Greetings from …. Mattson Hall! Yes, you read that correctly, and no you’re not experiencing deja-vue, or reading the wrong newsletter. The Old Main renovation is well underway and during the first week of February the Nursing and Education Departments took up residency in new space which will be our home for an indefinite period. We will be considered as part of the future Social Science building project, but I see that as a good decade away. In the search for an appropriate building name, the name of a former President and revered educator from the early Gustavus days, Peter Mattson, emerged. Many of you stayed in Mattson Hall (demolished last spring) in the Twin Cities while completing your Nursing education at Bethesda through Gustavus. I thought you’d all be interested in the recent physical change we’ve made, I already miss those steps!

2004 also brought positive resolution to the St. Olaf Department of Nursing review as well as MINC curricular change. Beginning in the fall of 2005, we will increase our enrollment by 20% and initiate a new curriculum. We (GAC + SOC) still use Betty, have broken the 2-course value courses into 1-course value, and have added a Nursing General Education course entitled Healthcare Issues. Exciting times!!!

I want to take this opportunity to warmly invite you to our All-Year-Nursing-Alum-Reunion set for Homecoming weekend October 8, 2005. If you have suggestions or ideas or wish to assist, please contact any one of our Reunion Committee volunteers: (Mary Hildebrandt, mlhilde@mmc.net; Jennifer Lammert, Jlammert@co.nicollet.mn.us; Barbara Zust, bzust@gustavus.edu)

I also want to thank you for your efforts to keep in touch with us via e-mail notes, pics, prayers, letters and gifts you share with us each year. YOU make it all worthwhile. I really do hope to see many of you next fall!!!

~Wishing you peace in all of life… Gratefully, Jane (jcw@gustavus.edu)
News from Judy Gardner

This year has been a great one here on campus and in all the clinical facilities. Now as I look out my window onto the arboretum, I am thankful that the administration saw fit to move the nursing department into a quiet space with large sunny classrooms and spacious offices. It is a “temporary” space, but it feels like home. And you are always welcome to visit. In fact, come and see us for the nursing reunion next fall on homecoming weekend.

The clinical facilities I frequent most often are The Birth Center at Methodist Hospital and a variety of medical or surgical units at St. Francis, Shakopee; Fairview Southdale; and Methodist hospitals. It is a great thrill as a nurse educator to see graduates of our program working successfully in each of these hospitals. It is also wonderful to be told time and time again how our graduates are valued for their nursing expertise and the holistic way they treat patients. “We always like to hire your graduates.” “Your graduates are so well prepared.” “Do you have any new graduates who would be interested in working with us?” And thanks for your letters describing your nursing experiences. The current students are always happy to know that there is a huge network of alums out there, ready to welcome them.

Personally, it has been another banner year for our family, with our ninth grandchild, born in January, surviving two surgeries related to her cystic fibrosis before reaching the age of two months. Rosemary Claire is a real trooper and is living near three outstanding medical centers that have cystic fibrosis centers and wonderful healthcare providers for her. Her parents sometimes call her Rosie, and her cousin Celia “sometimes just calls her Claire.”

My traveling does not cease and I continue to make trips to Japan to do more research with midwives and enjoy cherry blossoms in the spring. My most recent trip took me back to England to visit grandchildren and admire fields of daffodils. I feel most fortunate to be a happy wife, mother and grandmother and still practicing nursing. It’s like hitting the jackpot. You know what I mean. I hope you are feeling as blessed as I.

Keep those emails, photos and letters coming. We love hearing from you. Judy

News from Paula Swiggum

Greetings Everyone. I am on sabbatical leave this academic year and working on projects both educational and domestic. I am working part time at Minneapolis Children's Hospital as a nursing supervisor, working with the Minnesota Visiting Nurses
Association on a Somali mothers project, involved in writing two articles and catching up on some reading. I also have developed a course for next J-term with nursing students going to Tanzania, Africa. It has the same theme as the Greece course, which Jane is teaching next year.

On the domestic side, I have a new little granddaughter born on February 16th to our son and his wife - Grace Katherine - and she, of course, is adorable. Paige Severinson (a Gustie '04 nursing grad) was her nurse during her first 12 hours. It was wonderful to have Paige there, knowing she was in such good hands. Other Gustie nurses were there that night, too, so it was great to see them. I also have a granddaughter waiting to arrive here from Guatemala. Our daughter and her husband hope to have Sarah Maria (born January 8th) home by June 1st. Two baby girls - I am in heaven!

