

M I Z Z O U

# Nursing

SPRING 2002 & UNIVERSITY OF MISSOURI-COLUMBIA

## Student Leaders Exhibit Excellence

There's a new group of distinguished alumni in the works, judging from what's happening in the ranks of the MU Sinclair School of Nursing's student body. Whether they're working within the school itself, on campuswide causes or in the larger community, today's student leaders exhibit excellence in both personal and professional pursuits.

Although they are a diverse group who have come to nursing via many paths, the student leaders at the Sinclair School of Nursing have several common traits: a true dedication to their future profession, an honest desire to improve the lives of others and a motivation that keeps them moving toward their goals. They share that dedication, along with a contagious sense of enthusiasm and optimism, through a variety of activities that serve to make the school a stronger and more vital institution on the MU campus and in the broader community.

They also agree that their work outside the classroom has given them a host of important skills that will serve them well in the nursing profession. And they all see the role of nurses as special in their ability to comfort, communicate and touch patient's lives.

Dean Rose Porter is understandably proud of the students' accomplishments and recognizes the importance of the values they exhibit. "Whatever their passion is, the students who get involved have a very positive experience," she says. "The skills they develop now—good listening, the ability to compromise, good observation, team-building—will go with them into their careers, communities and families. They will apply these skills throughout their lives."



## A MESSAGE FROM THE DEAN

### DEAR ALUMNI AND FRIENDS,

**L**eadership is a trait that is needed in every profession, and it is vital to every organization. It is the act of taking on the demands of inspiring and motivating, of seeing a project through to completion, of coordinating the efforts of members, staff or volunteers—all the while commanding the respect, and earning the trust, of those with whom you work.

Leadership is an acquired skill, honed by practice and only valuable when used. It is one of those tools we must call upon repeatedly in our lifetime. It is also something we strive to instill in our nursing students, and we take great pride in acknowledging their acquisition of this trait.

At the MU Sinclair School of Nursing, our faculty are leaders in their fields. Through their academic pursuits, research and practice, they set an example every day for our students in what leadership truly means. From the University to the community, from the nursing profession to their private pursuits, our faculty lead by example.

It is no wonder then, that our students represent us so well across the campus and the in community; in clubs and organizations, on committees and athletic teams. No longer is there a stereotypical nurse, and as such our student leadership now reaches from male cheerleaders to scholarship gymnasts, from older students to a wide array of international students—all with interests as varied as they are. Theirs is the new face of nursing. In them we see well-rounded students, campus and community leaders, and volunteers who are making a difference. Our students constantly amaze us with their time commitments, their dedication and their pursuit of excellence!

In this issue on Student Leadership we have highlighted a cross section of our nursing student body. If their accomplishments, accolades and awards are any indication, we can all rest assured that the nursing profession is in the capable hands of some fine leaders in the future.

Take a few minutes and read about their involvement, their dedication and their drive to excel as leaders, and I think you, too, will applaud them as I do.

With warm regards,

A handwritten signature in cursive script that reads "Rosemary T. Porter".

Rosemary T. Porter, PhD, RN

Dean, MU Sinclair School of Nursing

University of Missouri-Columbia

## NEWS BRIEFS

## MU SINCLAIR SCHOOL OF NURSING TAPS NEW DEVELOPMENT OFFICER



*Duane Larson*

**Duane Larson** has been selected as the development officer for the MU Sinclair School of Nursing.

He joined the school in November and is responsible for the full range of fund-raising activities including identification, cultivation and solicitation of individuals capable of making major gifts to the school. He brings to the position a wealth of experience in fund raising, planned giving and capital campaigns. His most recent position was director of development for the Masonic Home of Missouri. Prior to that time, his ministerial duties actively involved him in many forms of fund raising and development.

A graduate of Oklahoma Wesleyan University with a bachelor of science, he earned a master's at the Divinity School at Duke University and is an ordained United Methodist minister.

Says Dean Rose Porter, "We are delighted to welcome Mr. Larson to our staff. Although we have experienced our most successful grant funding in the school's history, we are also experiencing greater needs for student scholarships, an increase in research needs for equipment and small grants, faculty endowments, and technological advancements for educating students. As we go forward with our plan, Mr. Larson's expertise will enable us to enhance these

areas. We are blessed with a very strong alumni base from our school, but are looking to expand our base of supporters who believe in the mission of the school to continue to provide dedicated, quality nurses in this age of ever increasing demand and to further research, especially in the area of gerontology."

## MUNURSING STUDENT RECEIVES AWARD FROM MISSOURI NURSES ASSOCIATION

**Wilma Avniel**, a sixth semester undergraduate nursing student is the inaugural recipient of the Missouri Nurses Association Foundation's Scholarship Award.

The Columbia resident, originally from Hailey, Idaho, was selected from applicants across the state to receive the association's new scholarship at its convention in October in Branson.

Avniel, 36, has returned to college and brings her life experiences and a broader understanding and tolerance of others to her career. While working a 20-hour week in a research assistant position, she still attends school full time and carries an ambitious 17-hour class load. Says Belinda Heimericks, executive director of the Missouri Nurses Association, "Wilma is a delightful person and very deserving of the scholarship. We believe she will make many contributions to the nursing profession."

The award is designed to help a deserving undergraduate nursing student who has demonstrated both need and proficiency to continue his or her education.

Dean Rose Porter says, "Even before learning of Wilma's selection, we knew of her exceptional bedside manner from

letters received from her patients at Boone Hospital Center. They extol her patience, caring and professionalism that we seek to instill in our students. Some, like Wilma, just seem to come by that naturally. She will make a fine nurse, and we applaud her award and recent recognition."

## TIGER PLACE RETIREMENT COMMUNITY TO BECOME A REALITY BY 2003



*Architect drawing of Tiger Place.*

Administrators, faculty, staff, political dignitaries and friends of the MU and Americare Systems Inc. convened on Oct. 29 for a groundbreaking ceremony to mark the official kickoff of Tiger Place Retirement Community. The 60-unit facility will have a mix of one- and two-bedroom apartments with kitchenette and full baths and will be located just west of Highway 63 off AC Highway. It is expected to open in the spring of 2003, and there are plans to add an additional 60 units in the future.

Tiger Place Retirement Community, a multidisciplinary project, will offer a new model of care called "aging in place." The MU Sinclair School of Nursing has been selected as one of the state's official Aging in Place designees. This official announcement was made by Lt. Gov. Joe Maxwell at a news conference in August. Aging in Place refers to a new model for long-term care in which residents are offered an array of services in one setting, allowing them to "age in place." Current health-care



*Marilyn Rantz professor and director of Tiger Place and Rep. Tim Harlan participate in news conference designating Tiger Place as an Aging in Place state pilot project.*

facilities licensed by the state and federal governments require residents to move from one setting to another as their health-care needs increase. With the new state designation, at Tiger Place, residents will enjoy a gracious, supportive living environment including restaurant-style dining, housekeeping and a full social calendar of activities and events. In addition, each resident will be assessed regularly to determine what, if any, health services are necessary – and will receive those ser-

vices in the privacy of his or her own apartment. Marilyn Rantz, professor, has been named director of Tiger Place, and Donna Otto, clinical instructor, is project coordinator.

