

Fall/Winter 2013

NURSING INNOVATION AND LEADERSHIP
AT THE FRANCES PAYNE BOLTON SCHOOL OF NURSING

fore**FRONT**



Downsizing: How FPB Nurses are Overcoming America's Obesity Epidemic



FRANCES PAYNE BOLTON
SCHOOL OF NURSING

CASE WESTERN RESERVE
UNIVERSITY

INSIDE:

A Legend Takes a Bow

Atkinson Gives Professorship to
Promote Patient Safety

War and Peace: A Nurse's Calling

foreFRONT

conTENTS



12



18

FEATURES

- 12 **Downsizing**
How FPB Nurses are Overcoming America's Obesity Epidemic
- 18 **A Legend Takes a Bow**
Looking Back at the 50-Year Nursing Career of Dr. May Wykle

DEPARTMENTS

- 1 Dean's Letter
- 2 School News
- 6 Research News
- 10 Philanthropy
- 23 Alumni News
- 29 Class Notes
- 32 Events
- 34 In Memoriam
- 36 Alumni Spotlight

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.

Frances Payne Bolton School of Nursing

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

Susan Frey, MAFIS
Assistant Dean for Finance, Administration and Information Technology

Elizabeth A. Madigan, PhD, RN, FAAN (GRS'91)
Associate Dean for Academic Affairs

Shirley M. Moore, PhD, RN, FAAN (GRS'79, NUR'91, GRS'93)
Associate Dean for Research

Vicki Stouffer, MBA, CFRE
Associate Dean for Development and Alumni Affairs

Editor

Helen Jones-Toms (MNO '97)
Director of Marketing and Communications

Alumni Editor

Kim Cornuelle
Assistant Director of Marketing

Art Director

Cindy Young
Graphic Designer
University Marketing and Communications

Writers

Jason Barone, Susan Griffith, Brad Hauber,
Helen Jones-Toms, Amanda Mascarelli, Amy Raufman

Photographers

Nannette Bedway, Susan Griffith, Robert Muller,
University Archives, Gary Yasaki

Editorial Assistants

Kathleen Brennan, Jane Lu

Send your comments and suggestions for future stories to

Office of Marketing and Communications
Frances Payne Bolton School of Nursing
Case Western Reserve University
10900 Euclid Ave.
Cleveland, OH 44106-4904
fpbmarketing@case.edu

Visit us at nursing.case.edu or call 216.368.4700.

dean's LETTER

Dear Alumni and Friends:

This is my favorite time of year: the start of the fall semester.

On the surface, every year is the same with students rushing to class; professors balancing the demands of the classroom, clinicals and research; and just the hum of learning. Yet, every year is different.

One of the major differences for this year is that for the first time in the past five decades, the Frances Payne Bolton School of Nursing will not be graced with the presence of May L. Wykle, PhD, RN, FAAN, FGSA. The former dean and triple alumnus was granted emerita status by the Case Western Reserve Board of Trustees this summer. In this issue (page 18), *Forefront* looks back at the career of one of nursing's most distinguished leaders.



This year is also different because our incoming freshmen form one of the largest classes in recent history with more than 100 students. By the time you receive this magazine, our new first-year BSN students will have started to accumulate their 1,600 individual clinical hours—double the number of any nursing school in the country.

At this point, many of these future nurses are also learning to balance schoolwork and healthy habits away from home to ward off the dreaded “Freshman 15.”

Obesity among America's youth is hovering around 30 percent. In the city of Cleveland that number is even higher. Unfortunately, obese children become obese adults and these expanding waistlines are costing the healthcare system billions of dollars to treat high blood pressure, Type 2 diabetes, and other weighty ailments.

The prescription for this epidemic seems simple: eat right, sleep well and exercise regularly. As a yoga devotee and ballroom dancer who regularly stops at the gym, I must admit that “simple” gets harder every year... and decade. And I have an advantage. Unlike many of Cleveland's school kids, I was exposed to healthy habits, fresh air, and good nutrition early in my childhood at home, in school, and in my community.

This issue of *Forefront* focuses on how FPB is helping Cleveland schoolchildren and the rest of the country slim down. Nursing students work beside nurse scientists to encourage youngsters to rethink not just unhealthy habits but how those habits are reinforced within their families, by their local environment and throughout their school day.

We are helping them eat better, sleep well and get moving. I hope their stories inspire others to do the same.

Sincerely,

A handwritten signature in cursive script that reads "Mary E. Kerr".

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



KLESS RETIRES

Jack Kless, PhD, MA, CRNA, director of the Frances Payne Bolton School of Nursing's top-ranked nurse anesthesia program, retired at the end of the 2012-13 academic year.

Kless created the program in 1987 under the leadership of then-Dean Joyce Fitzpatrick. An assistant professor who initially trained at the Mayo Clinic in the 1960s, he has personally overseen the education of hundreds of FPB nurse anesthetists since the program's inception. He is a triple alumnus of Case Western Reserve University and just completed his PhD in nursing in 2010.

"Jack has created one of the finest programs not just at the school, but at the university," said Mary E. Kerr, PhD, RN (GRS'91), dean of the Frances Payne Bolton School of Nursing. "Everyone deeply appreciates his years of service."

NEW ASSOCIATE DEAN OF DEVELOPMENT NAMED

The School of Nursing has appointed Vicki J. Stouffer, MBA, CFRE as associate dean of development and alumni affairs. Previously, she was senior director of alumni relations and development for the Case Western Reserve University School of Law.

Stouffer's new responsibilities include all aspects of the nursing school's outreach to alumni and friends. She will direct its \$30 million comprehensive campaign, as well as the school's annual fund, major gifts, alumni relations and stewardship programs.

"I was impressed with Vicki's expertise in developing successful strategic plans and creating synergies among interested stakeholders," said nursing school Dean Mary E. Kerr, PhD, RN (GRS'91). "Her skill set is particularly important as we consider new strategic initiatives."

Stouffer brings more than 15 years of constituency and fund raising experience to the school. Previously she held leadership positions at Oberlin College, Gilmour Academy and Hawken School. Stouffer succeeds Nora Hennessy, who now leads the development and alumni affairs at Case Western Reserve's Jack, Joseph and Morton Mandel School of Applied Social Sciences.



CLICK HERE FOR WELLNESS

Case Western Reserve University has appointed Frances Payne Bolton School of Nursing faculty member Elizabeth Click ND, RN, CLE (NUR '87) as the university medical director, a newly created position that will help Case Western Reserve bolster its wellness initiatives. As an assistant professor of nursing, Click's scholarly interests focus on strategies to help individuals and groups change their health behaviors for the better.

"A healthier campus is a more energized, productive campus—one where morale is enhanced and employees are more satisfied with their organization," Click said. "I'm interested in establishing a culture of wellness and health within the university."



AND THE OSCAR GOES TO...

Alumna and retired nurse Laura Nosek PhD, RN (NUR'61, '81; GRS'86) assumed the role of a depressed alcoholic as part of the school's Alumni Standardized Patient Program. The former FPB associate professor helped second-year BSN student Merilee Avery hone her therapeutic communication skills during this real-world simulation.

SCHOOL CREATES THE NATION'S FIRST ALUMNI STANDARDIZED PATIENT PROGRAM

The use of the standardized patients programs as clinical teaching tool has been around since the 1960s. However, the Frances Payne Bolton School of Nursing is adding a new twist of educated realism through a bit of role reversal. Nursing alumni are the "pretend patients" in an effort believed to be the first of its kind in the nation.

Standardized patients are individuals trained to portray the roles of patients, family members or others. Students conduct physical exams, take patient histories, and improve communication skills and other health care practices. The alumni volunteers receive training but they also bring years of clinical experience to the students.

"Our alumni know the real world behind every simulation," said Celeste Alfes, director of the school's Learning Resource Center. "They aren't just pretending to be a patient but they are re-enacting patient interactions."

Over the course of a month, five alumni were "treated" for ailments such as depression, substance abuse and suicidal ideation by 92 second-year BSN students.

"I felt it is important for students to not lose the human aspect of nursing," said Roseann Kaminsky (NUR '79), who played a depressed alcoholic. "New technology is great, but some things can't be taught with computerized mannequins or simulation equipment."

If you are interested in the alumni standardized patient program, contact Celeste Alfes at celeste.alfes@case.edu or call 216-368-4812.

AWARDS & HONORS

Patricia Higgins, PhD, RN was named a fellow of the Gerontological Society of America.

Debbie Lindell, DNP, RN, CNE was named a fellow of the National League for Nursing Academy of Nursing Education.

Carol Kelley, PhD, RN, CNP won the ELNEC–Core Award from the End-of-Life Nursing Education Consortium of the American Association of Colleges of Nursing.

Judith A. Maloni, PhD, RN, FAAN was granted emerita status by the Case Western Reserve University Board of Trustees.

Polly Mazanec, PhD, ACNP, AOCN, FPCN received the 2013 ONS Mary Nowotny Excellence in Cancer Nursing Education Award from the Oncology Nursing Society.

Chris Winkelman, PhD, RN has been inducted as a fellow of the American Association of Nurse Practitioners.

May L. Wykle, PhD, RN, FAAN, FGSA was granted emerita status by the Case Western Reserve University Board of Trustee. A complete story can be found on page 18.



PHOTO CONTEST CELEBRATES NURSES WEEK

The Frances Payne Bolton School of Nursing has a new tradition for its celebration of National Nurses Week: a student photo contest demonstrating the wonders of nursing from a student’s perspective. Among the winners was Courtney Hawk, featured here as she gazes out at Butte, Alaska during her senior capstone project at the Mat-Su Public Health Center.