I get emails from some of you from time to time and I love it - keep us posted on your lives, both professional and personal. You are all very special to us.

Paula

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**News from Barb Zust**

Greetings from Mattson Hall, on the campus of Gustavus Adolphus College! I know that the name ‘Mattson Hall’ strikes a chord of nostalgia for those of us who are vintage Gustavus nursing alumni. For two years, we lived off campus in Mattson Hall at Bethesda Hospital. We affectionately (or NOT) called it the ‘home for unwed nursing students’. It was the happenin’ place for us. Mattson Hall was our dorm that also housed our classroom and the choir room where the Gustavus Nurse’s Choir practiced for our annual Spring concert tour. Mattson Hall was connected by tunnel to the Bethesda Infirmary where many of us worked on the weekends and to the Bethesda Hospital where we did all of our clinicals and ate all of our meals. Sometimes when I look into the tired faces of Gustavus nursing students today who get up at 4:30 am to drive to clinicals in Minneapolis, I think that it really wasn’t so terrible for us to live in Mattson Hall at Bethesda Hospital.

So here we are again in Mattson Hall, only this time, it is on the campus of Gustavus Adolphus College. We share our space with the Education Department and they are wonderful neighbors to have. I’m hoping that you’ll all come to the Gustavus Nursing All- Class Reunion on Homecoming Weekend this Fall and see the new Mattson Hall. This is a good place to be. It’s a good time to be in nursing. Our work is cut out for us.

As always, we have fantastic students this year! They are sensitive, caring, compassionate, dedicated and fun!! Quite a combination and exactly what a tired world needs. Again this year, we have two senior students presenting their research at the National Conference for Undergraduate Research. I’m so proud of them!

It’s a privilege to be here.

Take care. Carry on. Barb
GSNA Updates:

The Gustavus Student Nurses’ Association (GSNA) began the 2004-2005 school year with new leadership and activities to encourage interaction between the junior and senior class. The year began with a new tradition of painting “the rock,” followed by a breakfast hosted by the seniors for the incoming class of nursing students. Senior nursing buddies were assigned to the incoming class to provide guidance regarding classwork, internships, and surviving clinicals. The fall educational project for the organization was posters encouraging sexual responsibility and prevention of sexually transmitted infections. The spring service project will take place later in April at the Theresa House in Mankato. The Theresa House serves women and children who are homeless in the community. Students learned about the Theresa House last fall during Public Health Clinicals at Blue Earth County in Mankato. As a part of this project, GSNA members will be decorating a room at the center. The year will conclude with a picnic in May to welcome the upcoming nursing class. –Lynnea Piotter, Co-President

J-Term Health Professions Course

In January Jane led an interdisciplinary domestic travel course to Houston, TX for students interested in the Health Professions. The Texas Medical Center complex includes the M.D. Anderson Cancer Center, Methodist Hospital and St. Luke’s Hospital which are internationally known and recognized teaching and research institutions. During the first two weeks of January, students remained on the Gustavus campus where they completed required readings, delivered presentations and wrote a formal paper. In addition, each student researched relevant segments of Texan history. While engaged in experiential learning at the Texas Medical Center during the later two weeks of January, Gustavus students were encouraged to examine the concept of “sacred vocation” as it relates to the healthcare professional. Participants were interested in chiropractic, nursing, pharmacy and pre-med. Home stays were arranged through Christ the King Lutheran Church, in the Rice Boulevard area of Houston. The course was co-facilitated by Rev Richard Monson, ’64, a retired chaplain from M.D. Anderson. The course will be led by a Biology Professor in January 2006.
EXPLORATION OF LABOR INDUCTION PRACTICES IN A RURAL MIDWESTERN HOSPITAL
Nicole B. Briggs (Dr. Barbara Zust), Department of Nursing, Gustavus Adolphus College, St. Peter, Minnesota 56082.

