



Nursingems

Greetings! Alumni, Friends and Colleagues, despite the fact that we consider this issue of the Nursingems our spring publication, it is in the low teens outside and we've had a dusting of snow. But, the sun is bright and we have witnessed an historic event with the election of Barack Obama as the 44th President of the United States. As I watched the inaugural proceedings on the evening of January 20th, I was struck by the sense of joy, hope, and community exhibited by the massive numbers of people who were in Washington to attend the event. These were the "everyday" people of our lives: Mothers and Fathers, wives and husbands, store clerks, postmen, truck and cab drivers, nurses, lawyers, secretaries, children and young adults. I thought about how as nurses we are a microcosm of that larger social gathering we all witnessed. We are a community of caregivers, a network of support to each other, and in some instances, the only joy or hope in our patient's lives. We indeed have a special and solemn role, don't we?



*Marcia C. Maurer
Ph.D., RN - Dean
SIUE School of Nursing*

model along with the post-master's entry simultaneously. We have also completed the revisions to put our entire nurse educator program on-line, enabling students at distances from the SIUE campus to earn the Nurse Educator master's degree without having to leave their communities. The profession is desperate for nursing faculty. Finally, Drs. Ketchum and Lyerla chaired a Technology Task Force and just submitted their report to the School's Executive Committee. The task force outlined a strategic plan to enhance our technological support of our nursing curricula far beyond what it is now. The School of Nursing at SIUE has been a leader in technologically augmented and on-line education. This report will push the boundaries of technologically enhanced education even farther.

As a faculty we are heartened by the accomplishments of many of our graduates. Our Nurse Anesthetist program is well regarded and our graduates continue to score high on their certification exams. Many of our undergraduate alums are returning to school either here or elsewhere to obtain their master's degrees. Some are moving outside of nursing and looking at degrees in public health or health policy. We are proud that we are growing experts in a variety of specialties that will serve nursing well.

Current students are very civic minded, being involved in an array of service activities in our communities. We are going to devote our 2009 issue of the "Dean's Report" to the service that our students and faculty provide to the communities which we serve. I think you will find it interesting.

The budget crisis has had its impact on institutions of higher education in Illinois

as well as nationally. Articles in education papers and journals discuss faculty layoffs and closure of programs. At SIUE we are also taking belt tightening measures but have made secure the faculty and staff lines in the School of Nursing. We are committed to preserving the academic integrity of our nursing programs in order to continue providing our students with the highest quality nursing education of which we are capable. Know that as always, it is "students first." We want to continue scholarship support of our students. We need to turn to you at this time of financial stalemate to further support the SIUE School of Nursing with your financial donations small, medium or large. These donations are used for students through scholarships or other programming initiatives. We are all pressed by various non-profit organizations to assist with our financial support. However, I would ask that you think about the benefits that your SIUE degree has brought you and "pay it forward" to help our current and future students realize their dreams to be nurses too. Keep in touch with us and keep us apprised of your accomplishments. We love hearing about them.

Marcia Maurer, Ph.D., RN

*Marcia C. Maurer, Ph.D., RN
Dean, SIUE School of Nursing
RWJ Executive Nurse Fellow - Alum*

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*Saturday, April 25, 2009, 5:30 p.m., Four Points by Sheraton,
Fairview Heights, Illinois*

Join the School of Nursing administration, faculty and students for the Jewels of Nursing Excellence Gala this year and you will experience a true celebration of the nursing profession. "This year's Gala will have some great surprises in store that our audience is sure to enjoy," says Kris Heather, Special Events Facilitator for the School of Nursing.

We wanted to take this signature event that we have held now for the past 4 years, and put a new twist on it for year 5. We also wanted to recognize our 45th year as a successful School on the SIUE campus in a very special way. We can not reveal all of the secrets and surprises for the evening, but we will tell you that one of the highlights for the evening will be a Fashion Show featuring all kinds of "jewels." After this year's Gala, we will hold the event every

other year. With this change, the next Jewels of Nursing Excellence Gala will be held in 2011.