Check out the other winners at http://fpb.case.edu/CurrentStudents/photocontest_winners2013.shtm



NURSING STUDENT NAMED ROOKIE OF THE YEAR

Freshman nursing student and star softball player Rachel Komar was named Rookie of the Year by University Athletic Association (UAA). The third baseman from Chesterland, Ohio is the first Case Western Reserve softball player to receive this honor in the university’s history.

When she isn’t rounding the bases, she is rounding in the hospital with other nursing students. “I came to Case Western Reserve because I could pursue my passion for sports and nursing,” said Kumar. “I have great teammates both on and off the field.”



HICKMAN RECEIVES UNIVERSITY'S MENTORING AWARD

Ronald Hickman Jr. received a special "thank you" for his guidance of four undergraduates. Their nominations led the assistant professor of nursing to win Case Western Reserve University's prestigious J. Bruce Jackson Award of Excellence in Undergraduate Mentoring.

The Jackson Award honors outstanding advising and mentoring of undergraduate students by a current employee or emeriti faculty member of the university. He shared the accolade during this year's commencement ceremonies with Mohan Sankaran, an associate professor of chemical engineering.

The Jackson Award surprised Hickman, who was appointed as an assistant professor in 2010. He felt especially honored by the award because he received it so early in his teaching career.

Before being appointed as an assistant professor, the triple Case Western Reserve alumnus spent four years developing a program of research focused on innovative interventions to enhance health care decision-making and discovery of genomic biomarkers for chronic respiratory failure.

Hickman is among a handful of nurse scientists across the nation who has had the opportunity to receive one of the National Institutes of Health's institutional career development award (KL2), which is a component of the School of Medicine's Clinical and Translational Science Collaborative of Cleveland.

His goal is to develop and test biobehavioral interventions—from face-to-face conversations to innovative eHealth solutions—that provide high-quality decision support to patients and families faced with treatment decisions.

This year, he taught courses in advanced pathophysiology to graduate nursing students. Hickman has instructed undergraduates in medical-surgical nursing and provided clinical instruction for courses in acute and critical care nursing.

Along the way, he's learned the importance of spending time with students.

"The thing that makes Ron such a great mentor is his genuine interest in my well-being," said one anonymous nominator, who considers the amount of attention Hickman gives students "unprecedented."

"I call this paying it forward for the kinds of mentoring I received from FPB's faculty," said Hickman.

HONORS & AWARDS

Mary Quinn Griffin, PhD, RN and Marilyn "Lynn" Lotas, PhD, RN were named fellows of the American Academy of Nursing. Joining them are FPB alumni Rey Rivera, DNP'10 and Laura Wagner, BSN'97 and several FPB friends and former faculty—Karen Kauffman PhD, CRNP-BC, Sue Sendelbach, PhD, RN and Jill Kilanowski, PhD, APRN, CPNP.

BSN Senior **Brendon Bower** was elected president of the Ohio Student Nurses Association.

Kimberly Kimble has been selected as the Student Board Representative for 2013–2014 by the Ohio State Association of Nurse Anesthetists Board of Directors and the Student Committee.

PhD student **Sarah Miano**, MN, RN has been accepted to the 2013 Institute for Healthcare Improvement Student Quality Leadership Academy.

Breanne Roche earned a \$20,000 Graduate Scholarship in Cancer Nursing Practice from the American Cancer Society.

DNP student **Debra White** has received the Promise of Nursing for Louisiana Regional Faculty Fellowship, awarded by the Trustees of the Foundation of the National Student Nurses' Association

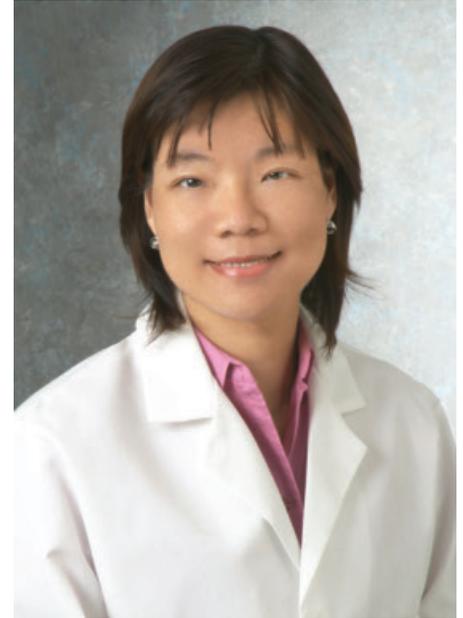
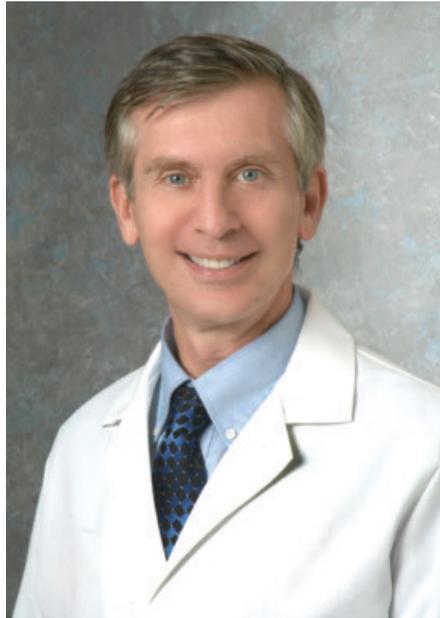
\$2.5 MILLION FEDERAL GRANT SUPPORTS FUTURE NURSE EDUCATORS

Case Western Reserve University's Frances Payne Bolton School of Nursing has received a \$2.5 million federal grant to provide loans that encourage students pursuing advanced nursing degrees to become nurse faculty.

The Nurse Faculty Loan Program supported by the Health Resources and Services Administration (HRSA) covers \$35,500 a year for tuition and other costs for up to five years.

Students who teach at a nursing school after earning a Master of Science in Nursing (MSN), Doctor of Nursing Practice (DNP) or Doctor of Philosophy in Nursing (PhD) degrees will have up to 85 percent of their loans forgiven.

"Future nurse faculty can earn their doctorates from one of the nation's top programs for the same costs as attending one year at a state university," said Jaclene A. Zauszniewski, PhD, RN, the school's director of the PhD program and director of the NFLP program.



DECKER AND HSIAO JOIN FACULTY

The Frances Payne Bolton School of Nursing has added two new faculty, Michael J. Decker PhD, RN, RRT, D.ABSM and Chao-Pin Hsiao, PhD, RN.

Decker, a double alumnus of Case Western Reserve University, returned home to FPB as an associate professor from Georgia State University. His basic science research focuses on sleep-related disorders, their etiology and subsequent neurochemical, cognitive, and behavioral complications. His clinical research focuses on characterizing the incidence and prevalence of sleep-related disorders. He is especially interested in the relationship between disordered sleep and symptoms attributed to diseases such as chronic fatigue syndrome, diabetes, hypertension, and stroke.

A former National Institute of Nursing Research fellow at the National Institutes of Health (NIH), Hsiao joined the Frances Payne Bolton School of Nursing in January as an assistant professor. She is the second biobehavioral scientist to join the faculty in the past year. She earned her PhD at the University of Arizona College of Nursing. Her translational research identifies early biomarkers of mitochondrial dysfunction associated with fatigue in cancer patients following radiation therapy.

"Both Drs. Hsiao and Decker are excellent additions to the FPB faculty," Dean Mary E. Kerr, PhD, RN said. "Our students are going to benefit from their interests in both basic science and clinical research."





PRIVACY AN ISSUE FOR MOTHERS WITH NEWBORNS IN NEONATAL INTENSIVE CARE

Many mothers of newborns in neonatal intensive care units have difficulty finding private, quiet places in hospitals to express milk, according to a new study in *Advances in Neonatal Care* by Donna Dowling, PhD, RN, associate professor of nursing at Case Western Reserve University.

The lack of privacy—if it causes mothers to miss feedings or makes them too timid to express milk—could create a health risk for low-weight premature newborns. Breast milk, enriched with the mother's antibodies, helps ward off infection and gastrointestinal problems especially in these young patients.

"The meaning of privacy might differ for mothers and the hospital. This calls for new ways to create privacy for these mothers who want to breastfeed," said Dowling. She collaborated with Mary Ann Blatz, a doctorate of nursing practice student, on the study called "Mothers' Experiences Expressing Breast Milk for their Preterm Infants."

The study surveyed 40 new mothers—15 in multiple-bed NICU rooms and 25 in single-family rooms. Dowling expected mothers in the single-family rooms to find breastfeeding easier, quieter and more private than those mothers in multi-family units.

Despite having a single-bed NICU, the new mothers indicated that the fear of possible interruptions while feeding or pumping, especially by physicians on rounds, kept them from starting the process. At the same time, they did not want to leave the room to pump in a different place for fear that they would miss the doctor and updates on their child.

LAB NOTES

Celeste M. Alfes, DNP, RN has been awarded the Joyce Griffin-Sobel Education Research Grant from the National League of Nursing for her project, "Standardized patient versus role play strategies: A comparative study measuring patient-centered care and safety in psychiatric mental health nursing."

Mary Dolansky, PhD, RN received a grant from the Cardinal Health Foundation for her project "Hidden Safety Resource: Family Caregiver Participation in Medication Reconciliation Across Care Transitions."

Gregory Graham, MA received the Marie Haug Award from the University Center on Aging and Health at Case Western Reserve University.