Inducing labor in pregnant women increases the need for high-tech monitoring and more interventions, resulting in an increased cost for delivery. In the United States, induction of labor has risen from 9% in 1989 to 20.5% in 2001 even though medical indications for induction have remained the same. Although there are a plethora of studies that examine the induction trend in urban hospitals, there are no known studies that explore the induction trend in rural hospitals. The purpose of this study was to explore the induction practice of physicians in a rural hospital. Using a convenience sample, data were gathered from the charts of all 2003 deliveries (N=90) in a rural, Midwestern hospital. Additionally, 7 physicians were interviewed about their induction practices at this hospital. Data were analyzed using simple frequencies and descriptive statistics as well as content analysis of the interview data. Findings show that the induction rate for this cohort was 37.8%, a rate nearly twice as high as the national rate. Preliminary analysis of the interviews indicate that nurse staffing issues may be at the heart of the higher rate.

The Effect of Oral Contraceptives on Multivariates of Depression
Lynnea H. Piotter (Dr. Barbara Zust), Department of Nursing, Gustavus Adolphus College, St. Peter, Minnesota 56082.

According to the American Medical Association, depression is on the rise among female college students nationwide. Concurrently, the Centers for Disease Control and Prevention (CDC) indicate that oral contraceptives are the most commonly used form of birth control among traditional college-age women. Although there are several studies that have examined the influence of oral contraceptives on depression, the results were inconclusive and the women's ages were unspecified. The purpose of this descriptive study was to explore the influence of oral contraceptives on multivariates of depression in college-age women. Surveys were sent to 1043 female students at a rural Midwestern college. Individuals were asked to rate six multivariates of depression (mood, sense of hope, self esteem, ability to cope, ability to concentrate, and ability to sleep) on a continuum of positive to negative values in reference to their use or past use of an oral contraceptive. A sample size of 315 females responded to the survey. Descriptive statistics and the statistical program SPSS were used to analyze the results. Findings indicate that the variables mood, sense of hope, and coping demonstrated a statistically significant rise following discontinuation of oral contraceptive use for a select group of individuals who discontinued oral contraceptive use.
The Gustavus Student Nurses Association classes of 2005 and 2006 volunteered their time working in the cafeteria during Nobel week to fundraise money to sponsor a room in the Theresa House. The Theresa House in Mankato is a homeless shelter for women and their children that receives funding strictly from donations. GSNA was able to sponsor one of the single bedrooms in the house and choose how we wanted to decorate it. From fundraising we were able to raise enough money to paint the room and put up a wallpaper border. We also bought bedding, towels, rugs, curtains, a lamp, a wall picture and an alarm clock/radio. Also, with a corporate donation from Wal-Mart, we were able to purchase umbrellas and toiletry items for the house.
In Recognition of Gifts to the Department

Diane Palm Adair '83
Leah Knutson Anderson '02
Kim Brodin Aurzada '88
Nicole Brown '93
Kristina Campbell '02
Lori Lussenhop Ellingson '91
Connie Jo Piehl Johnston '82
Tammy J. Klaus '93
Angela Benham Krebs '92

Debra Hauge Long '81
Diane Ousley Melcher '86
Amy Schilman Mimm '95
Jan Schmidt Mussell '84
Jackie Attlesey-Pries '86
Esther Pufall '74
Chris Olson Resch '82
Mark J. Sallmen '73
Jana Smith '94
Sondra Maruska Weinzierl '73
Sigma Theta Tau Inductees 2004
Molly A. Biehn, Jennifer M. Bottke, Susan L. Harding, Easten W. Higgins,
Ann C. Humburg, Kirsten R. Kaufmann, Jennifer R. Skalko,
Carley A. Thompson, Lindsay L. Vanderlinde

Senior Nursing Award for Academic Excellence
Awarded to the senior nursing student who has achieved the highest academic record. The award was established in 1985 and first presented in 1986.

Awarded to Kristin Kauffman from the Class of ’04

Faye M. Hershey Prize in Nursing
Est. 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 just prior to the senior year of a Gustavus Adolphus College student who shows promise as a prospective nurse and whose activities include volunteer work.

Awarded to Lynnea Piotter from the class of ’05

Scholarships Available to Nursing Students

Beck-Proft Nursing Scholarship
Endowed scholarship est. in 1972 in honor of Martin and Agnes Beck-Proft, parents of Professor Emerita Ruth Dannehl (taught 1967-1983), and awarded to upper-class nursing students, as nominated by the faculty.