The one thing that will always remain the same about the Jewels of Nursing Excellence Gala is its purpose. The event is a means to raise funds for student scholarships. These funds have become even more critical to our nursing students as they too face the challenges brought by the current economy.

Please save the date, and thank you in advance for your support! Visit www.siu.edu for more information.

*Angie Peters
Director of Development*

Scrubs & Beyond Partners with the SON

Corporate partners are an important aspect of the School of Nursing, especially as the economy presents more challenges for our students and our School. Scrubs & Beyond has been a very important supporter of the SON for a few years now, helping us through sponsorship dollars.

Scrubs & Beyond underwrites our Dedication to the Profession in the fall and our Convocation in the spring.

These are milestone events for our nursing students that are made even more special by the participation of Scrubs & Beyond, as they always go above and BEYOND by attending the events and distributing gifts to the students.

The company also supports our Jewels of Nursing Excellence Gala each year, and will be a part of the Fashion Show this year that you read about on page 2. We are thrilled that we will have the latest and greatest in the world of scrubs fashion to show off at our event!

We are both proud of and grateful for our continued partnership with this excellent company. Karla Bakersmith, founder and president of Scrubs & Beyond, began the company in 1999. She felt that not only was there a huge need that was going unmet, but that she wanted to be able to interject some fun and creativity into the uniform industry. There are now 26 Scrubs & Beyond stores across the country.



Scrubs & Beyond staff Kristina Orme, Store Manager, and DeAnna Pallarito, Central Regional Manager, attend Dedication to the Profession in September 2008.



A Helping Hand

Student nurse Shelly Mellendorf (center) volunteers at the 2008 Jewels of Nursing Excellence Gala.



AuBuchon Teaching Award

Dr. Richard Yakimo (center) receives the Betty AuBuchon Teaching Award. Dr. Yakimo is pictured with Dean Marcia Maurer (left) and Provost Paul Ferguson (right).



A Meridian Award Supports a SON Faculty Initiative

By Dr. Gladys Mabunda



In May of 2008, I received an award from the Meridian Society in the amount of \$4970.16 to initiate “Project Keeping African Women Active (KAWA).” The purpose of Project KAWA is to promote physical activity and promote

health among New Americans of African descent in St. Louis. Although this project is open to all new Americans of African descent, the main target groups are those who came to St. Louis seeking political asylum from Somalia, the Congo and other African countries. These groups were selected because they experienced trauma before arrival in the United States; they face language barriers and have limited knowledge of the American system and culture; and they are unaware of available resources. Women from Somalia are mostly Muslim, so they face additional cultural barriers which limit their access to meaningful health promotion information and programs. Furthermore, Muslim women do not mingle with men in public places such as in the

The program is effective, and I plan to expand it ...

Americans face a lot challenges, including experiencing high levels of stress and living in isolation while adjusting to the new environment. High stress levels lead to poor health. Engaging in physical activities promotes physical and mental well being.

I partnered with the African Mutual Assistance Association to provide regular physical activities to the women. The first step class which began in September 2008, was offered at the South Side YMCA in St. Louis. Participants in these classes represented the countries of Somalia, Zimbabwe, Sierra Leone, The Democratic Republic of Congo, Cameroon, Uganda and Liberia. This year, classes are offered in a church basement to provide for more flexibility in the type of classes and the times they can be offered. A certified aerobic instructor leads class twice a week. I provide education on proper nutrition. The main challenges faced with the project are: participants do not have money for transportation to class or for child care while in class. Those who participated in the program enjoyed it, and complained when we took a break in December. This indicates that the program is effective in getting women into the habit of engaging in physical activities on a regular basis. The program funding will end in

gym, so they need a place where they can exercise as a group of women. New

May, 2009, but I will continue offering the program as a service to the community. It is important that women maintain their physical activity level on a regular basis.

Thoko from Zimbabwe states, “I’ve found the YMCA program enjoyable but intense. I like the instructor’s approach as I often feel like they work at our pace but still push us to do more. As a result, I am encouraged each week because the program helps me physically and socially. The fun part is that I look forward to my time with fellow African women who share similar challenges. We all acknowledge the need to work on our traditional eating habits (portions), which Gladys stresses. My benefits besides the most appreciated, seeing that COST is not an issue, the program covers that, is that I have begun to seriously take care of my health. I am now routinely taking my calcium to build my bone strength, and I have increased my walking time, a lot. I wish to remain an active member of this group.”