Ronald L. Hickman, PhD, RN, ACNP-BC won the 2013 New Investigator Award for the Gerontological Nursing Science Research Section of Midwest Nursing Research Society.

Elizabeth Madigan, PhD, RN, FAAN received the National League for Nursing's Ruth Corcoran and Nancy Langston Nursing Education Research Grant for her project, "Development of a Behavioral Observation Instrument for Teamwork and Collaboration in Pre-licensure Nursing Students to Support Quality and Safety Education in Nursing Competencies."

\$1.7 MILLION NINR GRANT STUDIES HOME VISITS FOR HIV PATIENTS WITH CHRONIC ILLNESSES

Case Western Reserve University's Frances Payne Bolton School of Nursing received a four-year, \$1.7-million grant from the National Institute of Nursing Research (NINR) to study how effective palliative care home health visits are in treating people with HIV and other chronic illnesses.

"With new medications, HIV is no longer a death sentence," said Jacquelyn Slomka, PhD, RN, assistant professor of nursing and lead researcher. "Patients with HIV are living longer, and, like other older people, developing chronic health conditions. Palliative care services can be especially helpful in meeting the everyday needs of patients with chronic conditions."

The study, in collaboration with the Hospice of the Western Reserve, will examine outcomes for quality of life, symptom management, coping and advance care planning.

Two groups—each with 90 participants diagnosed with HIV at least two years before and having at least one chronic illness—will be studied for three years to track the benefits of having professionals provide supportive services. Each patient will be visited regularly by an advanced practice nurse (APRN) and a social worker to provide on-going assessment of needs.

"If effective, the program can potentially become a model for HIV care in conjunction with their clinical care," said Slomka.



FPB SCHOLAR SEARCHES FOR GLOBAL VIEWS OF NURSES' END-OF-LIFE CARE

End-of-life preferences among physicians and families have been widely examined. A new study by Frances Payne Bolton School of Nursing researchers published in a recent issue of the *International Nursing Review* examined these preferences among nurses on a global scale.

In a yearlong study, 1,089 nurses in Hong Kong, Ireland, Israel, Italy and the United States were given three hypothetical scenarios of dying patients to learn what they would do for the patient, their parents and themselves.

"Globally, nurses chose different EOL treatments for themselves than they do for their patients," said Joyce Fitzpatrick, PhD, RN, FAAN, from the Frances Payne Bolton School of Nursing at Case Western Reserve University and a lead investigator on the study.

One scenario involved an 84-year-old male Alzheimer's patient in a nursing home who had gastrointestinal bleeding, was in shock and likely to die without an intervention. Participants had to choose from one of four treatment options: palliative, limited, surgical or intensive care.

The scenario was repeated with the elderly patient as the survey-taker's father. In the third scenario, they were to imagine themselves as that patient.

Most of the nurses in each country, from 55 percent in Hong Kong to 85 percent in the United States, responded that they would use CPR for patients and parents. But those numbers dropped when CPR was an option for themselves.

While the study considered preferences, the researchers continue to ask, if nurses chose this as best personal choice, why isn't it the one for the patients?



DALY INDUCTED INTO NURSE RESEARCHER HALL OF FAME

Sigma Theta Tau International, Honor Society of Nursing inducted Barbara J. Daly, PhD, RN, FAAN into its Nurse Researcher Hall of Fame. Daly, the Gertrude Perkins Oliva Professor in Oncology Nursing at the Frances Payne Bolton School of Nursing is a world-renowned expert on palliative care and end-of-life issues.

Daly is the fourth nurse scientist from Case Western Reserve University to be recognized by STTI along with Susan M. Ludington, PhD, CNM, FAAN; Shirley M. Moore, PhD, RN, FAAN; and May L. Wykle, PhD, RN, FAAN, FGSA. Daly was inducted during STTI's 24th International Nursing Research Congress in Prague, Czech Republic.

\$1.76 MILLION NINR GRANT SUPPORTS FUTURE PALLIATIVE CARE SCIENTISTS

Case Western Reserve University's Frances Payne Bolton School of Nursing received a five-year, \$1.76 million grant from the National Institute of Nursing Research (NINR) for a pre- and postdoctoral fellowship program in palliative care.

The nursing school offers the nation's only master's program specifically combining oncology and palliative care. The NINR grant will provide tuition support and stipends for eight pre-doctoral and nine postdoctoral fellows in this high-demand nursing subspecialty.

The long-term goal is to train nurse scientists who will, in turn, advance the knowledge and understanding of effective therapies that improve the quality of life for patients with advanced and incurable diseases.

For information on applying for one of these fellowships, contact the award's principal investigator Barbara J. Daly, PhD, RN, FAAN, the Gertrude Perkins Oliva Professor in Oncology Nursing at bjd4@case.edu or call 216.368.5994.

LAB NOTES

Susan Mazanec, PhD, RN, AOCN

received funding from the American Cancer Society for her project "A Dyadic Intervention for Distress Management for Patients with Multiple Myeloma and Their Caregivers: A Pilot Study."

Case Western Reserve University named **Shirley M. Moore, PhD, RN, FAAN** as one of the inaugural Faculty Distinguished Research Award recipients.

BSN student **Julia O'Brien** won the 2013 MNRS Undergraduate Student Research Scholars' Award at the 2013 Midwest Nursing Research Society Annual Research Conference. She also earned a Blue Ribbon from the Hospice and Palliative Nurses Association (HPNA) for her research poster, "Have You Considered Palliative Care for Your Sickle Cell Patients?"

The editor of *Research in Nursing & Health* designated the journal article, "A Longitudinal Study of Families with Technology Dependent Children" by **Valerie Boebel Toly, PhD, RN, CPNP** as a Top 15 Downloads in 2012.

Amy Y. Zhang, PhD received funding for her project, "Erectile Function and Quality of Life After Prostate Cancer Treatment" from the American Cancer Society.



Atkinson Gives Professorship to Promote Leadership and Patient Safety

BY AMY RAUFMAN

For six fun weeks in 1963, Lucy Jo Atkinson (NUR '54) spent half her day in the operating room at what is now Los Angeles's Cedars-Sinai Medical Center, then hit the back lot of Universal Studios as a consultant on the movie, "Tammy and the Doctor."

She rubbed elbows with teen star Sandra Dee and a young Peter Fonda. She told the director how to arrange the surgical instruments and made sure the actors knew how to pronounce the names of procedures.

"It wasn't a bad way to spend half the day," Atkinson recalls. "They got most things right, but when I saw the final cut of the film, I laughed because they were viewing one of the x-rays backward."

Real-life operating room practices, of course, are no joking matter. And Lucy Jo Atkinson wants everyone to know it.

Her nearly \$2 million gift to Case Western Reserve's Frances Payne Bolton School of Nursing has made possible the return of a perioperative nursing requirement to the BSN curriculum. Her generosity ensured its longevity through the creation of the Lucy Jo Atkinson Professorship in Perioperative Nursing. The gift was the capstone to Atkinson's own 40-year career promoting operating room clinical nursing practice and leadership in 16 countries and across the United States.

Atkinson is one of four generations from her family to attend Case Western Reserve to date.



**Left: Lucy Jo Atkinson (NUR '54)
with BSN student Leah Epstein.**

Far left: As part of its efforts to reinstate perioperative education in its undergraduate curriculum, the Frances Payne Bolton School of Nursing is creating a perioperative suite for BSN students to practice before heading into the real OR. The suite, illustrated in this preliminary mock-up by Bostwick Design Partnership, will be part of a larger Learning Resource Center renovation slated for later this year.

By the time she received her MSN from UCLA in 1966, she was recruited by Ethicon, Inc, a Johnson & Johnson company, to develop its educational services.

Not long afterward, she and a human resources trainer hit the road to put on seminars where nurses could earn continuing education credits from the American Nurses Association at no expense to the nurse or the hospital. At the same time, they learned proper use of Ethicon, Inc. products. As Atkinson took the Ethicon seminars around the world to places as varied as Malaysia, Australia, Colombia and Philippines, she saw similarities in nursing experiences that transcended cultural differences.

"Nurses everywhere have the ability and responsibility to prevent infections," Atkinson concluded after seeing nurses in South Africa and Taiwan turn otherwise chaotic environments into well-ordered traffic flow with quality control.

Besides these seminars, Atkinson also spread her message of nurse leadership in infection control by serving as an author/editor for four editions of *Berry and Kohn's Operating Room Technique*. She also grew increasingly concerned about national trends pushing operating room knowledge outside of the nursing education mainstream.

From there, she decided to work with her alma mater, Frances Payne Bolton School of Nursing, to bring back a perioperative requirement into the BSN curriculum—the very place where Atkinson learned these skills herself.

"I wouldn't have been able to thrive in my non-traditional nursing career without the nursing education that I received at FPB," she says. "You need to know the

underlying scientific concepts of epidemiology, microbiology, and bacteriology, as you learn to work in an aseptic operating room environment."

With Atkinson's financial commitment, the school recruited alumna Rebecca M. Patton, MSN, RN, CNOR, FAAN, in the summer of 2011. Fresh off her tenure as president of the American Nurses Association, Patton designed and implemented a perioperative nursing course required for all BSN students in their junior year. Atkinson's generosity has also built an endowment to support in perpetuity a professorship in perioperative nursing.

"We are incredibly grateful to Lucy Jo for her dedication to the profession, in the operating room, and for placing her faith in the school to lead the return of this aspect of nursing to undergraduate education," says Mary E. Kerr, PhD, RN, FAAN, dean and the May L. Wykle Professor.