Kristen R. Hanggi Memorial Nursing Scholarship
Endowed scholarship est. in memory of nursing student Kristen Hanggi, Class of 1983 (posthumous), by her parents and friends following her death in 1982, and awarded annually to a senior student majoring in nursing, as selected by the department faculty.

Kelly Jo Sorenson Memorial Scholarship
Endowed scholarship est. in 1984 in memory of nursing student Kelly Jo Sorenson by her parents; awarded to a promising student by the faculty of the nursing department beginning with the 1985-86 term.

Marjorie Witman Scholarship
Endowed scholarship fund est. in 1987 by Harold F. and Carole E. Witman to honor the achievements of their daughter Marjorie, Class of 1972; it is designed to encourage students majoring in nursing.

Doris Yokie Scholarship
Endowed scholarship for senior nursing majors displaying high academic achievement; it was established in 1985 to honor the former chair of the nursing department, Professor Emerita Doris E. Yokie (taught 1963-1985), with the first recipient named for the 1985-86 school year.
News from our Alumni

Karen Nielsen Pike '66
St. Paul, MN

and

Jo Jensen Tollefson '60
New Brighton, MN

were among the hikers who for two weeks explored the mysteries and wonders of the Carpathian mountains of the Transylvania region of Romania in September of 2004. The group was led by David Johnson, '55 and former Dean of the Faculty at Gustavus.

Ada Kirscher '66
Roseville, MN
Ada has donated her Blue Dress, White Apron uniform to the new History Center at Bethesda Hospital.

Berit Peterson '71
St. Paul, MN
Sent an email expressing the desire to hear what "older" nursing alumni are doing. (Editor's note: we include news from those who email or mail news to us, so...).

Heidi Pettis Meyer '98
Winthrop, MN
Heidi and Paula Swiggum crossed paths in the United Hospital cafeteria in Sept. Heidi graduated with her MSN from Minnesota State University, and was planning to take the Family Nurse Practitioner exam around Christmas time. She also teaches OB clinicals with Inver Hills Community College.

Brooks Engelbert '01
Roseville, MN
Brooks is a Navy nurse who served in a tent hospital in Kuwait and has safely returned.

Amy Karban Ackert '01
Apple Valley, MN
Amy's twins were born on October 27, 2004. Noah and Joshua looked healthy in their Christmas picture!

LaDawn Tyrell '01
Iceland
LaDawn is a Navy nurse and left for Iceland in October for an 18 month tour of duty.

Emily Youngman Ross '01
Oakdale, MN
In her Christmas letter Emily tells us she has been working in the NICU at Children's for over 3 years and still is amazed "when I see a brand new 23 weeker, weighing only 1 pound, and being kept alive by technology." Emily and Kevin Ross were married February 19th and Elena, now 2 tells Kevin he is an El Paca.
Tricia Gregerson '02
Wayzata, MN
Tricia worked at Abbott Northwestern for one year in med/surg before moving to Fort Lauderdale, Florida for six months where she worked on a med/surg/trauma floor. Not liking the move she returned to Minnesota and is now working at Fairview Southdale Hospital, where she is enjoying every minute of it.

Chris Kwasniewski '02
Roseville, MN
Chris successfully defended her Master's Thesis in March at the College of St. Catherine's, St. Paul, MN

Megan Anderson '03
Edina, MN
Megan is working at Abbott in the Birth Center, recently orienting to antepartum, where she works with both low and high risk mothers. "Lots of fetal monitoring and interpersonal communication."

Angie Balm Ahlgren '03
Menomonee Falls, WI
Angie is working on the med/surg/orthopedics unit at the hospital in Menomonee Falls and early last fall started precepting new employees on the floor. Angie and Jeremy were married in June. In January Angie was planning to return to school for a Master's of Nursing program at Cardinal Stritch University in Milwaukee with an eye to teaching in a Nursing program in the future.

Anna Dove Toth '03
Montgomery, MN
Anna and Patrick sent a birth announcement of their daughter Kaelyn Ann (March 14, 2004). Anna is with the VA Hospital on the surgical floor and loving it. Anna notes that life is different with a baby in it, "it's a good day if you're showered and have your teeth brushed by noon."

Jessica Lundquist '03
St. Paul, MN
In January Jessica moved to East Grand Forks and started a new job where she will be near her fiance.

