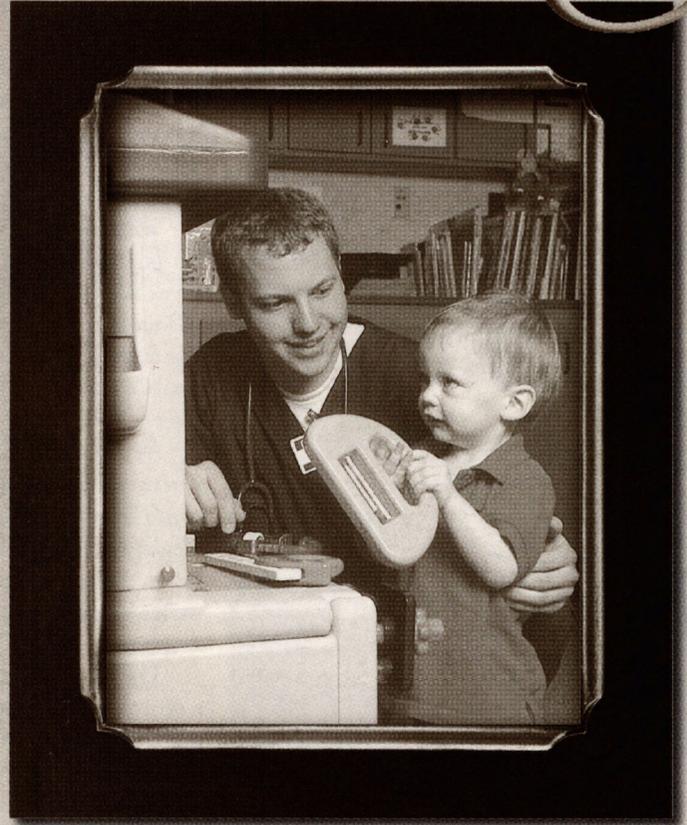
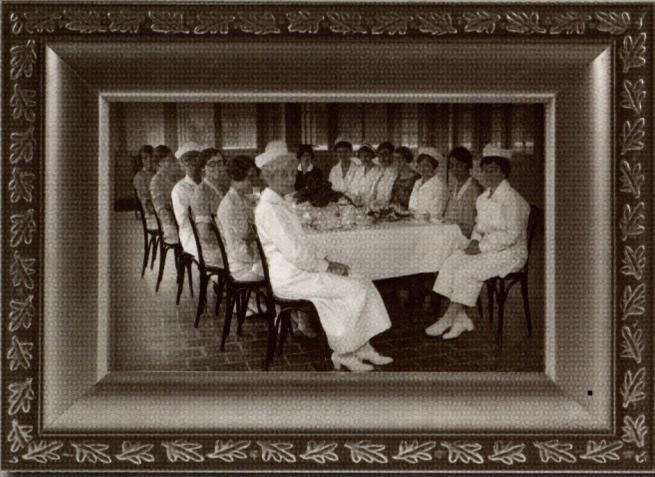