The program is already generating attention, sparking conversations between students and faculty about what the students see and experience in the OR environment. And hospitals are taking notice by actively recruiting graduates for OR positions as far away as Boston. Massachusetts General Hospital hired one of the first students to go through the course this summer.

Atkinson couldn't be more pleased with the legacy she has established at the school. "My vision is that this program will be successful and that the deans of other schools of nursing will use it as a model to change their curriculums, too," she says. +



DOWN

How FPB Nurses
are Overcoming
America's
Obesity Epidemic

BY AMANDA MASCARELLI



SIZING

Growing up, Carrie Foster learned to cherish her family's tradition of sitting around the dinner table together every evening. Her mother cooked well-rounded meals with healthy, low-sodium ingredients. Dinner nearly always began with a colorful salad and ended with a small, tasty dessert. During the summer, family meals were planned around vegetables harvested from the garden.

So when Foster, a nursing student in the Frances Payne Bolton School of Nursing, began working with children who were overweight or obese as part of her senior capstone project, she was struck by how different the mealtime experience was for many of them.

In the inner city, many families do not have easy access to grocery stores that sell healthful food, due to a lack of transportation. Smaller area stores lack fresh produce. Instead, children are within walking distance of convenience stores, where they can buy snacks like Cheetos, Snickers and Cokes. Parents who work late may find it easier and more affordable to pick up fast food than to prepare a meal.

Foster recalled a lunch period with a third-grade class at the Michael R. White Elementary School in inner city Cleveland, where she was volunteering. As she unpacked her lunch of broccoli and carrots, hummus, fresh grapes, and a bean and quinoa salad, the children asked her what she was eating.

“Many of the kids in these underprivileged communities have never been exposed to fresh fruits and vegetables,” says Foster. “It makes sense that these children aren’t making healthy choices when we consider that they’ve never seen them.”

A NATION AT RISK, CHILDREN IN PERIL

Foster’s experience illustrates the complex issues at the heart of the nation’s obesity epidemic. In the last 30 years, the percentage of obese children ages six to 11 in the United States rose from seven percent in 1980 to almost 18 percent in 2010. The numbers are similar for 12 to 19 year olds, according to the Centers for Disease Control and Prevention. In 2010, more than a third of U.S. children were overweight or obese.

In inner-city Cleveland, the numbers are more staggering: 40 percent of Cleveland Metropolitan

School District students are overweight or obese.

Among the contributing factors, half of the city’s children live in single-parent households, and 42 percent of children ages five to 17 live in poverty. Sixty percent of Cleveland’s youth do not exercise regularly, and watch three or more hours of television daily, according to state and county surveys. Many school recess and physical education programs have been dramatically reduced or eliminated due to budget constraints.

“A lot of these children are not getting the physical activity that they need. In the past, children had physical activity routinely built into their school day,” says Marilyn Lotas, PhD, RN, associate professor of nursing. Lotas is the lead principal investigator for a five-year, \$500,000 grant from the Elizabeth Severance Prentiss Foundation to identify schoolchildren at risk of developing complications from obesity.

Lotas notes that obesity puts a major strain on the the nation’s healthcare system. People who are overweight or obese are at increased risk for heart diseases such as high blood pressure and Type 2 diabetes, as well as cancer, bone and joint diseases, sleep disorders, and social and psychological complications.

Lotas and other scientists, professors and students at the School of Nursing are tackling this healthcare crisis on all fronts. Through partnerships within the community and critical funding support, the school has developed extensive research programs as well as senior capstone projects focused on the causes and interventions for childhood obesity.

MOVING A GENERATION

Since 2002, the undergraduate program in the school of nursing has been partnering with the Cleveland Metropolitan School District to carry out state-mandated health screenings for the district’s 44,000



children. The screenings, funded in part by the Prentiss Foundation, revealed that many of the youngsters were overweight or obese and had hypertension and characteristics of Type 2 diabetes.

“We used to call Type 2 diabetes ‘adult onset diabetes,’” says Lotas. “We’re now picking it up in second and third graders.”

With the Prentiss grant, the nursing school developed a demonstration project where they could focus on creating a healthier school day through increased physical activity and improved nutrition. They chose Michael R. White Elementary School, a Science, Technology, Engineering, and Mathematics (STEM) K-8 public school with almost 400 students.

A key tenet of the demonstration project was that changes had to be made within the school’s existing financial resources and capable of being maintained over time, notes Lotas. For instance, not all schools have a physical education teacher. But, periods of activity could be incorporated into the day, such as five minutes of jumping jacks, dancing, exercise with hula-hoops, and other activities that don’t require expensive equipment.

At Michael R. White, FPB nursing students visit classrooms and introduce exercise programs to the teachers and students. They also have follow-up visits to monitor and encourage participation. The hope is that the activities will become an integral part of the school day there and at other schools in the district.

“If we can show that these changes can be done and work,” says Lotas, “Then they can be disseminated to other schools fairly quickly.”

Through the dedication and support of Michael R. White’s principal, parent groups, and numerous other committed individuals within the district, program leaders are also striving to improve the nutritional habits of the students.

The nursing school is also developing nutrition plans, working to improve the quality of food being served at the school and disseminating information about nutrition and healthful living.

In addition to identifying children who are at risk for long-term health problems, the health screenings provided a critical link that enabled the nursing school to recruit families for participation in the COPTR program.

EXPLORING THE OBESITY AND ASTHMA LINK

Obesity and asthma are both climbing in the US to record levels, but is there a genetic link to the two diseases? That’s the question that geneticist Rebecca Darrah, PhD, is examining in her role as a newer faculty member at the Frances Payne Bolton School of Nursing.

“We are exploring if having high levels of beta-arrestin molecules in obese test subjects is going to make them more likely to have asthma,” says Darrah, an assistant professor.

Beta-arrestins play a role in the cascade of hyperreactive inflammatory processes that occur during allergic attacks and could be the common denominator between obesity and asthma. Studies have shown that people with low levels of beta-arrestins are less prone to allergy-induced asthma. Using mouse models, Darrah and her colleagues found that chubby mice express higher levels of beta-arrestins.

Her “Big Mac” test subject is genetically normal but is fed a very high-fat diet. Other test subjects have mutations in a gene that controls their level of satiety. They don’t receive the body’s normal signals that would tell them to stop eating. They become morbidly obese. Darrah closely monitors the beta-arrestins levels in both groups of test subjects.

She also has a group that lacks the gene that makes beta-arrestin molecules. Darrah wants to learn whether the offspring of fat mice that are deficient in beta-arrestin are less likely to develop asthma.

Her hope is that beta-arrestin molecules could be a ‘biomarker’ to flag those who are at risk for both obesity and asthma and could be a potential target for therapeutic intervention to treat asthma before it becomes severe. “It would open up a whole new area of treatment that’s not currently being used.”

HEALTHY HABITS BEGIN IN THE FIRST YEAR OF LIFE

Children who are obese at age five are much more likely to become overweight or obese later in life. Now, research is showing that growth patterns in early infancy can predict development of early childhood obesity. A new study, published in the journal *Clinical Pediatrics*, reports that children who become obese by age five have distinct patterns of development as early as four months old.

Susan Ludington, PhD, CNM, FAAN, the Carl W. and Margaret Davis Walter Professor of Pediatric Nursing in the Frances Payne Bolton School of Nursing and first author of the study, finds the results “surprising.”

Babies who are overfed with formula or fed cereal at a very early age appear to gain weight too quickly, says Ludington. As a result, their bodies make fat cells, which predispose them to excessive weight gain as children and adults.

Ludington and former Case Western Reserve post-doctoral fellow Lisa Gittner, PhD along with Harold Haller, PhD, a statistician at Case Western Reserve, have developed a novel metric of obesity. They believe the metric will provide more accurate detection of early obesity than the standard measurement used today known as body mass index (BMI). The scientists worried that BMI does not adequately capture fat distribution in infants and their distinctly different posture than children over two years of age for who the Body Mass Index metric is used.

Using their new metric, the team was able to accurately predict childhood obesity at age five as early as two months of age. The technique still needs to be tested in

larger data sets. But eventually, says Ludington, the metric “will make it much simpler for nurse practitioners and pediatricians to start screening for obesity in the first two years of life.”



MODELING SUCCESS NATIONWIDE

The Childhood Obesity Prevention and Treatment Research (COPTR) program is funded by the National Institutes of Health (NIH). Case Western Reserve, one of four universities nationwide to serve as a host site for a seven-year trial, is in its fourth year of a clinical trial testing behavioral interventions. The aim is to reduce obesity and related health problems in vulnerable, high-risk children.

Approximately 360 Cleveland-area 11-year-olds and their families participate in the study. Many of the families live in extreme poverty and have limited choices when it comes to food. Some live in shelters or with other family members. Researchers hold program activities in nearby community settings such as recreation centers and churches.

“People claim there are many food choices available,” says Shirley M. Moore PhD, RN, FAAN, associate dean of research at the nursing school. She is one of the principal investigators for the \$12.5 million COPTR grant along with Elaine Borawski, PhD and Leona Cuttler, MD at the CWRU School of Medicine. “When it’s so much cheaper to eat lots of carbohydrates than fruits and vegetables, it’s difficult to see there are other nutritional options.”

In the study’s early phase, Case Western Reserve scientists conducted extensive interviews in focus groups to determine what types of interventions would be most beneficial. Here, parents expressed a desire to have more time and opportunities to spend with their children.

