anniversary in August 2015. Their daughter, Beverly, is now working at Ann & Robert H. Lurie Children's Hospital in Chicago. Wendee's niece Ashley will also be working her way into the medical career field over these next few years.

1970s

Marjorie (Aasness) Schaffer '71

Margorie received the 2014 American Journal of Nursing 1st Place Book of the Year Award for the Community Health theory for *Population-Based Public Health Clinical Manual: The Henry Street Model for Nurses, 2nd edition*, along with co-authors, Carolyn Garcia and Pat Schoon. Margorie will be retiring at the end of

this academic year after teaching for 31 years at Bethel University.

Jameselta (Alexander) Newland '72

Spoke at the 2014 Annual International Nursing Forum in Beppu City, Oita Prefecture, Japan. Jameselta currently holds a clinical associate position at the New York University College of Nursing where she conducts consultations with Lithuanian University of Health and Sciences. To continue this partnership, she has been given her first official international academic appointment with the University as an associate professor. This is her 10th year as editor-in-chief of *The Nurse Practitioner* which will be celebrating its 40th Anniversary this year.

Stephanie (Olson) Gleisler '73

Recently retired from Mayor Clinic in Rochester, Stephanie has moved to St. Paul. She now works part time at Park Nicollet Aticoagulation Clinic in St. Louis Park. She would really enjoy reconnecting with other Nursing Grads from '73 and invites anyone to contact her!

Paula Rock '77

After nursing for over 37 years, Paula retired in October of 2014. She is now living a good life on Lake Jay Gould just outside of Grand Rapids, MN. She plans on working a part time job at one of the local greenhouses during the spring and summer. Paula's husband, Mike, and also retired and has a deluxe woodworking shop at the lake. Their son Jeffery ('08) is living in Duluth with his wife and their son Gus. Their Daughter Lauren has moved to Aliso Viejo, CA.

Ellen M. Anderson Mansz '79

Ellen, is completing her MSN in Education this spring from Bethel University, St. Paul, MN.



Bonnie (Mandsen) Brueshoff '79

Bonnie received her Doctorate of Nursing Practice degree from the University of Minnesota School of Nursing in 2013. Her DNP Scholarly project work was “Breast Feeding Friendly Health Departments” and has been sharing her work through various venues. Bonnie also presented at the American Public Health Association 142nd Annual Meeting and Exposition. Most recently she presented on BFHD at the Centers for Disease Control and Prevention.

1980s

Susanne (Zan) Stanonik Degen '87

Susanne received the Daisey Award along with Sara Lester another Gustie Grad ('92) for healing with humor. The Daisy Award, August's Diseases Affecting the Immune System (DAISY), is given in order to recognize nurses who do superhuman work each and every day. In this case, the patient and his caregiver were both able to join the celebration.

Amy J. Noer '88

Amy sends her greetings from the class of 1988. She is also excited for her brothers baby to be born May 2015.

1990s

Marsha Sullivan '97

Marsha has begun working at St. Francis Regional Medical Center in Shakopee. She continues to work in L&D, Level 2 Nursery, and the postpartum areas. Marsha recently took over the pregnancy loss program. She also stepped into the role of camp nurse for Wheelchair Sports and Recreation Camp last summer which her oldest daughter, Emily participates in regularly due to Spina Bifida. Marsha, her husband, and their three children all live in Le Sueur.

2000s

Laura Berg Menden '00

Laura is working as a Screening RN for School District 717 Jordan, MN. After being home with the children she is very happy to be able to work part time. She is also an RN substitute for the district as well.

Nicole (Schultz) Dummann '02

Nicole is completing her first year in Bethel's Certified Nurse-Midwifery program. Her estimated graduation date is spring of 2017. Nicole also continues to work part time as a RN Certified Diabetes Educator with Lakeview Health in Stillwater.

Erin (Elling) Peterson '03

Erin is working at the MN Lung Center in Minneapolis as a Nurse Practitioner. She really enjoys recognizing other Gustavus Nurses doing their clinical rotations at Abbott Northwestern!

Josh Seibell '06

Josh is graduating in May from North Park University in Chicago, IL. He will have an MSN in Adult-Gerontologic Primary Care Nurse Practitioner. Josh continues to work in an ICU and is looking for a new job to go along with his soon to be completed degree.

Tami (Wiebusch) Hirsch '07

Tami has graduated from St. Catherine University and is starting her new job in June 2015. She will be working at Fairview Geriatric Services. Tami has also just had her first baby in February 2015. His name is Brek.

Amy (Schmidt) Ries '07

Amy has just accepted a position as a Clinical Resource Nurse at Mayo. She is continuing to work towards earning her master's degree for Clinical Nurse Specialist. Amy is also staying quite busy with her first baby girl, Caitlin, who was born May 2014.