Kassie Stecker '03
Burnsville, MN
Kassie works post-partum at Methodist Hospital, last fall finished orienting to the Level 2 nursery and by spring thought she would be orienting to L&D. She and Chad (Paulus '03) have postponed their wedding until Fall of '05.

Jennifer Walters Odegard '03
Rosemount, MN
Jen sent an email about the arrival of Braya Ovedia born January 21, '05. Braya joins brothers Tucker and Kiri.

Juanita Diller Olson '04
St. Peter, MN
Juanita stopped by the new Mattson Hall with her daughter (born May 5, '04).
Elizabeth Eden '04  
Phoenix, AZ
Pictures and news were emailed to the dept. from Elizabeth and Matt announcing the birth of daughter Maya (November 7, '04). Maya agreed to a better schedule after Elizabeth said she could go to Gustavus and become a nurse.

Andrea Hodapp '04  
Wauwatosa, WI
Andrea is living in Milwaukee with Sarah Timmerman and working at Froedtert Hospital on the spinal cord injury unit.

Ann Humburg '04  
Rochester, MN
In Ann's Christmas letter she stated she is adjusting to living a different kind of life from the college experience. She is living in Rochester, MN and working as an RN at St. Mary's Hospital on a vascular surgery/general surgery Intermediate Care Area. This spring she is planning to take graduate courses for a Master's degree.

Jennifer Johnson Bottke '04  
Zumbrota, MN
Exciting news from Jenn - Lucy was born March 24, seven weeks early but healthy. She loves being a mom but, "somehow the Maternal/Newborn course didn't really prepare me for this crazy adventure!"

Krystal Kegler '04  
Coon Rapids, MN
Krystal wrote in January that she was engaged to Jason Ide with wedding date set for September 3, 2005. Krystal is working at Mercy Hospital. She and Jason are going through the foster training process so they can have foster children in their home every other weekend.

Aanna Letnes '04  
Minneapolis, MN
Aanna sent a note regarding the three day Cure for Breast Cancer walk in September. She managed to walk all 60 miles with about 2,000 other walkers.

Sarah Timmerman '04  
Wauwatosa, WI
Sarah is working on a neurosurgery unit at St. Luke's Hospital in Milwaukee. She is adjusting to the size, "you know you're working at a big place when the number of employees is ten times the size of your home town!"

Lindsay Vanderlinde '04  
St. Bonifacius, MN
Lindsay loves her job as a telemetry nurse at Ridgeview Medical Center in Waconia, MN. She is also seeking membership in the Medical Reserve Corps, a volunteer public health outreach organization for health care emergencies in Minnesota.
Mark your calendar ~
Homecoming, October 8, 2005
Nursing Alumni ~ 45th Reunion

You are invited to the 45th Reunion of the Nursing Program at Gustavus Adolphus College, Homecoming Weekend, October 8th, 2005. on the campus and in our new Mattson Hall facility.

The day will include:

Luncheon ~ Campus Center Banquet Room ~ 11:30 am
Keynote Speaker: Dr. Donald Swenson
"Celebrating Our Roots"
A slide show presentation of the history of our nursing program, with roots dating back to the early 1900's. A must see presentation for anyone who loves nursing
1:45 - 2:00pm Drawing for Door Prizes

2:00 - 3:00pm Closing coffee hour and tour in the new Mattson Hall
our new temporary classroom and lab home

as always there will be time for rekindling old acquaintances and gathering together around common memories we share

Luncheon cost is $15.00 per person

Enclosed is a registration form and return envelope for your convenience. We hope you will be able to join us.
and a prayer from Barb ~

May God bless us with discomfort at easy answers, half-truths, and superficial relationships,
So that we will live deep in our hearts.
May God bless us with anger at injustice, oppression, and exploitation of people and the earth,
So that we will work for justice, equity, and peace.
May God bless us with tears to shed for those who suffer,
so we will reach out our hands to comfort them and change their pain to joy.
And may God bless us with the foolishness to think that we can make a difference in the world,
So we will do the things which others say cannot be done. Amen.
(Prayer of the Interfaith Council for Peace and Justice, Ann Arbor, Michigan)

Gustavus Adolphus

Nursing Alumni 45th Reunion

Please reserve a place for me at the Reunion luncheon and festivities.

Name____________________________________________
Address__________________________________________
___________________________________________
Payment enclosed_______________
News about me:___________________________________
__________________________________________________