Program leaders hired chefs that would not only teach the families how to cook healthful foods, but also could coach families

on how to prepare meals together. Families take tours of supermarkets. They participate in experiments such as counting the fruits and vegetables in their homes when they shop with and without a grocery list.

The study, where participants are enrolled for three years, compares three approaches to weight management. The control group focuses on one-hour classes on diet. Another group learns goal setting and motivational techniques. The third group engages in self-designed family experiments to change routines.

Parents and children are encouraged to flowchart their daily routines. “Unhealthy activities just pop out at them,” notes Moore, “along with opportunities to do things that are healthier.”

The focus is not just diet, but also on physical activity, sleep and stress management. A simple behavior change such as turning off the television before turning out the lights at bedtime could have big results. Besides being a distraction, televisions emit a blue light that disrupts sleep. Children who receive less than six and one-half hours of sleep are more likely to be overweight.

The behavioral change experiments, such as walking the family dog which provides exercise and family time, are designed by the study participants. “The behavior changes come from them,” said Moore. “It’s their family and they own it.”

Participating families receive lifestyle and fitness education and attend recreational activities such as yoga class, rock climbing, and African dance. The children enrolled in the study undergo periodic fitness testing, health screening and blood work to measure their progress.

Moore and her fellow scientists are examining which of the three interventions is the most powerful to treat obesity among young adolescents. They believe that targeting multiple environments—from home to school to neighborhood—simultaneously will be more impactful than a “one-size-fits-all” approach to weight loss.

“Young people eat, play, work, and sleep in the real world. That world can have a lot of hidden influences,” said Moore “We looking to empower them to recognize these influences and manage them.” +



POVERTY, OBESITY, AND CAVITIES GO HAND IN HAND

Dental caries, or cavities—which are five times more prevalent than asthma—are a growing epidemic in the U.S. And the problem disproportionately affects poor and minority children.

The news is no surprise to Marguerite DiMarco, PhD, RN, associate professor at the Frances Payne Bolton School of Nursing. Through her 20 years as a pediatric nurse in homeless shelters, and rural and urban clinics, she observed that obesity and poor oral health seemed to go hand-in-hand in underserved populations. But because so many health and socioeconomic factors are at play, it has been difficult to establish the link between cavities, childhood obesity, and poverty, until now.

In a 2013 study published in the *Journal of Pediatric Health Care*, DiMarco and her colleagues reported a strong correlation between body mass index (BMI) and the number of cavities in homeless children. As BMI increases with age, so do the number of cavities. Obesity and dental cavities increase and become epidemic with the aging of children who live below the poverty level.

“It’s the leading cause of chronic infections in children,” said DiMarco.

While studies in Brazil, New Zealand, Sweden and Mexico have shown a relationship between obesity, dental health and poverty, DiMarco’s research is one of the few U.S. studies that examine how the three factors are linked.



A Legend Takes a Bow

BY BRAD HAUBER

A triple alumna of Case Western Reserve University, May Louise Hinton Wykle, PhD, RN, FAAN, FGSA joined the faculty of the Frances Payne Bolton School of Nursing in 1969, a decade after she stepped through its doors as a student. Over the next 40 years, she rose through the ranks at the university and around the world as an internationally recognized leader in health care. Two years after stepping down as the school's first African-American dean, this nursing legend is retiring from the limelight. *Forefront* looks back over her 50-years of nursing.

HOOKED ON NURSING

Wykle began her nursing career in 1952 as a nurse's aide at a small hospital in rural Ohio near the border of West Virginia. One long night, she had to perform alcohol sponge baths on an elderly patient with a high fever. Wykle admitted at the time that she wasn't happy spending her entire shift wringing out cold sponges until the next morning.

The head nurse told her that she probably saved the woman's life. That exhausting night proved to be a valuable learning experience and the moment she became hooked on nursing. She realized the power of a nurse to change lives.

But change was slow in coming for Wykle in 1953. She was denied entrance to several nursing schools because of the color of her skin. School administrators suggested to her that housekeeping work might be more appropriate.

After working for a year as a nurse's aide to merit admission, she became the first African-American to attend the Ruth Brant School of Nursing in Martins Ferry, Ohio. But, admittance didn't guarantee acceptance by her peers. She still encountered bias even after proving she was a good student who would make an excellent nurse.

For the future nursing school dean, rejection and outright bias wasn't going to get in her way. She drew strength from her father's words, "Remember who you are, and that you'll have to work twice as hard to get ahead."

Wykle persevered, becoming the school's first African-American graduate in 1956.

The newly minted registered nurse began her career at the Cleveland Psychiatric Institute. She quickly rose through the ranks, becoming head nurse and eventually

From Small Town Girl to International Leader: The 50-Year Nursing Career of May L. Wykle

The Groundbreaker:
The first African-
American graduate
of Ruth Brant School
of Nursing



1950s

The Student Nurse:
With a young patient
during pediatrics
rotation at a preschool



a supervisor. At the same time, she returned to school and started a lifelong relationship with the Frances Payne Bolton School of Nursing.

After graduating in 1962 with a bachelor of nursing, she became an instructor at the Cleveland Psychiatric Institute and, later, director of nursing education. As the director, she received National Institute of Mental Health (NIMH) funding for nursing assistant model training. In many ways Wykle herself was becoming a model of nurse training: a mentor to many of the nursing students who came to the institute for their clinical experience and education in psychiatric nursing.

40 YEARS AT FPB

With more responsibility came a need for more education. Wykle returned to the FPB to pursue a master's degree in psychiatric nursing. She so impressed her teachers and

then-Dean Rozella Schlotfeldt that they asked her to join the faculty when she graduated. She was only the second African-American instructor at Case Western Reserve University. "As a faculty member, I had an excellent vantage point to advocate for more minority nursing student admissions," said Wykle.

Wykle held various teaching and research positions, including chair of the FPB Psychiatric Mental Health Nursing department and associate dean for community affairs. She also served as professor and director of nursing at the Howard M. Hanna Pavilion, an 86-bed psychiatric unit at University Hospitals of Cleveland. She also conducted NIH-funded research in aging including self care practices and the first studies of African-American caregivers.

She earned her degrees after she married and while raising two daughters. Despite her hectic schedule,



The Mentor's Mentor:
With her mentor, the late June Wyatt, FPB emerita director of psychiatric nursing

The Rising Star:
Wykle (second from right) with FPB colleagues at conference in Hawaii with then-Dean Jannetta MacPhail (left)



1960s



1970s

The Family Builder:
With husband Bill and daughters Andra and Caron

Wykle and her husband of 55 years, Bill, always shared a commitment to the importance of family and friends. While earning her doctorate in education from Case Western Reserve, she studied side-by-side with her school-age daughters, Andra and Caron.

Wykle was named the first African-American dean at FPB in 2001, and also won elite awards, honors and positions:

- Director of the University Center on Aging and Health at Case Western Reserve
- Fellow and Living Legend of the American Academy of Nursing
- Member of the White House Conference on Aging in 1993
- President of Sigma Theta Tau International, the Honor Society of Nursing
- Winner of the 2003 National Black Nurses Association Lifetime Achievement Award

- First Pope Eminent Scholar at the Rosalynn Carter Institute for Caregiving at Georgia Southwestern State University
 - Winner of the *American Journal of Nursing* Book of the Year Award in 2000
 - Winner of the John S. Diekhoff Award for Excellence in Graduate Teaching, Case Western Reserve University
- For her contributions to the nursing profession and to the Case Western Reserve community, an endowed professorship was established in her name in 2007 and she was granted emerita status in June 2013.

THE MODEL MENTOR

While her 75-page curriculum vita is impressive with its long list of accomplishments, Wykle remains most proud of her dedication to mentoring. She has served as



Everyone's Best Friend:
With her lifelong friend
and retired Congressman
Louis Stokes

1980s

1990s



The Researcher:
Working with a
colleague on a
major study

The Center Director:
Taking the reins
from Marie Haug,
the founding director
of the University Center
on Aging and Health



a mentor and role model to thousands of students and peers, facilitating growth, encouraging self-awareness, and showing that all human beings are entitled to be treated with respect and dignity.

She has given back to the community over the years by serving on the boards of numerous groups, including nursing homes and professional organizations. She also has initiated educational programs in Europe, Africa and Asia, including helping start a master's of nursing program at the University of Zimbabwe in Africa and a bachelor's of nursing program in Uganda.

In her 2011 graduation speech, her last as dean of the Frances Payne Bolton School of Nursing, Wykle said, "I hadn't originally planned on becoming a nursing educator. But once

I began teaching, I really enjoyed it. I like to see students develop and grow—when students have their own 'aha' moments as they learn about nursing. My favorite part has always been teaching students how to relate to patients—and that helps us advocate on their behalf.

"Each of us, in our various fields and from our various perspectives, is responsible for ensuring the health outcomes of our country and the world. I know that my education has enabled me to be an agent of change in health care. I challenge you to use your education to be tomorrow's agent of change."

If you would like to make a tribute gift to the May L. Wykle Professorship, contact Vicki Stouffer, associate dean of development, at 216-368-6531. +

Nursing's Ambassador:
Wykle chats with
colleagues in Zimbabwe



Madame President:
Opening the
Sigma Theta Tau
International's
conference in
Copenhagen

The Scholar:
Wykle with former first
lady Rosalynn Carter
after being named the
Carter Institute's First
Pope Eminent Scholar

2000s



**FPB's First African-
American Dean:**
Then-Provost James
Wagner at Wykle's
investiture as dean



PINNED!

