

Spring/Summer 2018

THE FRANCES PAYNE BOLTON SCHOOL OF NURSING  
AT CASE WESTERN RESERVE UNIVERSITY

# *fore*FRONT

**INSIDE:**

[For the Love of the Game](#)

[What Do Nurses Need?  
Ask the Next Generation](#)

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# foreFRONT

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#### About *Forefront*

This publication is produced twice a year for the alumni and friends of the Frances Payne Bolton School of Nursing at Case Western Reserve University. The *Forefront* mission is to inform readers about the school's excellence in nursing science, education and practice and how it impacts daily lives.

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## dean's LETTER



Gary Yasaki

### Dear Alumni and Friends:

One of the biggest challenges we face as a school is how to educate the next generation of nurse leaders in a rapidly changing health care environment. An ongoing goal of the school is to enhance the student experience both in and out of the classroom.

Over the past two years FPB has been examining this issue by establishing student and faculty advisory committees and conducting focus groups, led by Director of Student Services Teona Griggs, MEd, MA, and Visiting Professor Catherine Koppelman, MSN, RN, former system chief nursing officer at University Hospitals. The results have been ongoing changes, both big and small, to better educate our students and prepare them for life after graduation. You will learn more about these efforts in the article, "What Do Nurses Need? Ask the Next Generation," page 18.

Another outcome of this self-examination is the restructuring of our advising for undergraduate student athletes. BSN student schedules are jammed with lectures, clinicals, electives, and studying, in addition to the need to sleep. Our student athletes also have practices, travel and games. Thanks to creativity by BSN Director Amy Bieda, PhD, RN, PNP-BC, NNP-BC and her new athlete advisor Maryjo Prince-Paul, PhD, RN, FPCN, students don't have to choose between their passion for the profession and "For the Love of the Game," on page 8.

Inside you'll also find a wonderful story about an enduring friendship between alumni Ann Farmer and Barbara Flowerman, our perennial pinning volunteers. Their friendship reminds me of when I first came to FPB in the mid-1990s to earn my PhD.

My first class was with the then-dean and now-colleague Joyce Fitzpatrick, PhD, MBA, RN, FAAN, the Elizabeth Brooks Ford Professor in Nursing. My classmates included Shirley Moore, PhD, RN, FAAN, now the school's associate dean of research and Distinguished University Professor, and Patricia Higgins, currently associate professor and DNP program director. Shirley, Patricia and I would often joke during coffee breaks between classes about how we were going to run FPB one day. Little did any of us know how true those words would become.

On the eve of my stepping down as dean (see page 2), I wish to express what an honor and a privilege it has been to lead this school. Any success I have enjoyed in my career, I attribute to FPB. I would not have lead the research efforts at the University of Pittsburgh; I would not have been deputy director at NIH's National Institute of Nursing Research; and I would have never been a dean if not for the education I received at the Frances Payne Bolton School of Nursing.

I am grateful for that experience and more. I hope I have helped others enjoy it too.

Thank you,

A handwritten signature in black ink that reads "Mary E. Kerr". The signature is fluid and cursive.

Mary E. Kerr, PhD, RN, FAAN (GRS'91)  
Dean and the May L. Wykle Endowed Professor



Gary Yasaki

### DEAN MARY KERR STEPS DOWN

After leading the Frances Payne Bolton School of Nursing since 2011, Mary E. Kerr, PhD, RN, FAAN has announced she will resign as dean effective August 31, 2018.

"I've accomplished many of the goals I set for the school at the start of my tenure as dean over seven years ago. As the school readies to move in 2019 into its new home on the Health Education Campus, I realize that the HEC timeline and my personal timeline for retirement are not congruent," Kerr said. "The school needs someone at the helm who will lead the School of Nursing for many years to come, as we move into the HEC."

"Mary has done an outstanding job of strengthening the nursing school's research portfolio, national recognition, and philanthropic support," Provost W.A. "Bud" Baeslack III said. "Her decision to ensure her successor has the opportunity to be part of the move to the HEC demonstrates her exceptional professionalism and deep commitment to the long-term interests of the school."

Kerr, a native of greater Pittsburgh, joined the faculty of the University of Pittsburgh after earning her doctorate from Case Western Reserve in 1991. Over the next 14 years, she served first as director of the university's Center for Nursing Research, and as associate director of the Clinical Core of its Brain Trauma Research Center. In 2005, she joined the National Institutes of Health (NIH) as deputy director of the National Institute of Nursing Research, managing a budget of more than \$140 million and advocating for increased interdisciplinary research.

An accomplished scientist of factors to improve cerebral perfusion in critically ill adults with neurologic conditions, Kerr has authored or co-authored more than 60 scholarly publications. After a sabbatical during the 2018-2019 academic year, she will return to the School of Nursing's faculty full time.

During Kerr's time as dean, the school:

- grew NIH funding to the highest level in its history to rank 7th among nursing schools;
- improved *U.S. News and World Report* rankings for the Doctor of Nursing Practice (now at No. 5) and the Master of Science in Nursing (now at No. 6) programs;
- established accreditation for all of the school's degree programs;
- reached its \$45 million campaign goal.

In addition, the school established the Dorothy Ebersbach Academic Center for Flight Nursing in honor of a 1954 graduate who pledged \$2 million to support the program. After Ebersbach died, trustees for her estate added \$2.7 million to the commitment. In 2014, the school opened the nation's first critical care transport helicopter for

"It has been an honor to lead the Frances Payne Bolton School of Nursing over the past several years."

flight nurse training as part of the Ebersbach center.

As Forefront was going to press, the school received a \$5 million commitment from Marian and Michael Shaughnessy to create the Marian K. Shaughnessy Nurse Leadership Academy (see page 4).

The nursing school also secured funding to support interprofessional efforts, among them a \$750,000 federal grant to support the CHOMP (Collaborative Home for Oral Health, Medical Review and Health Promotion) program, in which nursing and dental students collaborated to provide health screenings as part of oral health exams.

In 2016, meanwhile, the school's health screening program for thousands of Cleveland schoolchildren won the Innovations in Baccalaureate Population Health Curriculum Award from the Centers of Disease Control and Prevention and the American Association of Colleges of Nursing.

"It has been an honor to lead the Frances Payne Bolton School of Nursing over the past several years," Kerr added. "I am grateful to our outstanding faculty, staff and students for the opportunity, and am committed to working effectively with the school and university during this transition."



#### DAY IN THE LIFE

Senior BSN student, Annika Liljegren, took over the @fpbnursing Instagram account in October. She shared moments from her day, including a visit to her senior capstone site at the Cleveland Department of Public Health's J. Glen Smith Health Center, a Greek Life meeting & study session. ***Stop by [instagram.com/fpbnursing](https://www.instagram.com/fpbnursing) to see more.***

## BREAKING NEWS

### **\$5 MILLION GIFT LAUNCHES MARIAN K. SHAUGHNESSY NURSE LEADERSHIP ACADEMY**

A \$5 million gift from Marian (MSN'85, DNP'17) and Michael Shaughnessy will create an academy at Case Western Reserve University's Frances Payne Bolton School of Nursing to develop and support a new generation of leaders in the field of nursing.

Nurses constitute the largest segment of the health-care workforce, 3.6 million, representing about 30 percent of health professionals nationally. But nurses are not typically part of the decision-making—holding only about 5 percent of board seats at health-care institutions, according to the 2014 American Hospital Association governance data.

"The voice of a true nurse leader is even more vital in today's fast-paced, high-priced, dynamic health-care environment," says Mary E. Kerr, PhD, RN, FAAN, dean of the School of Nursing.

The goal of the Marian K. Shaughnessy Nurse Leadership Academy is to prepare new nurse leaders to be involved in the design, planning, management and delivery of care and in the development and implementation of health policy at all levels. The hope is to increase quality of care, promote wellness, improve safety and efficiency, effectiveness and reduce health-care costs.

"My vision is to transform health care for all populations and to improve the nation's health," Marian Shaughnessy, DNP, RN, says. "We are designing a dynamic toolkit for the development of nurse leaders."

Shaughnessy, a resident of Gates Mills,



Robert Muller

Marian Shaughnessy, DNP'17, MSN'85 (center) with Dean Mary E. Kerr, PhD, RN, FAAN (right) and Joyce Fitzpatrick, PhD, MBA, RN, FAAN, the inaugural director of the Marian K. Shaughnessy Nurse Leadership Academy

Ohio, has held positions as a nurse practitioner, educator and administrator in critical care and perioperative nursing care. She currently serves on the Board of Directors of University Hospitals Cleveland Medical Center and the Board of Trustees for the American Nurse Foundation.