Tiger Place will be built and operated by Americare Systems Inc. of Sikeston, Mo., a leader in elder-care services. Americare operates more than 60 assisted living and skilled nursing facilities throughout the region. University Nurses Senior Care, a department within the MU Sinclair School of

Nursing and a licensed home-health agency, will provide a wellness center in the facility, including health-promotion activities, exercise and health classes, as well as ongoing assessment of resident needs. University Nurses Senior Care has been providing home services to Columbia's elderly citizens since 1999 and has served more than 400 clients, reports Karen Marek, executive director and professor of clinical nursing.

The School of Nursing is recognized as a leader in the field of Gerontology. Tiger Place is positioned to take that reputation and knowledge of aging to a new level. This project will involve many MU divisions in creating a setting designed to support aging with dignity and to provide an environment designed for the 21st century. These include athletics, business, engineering, human environmental sciences, medicine and veterinary medicine. Nursing researchers, for example, collaborate with colleagues in veterinary medicine in studying the benefits of the human-animal bond. Tiger Place will be a center for students, scholars, policy makers and entrepreneurs to research the new aging in place model in elder care.

### **PILOT PROGRAM PUTS NEEDED NURSES IN COLUMBIA PUBLIC SCHOOLS**

Faced with prohibitive budgets and ever growing enrollments, school systems today often must share school health nurses or increase the caseload of the nurse on staff. But this fall the Columbia Public School system and the MU Sinclair School of Nursing teamed up to supply two additional school health nurses in an innovative program that will benefit students and community alike.

NEWS BRIEFS

The pilot program of School Nurse Fellows is designed to put professional nurses into the school system while allowing nurses to complete their master's degree with a specialty in school health nursing. The program, modeled after the College of Education's Teaching Fellowship program, is a win-win proposition for both the Columbia Public Schools and MU graduate nursing students. But the real winners are the children.

Says Dean Rose Porter, "Unless our children are healthy, they cannot learn and achieve their maximum potential. Having a master's prepared school nurse in every school would go a long way toward achieving this goal. We are thrilled to be partnering with the Columbia Public Schools to help achieve this end." Kay Libbus, professor, and Linda Bullock, assistant professor, have been instrumental in developing a master's of public health nursing with a school health specialty. This program, offered totally online, has been well-received by practicing school nurses in Missouri and nationally.

Integral to the implementation of the program has been Darlene Huff, BSN '65, MS(N) '79, coordinator of health services for Columbia Public Schools.

Huff emphasizes that societal changes have had a significant impact on schools. "Changes in family dynamics have put children and youth at risk, and revisions to health-care delivery systems make access to care an issue," says Huff. "In addition, federal laws entitle students with disabilities to attend public schools, and major advances in technology enable students with chronic diseases to function and participate in school programs, and we must keep pace with those needs."

Huff explains, "Registered professional school nurses have a unique role

in collaborating with students and their families, school staff and the community to contribute to the optimal health status of students and their educational success. The importance of providing quality health services to children in schools is widely accepted as a necessity to improve their health and consequently, their academic achievement."

To fund the program, the school system provides a \$12,000 stipend for each participating master's candidate nursing student, who is actually employed by the University, while the University who waives the student's tuition. The student is able to obtain the practicum experience in his or her area of expertise, while the schools benefit from fully degreed nurses who are working on their advanced specialty degrees.

Health Publications. *The American Journal of Nursing* is the official publication of the American Nurses Association.

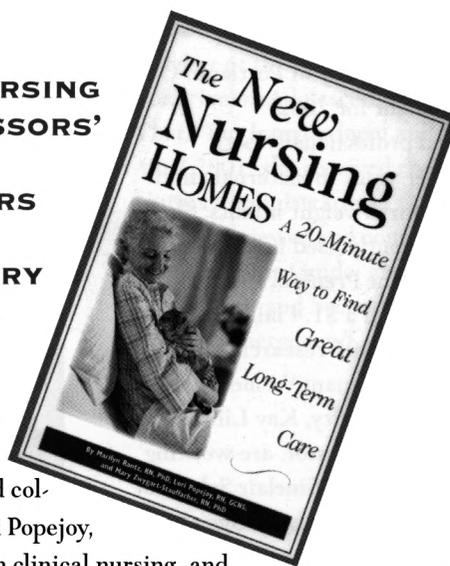
The team has earned recognition before for its collaborations. Among them, the authors have more than 30 years of experience in researching and improving nursing home care. Their book *Outcome-Based Quality Improvement for Long-Term Care* won an AJN award in the Quality Improvement/Risk Management category in 1998.

*The New Nursing Homes* is available in bookstores nationwide, from online bookstores or by calling Fairview Press toll free at 1-800-544-8207.

**MU NURSING PROFESSORS' BOOK GARNERS MAJOR LITERARY AWARD**

Marilyn Rantz, professor of nursing, and colleagues Lori Popejoy, instructor in clinical nursing, and Mary Zwygart-Stauffacher, a faculty member at the University of Wisconsin-Eau Claire, have co-written the winner of one of this year's *American Journal of Nursing's* Book of the Year awards.

Their book, *The New Nursing Homes: A 20-Minute Way to find Great Long-Term Care*, was selected as the AJN's Book of the Year for Consumer



## Nursing Alumni Award Recipients Selected for 2002



*Mary Ann Curry*

Receiving MU Nursing Alumni Awards at the 12th annual nursing banquet on May 2, 2002, will be **Mary Ann Curry**, BSN '64, DCSc, FAAN, Citation of Merit Award; **Darlene Huff**, BSN '65, MS(N) '79, Alumna of the Year Award; and **Sarah Willson**, BSN '96, Alumni Achievement Award. Also being honored that evening with excellence and achievement recognition will be School of Nursing students, faculty and staff. Special recognition will be presented to a Friend of the School, and an Interdisciplinary Award will be given to a faculty member not in the School of Nursing.

The Citation of Merit is a campuswide award and is presented to a nursing alumnus who has demonstrated outstanding achievement and made a substantial contribution to the nursing profession through the lifetime of his or her career. The MU Nursing Alumni Organization board of directors is proud to name **Mary Ann Curry** of Portland, Ore., as the Citation of Merit Award recipient for 2002.