MSN graduate Sara Taylor embraces her faculty advisor and pinner Gretchen Mettler, PhD, CNM, director of the Nurse Midwifery Program.



24	Alumni News
29	Class Notes
32	Events
34	In Memoriam
36	Alumni Spotlight

FPB Alumni Come Together for a Weekend of Memories and Honors



Above: Elegance reigns over the annual Alumni Luncheon during Homecoming Weekend in the Crystal Ballroom, Tudor Arms Hotel.

Enthusiasm and laughter, fueled by nostalgia and the beaming faces of old friends, filled the air during the School of Nursing's "Homecoming: A Celebration," held during the final days of September 2012. Twelve nursing classes, along with nursing faculty and friends, converged on the campus of Case Western Reserve University to join in the exciting activities.

Hundreds of Case Western Reserve alumni attended the university's dynamic Blue Block Party, which kicked off the campus-wide celebration at the newly opened Toby's Plaza. The festive momentum was then passed on to the School of Nursing, which welcomed its own alumni and friends with a number of special events.

One of the highlights was the THINK Forum. Then-Instructor Melissa Pinto, PhD, RN discussed her research on teenagers and depression. Dr. Pinto's ongoing study has recently drawn national attention for her use of virtual three-dimensional "avatars" to help young patients prepare for healthcare office visits and learn self-management skills. Her seminar also featured a panel discussion with healthcare professionals from around the city, followed by an audience question and answer period.

Alumni also participated in tours of the nursing school's Learning Resource Center and University Hospitals' Seidman Cancer Center. Later that evening, Dean Mary E. Kerr hosted the grand classes—graduates who are celebrating their 50th reunion or greater. Guests were treated to a special dinner in the dean's nearby Cleveland Heights home.

On Saturday, the School of Nursing hosted its annual Alumni Reunion Luncheon and Alumni Awards Program at the recently refurbished Tudor Arms Hotel near campus. Dean Kerr presented four FPB alumni with prestigious alumni awards. Geraldine McCarthy (NUR '90 and '94) was honored with the Distinguished Alumni Award and Susan M. Schneider (NUR '98) received the Award for Excellence. Rebecca Plotkin Eden (NUR '49) and Ruth Slocum Rosenau (NUR '59) shared the Alumni Association President's Award. (read their individual stories on page 28). The weekend closed with a generous gift of \$33,290 from the Class of 1977.

Look for stories of Homecoming 2013 in the next issue of Forefront.



- (1) Our expert panel on depression among teenagers during the Think Forum.
- (2) Dean Kerr offers a toast during the Grand Classes Dinner in her home.
- (3) Reminiscing among classmates
- (4) The final touch
- (5) Alumni gather during the Think Forum.

Alumni Association Honors 2012 Award Recipients

A favorite nurse educator, an international humanitarian, a top nurse scientist, and an Irish dean were honored by the Frances Payne Bolton School of Nursing Alumni Association last fall. Each year, the alumni association pays tribute to the accomplishments of its most noted alumni and friends with various accolades: President's Award, Award of Excellence and Distinguished Alumni Award.

The President's Award, shared in 2012 by education leader Rebecca Polkin Eden, RN, BSN'49 and advocate Ruth Slocum Rosenau, BSN '59, MN, RN—recognizes an outstanding alumni selected by the president of the Alumni Association and the Alumni Awards Committee for exceptional service to nursing or various unique efforts—often at the grass-roots level—which benefit nursing.

The Award for Excellence won by top researcher Susan M. Schneider, PhD '98, RN, AOCN, FAAN recognizes alumni who have demonstrated outstanding leadership and achievement in nursing, and has made significant contributions in nursing or related areas of healthcare.

The Distinguished Alumni Award is the highest honor given by the FPB Alumni Association to a graduate who has demonstrated continuous, outstanding, creative, and exemplary contributions to the discipline of nursing or to healthcare. The 2012 award was given to Geraldine McCarthy, PhD '94, MSN '90, RGN, RNT, DNT, founder of the Catherine McAuley School of Nursing and Midwifery at University College Cork, Ireland (UCC).



PRESIDENT'S AWARD

Rebecca Plotkin Eden, RN, BSN '49

Rebecca Plotkin Eden has devoted her life to family, service, and country. Mrs. Eden was a first lieutenant in the U.S. Army Nurse Corps during World War II, a leading Ohio nursing educator, and a widow and mother who raised four successful children as a single parent.

In 1943, Mrs. Eden graduated from Cleveland's St. Luke's Hospital School of Nursing and enlisted in the U.S. Army Nurse Corps from 1944 to 1946. Mrs. Eden then enrolled at the Frances Payne Bolton School of Nursing at Western Reserve University, earning a BSN degree in 1949. That year she also married Michael J. Eden, a former sergeant in the U.S. Army Air Force and Case Institute of Technology graduate. In 1959, Mrs. Eden's husband passed away from a service-connected disability.

Mrs. Eden taught at St. John's Hospital School of Nursing in Cleveland, as well as the Jane Addams School of Practical Nursing, where she spent 27 years—14 of them as its director.

In 1976, she was appointed to the Ohio Board of Nursing Education and Nurse Registration, serving as president from 1978 to 1980. Mrs. Eden has received a Veterans Affairs Commendation, was inducted into the Ohio Veterans Hall of Fame, and was presented with the Distinguished Alumna Award from St. Luke's Hospital School of Nursing.



PRESIDENT'S AWARD

Ruth Slocum Rosenau, BSN '59, MN, RN

Born in the Central African Republic, Ruth Slocum Rosenau came to the United States with her parents when she was seven years old. She spent the next 22 years earning her education, including a BA, BSN and later an MN combined with midwifery credentials, before returning to Central Africa with Baptist Mid-Missions.

Mrs. Rosenau spent 30 years training healthcare providers in the Central African Republic, developing basic healthcare textbooks. Returning to the United States in 1983, Mrs. Rosenau became faculty in the nursing program at Cedarville College (now Cedarville University) in Ohio. In March 1989, she married Bruce Rosenau, a widower whom she had known in Central Africa. By September, they were in Central Africa, working on a weekly radio Bible study and other ministries. Unfortunately, her husband succumbed to a heart condition and previously undiagnosed leukemia. He was buried in Africa in October of 1990.

Mrs. Rosenau resumed her work at CAR's Ippy Medical Center until 1996, when an army mutiny necessitated an evacuation by French and American military. She settled in Ethiopia in 1998 and taught nursing subjects and English to university-level students for the next twelve years. In 2010, her teaching career came to a close with a diagnosis of third-stage breast cancer, but she is currently cancer-free.



AWARD FOR EXCELLENCE

Susan M. Schneider, PhD '98, RN, AOCN, FAAN

Dr. Susan M. Schneider is an associate professor and the director of the Graduate Oncology Nursing Specialty at Duke University School of Nursing. She received her PhD in nursing from Case Western Reserve University, her MS from Texas Woman's University, and her BSN from the University of Akron. She is certified as a clinical nurse specialist in medical-surgical nursing and is an advanced oncology certified nurse.

Dr. Schneider previously taught in the oncology program at Frances Payne Bolton School of Nursing and was a clinical nurse specialist at University Hospitals. She is active in many nursing organizations, including Sigma Theta Tau International Honor Society of Nursing and the Oncology Nursing Society. She has served as director-at-large for the Oncology Nursing Society Board of Directors, and chairs the American Cancer Society Peer Review Committee on Scholarships and Professorships in Oncology Nursing. Dr. Schneider has received the Excellence in Cancer Nursing Research and Excellence in Cancer Nursing Education awards from the Oncology Nursing Society, and is distinguished as a Fellow in the American Academy of Nursing. Her current research includes a National Cancer Institute-funded study, "Effect of a Tailored Intervention Protocol for Oral Chemotherapy Adherence."

Dr. Schneider lives in Chapel Hill, NC with her husband Kevin. They have been married for 31 years and have two adult children.



DISTINGUISHED ALUMNI

Geraldine McCarthy, PhD '94, MSN '90, RGN, RNT, DNT

Dr. Geraldine McCarthy is professor emerita and founder of the Catherine McAuley School of Nursing and Midwifery at University College Cork, Ireland (UCC). She led the school's development from its establishment in 1994 to date. She has served as acting head of the College of Medicine and Health at UCC, where she provided strategic leadership in research and educational programs in medicine, dentistry, therapies, pharmacy, nursing, and midwifery.

She received a MEd from Trinity College in Dublin and her MSN and PhD degrees in nursing from Case Western Reserve University. A member of Health Information and Quality Authority (HIQA), she has also been a member of many Irish national and European committees, including the Task Force on Undergraduate Medical Education, Commission on Nursing, and Nurse Education Forum. She has held nursing positions in the UK, USA, and Canada. Her research interests include those associated with management and chronic disease and self-care.

classNOTES

1960s

Elizabeth Pitorak (NUR '64)

was featured in northern Ohio's *The News-Herald* for spearheading the creation of Hospice of Western Reserve and was honored as the 1996 winner of the Frances Payne Bolton School of Nursing's Award for Excellence. Her steadfast efforts began in 1978. As director of that organization's Hospice Institute, she has helped Hospice of the Western Reserve become the fourth largest not-for-profit organization, caring for about 1,250 patients, in the U.S. via an annual budget of over \$100 million.



Mary Petti (NUR '68) and her husband Ted (MED '68) continue to live in Central N.J. where she teaches psychology and student success classes as an adjunct at Middlesex County College. They enjoy being close to New York City and all it has to offer; but, their son lives in Louisville, Ky., with his family including two grandsons who attend elementary school.