Her husband Michael is the founder and former president of Color Matrix. He also serves on numerous boards including trustee and board member for Notre Dame College, the Western Reserve Land Conservancy, the Catholic Diocese of Cleveland among others.

The idea for this new academy originated in a "future of nursing" letter that Marian Shaughnessy wrote in 2013 for a class taught by Joyce J. Fitzpatrick, PhD, RN, the Elizabeth Brook Ford Professor in Nursing and former nursing school dean. Shaughnessy and Fitzpatrick, who will serve as the academy's inaugural director, worked together over several years to develop her concept.

The Marian K. Shaughnessy Nurse Leadership Academy consists of five major components:

1. Development of leadership competencies across all degree programs
2. Executive-in-residence leadership programs at the doctoral level
3. Continuing education on leadership for nurses
4. Research and scholarship on the science of nursing leadership
5. Recruitment of leadership faculty including visiting faculty and executives in residence

"One of our goals from our strategic plan is to improve the quality of the student experience to prepare them for that dynamic health care future," says Kerr. "Thanks to the incredible generosity and vision of Marian and Michael Shaughnessy, the Marian K. Shaughnessy Nurse Leadership Academy will help us achieve that and so much more."

### SCHOOL AWARDED \$4.9 MILLION PCORI GRANT

With geographic barriers limiting treatment options for many people with multiple sclerosis (MS), a Case Western Reserve University researcher will use a new \$4.9 million grant to test online- and teleconference-based adaptations of methods that reduce fatigue and improve quality of life when delivered in person.

"As recent as a generation ago, people with MS were often told that their fatigue was 'all in their head' and to force themselves through this profound barrier to meaningful participation in a job, family or social life," said Matthew Plow, PhD, an assistant professor at the Frances Payne Bolton School of Nursing at Case Western Reserve and lead researcher on the four-year project funded by the Patient-Centered Outcomes Research Institute (PCORI).

"Now there are effective non-drug solutions that can lessen fatigue and empower people with MS to become more active," he said. "Unfortunately, these are not widely available."

One such option, a course on self-management techniques, known as Managing Fatigue, is effective in reducing fatigue when delivered in person. However, in-person formats may not be accessible for people living in rural areas or people with disabilities.

Researchers will collect data on how three methods of delivering this course—online, by teleconference and in-person—compare in reducing fatigue and improving quality of life.

"If more accessible digital versions provide similar outcomes," Plow said, "clinicians could be compelled to add them to their menu of treatments for reducing MS-related fatigue."

The Managing Fatigue course teaches participants how to experiment with strategies that may work well for them, such as banking energy, spending limited energy to meet meaningful goals and re-organizing spaces, among other approaches.

At multiple sites around the country, the study will enroll and randomly assign 610 people with MS to one of the three course modes—all led by a licensed occupational therapist. Recruitment will focus on populations historically underserved by medical research, including people with physical and mental disabilities and those racially and ethnically diverse.

"There are gaps in our understanding of MS care options, especially among people unfortunately neglected in past research," Plow said. "We hope our data can help personalize treatments to each patient's needs."



Matthew Plow, PhD

### GRANTS

**Lisa Damato, PhD, RN, CPNP** and **Michael J. Decker, PhD, RN, RRT, Dipl ABSM**, associate professors, received a R21 Exploratory/ Developmental Research Grant funding of \$200,000 from NIH National Institute of Nursing Research for "Structure & Function of Dopaminergic Brain Networks following Postnatally-Occurring Hypoxic Insults."

**Susan R. Mazanec PhD, RN, AOCN**, assistant professor will be the Site-PI, for a R01 research grant of \$738,571: "The Symptom Experience, Management, and Outcomes According to Race and Social Determinants of Health during Breast Cancer Chemotherapy," in collaboration with the University of Pittsburgh. The PI Dr. Rosensweig received the grant from the National Institute on Minority Health and Health Disparities/NIH.

**Heather Hardin, PhD, RN**, assistant professor, received \$10,000 VPR Catalyst Award for "Pilot RCT to Evaluate the Effects of a Trust-Building Depression Management Intervention on Neuroprocessing and Depressive Symptoms in Low-Income Adolescents" from Case Western Reserve University.

**Chao-Pin Hsiao, PhD, RN**, assistant professor, received the \$10,000 VPR Catalyst Award for "Cancer-related Fatigue: Determining the Mitochondrial Bioenergetic Profile of Persistent Radiation-Induced Fatigue" from Case Western Reserve University.

**FACULTY AWARDS**

**Joyce J. Fitzpatrick, PhD, MBA, RN, FAAN**, Elizabeth Brooks Ford Professor of Nursing, received the 2018 Jessie M. Scott Award for Demonstrating the Interdependent Relationships Among Nursing Education, Nursing Practice, and Nursing Research from the American Nurses Association.

**Shirley M. Moore, PhD, RN, FAAN**, the Edward J. and Louise Mellen Professor of Nursing; associate dean for research, was named Distinguished University Professor for Extraordinary Research, Scholarship, Teaching and Service at Case Western Reserve University. She is only the second FPB faculty member to hold this distinction.

**Carol M. Musil, PhD, RN, FAAN, FGSA**, received the Distinguished Contribution Award for Promoting Research, Enhancing the Science and Practice of Nursing from the Midwest Nursing Research Society.

**Joachim G. Voss, PhD, RN, ACRN, FAAN**, Sarah C. Hirsh Professor and director of the Sarah Cole Hirsh Institute for Best Nursing Practices Based on Evidence,

received the Distinguished Scholar Award from the Physiology, Behavior, Genomics, & Society Research Section Research Interest Group (RIG) Midwest Nursing Research Society.

**Celeste M. Alfes, DNP, MSN, RN, CNE**, associate professor and director, CNESI, became a Certified Health Care Educator-Advanced from the Society for Simulation in Healthcare.

**Ronald L. Hickman, Jr., PhD, RN, ACNP-BC, FNAP, FAAN**, associate professor, won the Decision-Making Research Interest Group Senior Nurse Researcher Award from the Midwest Nursing Research Society. He also won the 2017 Gene Tranbarger Writing Award for "Diversity Dynamics: The Experience of Male Robert Wood Johnson Foundation Nurse Faculty Scholars" from the American Association for Men in Nursing (AAMN).

**Deborah Lindell, DNP, MSN, RN, CNE, ANEF**, associate professor, was elected to the North East Region Board of Directors of the Ohio League for Nursing.



**Carol L. Savrin, DNP, RN, CPNP, FNP-BC**, associate professor, was elected as a Distinguished Fellow of the National Academies of Practice in Nursing.

**Latina Brooks, PhD, CNP**, assistant professor and director, MSN Program, was awarded \$3,000 to support Family Nurse Practitioner (FNP) students attending the Guatemala Medical Mission Trip from the CVS Health Foundation. She also was appointed to the Advisory Committee on Advanced Practice Registered Nursing of the Ohio Board of Nursing.

**Chao-Pin Hsiao, PhD, RN**, assistant professor, received the Young Investigator Award from the Multinational Association of Supportive Care in Cancer (MASCC).

**Andrew P. Reimer, PhD, RN**, assistant professor, was elected to the Education Committee of the Air & Surface Transport Nurses Association (ASTNA).

**Nadine M. Marchi, DNP, RN, CNE, CRRN**, instructor, received the Outstanding Faculty Advocate Award for Creating a Culture of Inclusion and Promoting Self-Advocacy from ESS Disability Resources at Case Western Reserve University.

**RWJ AWARDS GRANT TO INCREASE NUMBER OF NURSES WITH PHDS**

The Frances Payne Bolton School of Nursing at Case Western Reserve University was selected for the second time as one of 31 schools to receive a grant to increase the number of nurses earning doctorate degrees.

The schools comprise the fifth cohort of grantees of the Robert Wood Johnson Foundation (RWJF) Future of Nursing Scholars program, which provides financial support, mentoring, and leadership development to nurses who commit to earn their PhDs in three years.

"These funds will increase our overall PhD nursing student body and, ultimately, the number of future nurse scientists," said Jaclene Zauszniewski, PhD, RN, FAAN, director of the university's PhD in nursing program and the Kate Hanna Harvey Professor in Community Health Nursing.