**Mary Ann Curry** is recognized professionally both nationally and internationally for her work in maternal child health, particularly preventing low birthweight infants. She is responsible for the creation of a frequently used instrument in nursing and health-related research, The Prenatal Psychosocial Profile Instrument. She recently received a \$1.4 million National Institute of Nursing Research R01 research study: Nursing Case Management of Abused Pregnant Women. Two members of the MU School of Nursing faculty, Kay Libbus, professor, and Linda Bullock, assistant professor, are working with her on this research study, and the MU Sinclair School of Nursing has been designated a second site for this project with the Oregon Health Sciences University being the primary site. Curry has completed, as investigator or co-investigator, at least 14 research projects in the area of prenatal/infant care, which contribute invaluable to this body of knowledge.

Following graduation from MU, Curry worked as a staff nurse at North Kansas City Memorial Hospital, as an operating room staff nurse in Oakland, Calif., and as a staff nurse in labor, delivery and postpartum in Santa Cruz, Calif., and San Francisco. In 1976 she received a master of science degree and in 1979, she received a doctor of nursing science degree from the University of California in San Francisco. From 1979 to 1999, she was program director of the Women's Health Care

Nurse Practitioner Program. She also was associate professor at the School of Nursing at Oregon Health Sciences University in Portland from 1979 to 1986, at which time she was named professor. From 1998 to 2000, she held the Grace Phelps Endowed Distinguished Professorship, and in 2001, she was named professor emeritus. She was on the editorial board of *the American Journal of Maternal Child Nursing* from 1981 to 1986 and is currently affiliated faculty at the Graduate School of Social Work at Portland State University.

She is a member of several professional organizations and has actively participated in the American Nurses Association; the American Academy of Nursing, currently as a member of the Violence and Abuse Expert Panel; Sigma Theta Tau International; American Public Health Association; and the Nursing Network on Violence Against Women International. She has received many honors and awards including the 2001 Award for Excellence in Research: Nursing Network Violence Against Women International. Her presentations are numerous both nationally and internationally. She has more than 35 publications in books and journals. She chaired 47 master's theses and projects and six doctoral dissertations, and sponsored five postdoctoral fellows. In addition to her academic activities, she is active in her community and is currently serving on the executive committee of the Multnomah County Family Violence Coordinating Council and for the past 10 years has been a member of the Governor's Medicaid Advisory Board.

## Alumni Achievement Award



*Sarah Willson*

Selected to receive the 2002 Alumni Achievement Award is **Sarah Willson**, BSN '96. This award recognizes significant accomplishment in nursing during the first five years post degree, BSN, MS(N) or PhD. Willson is assistant manager of Women's Services/Newborn Nursery, at University Hospital. She is responsible for staffing and management of the department as well as providing educational programs for staff and patients. She has been instrumental in developing and presenting programs such as Bootcamp for New Dads and the Babyfaces, an online posting of newborn photos. In addition to her administrative responsibilities, she was awarded a \$40,000 grant in 2000 from the Missouri Children's Trust Fund to study the impact of infant massage and breast-feeding on prevention

of child abuse. Last year, study evaluations and outcomes were so positive that the funding was extended and her work is ongoing. She is seeking additional funding to continue her research in this area. She has served as a preceptor for nursing students in providing an educational model for a research-based nursing project.

During the past five years, Willson has been a nursing assistant, a teaching assistant and staff nurse in labor and delivery at University Hospital and at St. Mary's Health Center in Jefferson City, Mo. The alumni board considered her accomplishments so noteworthy and outstanding that it extended the eligibility for this award.

Willson's supervisor states, "In the short time Sarah has been a registered nurse, she has demonstrated a caring attitude for her patients, staff and co-workers. She is a hard worker, dedicated to nursing and all that it stands for. With young nurses like Sarah, the profession is truly in good hands."

Another colleague writes, "I feel that Sarah embodies all of the personal and professional traits of a clinically competent, family-centered and goal-driven individual who strives for only the very best outcomes for the entire new family unit. She is definitely a key nursing leader who will help us advance the profession into the 21st century."

## Alumnus of the Year Award



**Darlene Huff**, BSN '65, MS(N) '79, has been selected to receive the 2002 Alumnus of the Year Award. She has been a school nurse for more than 20 years and has been coordinator of health services for the Columbia Public Schools since 1990. She is a leading force in school nursing in Columbia and the state. Huff successfully coordinated and expanded clinical school nursing practice for the Columbia Public School district, which is composed of 16,000 students in 27 buildings.

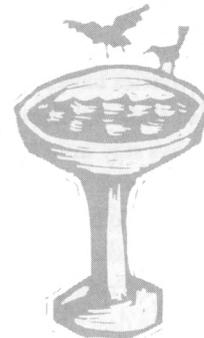
She established a process for collecting and assessing pertinent data to plan, implement and evaluate students' health needs and outcomes. She initiated the process for the integrated computerization of student health concerns, immunizations and screening exams, management of illnesses and injuries, and links to Web sites for health information. She developed a state and local mentor program for school nurses.

The MU Sinclair School of Nursing recently implemented a

school health specialty track within the public health nursing master's program. This program aims to develop school nurses to be leaders of a comprehensive school health program in their school districts. Huff serves on the school's Public Health Nursing Advisory Board and has been instrumental in ensuring success of the program, leading to national recognition.

Huff collaborated with the School of Nursing to provide an innovative mentoring program for school nurses enrolled in the master's program. This program allows nurses who have little school health experience to obtain a master's degree in the school health specialty and also have a mentor in the school setting to help develop their role as a leader of their school's comprehensive health program. She has worked tirelessly to help establish this program and continues to work closely to maintain its integrity.

Huff is an adjunct faculty member in the School of Nursing. Her membership in professional organizations is numerous, and she has held many leadership positions. This year she is co-chair and presenter of the Coordinated School Health Coalition Conference, and she was recently appointed by the Columbia City Council to the Columbia Mayor's Council on Physical Fitness and Health. She serves on the Missouri Association of School Nurses board of directors and is an executive committee member of the National Association of School Nurses. She is a member of the Boone County Health Report Card Mid Missouri Coalition on Adolescent Health. She is a member of Sigma Theta Tau International and the MU Alumni Association. In April 2001, she received the Missouri Association of School Nurses Administrator of the Year Award. Her publications include reviewer and contributor to Missouri Public Schools Safe Facilities Guide, and the Missouri Department of Elementary and Secondary Education and Columbia Public Schools Emergency/Crisis Intervention Plan.



*Continued from cover*

## Academic Excellence

BY CONNIE MITCHELL

### STRENGTHENING THE SCHOOL

The Sinclair School of Nursing is perhaps at its most robust right now, thanks to the hard work and leadership undertaken by many students at all levels of education. "The activities that are being organized by our students, such as Nursing Week, bring increasing recognition to the school,"

says Porter.