2000s

Joseph M. Filakovsky (NUR '07) began a new role as a clinical data specialist with the Cardiovascular Performance Management group at the Yale-New Haven Health System in New Haven, Conn.

Myra Martz Huth (NUR '02), president of the Society of Pediatric Nurses, joined Alverno College's JoAnn McGrath School of



Nursing in Wisconsin as an associate professor. She is responsible for the further integration of pediatrics across the curriculum and the teaching of research in the graduate program. With more than 35 years of pediatric nursing, consulting, research, and teaching experience, she hopes to have a formative impact on nurses' views and practice in the health care arena.



Eric McNaughton (NUR '09) joined the Northern Maine Medical Center's anesthesia team as a CRNA.

Amidst earning his MSN degree at the Frances Payne Bolton School of Nursing, he served as clinical faculty for BSN students. He and his wife participated in several foreign medical missions and will continue work as a nurse anesthetist. An avid bicyclist, he competed in two Olympic distance triathlons and an Iron Man competition.

Lesley B. Rathbun (NUR '04), owner and director of Charleston Birth Place in South Carolina, was featured in the online edition of *Time* magazine, where she promoted the midwife wellness-based model of care.

Bette K. Idemoto (NUR '05)

a cardiothoracic clinical nurse specialist at University Hospitals Case Medical Center in Cleveland, Ohio, wrote a NetWellness column for cleveland.com. There she explains the association of diabetes and heart disease.



Husain Ali Nasaif (NUR '07 '10)



is serving as a nursing lecturer in the Royal College of Surgeons in Ireland-Medical University of

Bahrain in Adilya, Bahrain. He was recently honored with the Dean's Award for Innovation in Teaching and Education and has also been appointed as a member of the review board of the journal *B*.

2010s

Ronnie Ursin (NUR '11) was promoted to senior director of Nursing Resources, Nursing Excellence and Professional Practice at



Providence Hospital in Washington, D.C. In this role, he participates in strategic planning, capital budgeting, performance improvement, staffing, regulatory compliance, and human resources initiatives.

Nicola Victoria Hawkinson (NUR '10) was appointed to the Enterprising Women Advisory Board at *Enterprising Women* magazine. She is founder and CEO of New York City-based SpineSearch, a full-service recruitment, education and consulting company dedicated to orthopedic spine surgeons, neurosurgeons, and pain management physicians.

TELL US ABOUT IT

Have you recently married, changed careers, received an award, had a baby or have other news to share? Tell us your story at nursing.case.edu/classnotes or send notes to fpbmarketing@case.edu or to *ForeFront*, Frances Payne Bolton School of Nursing, Case Western Reserve University, 10900 Euclid Ave., Cleveland, OH 44106-4904.

FIVE FPB ALUMNI INDUCTED AS 2012 AAN FELLOWS

The Frances Payne Bolton School of Nursing's legacy of producing the world's top nursing leaders continues as **five of its alumni were inducted as Fellows of the American Academy of Nursing** in October 2012. There are now more than 120 AAN Fellows affiliated with Case Western Reserve, including 12 AAN Living Legends - the most of any nursing school.

Ruth McCaffrey, DNP (NUR '01) is a Sharon Raddock Distinguished Professor in Holistic Nursing at the Florida Atlantic University.

Kris McLoughlin, DNP (NUR '06) is an assistant adjunct professor at UCLA School of Nursing, director of Nursing Education, Performance Improvement & Research at UCLA-Neuropsychiatric Hospital, and owner of Kris McLoughlin Consulting.

Carol Porter, DNP (NUR '09) is the chief nursing officer and senior vice president of nursing at New York's Mount Sinai Hospital and Edgar M. Cullman Senior Chair of the Department of Nursing at Mount Sinai School of Medicine.

Thomas D. Smith, DNP (NUR '10) is the senior vice president and chief nursing officer at Maimonides Medical Center in Brooklyn, NY.

Pamela Salsberry, PhD (NUR '75) is a professor and the director of the PhD program at The Ohio State University College of Nursing.

FPB ON THE ROAD

Traveling to a nursing conference this fall? Look for the Frances Payne Bolton School of Nursing booth in the exhibition hall. Pick up your free FPB alumni badge ribbon and get the latest news from one of the best nursing schools in the nation.

October 2013

- 11-13 Ohio Nurses Association Convention (Columbus, Ohio)
- 21-23 Air Medical Transport Conference (Virginia Beach, Va.)
- 24-26 OAAPN Ohio Association of Advanced Practice Nurses (Columbus, Ohio)

November 2013

- 7-10 NSNA Mid-Year Annual Conference (Louisville, Ky.)
- 16-20 Sigma Theta Tau Conference (Indianapolis, Ind.)

NEW ALUMNI BOARD MEMBERS ANNOUNCED

The Frances Payne Bolton School of Nursing Alumni Association Board of Directors is pleased to announce the following new directors elected for a term ending June 2016:

LaTina M. Brooks, PhD (BSN'95, MSN'98, PhD'02)
Cleveland, Ohio

Paula Cannavino Forsythe (BSN'64, MSN'82)
Cleveland, Ohio

Julia Rose Golden (BSN'09)
Cleveland, Ohio

Christine A. Hudak, PhD (BSN'74)
Cleveland, Ohio

Helen M. Hurst, DNP (MSN'99, DNP'08)
Broussard, La.

Christina Kalisz, DNP (DNP'12)
Flint, Mich.

Jake A. Kenney (BSN'11)
Cleveland, Ohio

Tiffany A. Love, PhD (MSN'05, PhD'11)
Muskogee, Okla.

Cheryl E. McRae-Bergeron, DNP (ND'94)
Blairsville, Ga.

Marian Nowak, DNP (DNP'13)
Sicklerville, N.J.

Laura J. Nosek, PhD (BSN'61, MSN'81, PhD'86)
Auburn Township, Ohio

Ruth A. O'Brien, PhD (MSN'66)
Aurora, Colo.

George Byron Smith, DNP (DNP'12)
Tampa, Fla.

The Alumni Association also thanks the following directors whose terms ended in June 2013 for their service and dedication:

Jean Aertker, DNP (DNP'08),

Ann Jenkins Farmer (BS'63, MSN'81),

Barbara A. Flowerman (BSN'63),

Patricia A. Marin, DNP (MSN'97, DNP'09),

Deborah Pajer Rorick (BSN'80, MSN'89),

Heather Schober (BSN'96), and

Scott R. Ziehm, DNP (ND'87).



SHOW YOUR SPIRIT

Make a gift to the Annual Fund.

To give an online gift, go to giving.case.edu, or call Vicki Stouffer, associate dean of development and alumni affairs, at 216-368-6531.



ALUMNA ELECTED AS PRESIDENT OF INTERNATIONAL COUNCIL OF NURSES

Judith Shamian, PhD (GRS '88) was elected as the 27th president of the International Council of Nurses (ICN) during its Quadrennial Congress in Melbourne, Australia. The first FPB alumna to hold this position, Shamian is the former president and CEO of the Victorian Order of Nurses (VON) and past president of the Canadian Nurses Association (CNA).

events&CELEBRATIONS

GIVING THANKS

Each year, alumni and friends provide more than \$300,000 in contributions for the Frances Payne Bolton School of Nursing Annual Fund to support scholarships and more to the school. The school invites its most dedicated contributors to a special Thanksgiving dinner, hosted by Dean Mary Kerr. Last fall, friends and alumni gathered at the Shaker Country Club.



- (1) Dean Kerr shares a private moment with long-time FPB supporter and alumna Louise Fletcher.
- (2) Visiting Committee member Paul Brentlinger chats with Nancy Gorenshek (NUR'65, '69).
- (3) BSN student Kathleen Brennan thanks the crowd for their gifts to the FPB annual fund which support scholarships.
- (4) Michael Shaughnessy, husband of alumna Marian Kilker Shaughnessy (NUR'85), enjoys the dinner conversation with fellow guests.
- (5) Karen Wainwright Hogan (NUR'83), Mark Rorick (MED'85), and Debbie Pajer Rorick (NUR'80, 89)



A PINNING FOR YOUR THOUGHTS

One of the most time-honored traditions at the Frances Payne Bolton School of Nursing is the pinning ceremony. Last December, friends, family and faculty gathered to welcome these new graduates into the nursing profession.



1



2



3



4



5

- (1) New graduates share memories from their first days at FPB at the post-pinning reception
- (2) Dean Mary Kerr (right) shares a quiet laugh with guest speaker Carol A. Roe (NUR'79), director of compliance & risk management, Centers of Dialysis Care.
- (3) The soon-to-be alumni line up to receive their pins, (4) while families get ready to capture their walk down the aisle.
- (5) Pinning traditions

inMEMORIAM

Ethel Frances Thomas Murphy (NUR '36, '39), age 98, of Blue Bell, Pa., died on Jan. 4, 2013. After she received her BSN from Western Reserve University in 1939, Murphy worked as a nurse at Pennsylvania Hospital in Philadelphia. She later became a nurse in the Abington Township schools until her retirement.



Marion Elizabeth Myers Snowden Buckmaster (NUR '44), age 93, of Alliance, Ohio, died on Feb. 3, 2013. After earning

her master's in nursing and nursing education from Case Western Reserve University, Buckmaster served as a registered nurse at Alliance Community Hospital and later became a teacher at Washington Elementary School. She was also a member of the Alliance Chapter of Eastern Star, the Order of the Amaranth, Kadish Court and Ladies Oriental Shrine of North America.