During the three-year expedited PhD program, the selected students will receive full tuition, a living stipend, health insurance and additional support for research-related expenses. Two students will receive over \$360,000 foundation and school support to complete their PhDs in three years.





### NURSING THEORY THINK TANK

In November 2017, the School of Nursing hosted a Theory Think Tank, organized by Joyce J. Fitzpatrick, PhD, MBA, RN, FAAN, Elizabeth Brooks Ford Professor of Nursing. Distinguished nursing theorists gathered on campus to chart the history and understand the past of nursing theory in order to frame its future. The group plans to host a major conference in Cleveland on March 21-22, 2019 on theory based on the publications from the gathering.

Deadline for abstracts is September 1, 2018.

For more information, visit [nursing.case.edu/nursing-theory](http://nursing.case.edu/nursing-theory)

### WEB EXTRA: NURSING STUDENT EXAMINES POSSIBILITIES FOR NEEDLE EXCHANGE DURING CAPSTONE



Noa Hockstein

Noa Hockstein, BSN student, worked at Petersburg, Alaska's public health center for her senior capstone project, and talked with a local radio station about the possibilities for starting a needle exchange.

[kfsk.org/2017/11/06/nursing-student-examines-possibilities-needle-exchange](http://kfsk.org/2017/11/06/nursing-student-examines-possibilities-needle-exchange)

### POST-DOCTORAL AWARDS

**Scott E. Moore, PhD, APRN, AGPCNP-BC**, post-doctoral fellow, received a \$14,942 research grant from the American Nurses Foundation for Exploring Sex-Based Differences in Aging with HIV. He also was elected to the Board of Directors of Kendal at Oberlin College and was elected to the Board of Directors as the Early Career Director of the National Hartford Center of Gerontological Nursing Excellence.

**Karen Moss, PhD, RN, CNL**, post-doctoral fellow, won the Decision Making Research Interest Group Emerging Scholar Award from the Midwest Nursing Research Society.

**Kelly Wierenga, PhD, RN**, post-doctoral fellow, received a nursing research grant from the American Nurses Foundation for Partnering Physical and Emotional Fitness: Improving Cardiac Recovery with Training in Emotion Regulation. She also was elected as the director-at-large to the Board of Directors of the Midwest Nursing Research Society.

### STUDENT AWARDS

**McKenzie Wallace, BSN, BA, RN**, PhD student, received the 2017 Doris Bloch Research Grant of \$4,991 from Sigma Theta Tau International Honor Society for "Determinants of Inflammation in Pregnancy".

**Anne M. Kolenic, MSN, RN, AOCNS, DNP** student, received the 2017 APN/DNP Student Fellowship Award from the Oncology Nursing Society (ONS) Foundation.

**Courtney Donohue**, DNP student and a Family Nurse Practitioner, became a United Nations nurse delegate.

**Monica Diamond-Caravella, DNP, MS, RN, AE-C**, DNP student, received the DNP Project Award from the Health of Diverse Populations Research Interest Group (RIG) Midwest Nursing Research Society.

**Gage Blair**, BSN student, was selected to the American Football Coaches Association All-America Second Team for his outstanding play during the 2017 season for the Spartans. He was also named to the All-Presidents' Athletic Conference First Team in 2017.

**Jackson Currie**, BSN student, presented his poster "The influence of dietary magnesium intake on depressive symptoms in people living with HIV" at the 2018 Midwest Nursing Research Society Annual Research Conference in Cleveland, Ohio.



# For the **LOVE** of the **GAME**

Nursing student-athletes  
juggle practices, academics  
and hours of clinical work  
to be at the  
top of their games.

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SUE VALERIAN

PHOTOGRAPHY BY ROGER MASTROIANNI

# GAGE



SPARTANS

55

BLAIR

**N**ina Cepeda was uncertain about attending Case Western Reserve University before her recruiting visit to campus. A talented tennis player from suburban Cincinnati, she was admittedly shy, timid and a bit of a “nerd.” She wondered if she’d fit in.

Soon, Cepeda saw a group of students playing a Nintendo game in the dorm room of the student tennis player who hosted her during her visit, and the encounter put her at ease.

“I saw a lot of people playing the game and I was like, ‘Yo, I want to play this game, too,’” she said with a smile. The players gladly invited her to join in.

“People here are so warm and welcoming and it got me out of my shell,” she added.

That warmth and support – that feeling of fitting in – has been a key for Cepeda and other student-athletes successfully competing in varsity athletics while majoring in nursing at Frances Payne Bolton School of Nursing at Case Western Reserve, one of the nation’s top nursing schools.

For any collegiate student-athlete at the University, combining sports and studies is a challenge. For nursing students, who must complete 1,300+ hours in a clinical setting in addition to their classroom work, the challenge is even greater.

In the 2017-2018 school year, more than 20 nursing students competed in a varsity sport, including tennis, football, basketball, swimming, track, softball, soccer, and volleyball. For this elite group, managing their time and workload was a key concern, and nursing school leaders recognized the need to provide extra support to make it manageable for these students to succeed.

### **A MOVE TOWARD MORE SUPPORT**

Amy Bieda, PhD, APRN, PNP-BC, NNP-BC, assistant professor, has been director of the Bachelor of Nursing Science (BSN) program at the School of Nursing for three years. During that time, she saw how time-crunched and overwhelmed student-athletes were in the nursing school.

Often, they would drop out of sports or nursing – or suffer lots of anxiety trying to do both.

The experience of one stellar athlete in particular, softball player Annie Wennerberg, prompted Bieda to institute some changes, including a full-time student-athlete advisor, to make navigating nursing and athletics more manageable.

Wennerberg, a standout pitcher/outfielder holds the record for career wins and career home runs for the Spartans. She faced missing much of her senior softball season because of the conflicts between her practices and games and her required 280 clinical hours of preceptorship during her final spring semester.

To complete these hours, senior nursing majors are required to work one-on-one with full-time, professional nurses at local hospitals following them during their regular shifts for an entire semester. For some, that means back-to-back 12-hour shifts over several days, working at night and on weekends. Coupled with classwork, daily sports practice and travel to weekend competitions, it can be a lot to navigate for even the most seasoned student-athletes, including Wennerberg.

“That was really the tipping point,” says Maryjo Prince-Paul, PhD, APRN, ACHPN, FPCN, associate professor and the new academic athletic advisor to undergraduate nursing students.

Prince-Paul knows personally about the pressures of balancing collegiate academics and sports. Her daughter is a Division I softball player and her son is a soon-to-be Division I basketball player.

“I’ve come to really understand and appreciate how challenging it is to balance these worlds,” she said.

So after she and Wennerberg spoke, Prince-Paul set out to find a solution to keep the senior playing softball and completing her nursing requirements.

“She was really the one to get the ball rolling,” Wennerberg says of Prince-Paul.

Prince-Paul was able to set the softball player up with two nurses, instead of the usual one, to follow during her clinical hours. This allowed enough flexibility in her schedule to play softball.

After that, Bieda realized that with a dedicated advisor to student-athletes in the nursing school, others could be helped in a similar way.

### NO. 1 CHALLENGE: TIME MANAGEMENT

What makes nursing particularly difficult to manage as a student-athlete is its rigorous clinical component, which requires students to spend hundreds of hours gaining hands-on experience alongside a professional nurse at a hospital.

“There are many hard parts of being a student athlete,” says tennis player Cepeda, “but No. 1 is time management.”

One of Prince-Paul’s first goals was to create a sense of community among the student-athletes and let them know she was here to support them – and encourage them to support each other.

Senior football player Gage Blair says he is grateful for all the help he’s received from everyone at the University: coaches, teammates, staff, advisors, classmates. “So many people went out of their way to make this work for me,” he says.

Blair came to Case Western Reserve from nearby St. Edward’s High School in Cleveland. He dreamed of playing at a Division I Ivy League School but was told that even at 6-foot-1 and 280 pounds, he was “too small” to play as an offensive lineman.

“It was at that moment that I knew I really had to focus on my academics,” he says. “But I had played football since fourth grade, and I just couldn’t give that up.”

It came down to choosing between John Hopkins and Case Western Reserve. He chose Case Western Reserve, he says, because he fell in love with the people – coaches, players and classmates – and cherished the “blue-collar, hardworking feel” of the team that he had grown up with in Northeast Ohio.

He didn’t start off in nursing. Originally, he was a biology premed major. But after the first semester, he knew he needed a change. “I wasn’t happy,” he says.