Jane Coffey, Meridian Awards Chair, (far left) and Kelly Schmidt, Meridian Society President (far right) with Dr. Mabunda (center with plaque), and members of the African Mutual Assistance Association.

Maze from Cameroon states, “The step class with Dr. Mabunda has been a great experience for me. Exercising two days a week and having discussions on diet and nutrition, has assisted me in making better food choices. I lost 10 pounds in two months and I feel physically fit and smart to go to work, take care of my two kids, my home and carry out my other daily activities. I also love and very much enjoyed going to these classes because I have been able to connect with many other women and have made new friends.”

The program is effective, and I plan to expand it to other immigrants and African American women in the St. Louis community.

Dr. Gladys Mabunda PhD, RN, APRN, BC is an Associate Professor in the School of Nursing.

Alumni News

1970s

Mary Jo Kampwerth (BS '77) serves as a PI Technician for Anderson Hospital in Maryville, Illinois.

Helen Stahlschmidt King (BS '70) achieved Clinical Ladder II-B status in her role as an ICU/IMU nurse at Anderson Hospital.

Nancy Weston (BS '77, MS '94) is the Vice President of Nursing Services, at Memorial Hospital in Belleville, Illinois and was inducted into the SIUE Hall of Fame in October of 2008.

1980s

Sandra Harford (BS '84) is part of a Clinical Support Team at Memorial Medical Center in Springfield, Illinois.

Hediye Scheeler (BS '86) is an instructor with Lakeview College of Nursing in Danville, Illinois and a Nurse Practitioner working in the Frances Nelson Health Center in Champaign.

Ann Varner (BS '82) was named Vice President of Mission Services for St. John's Mercy Health Care in St. Louis, Missouri.

Robyn Weilbacher (BS '87) is employed with St. John's Mercy Medical Center in St. Louis, Missouri as a Critical Care nurse.

Mary Williams (BS '84) is a nurse at Memorial Medical Center in Springfield, Illinois.

Maggie Wolf (BS '86, MS '96) gave a presentation in spring of 2008 about the EMPOWER Program: A Multi-Sensory Early Behavioral-Education Intervention for Parents of Extreme Preterm Infants at the Fifth Annual Nursing and Allied Health Research Conference: What Children Tell Us, St. Louis and was recognized for this professional accomplishment through St. Louis Children's Hospital in Missouri.

1990s

Barbara Althoff (BS '92) served on the Institutional Review and Ethics Committee for St. Anthony's Memorial Hospital in Effingham, Illinois.

Sandy Bloemer (BS '93) is a member of the Cardiac Catheterization Team at St. Anthony's Memorial Hospital.

Marilyn Boatman (BS '97, MS '07) is employed by Memorial Medical Center and completed training to use the CAM (Confusion Assessment Method) and CAM-ICU, to assess and document patient data.

Shauna Cooper (BS '97, MS '06) was promoted to the Assistant Director of Surgery for Anderson Hospital.

Jennifer Cordia (BS '93) was promoted to Executive Director of Medical-Surgical and Emergency Services by St. John's Mercy Medical Center in St. Louis.

Ann Donze (MS '94) published an article entitled, "Insulin Infusion for the Treatment of Hyperglycemia in Low-birth-weight Infants: Examining the Evidence," in the Neonatal Network: The Journal of Neonatal Nursing.

Jessica Duft (BS '96, MS '01) assumed the role of Director of Education and Health Management for Anderson Hospital.

Teresa Foster (BS '94) was acknowledged by Memorial Medical Center in Springfield, Illinois for completing a study entitled, "Patient Education: What Do Patients Value?." The study was funded through the MMC Foundation. Teresa also co-presented a poster in November of 2008, on the Shared Leadership structure at Memorial at a symposium held by Rush University Medical Center.

Geri Kirkbride (BS '90) is a Nursing Research Facilitator with Memorial Medical Center.