In working with undergraduates to create the school's first Nursing Week, which involved a Cystic Fibrosis Walk-Run, Nursing Olympics, Faculty-Staff Appreciation Day, special academic lectures and an alcohol-free, formal Nursing Ball last spring, undergraduate adviser Emily Holt Foerst observed an intriguing process: "When we were working on the first Nursing Ball, the student leaders had preconceived notions about how they thought the ball would be. As good leaders do, they presented their ideas and allowed the group to provide feedback, which was in some cases the opposite of what they had envisioned. We talked about how we were establishing a tradition for years to come—a tradition that may develop into what they had originally hoped to see. Yet they understood that, for the present, that tradition needed to reflect the majority opinion. I'm very proud of what they accomplished and how they handled the whole event."

Nicole Hancox, who will earn her bachelor's degree this spring, is one of the students who was instrumental in creating the first Nursing Ball. Among her duties were organizing planning meetings, delegating jobs to committee members, budgeting funds and obtaining donations. This academic year she is working as events co-chair for the Nursing Steering Committee, the group responsible for planning all Nursing Week activities.

"Nursing leadership activities have allowed me to see that students and their ideas can make a difference," she says. "This has only inspired me to always stay informed and involved in nursing issues and to seek opportunities to rock the boat when I feel something needs to be done to better those issues."

Fellow senior Kayla Wright worked beside Hancox on last year's Nursing Week and also currently serves on the Nursing Steering Committee, which she describes as the group that "is dedicated to making the school a family-like environment. We try to incorporate all the other organizations together and provide a sense of belonging and togetherness within the school."

Wright sees her student leadership activities as an opportunity to hone her professionalism. "It gives you a sense of control as well as organizational skills—two things that are needed in nursing," she says. "I think it increases your ability to communicate and develop therapeutic relationships.

You are also able to fine-tune your ability to prioritize."

Wright's motivation lies in her belief that "my purpose is to help others. This is why I get involved in school and ultimately why I want to become a nurse."

Both Wright and Hancox exhibit several common attributes of leaders, says Myra Aud, an assistant professor of nursing who teaches Nursing Issues: Leadership and Management to senior baccalaureate students. Aud notes that leaders are natural organizers, good communicators and visionaries who "know where they want to arrive."



*Nursing Steering Committee meets to plan Nursing Week 2002 Activities, from left: Nicole Hancox, Emily Holt Foerst, Student Adviser, Katie Edlund In front: Kayla Wright and Helen Beane.*

Hancox and Wright are also active in a variety of other campus organizations while maintaining very high grade point averages, another achievement that is common among student leaders. Holt Foerst credits strong academic performance to the ability to successfully prioritize. "I want my students to be active outside the classroom, but their education is the most important priority," she says.

Porter agrees. "These students understand the value of being in the classroom," she notes. "They use their time wisely because they're so goal driven."

While Hancox and Wright led the charge to establish Nursing Week, several other undergraduates spent countless hours making the event a success. Elizabeth Willman, who earned her nursing bachelor's degree in December, coordinated the week's Nursing Olympics event and also served on the Nursing Student Council. Helen Beane, who will earn her bachelor's degree next year, coordinated the Cystic Fibrosis Walk-Run while also working as a community adviser for the Nursing Residence, a special residential life

community designed for nursing students.

Beane says, "I stay pretty busy, but I try not to get too stressed out over things and just do everything one step at a time. It usually all gets done that way." She adds that her extracurricular activities have improved her academic performance by imbuing her with a sense of accomplishment as a student. She earned a perfect 4.0 grade point average in her first semester at MU.

As Beane mentioned, stress can be a factor for student leaders. Keeping so many irons in the fire may create the potential for burnout. Yet Aud points out that leadership inherently involves a certain level of stress, making it important for leaders to maintain their health, have realistic self-expectations, delegate and ask for help when needed. She says that successful leaders are good at simplifying their lives by discarding the unnecessary tasks that attach themselves to projects, assignments or even daily routines. "It is kind of focusing on the essence of things," she says.

Ardith Finke, a junior in the undergraduate nursing program, is leading this year's Nursing Steering Committee and Nursing Ball Committee. She also serves on the Nursing Student Council and has been active as a peer adviser for the Transfer Student Interest Group, which helps transfer students adjust to campus life. Outside of the school, Finke is president of the Mizzou Family, Career and Community Leaders of America, vice president of MU's 4-H group and is involved with the Big Brother/Big Sister program in Boone County. Last summer, Finke represented the school at LeaderShape, a week long leadership conference.

Finke says that she chose to become heavily involved in nursing school activities because, "I've always liked to be involved in making choices and plans that affect the school I am at, so I joined these organizations to help myself and the School of Nursing."

As with most student leaders, Finke admits that finding balance between personal, academic and extracurricular activities can be challenging. How does she do it? By understanding the tried-and-true basics of good leadership: "I remain very organized and prioritize my time. My calendar is my life, and if I ever lost it, I would be in trouble! The extracurricular activities give me a break from studying and are still teaching me life skills such as communication, organization, cooperation and acceptance."

Finke also recognizes that she is laying a firm foundation for her professional life. "The learning opportunities I receive outside the classroom complement the learning I do inside the classroom," she says. "Each one teaches me something different that I can use together to best help my patient."

As with many of her fellow student-leaders, Finke has a history of community and extracurricular involvement. She says, "I enjoy meeting new people and having new experiences. Also, I like the satisfaction I get after I've helped someone or given someone an opportunity that they might not have been able to

experience. Community service and involvement is so important to me, I can't imagine giving it up. It's just part of my life."

Aud identifies this lifelong desire to help others and be active in the larger world as a typical trait among leaders. While she notes that leaders are made, not born, she says that "understanding what it means to be a leader and how to be a leader evolves as we go through life." In fact, Aud compares leadership to performance art that is "practiced regularly and performed with great sincerity."



Assisting in organizing Nursing Ball 2002 from left: Becca Koch, Elizabeth Sibbing, Brooke Kaiser, and Katherine Painter.

## CONTRIBUTING TO CAMPUS

Several nursing students also are making their mark on the MU campus by working with campuswide organizations that strive to improve life for all MU students. For instance, Angela Duong, a senior baccalaureate student, wasted no time in joining MU's Promoting Alcohol Responsibility Through You. In her first year at the University, Duong knew that she wanted to be involved in a group that had alcohol-free fun. PARTY fit the bill perfectly.

Before long, Duong's involvement grew to encompass work with the MU Wellness Resource Center and the Alcohol and Drug Abuse Prevention Team, for which she became a peer educator, helping other students make responsible decisions regarding the use of alcohol and drugs. In this capacity, she helped organize a 24-Hour Walk during MU's Alcohol Responsibility Month. The event involved teams of students who walked around MU's Stankowski Field track in a tag-team fashion for a full 24 hours. Each team walked approximately 100 miles, representing 100 16- to 24-year-olds who die on Missouri highways each year in alcohol-related accidents.