MIZZOU

FALL 2003

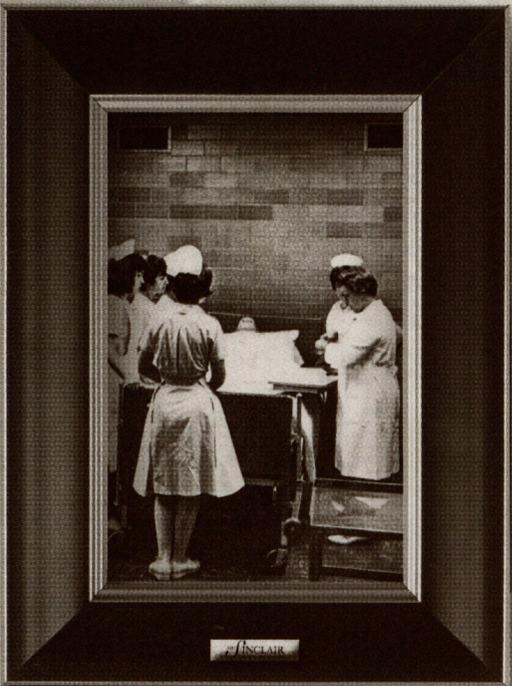
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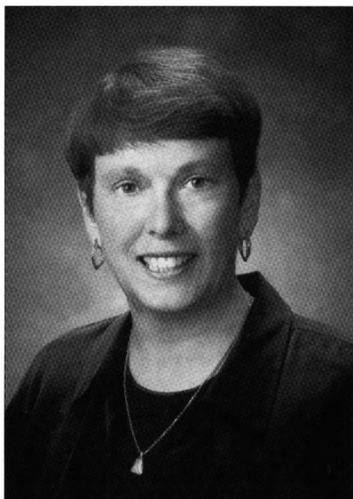
a magazine of the Sinclair School of Nursing ■ University of Missouri-Columbia



Inside:

- A common thread throughout the school's 100 year history is alumni pride
- 13th Annual Sinclair School of Nursing Banquet
- 2003 Student Nursing Week





The Power of the Mizzou Connection

Dear friends, colleagues and alumni,

A little more than 100 years ago, three students entered the Parker Memorial Hospital Training School for Nurses. One student decided not to pursue a nursing career, one went to stake a claim in Oklahoma, and one graduated in 1904 - Alice Sipple. She went on to become acting head nurse at Noyes Hospital and the first president of the MU Nursing Alumni Organization.

We have much to celebrate in our 100-year history. From an average of three students per graduating class, the student body has grown to a current average of 55 graduates per class. We've evolved from a training school to a school of nursing within the MU School of Medicine to the nationally recognized, autonomous MU Sinclair School of Nursing. We now offer accredited bachelor's, master's and doctoral degrees with many courses available online. Each and every graduate from this school experiences the best we have to offer.

As proud as we are of our heritage, we are equally proud of where we are now and where we are headed. A strong future in research is evident as the school continues to climb the ranks among institutions that receive funding from the National Institutes of Health. In the last issue of Mizzou Nursing, we reported that the school's national ranking in terms of research funding had increased from 40th to 17th place. Since that time, we have moved up two more places to become the 15th top nursing school in national research funding. Our goal of placing in the top 10 is within reach.

The school's future is equally powerful in education. The nation is once again facing a serious nursing shortage, and we are increasing the number of qualified nurses entering the work force. Our first accelerated BSN class is a great example of our commitment in this regard. This diverse class, composed of 10 students who have prior degrees, is gaining practical, hands-on experience. In 2004, we plan to increase the accelerated class size to 20 students due to the program's current success. The accelerated bachelor's degree program enables students to enter into the nursing profession within 15 months of beginning their studies. In addition, the school's RN-BSN online option allows practicing nurses to remain with their current employers and maintain their family and community activities while working toward their degree.

During this historic time, we are encouraging all MU nursing alumni to reconnect with each other and the school. Many of the school's early graduates have never been in the school's current building, which will be 25 years old next year. We are truly interested in knowing where you are and what you have accomplished in your personal and professional lives since graduating.

I would like to extend a personal invitation to join us for many of the school's special events during the coming year. We are planning open houses, student Nursing Week and, of course, our Nursing Banquet and reunion weekend, which will celebrate our past, present and future. If you are unable to attend these events, please send an e-mail or note for use in Mizzou Nursing's "Class Notes."

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

Mizzou Nursing provides a look at the nurses who are preparing the health-care industry for the 21st century. It is published semi-annually for the friends and alumni of Missouri nursing by the Sinclair School of Nursing, University of Missouri-Columbia.