Patricia Quigley Breitenbach (NUR '45), age 88, of Chagrin Falls, Ohio, died on Sep. 24, 2012.



Frances M. Garver (NUR '45), age 90, of Cleveland Heights, Ohio, died on Nov. 4, 2012. After serving as a lieutenant in the Army

Nurse Corps, Garver joined University Hospitals in 1947 as a nurse. She retired as the nursing supervisor in 1986. In retirement, she was heavily involved in the Daughters of the American Revolution, Shaker Heights chapter and the Little Gardens Club.

Georgianna M. Henderson (NUR '46), age 87, of Norton, Mass., died on Mar. 2, 2013. Henderson was a registered nurse with LTV Steel in Cleveland, Ohio until her retirement.



Nancy Carnegie Merrill (NUR '48), age 89, of Exeter, N.H., died on Oct. 22, 2012. After concluding her nursing career in

1952, Merrill became reference librarian and then the director of collections at the Exeter Historical Society for 25 years. In 2005, the Exeter Historical Society created its annual Nancy Carnegie Merrill Award to encourage local junior and high school students to honor Merrill's career by submitting essays related to Exeter's 375-year history and the town's communal past.

Carolynn Ducro Johnson (NUR '52), age 83, of Ashtabula, Ohio, died on Mar. 17, 2013. Johnson served as a nurse at University Hospitals' MacDonald House, Ashtabula General Hospital, the Palo Alto Clinic in California, and Geneva Area City Schools in Ohio. Despite battling Parkinson's, she was engaged in many volunteer activities, including advisory nurse positions for state and national organizations.



Ollie Lee McMillan Mason (NUR '53), age 107, of Dallas, Texas, died on Jan. 30, 2013. In 1937, Mason became the first African-

American nurse at Parkland Health & Hospital System in Dallas. After earning her bachelor's degree in nursing from FPB in 1953, Mason served the Dallas

community and later joined the Peace Corps in Mauritius in 1972. Upon her return, she continued her work as a nurse until her retirement at the age of 84.

Bettie Sue Phillips Jackson (NUR '56), age 79, of Homewood, Ala., died on Mar. 4, 2013. Jackson's lifelong philosophy of always serving others brought her to serve in many hospitals across the U.S. She was the director of nursing education at Brookwood Medical Center in Birmingham, Ala. and coordinator of clinical trials at University of Alabama-Birmingham.

MaryAnn Mendenhall Allaire (NUR '63), age 72, of Tuolumne, Calif., died on Dec. 27, 2012. Allaire was dedicated to her career in critical care nursing and teaching.

Mary Eileen Barrett (NUR '68), age 91, of Roxboro, Canada, died on Nov. 2, 2012. A pioneer in the field of nursing, Barrett joined the staff at Montreal's Jewish General Hospital in 1946 as an operating room nurse for 10 years. She later returned to serve as the hospital's Director of Nursing Education and then as Director of Nursing from 1976 until her retirement in 1986.



Connie Lautzenheiser Pinkley (NUR '82), age 55, of Highland Heights, Ohio, died on Nov. 24, 2012. Pinkley began her 30-year career at

University Hospitals in Medical Intensive Care and later worked in IT with medical informatics. She touched the lives of many by lending a helping hand and other acts of compassion and kindness.

FRIENDS AND FACULTY



Margaret A. Wheatley

Dedicated Nurse, Educator, and Advocate

Margaret A. Wheatley, PhD '09, MSN, RN, CNS, assistant professor of nursing at Case Western Reserve University passed away March 24, 2013. A mental health-psychiatric nurse for over 30 years, she dedicated her career as a nurse, educator and advocate to serving vulnerable populations, especially the elderly.

With mental health and the aging population as her focus, Wheatley served as the project director on two nursing studies funded by the National Institutes of Health. The first study focused on low intensity exercise in the frail elderly; the second examined brain trauma and behavioral changes in children.

Besides her teaching responsibilities, Wheatley served as president of the Ohio Nurses Association (ONA) from 1993 to 1997. During the time, she was one of 10 nurses who met individually with then-President Bill Clinton. She was the founding Chair of the ONA Minority Issues Assembly — the largest ONA special interest group. In 1996, the American Nurses Association selected ONA under her leadership to receive its Affirmative Action Award. She also received ONA's Dorothy L. Cornelius Award for Leadership and was named Educator of the Year by the National Black Nurses Association.

She was also an active member in the American Nurses Association, the National Black Nurses Association, Sigma Theta Tau International, the American Psychiatric Nurses Association, the Midwest Nursing Research Society, and the Gerontological Society of America.



Diane Ferris

Diane Ferris, age 70, of Seven Hills, Ohio, died on Oct. 22, 2012. Ferris was a dedicated employee of Case Western Reserve University for more than 40 years, with much of that time spent as a department administrator in the University Center on Aging and Health. She retired from FPB to care for her husband, Joe, who preceded her in death.

Miriam Loney

Miriam "Molly" Loney (NUR '70, '88), age 66, of Mayfield Heights, Ohio, died on Jan. 22, 2013. A nurse since 1970, Loney was the former president of the Cleveland Chapter of the Oncology Nursing Society and a longtime oncology nurse. At the FPB, she taught a Death, Dying, and Bereavement course, was a dedicated Alumni Board member, and served as a reunion class representative.

Antoinette T. Ragucci

Antoinette T. Ragucci, age 90, of Malden, Mass., died on Oct. 30, 2012. From 1971 to 1984, Ragucci was FPB's Associate Professor Emerita of Medical-Surgical Nursing and also served as a former cadet nurse during World War II. One of her passions was the application of nursing and medical practices in different cultures, causing her to travel to Peru to help establish a clinic in Arequipa. After teaching at Boston College for 12 years, she completed her career at Case Western Reserve University.

This memorial section lists deceased alumni and friends of the Frances Payne Bolton School of Nursing for whom death notices were received between October 1, 2012 and March 31, 2013.

WAR AND PEACE: *A Nurse's Calling*

BY SUSAN GRIFFITH



"I was raised as a Jehovah's Witness. So I never said the *Pledge of Allegiance* or knew the words to *The Star-Spangled Banner*, but I wanted to be an Army nurse," said Paula Simpson, a 16-year Army reservist and Frances Payne Bolton School of Nursing undergraduate student. "I felt a calling."

From Brunswick, Ohio Simpson joined the Reserves in 1997 after becoming a licensed practical nurse. She was first called to serve when the Iraq war began in 2003. She was part of the backup medical unit in case the purported weapons of mass destruction took out the first medical unit. Her unit was trained and ready, but never deployed. The same happened in 2004, but she earned an associate degree of science while stationed in Oklahoma.

In 2009 she began undergraduate work at Case Western Reserve when she returned to Cleveland. Four semesters into the program, the call to serve in Iraq finally came.

Simpson ran the combat support hospital with the chief nurse on the forward operating base in Mosul that treated both friend and enemy alike. She also trained the Kurdish and Iraqi army and police on how to handle emergency medical issues.

Her work was done under mortar fire, in sandstorms combined with rain that dropped orange mud on just about

everything she tried to keep sterile. And it was done in temperatures that often reached triple digits.

"A slight breeze felt like sandpaper grinding across the skin," she recalled.

Although operations were winding down for the Americans, Simpson said this period was the deadliest in Iraq since the surge. She was there during the "Day of Rage" that gave rise to the Arab Spring. She recalled the mortars never stopped. Heavy fire often began about 2 a.m. to disrupt sleep of soldiers already combat weary, she remembered.

The nursing school faculty welcomed the returning veteran back to class in January 2011. They offered her the nurturing she needed to complete her final semesters. Simpson, who suffers from PTSD, said their warmth helped her through some hard times as she transitioned from the "fight or flight" mode of combat to civilian life.

Simpson was deployed once more before completing her BSN. This summer she deployed on a humanitarian mission to Panama with her Army Reserve unit to conduct wellness checks on mothers and children and screen for various health problems.

While in Panama, Simpson won *Cleveland Magazine's* Next Generation of Faces of Care Award in spring 2013. +



Make a smart investment.

\$25,000 One-Life Immediate Charitable Gift Annuity

Minimum contribution amount \$5,000

AGE	ANNUAL INCOME	ANNUITY RATE	INCOME-TAX DEDUCTION
60	\$1,100	4.4%	\$7,272
65	\$1,175	4.7%	\$8,724
70	\$1,275	5.1%	\$10,248
75	\$1,450	5.8%	\$11,443
80	\$1,700	6.8%	\$12,551
85	\$1,950	7.8%	\$14,150

As of October 2013

To start a confidential conversation about how a CGA is good for you and good for us, contact us at 1.800.825.2540 ext. 6324.

cwru.edu/cga



FRANCES PAYNE BOLTON
SCHOOL OF NURSING

CASE WESTERN RESERVE
UNIVERSITY



FRANCES PAYNE BOLTON
SCHOOL OF NURSING

CASE WESTERN RESERVE
UNIVERSITY

10900 Euclid Avenue
Cleveland, Ohio 44106-4904
ADDRESS SERVICE REQUESTED



UMC-2709_2013



Setting the standard in nursing research and education

Ranked first in Ohio and 15th in the nation by *U.S. News and World Report*, the Frances Payne Bolton School of Nursing has a history of innovative firsts, including establishing the nation's first

- Practice doctorate in nursing
- Acute care nurse practitioner program
- Advanced practice flight nursing program

Learn more at nursing.case.edu.