Duong's interest in alcohol and drug responsibility revolves around her concern for others' well-being, one of the hallmarks of the nursing profession. "I do not like seeing people abuse themselves," she says. "Abusing alcohol can lead people down a path that can eventually kill them or even others, if they decide

to drink and drive. Educating others about the effects of alcohol abuse was something that I could do to help them make a healthy decision when it comes to the consumption of alcohol. I became involved and stayed involved because I enjoy working with people and hope I can help them make healthy decisions.”

Not surprisingly, this type of attitude is common among leaders. When asked what traits are shared by leaders, Aud put “respect for others” and “personal integrity” at the top of the list.

Duong adds, “My involvement on campus has given me an opportunity to learn and grow beyond what I can learn from a classroom or textbook.” In particular, she has noticed a positive change in her communication, organizational, teamwork and presentation skills.

Aud points out that Duong’s awareness of her improving skills in many areas is a good illustration of the gradual process involved in becoming a strong leader. “Any of us can be a leader and leadership skills are learnable,” she says. Yet Aud adds that learning and practicing these skills is a long-term process, often continuing throughout one’s entire life. “Understanding what it means to be a leader and how to be a leader evolves over time,” she says.

While many student leaders are impressive in their accomplishments, some are truly inspirational, becoming role models by overcoming tremendous odds. Such is the case with Megan Jewsbury, who will graduate from the nursing bachelor’s degree program this spring.

Jewsbury, although she always enjoyed community service work, did not set out to be a leader. Yet her personal trials and triumphs propelled her to reach out to others and provided her with a unique ability to touch her patients and her community.

In 1998, the day after receiving word that she had been accepted to the MU Sinclair School of Nursing, Jewsbury suffered severe head and spinal injuries when her car was struck by another at high speed. After waking from a two-week coma, Jewsbury needed months of extensive rehabilitation to relearn such basic skills as breathing, eating and talking. In 1999, Jewsbury returned to MU with a fresh perspective.

She says she now finds great satisfaction in “enabling people with disabilities to reach the goals they are still able to reach” and develop new, more appropriate goals. “I like enabling them to still enjoy life,” she says.

Her focus on prevention and rehabilitation have found an outlet through the MU School of Medicine’s THINK FIRST Missouri program, which helps educate teenagers about the consequences of careless driving. Jewsbury became involved

with the program when she was planning a presentation on brain injuries, including her own story, for her pathophysiology class. Her instructor suggested that Jewsbury contact Penny Lorenz-Bailey, assistant director of the THINK FIRST Missouri program. Lorenz-Bailey jumped at the chance to have Jewsbury participate by making presentations to various school groups.

During her talks, Jewsbury tells high-school students that they are responsible for themselves, their families and the public whenever they get behind the wheel. She says that hearing about the struggle she faced in regaining her life skills has an impact on her audiences, especially because the students can identify with her as a young, active person like themselves.

In her career, Jewsbury plans to continue working with community awareness activities and treating rehabilitation patients with the kind of care and encouragement that only a person who knows what it’s like can provide. “There are many people who understand head injuries very well, but I feel I have somewhat of an inside view of what the patient is feeling. I could relate to some of the frustrations they would be experiencing,” she says. “I think that all people are able to conquer their disabilities, but one thing I have learned is that it requires a lot of help,” she says.

## SERVING THE COMMUNITY

Outside the MU campus, Sinclair School of Nursing students are present in the community, where they are succeeding in an array of exciting and diverse activities. Take Amy Gruber, for example.

Gruber will earn her bachelor’s degree this spring and looks forward to beginning her clinical career. However, the race for her diploma isn’t the only marathon this honors student has run in the recent past.

Last summer Gruber seized what she viewed as her final chance to train for and complete a 26-mile marathon with her parents. “I knew that running 26.2 miles would be the biggest challenge of my life, but if I could succeed, it would also be my biggest accomplishment,” she says.

Another prime example of an outstanding time-manager, Gruber’s training extended into the fall semester when she had to balance running with her academic duties and 24 hours a week as a unit attendant in the Neonatal Intensive Care Unit at University Hospital. Adding to the existing strain on her schedule was the fact that Gruber suffered a training-related hip injury and found herself in physical therapy three times a week. “I was stretched very thin, but it was all worth it when



*Amy Gruber accepts the challenge of completing the 26 mile Chicago Marathon.*



*Amy Garner cares for a Guatemalan family during her summer international experience.*

I got to Chicago to run the race,” she says. “The only way I was able to do everything was to be very organized.”

The Gruber family completed the marathon in six hours and eight minutes. “I was never sure if my injury would let me finish. That made the finish line even sweeter,” she says.

While you might think this plethora of activity would compromise her academic performance, that has not been the case. In fact, Gruber notes that “The more I had to fit into my schedule, the better I performed in all areas of my life.”

Finding a personal passion and then using it to enhance the lives of others is another mark of true leadership. For Amy Garner, who will earn her nursing bachelor’s degree this spring, sharing her faith and ministering to the sick has taken her beyond the borders of this nation.

Garner has planned to serve as a Christian missionary since she was 12 years old and participated in several mission trips as a teen ager. Nursing is a natural complement to Garner’s inborn desire to help others. “My mom suggested nursing since just about any country would let me cross its borders (as a nurse), although not necessarily as a missionary,” she explains. “I believe that God will enable me to use my nursing education and skills to help bridge the often nebulous gap that exists between Him and many people around the world. Nursing is a practical way to show people that I care and, in turn, that God truly cares.”

Exhibiting the leaders’ trait of lifelong service, Garner says she will focus her life around service-oriented activities. “That’s what nursing is. I hope I will be selfless more often than I am selfish and generous with my time and emotions more often than I am stingy and busy.”

Garner’s mission work took her to Guatemala during the past two summers. She says that the trips were geared toward short-term, evangelical missionary experiences, yet Garner spent time working in a Guatemalan clinic where she

developed a “craving” to continue her work there. Consequently, Garner’s future lies in the Guatemalan countryside where she will live after she marries a native man whom she met last summer.

Garner plans to obtain a Guatemalan nursing license and work in a local hospital. Eventually, she would like to open her own clinic devoted to providing care for poor citizens who lack easy access to regular health care.

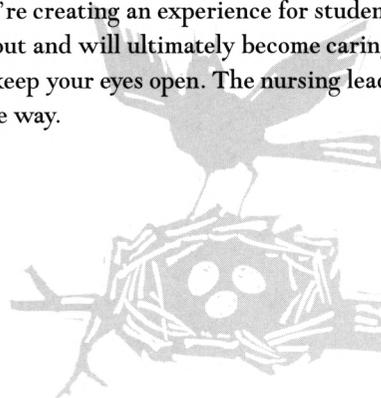
As Garner takes her education abroad, another nursing student is helping local residents who come from Latin America. Eduardo Crespi, while pursuing his nursing degree, has established and directs El Centro Latino, a nonprofit, primarily volunteer-run organization established to help the Latino population of central Missouri acculturate to their new environment with its new laws, customs, climate and language. The center provides information and help in accessing needed educational and health resources, offers English as a second language and Spanish classes, organizes activities designed to preserve Latin heritage, and provides health information and free HIV testing in cooperation with the Columbia/Boone County Health Department.