He talked to his mom and uncle, both nurses. They

## FPB BSN STUDENT-ATHLETES



### MIRA AMIN

**Year:** Freshman  
**Hometown:** Oak Brook, Illinois  
**High School:** Hinsdale Central  
**Sport:** Tennis



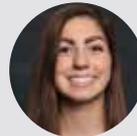
### MEGAN ARUMPANAYIL

**Year:** Freshman  
**Hometown:** Mentor, Ohio  
**High School:** Mentor  
**Sport:** Soccer  
**Position:** Defensive Midfield



### GAGE BLAIR

**Year:** Senior  
**Hometown:** Elyria, Ohio  
**High School:** St. Edward  
**Sport:** Football  
**Position:** Center



### HANNAH BORN

**Year:** Sophomore  
**Hometown:** Naperville, Illinois  
**High School:** Waubonsie Valley  
**Sport:** Track and Field  
**Position:** Mid-Distance



### EMMA CAIN

**Year:** Freshman  
**Hometown:** Cincinnati, Ohio  
**High School:** Ursuline Academy  
**Sport:** Basketball  
**Position:** Forward



### NINA CEPEDA

**Year:** Senior  
**Hometown:** Mason, Ohio  
**High School:** Mason  
**Sport:** Tennis



### JAMES DE LA CRUZ

**Year:** Junior  
**Hometown:** Columbus, Ohio  
**High School:** Bexley  
**Sport:** Track and Field  
**Position:** Distance



### CHANEL DORE

**Year:** Sophomore  
**Hometown:** West Bloomfield, Michigan  
**High School:** Notre Dame Preparatory  
**Sport:** Track and Field  
**Position:** Sprints/Hammer Throw

# FPB BSN STUDENT-ATHLETES



**CAROLINE  
DUDENHOEFFER**  
**Year:** Freshman  
**Hometown:** Gettysburg,  
Pennsylvania  
**High School:** Delone Catholic  
**Sport:** Swimming  
**Position:** Breast/Individual  
Medley



**ABBEY DUNGAN**  
**Year:** Freshman  
**Hometown:** Lansdale, Pa.  
**High School:** Methacton  
**Sport:** Soccer  
**Position:** Defensive midfield



**JASMINE FLOYD**  
**Year:** Freshman  
**Hometown:** Cincinnati, Ohio  
**High School:** Lakota East  
**Sport:** Basketball  
**Position:** Guard



**GILLIAN GOSSARD**  
**Year:** Freshman  
**Hometown:** Wilmette, Illinois.  
**High School:** New Trier  
**Sport:** Softball  
**Position:** Utility



**JULIE HINES**  
**Year:** Freshman  
**Hometown:** Elbridge, New York  
**High School:** Jordan-Elbridge  
**Sport:** Track and Field  
**Position:** Sprints



**EMMA HOCK**  
**Year:** Sophomore.  
**Hometown:** Pataskala, Ohio  
**High School:** Watkins Memorial  
**Sport:** Basketball  
**Position:** Forward



**BROOKE HORTNESS**  
**Year:** Senior  
**Hometown:** Chicago, Illinois  
**High School:** Loyola Academy  
**Sport:** Diving



**ALISSA KATO**  
**Year:** Freshman  
**Hometown:** Bellevue, Washington  
**High School:** Newport  
**Sport:** Track and Field  
**Position:** Pole Vault

persuaded him nursing would be a good fit for him. He made the switch. Because he missed the first semester in nursing, which includes clinical work, he had to complete his required clinical time during the summer.

"It was tough but I enjoyed every minute of it," he says.

What he quickly came to like about nursing was learning a skill in class and then immediately applying it to a real-life situation with a patient. That instant gratification convinced him nursing was right for him.

"I haven't looked back since," he says.

## A HIGHER CALLING

But it hasn't been easy. He had to take classes in the summers and, because of academic conflicts with football practice, he squeezed in weight lifting and film study at odd hours, often by himself or with one of his coaches. "I did not have a lot of free time with clinical, class and football," he explains. "Not to mention weekends with games."

He often spent time on the road doing homework.

"You just had to find the time to study," he says

"Sometimes you're in a hotel room or crammed next to someone on a bus." But he knew how important keeping up with his schoolwork was.

"I'm not just studying to pass the exam, but for when I have a patient, I have the knowledge or understanding of what to do," he says. "When it comes down to it, you have another person's life in your hands."

Head football coach Greg Debeljak says Blair was one of the best offensive lineman he has coached in his 14 seasons at the University. He said it's interesting that Blair, one of the biggest, strongest and most physical players he's coached, is also so compassionate and nurturing in his role as a nursing student.

"He was one of our most passionate players and is also very passionate about nursing," Debeljak says. "He is proud to be a nursing major and shows that pride often around his teammates, often tending to their injuries or offering advice to them."



It came down to choosing between John Hopkins and Case Western Reserve. He chose Case Western Reserve, he says, because he fell in love with the people – coaches, players and classmates – and cherished the “blue-collar, hardworking feel” of the team that he had grown up with in Northeast Ohio.

#### **TAKING TIME OUT OF A BUSY SCHEDULE TO GET-TO-KNOW PATIENTS**

It’s easy to spot tennis player Cepeda in class: She’s the one with two tennis racquets slung over her shoulder. She totes them around campus because she’s always dashing to or from practice. Some days she’s up at 6 a.m. for workouts; other days, she’s squeezing in her one-to-two hour sessions between classes or late at night, after 9 p.m.

Sophomore year was especially tough for her because of the Medical Surgical (or MedSurg) —considered the toughest class for nursing students. It’s a nearly three-hour lecture class that requires understanding and memorizing a mountain of information. The class was scheduled at 8 a.m., often after her 6 a.m. tennis practice.

“It takes a strong mentality to keep going,” she says, remembering those early-morning classes where she felt so exhausted. The support of her coach and tennis teammates, and her love of nursing, propelled her.

Despite her heavy workload and tight schedule, she worked as a nursing assistant at University Hospitals for a while. Around that time, her grandfather died. The sorrowful experience of her grandfather’s death made her thoughtful about what kind of care he would have wanted from a nurse.

“I wanted to treat my patients the way I would want him to be treated,” she says.

She remembers one patient in the oncology unit whom she visited daily. After completing her health assessment,



It's not so much the recognition,  
but the support of her  
teammates that keeps her going.

"It's very easy to get  
negative about yourself."

"I wonder if I had more  
free time to study, would I have  
better grades? Would I be  
more competent in my skills?  
In the end, it's a matter of  
staying confident."

NINAC



EPLEDA



“It takes a strong mentality to keep going,” she says, remembering those early-morning classes where she felt so exhausted. The support of her coach and tennis teammates, and her love of nursing propelled her.

the woman looked sad and sighed heavily as Cepeda walked toward the door. Cepeda stopped in the doorway, turned around and asked, “Can I help? Is there something bothering you?”

The woman told her that no one came in to talk to her. Everyone just darted in and out of the room so quickly. The patient’s family lived far away and couldn’t come see her regularly and she felt lonely. Cepeda listened and promised to come visit her more often.

For the remainder of the patient’s stay, Cepeda stopped in, sat down and talked with her. The woman showed her

pictures of her dog, whom she missed, and told her about the cruise she and her husband had planned.

“I spent time basically just getting to know her,” says Cepeda. “I think a lot of people just neglect small gestures like that.”

Cepeda describes it as “patient-centered” care, a critical philosophy taught at the School of Nursing. Care for patients is designed to consider their wishes and how they’re doing. It’s something she’ll always be mindful of in her work.

## COMMUNICATION IS KEY

Spartans' tennis coach Kirsten Gambrell is not surprised Cepeda connects well with her patients. The two of them have communicated often to help each other and the team—an eight-member squad with two other nursing students, Madeleine Paolucci and Mira Amin.

"It can be challenging," Gambrell says of coordinating Cepeda's academic demands and tennis schedule.

"I've learned to become aware of her academic regimen at the beginning of each semester because each semester changes."

Sometimes, Cepeda can't travel to a match with her team and it helps for her coach to know that ahead of time, so she can adjust the lineup. Despite those occasional conflicts, Gambrell marvels at Cepeda's ability to manage two challenging schedules.

"You have to have the time management and desire to be committed to it," Gambrell said. "She really prioritized: nursing and tennis."