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Changing address? Please notify us of your address and e-mail changes. We want to be sure you continue to receive school announcements of special events, lectures and continuing education opportunities as well as *Mizzou Nursing* magazine. This is also a good way to maintain contact with classmates and friends. Send to *Mizzou Nursing*, S218 School of Nursing, Columbia, MO, 65211 or e-mail MizzouNursing@missouri.edu

Cover photo: The cover photos help us celebrate our past, present and future. Top left: Pearl Flowers and staff in Parker Hall, ca. 1929; top right: Josh Dunham and Dylan Epple play together in the Children's Hospital, ca. 2003; center: Two Cadet Nurse Corp students, ca. 1947; bottom left: Betty Crim, right, teaching students in the skills lab, ca. 1970; long horizontal: Students reciting the Nightingale Pledge during the candle lighting ceremony, ca. 1963; bottom center: Students on the 6th Street nursing residence porch, ca. 1950; bottom right: Nightingale Society graphic emblem, ca. 2003; background image: Wallpaper from a common room in McHaney Hall, the nursing residence, ca. 1960.

All historic photos throughout this publication are courtesy of MU's University Archives, collection C:15/1/3.

An equal opportunity/ADA institution

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From our first graduate, Alice Sipple, in 1904 to the newly established accelerated BSN class, the MU Sinclair School of Nursing has made terrific strides in 100 years.

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Our graduate program is number one in the State of Missouri ■ Book garners international acclaim ■ Asking tough questions at the end of life ■ Elderly exercise plan includes walking the dog ■ Researchers keep moving the school up the ranks in NIH funding ■ Tiger Place set to open in spring 2004 ■ NODE boasts a full slate of topics for this fall conference season ■ Golf tournament helps students with school costs

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The 13th annual banquet showcased the exceptional individuals found in and associated with the MU Sinclair School of Nursing.

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Follow Mizzou nursing events throughout the last century with our time line.

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This year three of the 16 MUAA Faculty-Alumni Awards went to those in the nursing profession.

Laissez les bons temps rouler! 16

This year's Student Nursing Week took on a Mardi Gras flair. Students brightened the school with color and colorful events.

The empress of nursing humor 17

Alumna Karyn Buxman realized it was time to leave bedside nursing when, as she watched a movie starring Mel Gibson, she found herself staring longingly – at his large veins.



Anne Heine, instructor of clinical nursing, left, helped to blindfold Katie Richter, nursing student, for the Nursing Olympics blind wheelchair race. The Olympics were one of the events held during Student Nursing Week in March.



Andrea Taylor

Seventh-semester student Rebecca Koch, standing right, visited with school alumni at the 13th Annual Sinclair School of Nursing and Nursing Alumni Organization banquet.

The reunion tango 21

Volunteer to take the lead in bringing your class back to campus. Our "dance" instructor will show you how.

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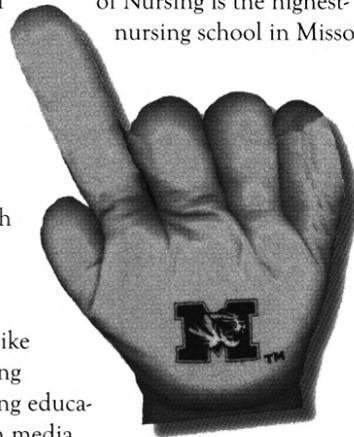
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Graduate program takes honors
We're number one in the state

Every year *U.S. News & World Report* states the results of surveys that score and rank graduate programs in U.S. colleges and universities. According to the magazine's 2004 edition, the MU Sinclair School of Nursing is the highest-ranked state-supported and ranked 53rd in the nation for its graduate program.

This top ranking has become increasingly more important as schools search for faculty to educate the next generation of nurses prepared for practice, research and education. Unlike the much-publicized nursing shortage, the lack of nursing educators has not received much media attention. ■



March 6 declared "D"-Day

Each year on March 6, the National Lymphedema Network and the nationwide lymphedema community celebrate Lymphedema Awareness "D-Day." This date is set aside to promote awareness of the treatment and severity of lymphedema. This year, Missouri was added to the list of states that unite on this day.