## CREATING FUTURE LEADERS

Holt Foerst is excited about the trend toward active leadership seen in many of her undergraduate advisees. She says that in her three years at the school, she’s seeing more introverted students willing to step forward and share their abilities in an effort to strengthen the school, the campus and the community. “The School of Nursing is a safe place to become a leader,” she says. “We are a small and supportive school. I think students feel that support and thus feel comfortable taking a chance.”

Porter says that she is especially proud of the school’s students when she takes student representatives to UM System Board of Curators meetings and events. “The students always get asked about their experiences, and they’re always so positive and upbeat,” says Porter. “It’s so neat to hear our students brag. They’re very articulate and can really think on their feet.”

Porter has high expectations for today’s student leaders. “I think we’re creating an experience for students where they feel cared about and will ultimately become caring alumni,” she says. So keep your eyes open. The nursing leaders of tomorrow are on the way.



## FROM THE PRESIDENT

### FELLOW NURSING ALUMNI MEMBERS:

Activity of the newly elected nursing alumni board members has been brisk in the new fiscal year, which began on July 1.

On Sept. 7, the board:

- Reviewed the finance report, which indicated a balance of \$2,323. An additional \$1,000 will be added to this balance, the result of new members joining the Nursing Alumni Organization.
- Announced that the MU Alumni Association would be recognizing the School of Nursing Alumni Organization in the Membership Recruitment Campaign for 2000 during Leaders' Weekend. To join the MU Alumni Association, which includes membership in the Nursing Alumni Organization, call 1-800-372-6822. The organization receives a percentage of membership dues, which provides additional service to students.
- Acknowledged a report of the RN-BSN senior luncheon in July. About 60 students attended, and several joined the Nursing Alumni Organization.
- Heard that enough donations had been received to provide each fifth semester student with a black attaché case with gold MU Nursing Alumni logo during a celebratory brunch welcoming them into the clinical nursing major. The brunch was held on Oct. 5.
- Decided to continue the membership recruitment activity with the undergraduate graduating seniors by providing a pizza luncheon at the end of the semester just prior to graduation.
- Donna Otto reported that the class of 1956 will hold a reunion in conjunction with the spring awards banquet in May.

On Nov. 28, the board:

- Selected recipients for Nursing Alumni Awards to be presented at the May 2 banquet. See story on Pages 6 and 7.
- Reported that seven board members attended the MU Alumni Association's Leaders' Weekend on Sept. 28. The School of Nursing Alumni Organization was recognized with Honor Achievement for the fifth year. The organization has received this status since the inception of the program.
- Agreed to coordinate an appeal letter for the Nursing Alumni scholarship endowment with the School of Nursing development campaign activities.
- Welcomed the attendance of Nicholas Curdt, Nursing Student Council representative, and Chisa Faulkner, Student Nurses Association representative.

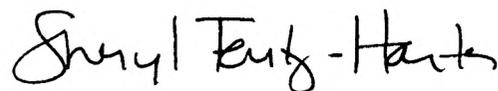
### 2002 Calendar

All members are welcome to attend board meetings.

- April 24 – Senior luncheon, 12-1, S455
- May 2 – Board meeting, 9-11:30 a.m., S455
- May 2 – Banquet and awards ceremony; reception, 5:50-6:30 p.m., dinner and ceremony, 6:30-9 p.m.

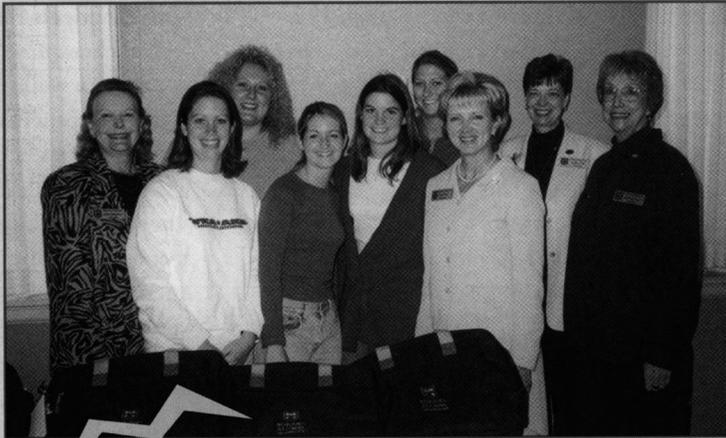
For more information, please check the MU Sinclair School of Nursing Web site: [muhealth.org/~nursing](http://muhealth.org/~nursing)

Our best wishes for a healthy and productive 2002 for each of our wonderful nursing alumni.



Sheryl Feutz-Harter, BSN '75, MSN, JD  
President, MU Nursing Alumni Organization

## Current Events



*Fifth semester nursing students were honored at a brunch on Oct. 5 celebrating their entry into the clinical nursing major. A briefcase donated by the MU Nursing Alumni organization was given to each student and contained items they will need as they begin their clinical experience. From the left: Jean Thompson, secretary of the MU Nursing Alumni Organization, fifth semester nursing students: Alicia Webber, Leslie Duckworth, Julia Lyon, Leslie McClennan and Chrissy Phillips, Mary Beck, MU NAO board member, Donna Otto, NAO past president, and Caroline Davis, NAO board member.*



*"Tiger Pride, A Championship Quest" was the theme for the annual Leadership Conference held in September. The Alumni Leaders' Weekend is a program of education, renewal and reward, sponsored by the MU Alumni Association for its worldwide network of volunteers. From left: Rob Binney of the Kansas City Chapter, Jill Palucci of the Memphis/Mid-South Chapter, Sheryl Feutz-Harter, president of the School of Nursing Alumni Organization, and Steve Vincent, president-elect of the MU Alumni Association. Also attending were Donna Otto, Mary Beck, Linda McEwen, Jean Thompson, Sharon Taylor and Caroline Davis, MU Nursing Alumni Organization board members.*

## ALUMNI NEWS

**Wendy Evans**, BSN '71, MS(N) '85, recently joined the MU Sinclair School of Nursing staff as part of the Office of Nursing Research at Ellis Fischel Cancer Center. She will be working with Jane Armer, associate professor, on her lymphedema research project.

**Jacquelyn Kay Hall**, BSN '75, JD '80, announces the publication of a new book connecting the law to the ethics of patient care, *Law & Ethics for Clinicians*. Additional information may be obtained at [werner@logixonline.net](mailto:werner@logixonline.net) She and husband Hal Werner live in Amarillo, Tex. and publish the *Prairie Dog Gazette*.