That leaves little room for much else, but Cepeda and Blair say they couldn't have imagined college without their beloved sports. Blair beams when he talks about his team's undefeated season (10-0) his senior year and his team's trip to the NCAA playoffs. That's a long way from the 3-7 season they posted when he was a freshman, he says. "So it's really cool the nursing school has taken the initiative to give some recognition to the student-athletes."

Cepeda said it's not so much the recognition, but the support of her teammates that keeps her going.

"It's very easy to get negative about yourself," she says. "I wonder if I had more free time to study, would I have better grades? Would I be more competent in my skills? In the end, it's a matter of staying confident."

Bieda is glad to see the confidence of nursing student-athletes such as Cepeda holding steady – and even growing.

"The word is out among prospective nursing students that you can do both here," Bieda says.

"You can major in nursing and play a varsity sport... and that is really wonderful."

## FPB BSN STUDENT-ATHLETES



### MUNYARADZI MANGWENDE

**Year:** Sophomore  
**Hometown:** Baltimore, Maryland  
**High School:** Western School of Tech. & Environmental Science  
**Sport:** Football  
**Position:** Cornerback



### MADELEINE PAOLUCCI

**Year:** Freshman  
**Hometown:** Grosse Pointe Farms, Michigan  
**High School:** Grosse Pointe South  
**Sport:** Tennis



### OLIVIA PICCHIONE

**Year:** Sophomore  
**Hometown:** Wheaton, Illinois  
**High School:** Benet Academy  
**Sport:** Swimming  
**Position:** Free/Fly/Individual Medley



### SIENNA PICCHIONE

**Year:** Sophomore  
**Hometown:** Wheaton, Illinois  
**High School:** Benet Academy  
**Sport:** Swimming  
**Position:** Free



### KARYN RAPUNDALO

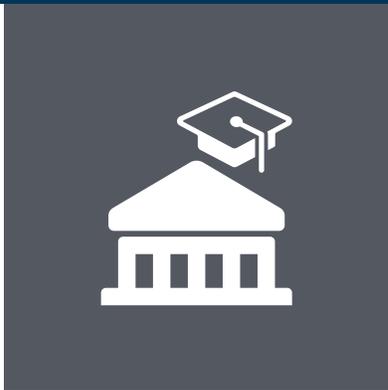
**Year:** Senior  
**Hometown:** Ann Arbor, Michigan  
**High School:** Huron  
**Sport:** Track and Field  
**Position:** Distance



### ERIN WEPNER

**Year:** Freshman  
**Hometown:** East Aurora, New York  
**High School:** East Aurora  
**Sport:** Track and Field  
**Position:** Pole Vault





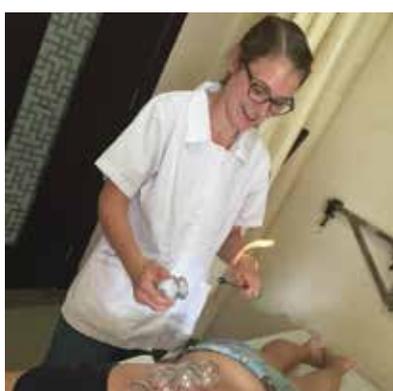
# What Do Nurses Need? Ask the Next Generation



JESSICA ULLIAN

No one ever said being a nurse was easy. But these days, it can feel harder than ever for the next generation of care providers, health care leaders, and nurse scientists. Technology changes faster than academic curricula. The volume and complexity of patient care required in practice outpaces clinical education. And the field places increasing demands on a daily basis on its professionals, especially those new to the practice. What's a nursing school to do?

At the Frances Payne Bolton School of Nursing, the answer is obvious: Change



**A**s the 2019 move to the new Health Education Campus nears, the directors of each of the School of Nursing's degree-granting programs are taking an unsparing look at how nursing education needs to better serve its students. Over the past two years, Teona Griggs, the School of Nursing's director of student services, and Catherine S. Koppelman, MSN, RN, the former system chief nursing and patient experience officer at University Hospitals and a FPB visiting instructor, have led a series of surveys and focus groups with students and faculty to identify the School of Nursing's strengths and challenges. Now, with the results in place, they have developed a series of student-focused initiatives to show these current and future nurses that their opinions matter, and their ideas will shape their education.

"We're relocating the entire school to an interprofessional building, and crafting courses for nursing, medical, and dental students," Koppelman says. "We are preparing to enter that process with an understanding of what students expect, and start off stronger with what they need."

Mary E. Kerr, PhD, RN, FAAN (GRS '91), the school's dean and May L. Wykle Endowed Professor, hired a consulting firm to work with School of Nursing leadership and coordinate with Griggs and Koppelman in the summer of 2016. "Together we examined every step of the student experience, from inquiry to acceptance, and from point of entry to graduation," Griggs says. Then, they convened student and faculty focus groups to learn more about how to increase efficiency and maximize the student experience.

The result? A sustained commitment to offering student-center education initiatives at every level, from undergraduate to doctoral, and a practical look at the teaching, technology, and communication practices that today's curriculum requires.

"I'm impressed at the dedication that faculty and staff have shown toward improving the program," says Andrew Kociubuk, a first-year master's student who represents the Graduate Entry Nursing (MN) program on the Dean's newly created Student Advisory Committee. "Everyone's very open to feedback, and willing to make changes."

## A NEW INVESTMENT IN SIMULATION AND EQUIPMENT

University partnerships with local hospitals like the Cleveland Clinic, MetroHealth Medical Center, University Hospitals, and the Louis Stokes Cleveland VA Medical Center provide School of Nursing students an opportunity to spend increased time working in care settings in the skills and simulation lab. But students at every level reported that they wanted more time to practice these skills, and more interface among lab, class and clinical.

"We host 10,000 student visits every semester for simulation training, and play a significant role in education," says Celeste M. Alfes, DNP, MSN, RN, CNE, CHSE, director of the Center of Nursing Education, Simulation and Innovation (CNESI). "So it was really important that we receive, listen and respond to feedback from the students."

As part of this effort, CNESI hired a full-time manager to oversee the equipment, train teaching assistants and serve as a liaison with course coordinators to ensure consistency of experience across different classes. Twelve hours of open lab time was added to CNESI's weekly schedule, so students can visit and run simulations independently. Alfes hopes to add another drop-in day in the coming academic year.

The school has also made a \$150,000 investment in up-to-date equipment, through both new purchases and donations of refurbished items from Cleveland Clinic. The list includes everything from hospital beds to Hoyer lifts, so that students will have more opportunities to practice on the systems they might encounter at the four affiliated hospitals. "Students wanted to practice with IV pumps, but each of those institutions uses a different model or brand," Alfes says. "So we upgraded to make sure we would represent the range of equipment the students were operating in a clinical setting."

The school also further invested in its faculty by launching the Simulation Scholar Program last summer. Seven faculty participated in a paid 15-hour continuing education program to develop new simulations in providing multi-patient care, conducting advanced practitioner physical assessments, and administering



“What we’re doing now is constructing a curriculum that prepares students to be effective in those engagements. In health care, mistakes happen when people progress with their own goals in mind. With a team of colleagues that’s meaningfully interdisciplinary, students take what they’ve learned conceptually and apply it to clinical practice.”

anesthesia, among others. The new simulations were offered to students in fall 2017 and the Simulation Scholars Program will be offer again starting June 2018.

#### **MEETING STUDENTS WHERE THEY LIVE: ONLINE**

Students also asked School of Nursing leadership to take a critical look at its online interactions with current students. A wealth of information was available online for prospective students, they said, but once enrolled, resources were limited for navigating ongoing issues, ranging from individual class websites to financial aid processes.

A deeper assessment of the website revealed that some key information was being disseminated via word-of-mouth rather than being available for online reference: For example, scholarships for returning students working at FPB’s hospital partners were not listed online. “It made me appreciate how much of the information is in my head,” says Director of Financial Aid Dedra Hanna-Adams, a 14-year FPB staff member.

While a broader review at the website’s organization gets underway, Hanna-Adams and the school’s marketing team are developing a series of short videos posted online

that describe how to navigate the financial aid system. Hanna-Adams hopes the videos will appeal to the current student population, highlight her availability as a useful resource on campus, and provide basic information to them so that she can provide more in-depth, personalized assistance to the students.

Academic success is also a key component of the communication upgrades, with an ongoing effort underway to provide key deadlines and course materials in a way that is consistent, timely, and easy to locate. CNESI has begun posting all materials, assignments, and video links to a central site, so that every student, no matter which session they attend, has access to the same materials. A similar initiative is underway for course materials across all programs.