Michelle Lawson (MS '97) passed away on May 2, 2008. Michelle was a Nurse Practitioner who worked for many years at St. Louis Children's Hospital. Her advocacy and presence are greatly missed in the nursing profession.

Kathy Lee (MS '95) serves on the Delirium Steering Committee for Memorial Medical Center, a committee formed in collaboration with the SIU Department of Medicine.

Tracey Smith (BS '94, MS '03) is the Coordinator of Predoctoral Education for Southern Illinois University School of Medicine in the Department of Family and Community Medicine in Springfield.

Marcia Strow (MS '93) was given recognition by St. John's Hospital in Springfield, Illinois for her significant work on the Meditech Implementation Team as the Manager of Meditech Support.

A Celebration in Honor of Dr. Mary Ann Boyd

Dr. Mary Ann Boyd, Associate Dean for Academic Programs in the School of Nursing, has been a part of the SIUE community since 1977. Mary Ann will be retiring at the end of May and a reception will be held in her honor

on May 1, 2009, in the Morris University Center's Mississippi Room from 2:00 – 4:00 p.m. Please join us to celebrate Mary Ann's more than 30 years in the School of Nursing!



Dean Marcia Maurer and Steve Jankowski, Director of Alumni Affairs, present a framed print of Chimega to Crystal Lask (photo on left, center), and Nancy Weston (photo on right, center) upon their induction into the SIUE Hall of Fame.

Alumni News *(continued)*

2000s

Deb Beck (BS '03) co-published, "Six Tips for Managing Vendors' Visits," with Barb Kopec in the June 2008 issue of Outpatient Surgery Magazine.

Heather Bingham (BS '05) attended a Magnet Conference with a team of nurses from Memorial Medical Center last October. As a result of the conference, Heather is looking at the phenomena of workplace bullying.

Jennifer Bond (MS '08) received acknowledgement for joining the Nursing Practice Development Team as a Nursing Practice Development Facilitator from Memorial Medical Center. Jennifer also serves on the Delirium Steering Committee in conjunction with Memorial and the SIU Department of Medicine.

Jami Davis (BS '01) is a member of the Cardiac Catheterization Team at St. Anthony's Memorial Hospital.

Greg Dunkel (BS '01) is currently the Pediatric Liver Transplant Coordinator for UCLA, after working bedside in PICU's around the country for seven years.

Beth Fullington (MS '07) is a Nurse Manager with Memorial Medical Center.

Nancy Holmes (BS '04) advanced from 2E Oncology to Clinical Nurse II on the Clinical Ladder at Memorial Medical Center.

Crystal Lask (BS '04) is a Nurse Manager for Barnes-Jewish St. Peters Hospital in Missouri. Crystal was inducted into SIUE Hall of Fame in October of 2008.

Deborah Malone, CFNP (MS '00), has joined the Southern Illinois Healthcare Foundation team of providers offering primary care services through the Salem Medical Center in Salem, Illinois.

Joanna Moore (BS '06) is a Medical-Surgical ICU nurse at St. John's Mercy Medical Center in St. Louis.

Candi Moyer (BS '08) married Greg LeDuc on October 4, 2008 and they are living in Glen Carbon, Illinois. Candi is employed by Cardinal Glennon Children's Medical Center as a Staff Nurse in the Neonatal Intensive Care Unit.

Marquato Murry (BS '07) is employed by Anderson Hospital in the Emergency Department.

Stacey Niebrugge (BS '00) is employed by St. Anthony's Memorial Hospital, as the Supervisor for Surgical Services.

Nicole Pelczynski (BS '07) visited campus in September to give a speech at the Dedication to the Profession. Nicole married Ben Borrenpohl in October of 2008 and they reside in Rochester, Minnesota.

Alicia Rednour (BS '00) completed training and now serves as an RN-First Assist in Surgery at Anderson Hospital.

Bill Rodgers (MS '07) recently accepted a position at Anderson Hospital in Maryville, Illinois as a Cardiovascular Clinician.