**Cindy Feutz**, BSN '76, MS(N) '88, is the recipient of the 2001 Karna K. Kruckenberg Award for advanced practice nurses presented by University Hospital during Health Education Week. Feutz, a clinical nurse specialist for the past 11 years, assures that the cardiology inpatient service maintains and exceeds benchmarks for quality care and service.

**Judi Davis**, BSN '82, staff nurse III in the Cardiac Network, received a 2001 Outstanding Health Educator Award from University Hospital in November during Health Education Week.

**Mary Lower Beck**, MS(N) '84 was featured in the *Columbia Business Times* for her leadership in quality

patient care at Boone Hospital Center. As vice president of patient care services, she is responsible for ensuring that patients receive consistent, quality care. She does this by making sure that the staff has the knowledge and the tools to provide the best care every day. Beck is an adjunct faculty member in the School of Nursing and a member of the board of directors of the MU Nursing Alumni Organization.

**Gayle Schotte**, BSN '87, for the past 11 years has been a recovery room nurse at Medical City Dallas after serving three years in the Air Force. She has been on three medical missions – two to Israel and one to Lebanon. This past May she traveled with a medical team to Nablus, Palestine, a city located in the West Bank. The team's mission was to surgically repair congenital anomalies such as cleft lips and/or palates on children as well as to administer to babies and adults who had been severely burned, many from attacks of aggression. After almost a week of nonstop surgery and care, the team returned home safely. Schotte reports that she misses the people and is grateful for her experience and the opportunity to help others.

**Amy E. Wells**, BSN '96, and husband Danny announce the birth of daughter Carly Diana on April 30, 2000. They recently moved to Lusaka, Zambia, to establish medical clinics with technical schools throughout capital cities in Africa. This move follows

Amy's five year career as an ICU/CVICU nurse at a Joplin, Mo., hospital.

**Wendy Stone**, BSN '96, sends greetings from Afghanistan to her friends and classmates. She is a Navy nurse stationed at the Naval Medical Center in San Diego. She has been deployed to Afghanistan to provide nursing care to Marines at Camp RHINO. She is not sure where her next mission will take her. However, Lt. Stone states, "I am a proud graduate of MU and a proud American serving my country."

**Christina Gusmano Deterding**, BSN '97, and Keith Deterding were united in marriage on Aug. 25. They honeymooned in St. Thomas, Virgin Islands. She is working as a staff and charge nurse in NICU and labor and delivery at North Kansas City Hospital. They live in Kansas City, Mo.

**Elizabeth Vaught**, BSN '99 was married to Anthony Monsees on Oct. 20 in Kansas City, Mo.

## FACULTY NEWS

**Lila Pennington**, instructor in clinical nursing, received the Graduate Faculty Teaching Award for Exemplary Uses of Technology in Education. The award is one of four 2001 Excellence in Teaching and Technology Awards presented by Educational Technologies at Missouri. The awards recognize individuals who have demonstrated excellence in using technology to improve teaching and learning.

**Majorie Whitman**, clinical instructor in nursing, had an article, "Understanding the Perceived Need for Complementary and Alternative Nutraceuticals: Lifestyle Issues," published in the September/October issue of the *Clinical Journal of Oncology Nursing*. Nutraceuticals refer to biological therapies that are used to promote wellness, prevent malignant processes and control symptoms, a trend that has increased dramatically since 1994. Whitman received a master's degree in nursing from MU in 1991 and joined the nursing faculty in 1999.

**Deidre Wipke-Tevis**, assistant professor, has been selected by Midwest Nursing Research Society to receive the 2002 Harriet Werley New Investigator Award. This prestigious award will be made at the MNRS meeting this spring in Chicago.

## IN MEMORIAM

**Nina Claire Dombi**, BSN '61, died on Sept. 19 in St. Louis at age 64. She was a registered nurse and licensed massage therapist.

## Recently Funded Research, Training, and Public Service Grants and Contracts

<b>Principal Investigator/ Director</b>	<b>Project Title</b>	<b>Funding Source</b>	<b>Award</b>
Jane Armer	Prospective Nursing Study of Breast Cancer Lymphedema	National Institutes of Health	\$1,602,409
Jane Armer	Prospective Nursing Study of Breast Cancer Lymphedema—matching funds for NIH grant	MU PRIME FUND	\$317,000
Myra Aud	Effectiveness of Social Model Care Units for Dementia	University of Missouri Research Board	\$33,020
Myra Aud	At Night in the Assisted Living Facility: A Focused Ethnography	Gerontological Nursing Intervention Research Center	\$8,000
Connie Brooks	Quality Improvement Program	VPI Skeeter Foundation	\$60,000
Connie Brooks	Lactation Management Curriculum	Health Resources and Services Administration	\$180,000
Linda Bullock	Nursing Smoking Cessation Intervention During Pregnancy	Missouri Department of Health	\$1,942,148
Shirley Farrah	Excellence in School Nurse Continuing Education	Missouri Department of Health	\$102,970
Mei Fu	Managing Lymphedema in Breast Cancer Survivors—National Research Service Award Fellowship	University of Missouri System Research Board	\$88,314
Larry Ganong	Obligations to Older Kin after Divorce and Remarriage	Gerontological Nursing Interventions Research Center	\$639,850
Debra Gayer	Asthma and Attention Deficit–Hyperactivity Disorder Protocols	Gerontological Nursing Interventions Research Center	\$83,009
Debra Gayer	Community Primary Care Training Site Development Program for the Missouri PRIMO Program	Midwest Nursing Research Society	\$48,500
Debra Gayer	Pre-Admissions Program for Advanced Practice Nursing Programs—Missouri PRIMO	Missouri Department of Health	\$29,100
Alice Kuehn	Career Mobility Program for Public Health Nurses	University of Iowa	\$614,696
Kay Libbus	HIV/AIDS and TB Registry Matching	Lectures Committee	\$4,000
Karen Marek	Enhancing Gerontology/Geriatric Nursing Education	Lectures Committee	\$90,000
Karen Marek	Enhancing Gerontology/Geriatric Nursing Education—matching funds for American Association of Colleges of Nursing grant	University of Iowa	\$22,500
Marilyn Rantz	Missouri Nursing Home MDS Data Set Analysis and Quality Improvement to Improve Resident Outcomes	University of Iowa	\$625,947
Cindy Russell	A Comparison of Medication Taking Beliefs Between Younger and Older Adult Renal Transplant Recipients	University of Iowa	\$4,000
Donna Williams	Shear Stress and Cellular Control of Capillary Function	University of Iowa	\$1,244,471
Deidre Wipke-Tevis	Venous Ulcers: Testing Effects of Compression and Position	University of Iowa	\$995,898

# School of Nursing, Faculty, Students and Staff Respond to Sept. 11 Attacks 911



*Intensive care nurses at MU Hospital, Tabitha Stith, left and Katie Merrill traveled to New York to care for burn victims following the World Trade Center Attack. Stith is a student in the master's nursing program.*

**W**hen America was attacked on Sept. 11, citizens everywhere were stunned. Yet, even as they absorbed the news, faculty, staff and students at the MU Sinclair School of Nursing began mobilizing.