“We had an expectation that the course syllabus would be posted several weeks before classes started, but were surprised when students said it wasn’t done with consistency,” Koppelman says. “So we implemented a process last July, and are monitoring to ensure that the syllabi are available within the timeframe we set as the guideline. We really measure our outcomes.”



“Everyone has been so willing to understand what we go through as student nurses. We’re creating an open environment, and an experience that will be fundamental for incoming students.”

#### **PRIORITIZING PROFESSIONAL EDUCATION**

A focus on improving the student experience, however, does not automatically translate to readiness for professional practice. That is where the move to the new Health Education Campus comes in. The BSN program will be the only undergraduate program on the new campus, fully integrated with the School of Nursing’s current master’s and doctoral programs as well as Case Western Reserve University’s medical and dental schools. Building on the existing connections with hospital partners, the integration with the other health sciences programs will help students prepare “to hit the ground running,” says Amy Bieda, PhD, APRN, PNP-NC, NNP-BC, director of the BSN program.

“Nurses don’t have a 10- or 12-week orientation in their new jobs. The field is rapid-paced and high-tech, and that’s a big change over the last 30 to 40 years,” Bieda says. “You’re on your own, responsible and accountable, and we need to keep pace so that students are prepared.”

From a practical standpoint, this has been operational at FPB for students early on in their education. They participate in clinical and community experiences from the first semester on campus. Mary F. Terhaar, DNSc, RN, FAAN, associate dean for academic affairs, says that in preparing to move to the new HEC, we are critically

reviewing the program’s core competencies and making sure students have interdisciplinary opportunities throughout the program.

“For more than ten years, we’ve been engaged in interprofessional education,” Terhaar says. “What we’re doing now is enhancing our curriculum to prepare students to be effective in those engagements in health care. With a team of colleagues that represent the different health care disciplines, students share what they’ve learned conceptually and apply it to clinical practice.”

Many students say that the school’s commitment to providing extensive clinical experience was what drew them to FPB initially, and the move to the Health Education Campus is another exciting step forward. “I don’t think any school can compare to our clinical experiences within our hospital and community settings,” says Emma Baker, president of the Undergraduate Student Nurses Association.

But with the results of the student focus groups in — and changes well underway — Baker says that she feels a renewed enthusiasm for FPB.

“Everyone has been so willing to listen and appreciate what we go through as student nurses,” she says. “We’re creating an open environment, and an experience that will be fundamental for incoming students.”



Cheers to old friends at Homecoming 2017

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# A Pinnacle Friendship

Last December, dozens of soon-to-be graduates of the Frances Payne Bolton School of Nursing crossed the stage of the Maltz Performing Arts Center at Temple-Tifereth Israel for the school's biannual Pinning Ceremony, a symbolic welcome into the nursing profession.

They were among the hundreds that received their pins over the years from Ann Farmer and Barbara Flowerman, classmates who volunteer to hand out pins since receiving their own in 1963. Last semester's pinning brought back memories of another Temple ceremony and the unusual start of their lifelong friendship.

Ann and Barbara first met as freshmen at the Flora Stone Mather College in 1958, when the BSN program of Western Reserve University still required a five-year nursing education. Over these years, they shared classes, attended events, and took on various roles within the School.

"We got to know each other better when I became class president and Barbara headed up the Stunt Night Committee," Farmer recalled. "I was in such awe that Barbara and her committee were going to plan an original production for our class to perform on stage that I asked to attend committee meetings *ex officio*."

Despite their time spent together at the school, it wasn't until Barbara's wedding day in July of 1961 that the uniqueness of their friendship began to take shape. With little money to spend on a wedding, the Barbara and her future husband planned to be married in the Rabbi's study at what was then



Barbara Flowerman



Ann Farmer



Perennial Pinning volunteers and FPB alumnae (NUR '63) Ann Farmer (right) and Barbara Flowerman (left).

known as The Temple at University Circle. It would be relaxed, inexpensive and the perfect amount of space for their immediate families.

When the day finally arrived, Barbara decided it would be best to meet her family at the ceremony. "My mother and sister were coming all the way from New Castle, Pennsylvania, and my mother was always nervous driving to unfamiliar places," she said. "I didn't want her to have to find both my dorm and the Temple. Besides, it was such a beautiful day I figured I'd walk."

Farmer was also enjoying the summer weather when she saw the figure clad in bridal attire walking down the street. "I was walking through campus when I suddenly see Barbara dressed beautifully in white from head to toe. We stopped to talk and she told me she was walking to the Temple for her wedding. I couldn't just let her go alone so I insisted we go together."

Barbara says this was the moment

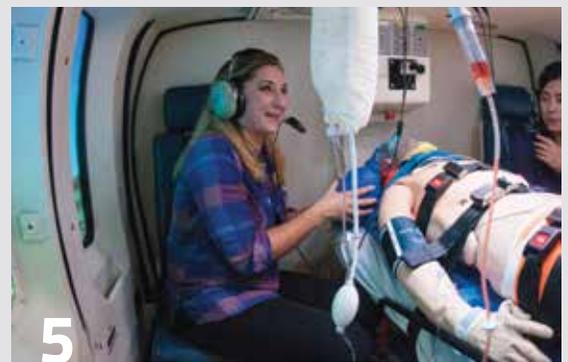
she knew their friendship was special. "I will always be grateful to her and never forget it. Annie thought the walk was a Jewish ritual she was going to mess up!"

Although a seemingly small moment in their extensive history, Barbara's first wedding lives on as one of their most unexpected and treasured memories.

"We've remained friends ever since then, and our lives have seemed to run in tandem," says Farmer. "Both of us have had two marriages and three last names. We graduated together, served on the alumni board together, sat at Blossom together when Barbara's husband played with the orchestra, and have volunteered at the Pinning Ceremony for decades."

"To this day we laugh about how it all began, and how we've gone down the same highway together," says Flowerman. "I can't wait to see where we head next."

# HOMECOMING 2017



1. Dean Mary E. Kerr greets reunioners.
2. Everyone wants a Homecoming selfie.
3. Homecoming is fun for all ages.
4. Alumni get to hone their intubation skills.
5. The weekend features rides in the Flight Nursing Helicopter Simulator
6. Classmates share old memories and a few surprises.

# Alumni Association Honors 2017 Award Recipients

## 2017 AWARD FOR EXCELLENCE

*The Award for Excellence recognizes alumni who demonstrate outstanding leadership and achievement in nursing, and has made significant contributions in nursing or related areas of health care.*

### MARTHA K. SWARTZ, NUR '77

*Professor and Chair,  
Primary Care Division  
Yale University School of Nursing  
Pediatric Nurse Practitioner  
Pediatric Primary Care Center,  
Yale New Haven Hospital*

Since 1981, Martha K. Swartz has held a joint clinical appointment as part of her larger academic role as a pediatric nurse practitioner at Yale New Haven Hospital Pediatric Primary Care Center. She has held several appointed leadership positions as a faculty member of Yale University School of Nursing (YSN), including coordinator for the Pediatric Nurse Practitioner Specialty, Assistant Dean for Academic Affairs, Associate Dean for Clinical and Community Affairs, the Deputy Health Information Privacy and Accountability Officer, and Chair of the Primary Care Division through which she now oversees six APRN clinical specialties.

In addition to her work at YSN,



Dr. Swartz has served on the boards of the National Association of Pediatric Nurse Practitioners (NAPNAP) and the Association of Faculties of Pediatric Nurse Practitioners. She also co-chaired a task force with representatives from NAPNAP and the Society for Pediatric Nurses to define and re-state the scope and standards of practice for pediatric nursing, which was one of the first collaborative efforts on the part of clinical experts from both NAPNAP and SPN.

Through her academic career, her authorship and dissemination of *Pediatric Nursing: Scope and Standards of Practice*, and her tenure as Editor-in-Chief for the *Journal of Pediatric Health Care*, Dr. Swartz has been widely cited as a clinical expert who has steadily promoted improvements in pediatric health care. She has received numerous awards for her contributions including the Virginia Henderson Clinical Scholarship Award from the Delta Mu chapter of Sigma Theta Tau. She was designated as among the Top 25 Pediatric Nursing Professors, and was also inducted as a Fellow into the American Academy of Nursing.