Anne Scheetz '08

Anne is working for Houston County Public Health and is a certified wound ostomy nurse



and care coordinator. She lives with her husband and 18-month-old son in Spring Grove, MN. Anne and her husband are also expecting their second child in September 2015.

Andra Hunter '09

Andrea is living in Tuscon, AZ where she is hoping to move to a new nursing position in an inpatient unit at the VA. Andrea plans on sitting for the CMSRN exam sometime in the next year. For the time being, she continues to work as a Clinical Leader on a step-down kidney, liver and pancreas transplant and surgical oncology unit. Andrea has also completed her Master's in Nursing focusing on Clinical Systems Leadership in December 2014.

Kristy Schmid '09

A few months ago, Kristy transferred from Park Nicollet Methodist Hospital Emergency Center to their Family Birth Center. She really loves it!

2010s

Angel (Matthesl) Yackel '10

Angel has completed her MSN degree through Georgetown University in April 2015. She will be taking her Family Nurse Practitioner boards in May in hopes of beginning her career as a Family Nurse Practitioner in primary care this summer. Angel recently moved to Cannon Falls, MN.

Mariah McGill '10

Mariah has been accepted into Mayo Clinics Doctorate of Nurses Anesthesia Practice Program class of 2019. She will begin the program in July 2015.

Emily (Zehrer) Wiechmann '10

Emily is working part-time on the Pediatric and Family Care Unit at Mercy hospital. She

cannon belie it is coming up on 5 years since graduating from Gustavus! Emily and her husband are living in Crystal and are enjoying spending time with their two-year-old stun Eli. They are expecting a little girl in May 2015.

Elliott Herdina '12

Elliot has transitioned from a Cardiology floor to a Cardiac ICU in Sioux Falls, SD. He really enjoyed working with Gustavus graduate and classmate Kyle Sadler in the same unit. Recently, however, Elliott has decided to move closer to home. Now living in Mankato he will be starting Nurse Practitioner School-NP School in the spring. Ideally, he would like to end up working in Family Medicine or once again with cardiac patients.

Emily Hassenstab '13

Emily is currently working in the Neurology/Neurosurgery ICU at Vanderbilt University Hospital in Nashville, TN.

Danielle Thibodeau '13

Danielle started a new job opportunity this past April. She was offered a position on the cardiothoracic surgery step down unit at Duke.

Anna Torborg '14

Recently, Anne has accepted a full-time RN position at the St. Cloud Hospital. She is very happy to be at her "home hospital."

Alicia Woods '14

Since graduating from Gustavus, Alicia has accepted a position with Pediatric Home Service in the Twin Cities. She finds her work to be extremely rewarding.

Ana Gleason '14

Last February, Ana traveled to remote areas in Mexico and Guatemala with an organization called Minnesota Doctors for People. She was able to help with both nursing and interpreting on the trip. One of the doctors was Catherine Davis ('86).



Class of 1965 outside of Mattson Hall...Celebrating their 50th Anniversary

Order Gustavus Nursing Gear!



The logo will be embroidered on the left chest with the option of embroidered personalization to the right sleeve

If you would like to order the quarter zip pullover it will be \$45. Cash or check is accepted. Checks may be made out to *Gustavus Nursing Department*. Please contact Katie Kemp at kkemkp@gustavus.edu if you have questions about the clothing order.

You may send checks to:

Katie Kemp
800 W. College Ave.
St. Peter, MN 56082

Orders are due Friday, October 2nd, 2015.

- If you would like an embroidered name/personalization added to the right sleeve please add \$6 and include the personalization (max. 17 characters)
- For sizes 2XL add \$1, 3XL add \$1.50, or 4XL add \$2.50

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. 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:*

*Lisa Koppelman, Administrative Assistant
Gustavus Adolphus College, 800 West College Avenue, Saint Peter, MN 56082*



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The Department of Nursing at Gustavus Adolphus College will host an accreditation site visit of the baccalaureate nursing program.

You are invited to meet the CCNE Evaluation Team and share comments about the program at a public meeting:

Wednesday, September 16, 2015

4-5 p.m. | Jackson Campus Center Dining Room

Gustavus Adolphus College
800 W. College Avenue, Saint Peter, MN 56082
(Hors d'oeuvres to be served.)

OR

Thursday, September 17, 2015

**3:30-4:30 p.m. | American Swedish Institute,
Gustavus Office Suite**

American Swedish Institute | 2600 Park Ave S, Minneapolis, MN 55407
Teleconference with Evaluators | *(Hors d'oeuvres to be served)*

AND/OR

**Written and signed comments are also welcome
and should be submitted directly to :**

Commission on Collegiate Nursing Education
Attn: Third-Party Comments
One Dupont Circle NW, Suite 530 | Washington, DC 20036
OR ThirdPartyComments@aacn.nche.edu

All written comments should arrive at the CCNE by August 26, 2015.