Vickie Rodgers (MS '06) is an Assistant Professor for Nursing and Co-curriculum Chair for Lewis & Clark Community College in Godfrey, Illinois.

Diane Wildrick (MS '00) is a Clinical Instructor and a Family Nurse Practitioner in Neurology at the SIU School of Medicine in Springfield, Illinois.

www.siu.edu/nursing

Award-Winning Nursing Students

Mark Karrick, a junior in the School of Nursing, is the winner of the Resilient Non-Traditional Student Award from the SIUE Student Government. Mark was nominated by Dr. Roberta Harrison, a faculty member in the School of Nursing who also serves as Mark's mentor. The following is an excerpt from Dr. Harrison's letter of nomination: "I have the privilege of being Mark's mentor. At the age of twenty-five, Mark has already served two tours of duty in Iraq. When I read Mark's first reflection (a requirement in the nursing major portfolio), I was amazed at his determination. In the first week as a soldier in Iraq he was stationed in Baghdad. When his camp came under enemy fire, all available personnel were asked to report to the medical area (which had sustained a direct hit). Mark found himself applying pressure on another soldier's deep wound. As the soldier told Mark he didn't want to die, Mark provided comfort and reassurance to his fellow soldier. One of the things Mark found most amazing was the team work he witnessed between medical personnel. He knew he wanted to be a part of that team. While Mark was pulled away from school to serve his country, he took books with him to stay up to date on information he would need to recall when he returned to his school life at SIUE. I am very proud to know Mark Karrick and I think he is an ideal role model for other students."

Lorilee Sebesta won the Outstanding Non-Traditional Student Award from the SIUE Student Government. Lorilee's

nomination came from Dr. Mary Mulcahy, Assistant Dean for Undergraduate Programs in the School of Nursing. Dr. Mulcahy said the following about Lorilee in the nomination that she submitted: "Married to a career Air Force pilot, Lorilee has had to develop the skills of moving to different locations and establishing herself and her family in unfamiliar territory. Consequently, she has developed the wonderful skill of openness with both familiar and new acquaintances. Although she is older than most of the students in her cohort, she was instrumental in establishing a study group that is still in place. All students in that study group are at or near the top of their class. She and her husband have opened their home to the members of this study group."

Lorilee is a good citizen of the University and in her community. She has two children and is active with the school's Booster Club. She has chosen working with children as her service commitment to fulfill School of Nursing requirements. As a member of STARS on campus, Lorilee provides information and tours for visitors to the campus.

Ms. Lorilee Sebesta is upbeat, respectful, non-judgmental and accepting. In this manner, she exemplifies the University's values."

In Remembrance

On December 26, 2008 East St. Louis lost one of its greatest champions when Wyvetter Younger died at the age of 78. She had served in the Illinois House of Representatives since 1975 and had fought tirelessly for the betterment of East St. Louis and its residents since that time.

Wyvetter Younger was also a great advocate for nursing and healthcare. The School of Nursing had awarded Rep. Younger its first "Outstanding Friend to Nursing" Award in 2005 for her work to promote quality health care and advance the role of nursing.

Dean Maurer said of Wyvetter Younger, "Representative Younger was passionate about the initiatives she developed and promoted especially those that were aimed at improving her district."



Wyvetter Younger and Chancellor Vaughn Vandegriff

Alumni Hall, Room 2117
Edwardsville, IL 62026-1066

compassion courage creativity compassion courage
excellence curiosity life-long excellence curiosity
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Upcoming Events



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www.siue.edu/nursing

2009 Dates to Remember

**5th Annual Jewels of Nursing Excellence Gala
& Awards**

April 25, 2009

School of Nursing Convocation

May 8, 2009

Commencement

May 9, 2009

**Alumni Heritage Walk for
Nursing Scholarships**

September 19, 2009

If you are an alumna/us from the Classes of 1970, 1971 or 1972, we are looking for you! These Classes will “host” the Walk in 2009 and walk with the upcoming graduates for the Classes of 2010, 2011 and 2012.

Dedication to the Profession

September 20, 2009

Please contact Angie Peters, angpete@siue.edu, or Kris Heather, kheathe@siue.edu for more information about these events.

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