A leader in pediatric primary care and a dedicated psychiatric nurse educator were honored by the Frances Payne Bolton School of Nursing Alumni Association last fall during Homecoming. Each year, the alumni association pays tribute to the accomplishments of its most noted alumni and friends with various accolades.

### 2017 YOUNG ALUMNI AWARD FOR EXCELLENCE

*The Young Alumni Award for Excellence recognizes outstanding leadership and achievement in nursing and significant contributions in nursing or related areas of health care by alumni within 10 years of graduation from Frances Payne Bolton School of Nursing. Their accomplishments are rooted in their FPB education.*

#### **KIRSTYN M. KAMEG, DNP '08**

*Professor, School of Nursing,  
Robert Morris University*

Kirstyn Kameg is the coordinator of the Psychiatric Mental Health Nurse Practitioner (PMHNP) Program at Robert Morris University's School of Nursing. As a professor, she developed the first BSN to DNP PMHNP program in the state of Pennsylvania, where students prepare to treat patients experiencing mental health difficulties across the lifespan.

Director of the Access to Interprofessional Mental Health Education (AIME) project, Dr. Kameg has worked to improve access to care, quality of care, and safety for patients across the lifespan who have mental health needs, particularly patients experiencing



multiple chronic conditions. Dr. Kameg used funding for this project to purchase state-of-the-art video conferencing equipment that enabled faculty to reach students throughout the country who did not have access to a PMHNP program.

A Frances Payne Bolton School of Nursing alumna, Dr. Kameg received her DNP in August, 2008. She went on to assume leadership roles in service related activities at Robert Morris University, where she is the Co-Chair on the Progression Committee in the Department of Nursing, and has an impressive publication record with nine journal publications, three book chapters and 15 presentations in the last five years.

## 1960s



**Barbara Nichols (NUR '66)** received the CGFNS International, Inc. 2017 International Distinguished Leadership Award. Commission on the

Graduates of Foreign Nursing Schools (CGFNS) recognizes global nursing leaders who have dedicated their careers to the advancement of the nursing profession throughout the world. Throughout her career, Nichols has championed equality and diversity in all forms, particularly advocating for minority inclusion in both the U.S. and international nursing professions. In 2005, Nichols strengthened CGFNS' relationship with the International Council of Nurses (ICN) by developing the International Centre on Nurse Migration (ICNM), a CGFNS and ICN partnership dedicated to develop and disseminate research, policy, and information regarding global nurse migration.

## 1970s

**Elizabeth Ann Hanson Prestel (NUR '73, '93)** retired in 2015 from Holycross Hospital in Silver Spring, Maryland, after 42 years in nursing. She writes, "I am enjoying traveling with my husband of 44 years, reading and spending time with my two grandsons, ages 13 months and 5 years."

## 1980s

**Michael Hewitt (NUR '86)** of Rio Vista, CA writes, "31 years since graduation, and never more grateful for the opportunities afforded me in this profession."

## 1990s



**Beth A. Cherry (NUR '93)** was named vice president of physician services at Broward Health in Fort Lauderdale, Florida. Most recently, she

was an administrator for physician integration and community practices at the Medicine Institute at the Cleveland Clinic in Ohio.



**Marsha Atkins (NUR '94)** was appointed as dean of nursing for Northern Virginia Community College's Medical Education Campus in July

2017. Atkins has 46 years of clinical practice, education and administrative experience in both the military and public sector. As a former certified nurse midwife for 35 of those years, she has delivered a total of 11,006 infants. Prior to her appointment, Atkins served as dean of nursing at City Colleges of Chicago Malcolm X College. Atkins is an active member of the American College of Nurse-Midwives (ACNM), the Honor Society of Nursing, Sigma Theta Tau International (STTI), Association of Black Nursing Faculty, Inc. (ABNF), National League for Nursing (NLN), and Delta Sigma Theta Sorority, Inc. She is the oldest of eight siblings, and has two sons and six grandchildren.



**Susanne Quallich (NUR '94, '96)** was named editor of Urologic Nursing, the Society of Urologic Nurses official journal. She is an Andrology Nurse

Practitioner in the Division of Andrology and Urologic Health, Department of Urology, at the University of Michigan Health System in Ann Arbor, Michigan. Quallich is a member of many nursing associations, including the American Academy of Nurse Practitioners, the Michigan Nurses' Association, Sigma Theta Tau Nursing Honor Society, the American Urological Association, the Society of Women in Urology, Inc., the American Pain Society, the Society for the Study of Male Reproduction, the Sexual Medicine Society of North America, the International Society for Sexual Medicine, the Society of Urologic Prosthetic Surgeons, the Society for Male Reproduction in Urology, and the American Society for Reproductive Medicine.

## 2000s



**Cynthia Noland (NUR '03)** joined Park Ridge Health Obstetrics & Gynecology in North Carolina. Noland has more than 25 years

of experience caring for families in the Western North Carolina communities of Clyde, Cullowhee, Sylva, and beyond. After eight years of caring for mothers and babies as a labor and delivery nurse, she became a certified nurse midwife. Noland is married with two adult children. When she is not caring for patients, she loves spending time with her family.

## classNOTES



**Kris McLoughlin (NUR '06)** is currently serving her term as president of the American Psychiatric Nurses Association. Her theme for the year

is "Whole Health Begins with Mental Health." McLoughlin is a mental health clinical and systems consultant based in Washington, D.C.

### 2010s

**Sarah Stein Smith (NUR '10)** has worked at Vanderbilt University Medical Center as a heart transplant nurse practitioner since 2015.

**Dawn Columbare (NUR '11)** was elected to the board of directors of The Resource Center in Jamestown, N.Y. Currently working as a nursing education consultant, Columbare retired from Jamestown Community College in 2015 after a 22-year career at JCC, in which she served as the director of nursing and as a nursing professor. She is a member of Sigma Theta Tau National Honor Society of Nursing and the National League for Nursing. She serves as a peer reviewer for the Accreditation Commission for Education in Nursing (ACEN).

**Ronnie Ursin (NUR '11)** was selected to serve as president and CEO of the West Grove, Pennsylvania-based Jennersville Hospital. Ursin most recently served as chief nursing officer at Northern Louisiana Medical Center in Ruston. Prior to that, he was division director at Reading Hospital in West Reading, also a part of Tower Health. His previous experience also includes serving as nursing director, pulmonary

at MedStar Washington Hospital Center in Washington, D.C.

**Beth Oliver (NUR '12)** was honored by the American Heart Association as a "Heart and Stroke Lifesaver" for going above and beyond the call of duty in support of the AHA's mission to build lives free of cardiovascular diseases and stroke. Oliver is vice president of cardiac services for the Mount Sinai Health System.



**Mary Beth Modic (NUR '13)** co-edited a book for the public called, *Navigating your Hospital Stay: A Guide Written by Expert Nurses*. The book was

authored by 36 clinical nurse specialists, including 11 Frances Payne Bolton School of Nursing graduates. Modic is a Clinical Nurse Specialist in Diabetes at Cleveland Clinic in Cleveland, Ohio and also the director of interprofessional enrichment in the Center for Excellence in Healthcare Communication at Cleveland Clinic. She is also a certified diabetes educator. She is the co-creator and facilitator of an innovative clinical leadership empowerment program for bedside nurses known as LEAD. She led the curriculum revision for the Cleveland Clinic Diabetes Self-Management Education (DSME) program which was based on extensive patient feedback. Modic's work is concentrated on providing comprehensive diabetes care using the most current research and promoting the use of empathy in communication with patients and colleagues.



**Marian Nowak (NUR '13)** was selected as a fellow of the American Academy of Nursing. Nowak is assistant professor in the Nursing

Department and coordinator of the RN-BSN Program at Rowan University. For the past three years, she has been one of six nurses worldwide with United Nations consulting status. In her role as Pan-American president of the International Catholic Committee of Nurses and Medico-Social Assistants (CICIAMS), she not only represents the CICIAMS organization at the U.N., but she also consults with officials in North, Central and South American countries to impact health care changes.

**Jessica Hively (NUR '14, '16)** is a first lieutenant serving on active duty in the U.S. Army as a Psychiatric Mental Health Nurse Practitioner in Fort Leonard Wood, Missouri. She currently works in the adult outpatient behavioral health clinic and inpatient psychiatric unit at General Leonard Wood Army Community Hospital serving active duty military service members, dependents, and retirees.