Diedre Wipke-Tevis, assistant professor, recalls that Tuesday morning: "Several televisions had been set up at various places in the school, and at first people were just watching and talking about what was happening. Not a lot of work got done that day."

## "What Can We Do?"

Sitting in her office, Wipke-Tevis knew that she had to do something to help. "Everyone was in shock and the question was, 'What can we do?'" As nurses, we tend to be very empathetic, and we could imagine what the medical teams in New York were going through," she says.

She began with a simple e-mail asking Dean Rose Porter if she would support an organized faculty effort to assist in some way. "Of course, the dean thought this was an excellent idea, so I

started making phone calls to the Red Cross," Wipke-Tevis says.

"I was pleased, but not surprised, that the faculty, staff and students would want to become involved in relief efforts," says Porter. "The very attributes that make them caring medical profes-

sionals lead them to offer their services when they see a need."

With emergency blood drives taxing the staff resources of the local Red Cross, more than a dozen School of Nursing faculty responded to the request to assist by staffing blood drive recovery areas. For several days following the attacks, faculty were on site at major blood drives throughout Columbia.

While Wipke-Tevis organized the faculty's work with the Red Cross, Eileen Porter, associate professor, spearheaded a School of Nursing collection to provide additional funds to relief agencies. Meanwhile, graduate student Sadie Mitchell worked to provide food and beverages for students who gathered at the school to talk and share their feelings about the event. Counseling was available for any student who wanted professional guidance in dealing with the emotional after-effects of the attacks.

"I think we were all grateful to have something constructive to do," Wipke-Tevis says. "Being proactive helped us cope and gave us some degree of emotional healing. By the end of the week, I felt able to get back to work again."

**"EVERYONE WAS IN SHOCK  
AND THE QUESTION WAS,  
'WHAT CAN WE DO?'"  
—DIEDRE WIPKE-TEVIS**



M U S I N C L A I R S C H O O L O F N U R S I N G

## 2002 Conferences

### NURSING OUTREACH & DISTANCE EDUCATION

- Diabetes Mellitus\* (*school nurse conference*) March 11, Columbia.
- Seizure disorders\* (*school nurse conference*), March 12, Columbia.
- Hidden Issues in School Mental Health\* (*interdisciplinary*), April 3, Columbia.
- Assessment and Care of People in Pain April 11, Macon.
- Current Mental Health Issues in Schools (*interdisciplinary*), April 24, Columbia.
- School Nursing and the Social Services: Assisting the Child in Poverty (*interdisciplinary*) May 3, Columbia.
- Clinical Skills Lab (*school nurse conference*) May 21, St. Louis, Columbia.
- Clinical Skills Lab (*school nurse conference*) May 31, St. Louis, Columbia.
- Clinical Skills Lab (*school nurse conference*) June 4, Springfield.
- 7<sup>th</sup> Annual Midwest Regional Nursing Educators (*staff developers, preceptors and academic faculty*) Oct.10-11 Columbia.
- 4<sup>th</sup> Annual Complementary Therapies in Health (*interdisciplinary*), Oct.16 Columbia.
- 7<sup>th</sup> International Biennial Self-Care Nursing Theory Conference, Nov. 1-3, Atlanta.
- Psychiatric Nursing Update Nov. 15, Columbia.
- 10<sup>th</sup> Annual Midwest Regional Perioperative Nursing, Nov. 16, Columbia.
- 5<sup>th</sup> Annual Office and Clinic Nursing, Nov. 21, Columbia.
- Employee Health Update Nov. 22, Columbia.
- 14<sup>th</sup> Annual Gerontology Conference, Dec. 5-6, Columbia.

*\*These conferences are co-sponsored by the Department of Health & Senior Services*

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Name \_\_\_\_\_

Home address \_\_\_\_\_

Phone \_\_\_\_\_

Business address \_\_\_\_\_

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Notes (please include personal or professional activities and achievements.) \_\_\_\_\_

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MU NURSING ALUMNI ARE INVITED TO CELEBRATE AND HONOR ACHIEVEMENT

Charles and Josie Smith Sinclair School of Nursing

# Twelfth Annual Nursing Banquet

May 2, 2002 • Donald W. Reynolds Alumni Center

RECEPTION 5:30 PM • BANQUET AND CEREMONY 7 PM

## REGISTRATION FORM

Sinclair School of Nursing 10th Annual Banquet • May 2, 2002

Please make banquet reservations for the following at \$30 each:

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ GUEST \_\_\_\_\_

A check payable to the Sinclair School of Nursing for \$\_\_\_\_\_ is enclosed.

I am sponsoring a student leader to allow them to attend at \$15.00 \_\_\_\_\_

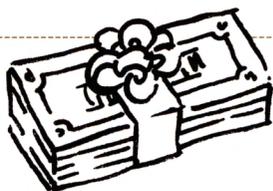
*tickets will be held at the registration table.*

### CHECK DESIRED ENTREE:

meat entree

vegetarian entree

Please return the registration form and your check payable to Sinclair School of Nursing to: Jim Lay, S221 School of Nursing Building, Columbia, MO 65211, by **April 19**. Tickets will be held at the registration table.



# YES, I WANT TO HELP A DESERVING NURSING STUDENT.



Here is my contribution to the Nursing Scholarship endowment.

\$ \_\_\_\_\_

In addition, I pledge \$ \_\_\_\_\_ for 2002.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE:

home (\_\_\_\_) \_\_\_\_\_

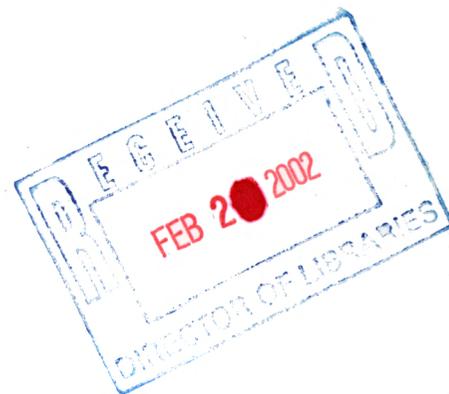
work (\_\_\_\_) \_\_\_\_\_

MAIL TO:

MU Nursing Alumni Organization Endowed Scholarship Fund  
123 Reynolds Alumni and Visitor Center  
Columbia, MO 65211



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