**Karen Towne (NUR '15)** joined the faculty as clinical assistant professor of nursing at the University of Mount Union in Alliance,

Ohio. Prior to coming to Mount Union, she taught at Ursuline College and Kent State University. Towne has also worked as a public health nurse with the Portage County Health Department.

## classNOTES

**Catherine Hiler (NUR '16)** published "Predictors of Moral Distress in a U.S. Sample of Critical Care Nurses," in the American Journal of Critical Care (AJCC). The research identifies specific organizational factors that hospitals and healthcare organizations can change, improving the work environment and possibly reducing the prevalence of moral distress among clinicians. The recommendations are based on results of a national survey of 328 critical care nurses.

Hiler led the research project while she was a doctorate of nursing practice student at Frances Payne Bolton School of Nursing, Case Western Reserve University. She is now an assistant professor at Jefferson College of Health Sciences, Roanoke, Virginia.

**Judy Tingley (NUR '16)** is the vice president and chief executive officer for Erlanger Health System's Heart and Lung Institute in Chattanooga, Tennessee. Additionally, Tingley serves as an assistant clinical professor of nursing for the Columbia University School of Nursing's Doctor of Nursing Practice program. Prior to joining Erlanger, Tingley was the chief operating officer of Columbia Heartsource.

### 1940s

**Helen Taflan (NUR '48)**, age 93, of Canton, Ohio, died Jan. 27, 2018. Taflan worked at Salem City Hospital and at Timken Mercy Hospital before marrying and raising a family. She was active in community affairs and a member of College Club of Canton, the Woman's Board of Aultman Hospital, Hoe 'N' Hope Garden Club, and of PEO Chapter CX. She was a nine-hole golfer, a superior bridge player, a master flower show judge and a volunteer in the Aultman Hospital Gift Shop.

**Rebecca Eden (NUR '49)**, age 95, of Cleveland Heights, Ohio, died Jan. 9, 2018. Eden enlisted in the U.S. Army Nurse Corps in 1943. First Lieutenant Rebecca Eden was stationed at Wakeman Hospital at Camp Atterbury, Indiana from 1944-1946. There, she opened the first tropical diseases ward and served as its head nurse, caring for German POWs and wounded American soldiers. In 1976, Eden was appointed to the Ohio Board of Nursing Education and Nurse Registration – serving as president from 1978-1980. In 1982, Eden received a Veterans Affairs Commendation for helping veterans pursue educational goals. She served on many local, regional, and national nursing advisory and accreditation committees and was a sought-after speaker on nursing education across the country. Eden retired from Jane Addams School of Practical Nursing in 1985. In 2008, because of her service to her country and to her community, Eden was inducted into the Ohio Veterans Hall of Fame.

## inMEMORIAM

### 1950s

**Anna Mae Charles Fretz (NUR '54)**, age 97, of Vineland, Ontario, Canada, died March 7, 2015. Fretz taught nursing at Goshen College until 1976. In retirement, she worked as a staff nurse at a Florida hospital during the winter months as well as at a retirement community. She was a member of First Mennonite Church.



**Jo Anne Vaughan (NURS '55)**, age 85, of Hingham, Massachusetts, died Sept. 14, 2017. Vaughan and her husband, Charles,

moved to Boston, Canton, and Milton, where they raised their four daughters. Vaughan worked as a nurse in various positions from the emergency room to a school nurse to a psych hospital. She was a member of the Women's Auxiliary at the University Hospital, and served as president of the organization. Vaughan loved the theatre, to travel, and spent her winters with her husband in St. Martin.

## inMEMORIAM

**Ruth Slocum Rosenau (NUR '59)**, age 84, of Simpsonville, South Carolina, died Jan. 31, 2018. Rosenau was born in the Central African Republic to missionary parents. In 1960, she worked with Baptist Mid-Missions of Cleveland, Ohio to serve in the Central African Republic as a nurse. She received her MA in Nursing/Midwifery from the University of Mississippi, and wrote a basic midwifery text, used throughout Africa as a training tool – she used this text to teach midwifery in C.A.R. and later in Ethiopia. Rosenau also taught as an assistant professor of nursing at Cedarville College in Cedarville, OH and at Tigray Nursing School and English at the Mekele Institute of Technology in Ethiopia.

### 1960s

**Louise "Pat" Truslow Grummon Bryant (NUR '62)**, age 78, of Rindge, NH, died on Oct. 2, 2017. Bryant lived in Summit, New Jersey, Gray Goose Farm in Jaffrey, New Hampshire, and Akron, Ohio. In 1974, Bryant returned to her family farm where she raised her three children and care for her mother.

She worked as a nurse at Monadnock Community Hospital, and continued her nursing career at numerous private and hospital-related medical practices in Jaffrey, Dublin, and Peterborough. She was renowned for her kindness and caring in the Monadnock area medical community.



**Rosemary "Boots" Pastewka (NURS' 62)**, age 86, of Erie, PA, died Aug. 2, 2017. Pastewka married the love of her life, Edward, and worked at Hamot Hospital as assistant director of nursing, until she stepped away to raise her family. She later worked as a substitute school nurse and then as a nursing administrator at the Erie VA Medical Center, until her retirement in 1994.

**Joyce Bailey (NUR '68)**, age 82, of Toronto, Ontario, Canada, died Nov. 23, 2017. Bailey was the daughter of Gladys Bailey and former Toronto Maple Leaf star Irvin (Ace) Bailey. She was a distinguished health care leader and volunteer. In 1987, she was awarded a fellowship of the Canadian College of Health Care Leaders. She worked at Wellesley Hospital from 1956 to 1989, eventually serving as president and CEO from 1982 to 1989 – one of the first women to lead a teaching hospital in Ontario. Bailey served in leadership roles at the Ontario Hospital Association, as president of the Canadian Healthcare Association, as well as chair of the Board of Accreditation Canada, Canadian College of Healthcare Leaders, COTA Health and St. John's Rehab Hospital.



**Genevieve Elizabeth Frank (NUR '71)**, age 94, of Strongsville, Ohio, died Oct. 15, 2017. She was retired as assistant community health nursing director for Polk County, Florida.



**Michael White (NURS '78)**, age 67, of Phoenix, AZ, died on April 29, 2017. White interned at Crouse Irving Memorial Hospital in Syracuse, New York, specializing in inhalation therapy and later helped start the inhalation therapy unit at the Alice Hyde Hospital in Malone in 1971. He served as supervisor of case management for Sanus, NYL Healthcare, as director of clinical operations for HCA Healthcare, Mid America, as vice president of clinical operations for Life Point Hospitals, and as director of case and quality management for Abrazo Healthcare at the Phoenix Baptist Hospital. He retired as director for quality and risk management at Iasis Healthcare. Michael married Steven Chaisson in 2012 and then founded White and Associates Clinical Consultants, serving as president.

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This memorial section lists deceased alumni and friends of the Frances Payne Bolton School of Nursing for whom death notices were received between Aug. 1, 2017 and January 31, 2018.

# Strong Medicine

BY ERIC BUTTERMAN

When Mount Sinai Hospital System in New York was looking for volunteers to provide health care to hurricane victims in Puerto Rico, Christine Mahoney, MS, RN, AGACNP-BC, CCRN, immediately threw her hat into the ring.

"In the Peace Corps, I had been sent to areas without running water—or other things we take for granted—but you can't be fully prepared to see so many homes leveled," says Mahoney, a DNP student at Frances Payne Bolton School of Nursing. "It was heartbreaking."

As part of a team of three doctors and seven nurses sent in October, Mahoney says they found quick camaraderie. The team had 16-hour work days and more than 1,600 patients during the two-week trip. "You become a family for that time," she says.

Most of the injuries didn't happen during the hurricane, but from residents trying to clean up their homes or properties. "You wouldn't think of it, but many injuries are

going to be from clearing from a machete or a chainsaw," she says. "One gentleman even fell off a roof and had a huge laceration in his leg."

One moment that stood out to Mahoney was when a woman thanked her through a translator for taking time away from her family. "That she could think of what we were giving up at a time she had lost so much, that just touches you."

Mahoney saw the experience as a lesson in how to make the best of a situation. "You just realize how lucky we have it in our country," she says. "I've kept thinking that ever since we've been back."

Her thoughts haven't gone too far from her old team from Puerto Rico, either. They keep up with each other's lives through group texts. "Some of them may be friends for the rest of my life," she says. "And the people in Puerto Rico, they taught us all what staying strong is truly about."

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