Lymphedema is a condition of significant persistent swelling associated with abnormal accumulation of protein-rich fluid. The swelling often causes discomfort and disability with a high occurrence of infection. Additionally, lymphedema significantly impacts daily activities. The causes vary, however in America and other developed countries, lymphedema results from cancer treatments such as surgery. Not all cancer survivors develop lymphedema, but each individual is at risk if lymph nodes have been removed or irradiated. ■

Where religion and professions meet

Glenda Nickell, a clinical instructor of nursing, and faculty members from eight other academic areas are participating in a semester-long seminar that examines the influence of religion on professional education and service. The increasing religious diversity in the United States makes the time right for such a Center for Religion, the Professions and the Public, according to Jill Raitt, professor emerita of Religious Studies and the Center's director.

Faculty and research fellows will develop ways to enhance professional education, with the goal of increasing public satisfaction and professional success. "Every day, nurses care for patients who are in situations surrounding births, illness, or death that can involve religious traditions or rituals," said Nickell. "Once you understand the spiritual needs of patients, often you can find simple ways to accommodate them." ■

Partnership helps Missouri children

When it comes to creating better quality health care for Missouri children, two of the school's nurses are at the top of the list — a list created by the people who know Missouri children, the Missouri Association of School Nurses (MASN).

Shirley Farrah, assistant dean, and Glenda Nickell, instructor of clinical nursing, at the school's Nursing Outreach and Distance Education office received the Friends of School Nursing Award. This award acknowledges a person or group of people outside of the school nursing profession who have made a statewide contribution in helping MASN achieve its goal of quality health care for all Missouri children.

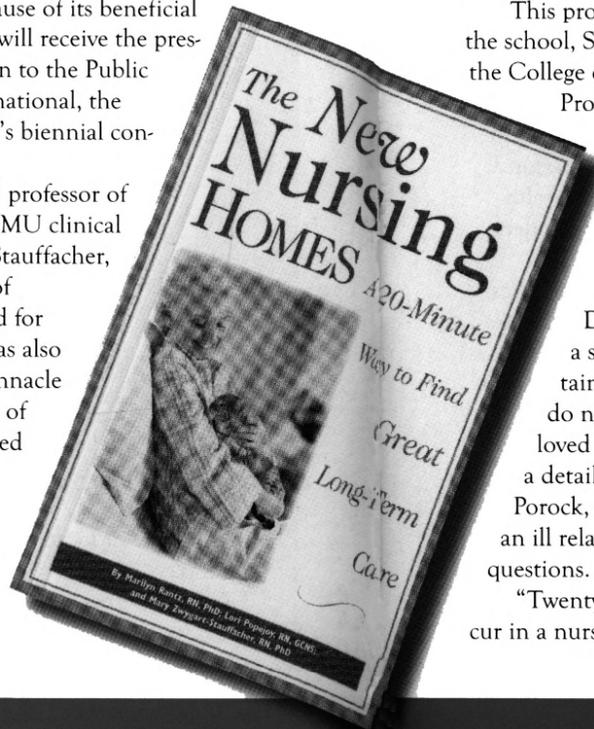
In partnership with the Missouri Department of Health and Senior Services, Farrah and Nickell have been instrumental in providing affordable, easily accessible, and high-quality continuing education opportunities for Missouri school nurses through a variety of programs held in various locations around the state. ■

Rate a nursing home in 20 minutes

It's done. The decision is made. You and your family have decided that it's time for your mom to move into a nursing home. You know you don't have the money or health care knowledge to keep her at home any longer. And although the decision was made intelligently, it doesn't ease your heartache knowing you have to find the most affordable place where you feel she'll be safe and well cared for.

It is at this crucial point that several nurse researchers at the school concentrated their focus to ensure that families have the best decision-making tools when it came to choosing a nursing home for their loved ones. The culmination of their research resulted in *The New Nursing Homes: A 20-Minute Way to Find Great Long-Term Care*. This book contains a 42-item nursing home quality scale along with guidance on questions to ask when assessing nursing homes. Because of its beneficial public information, the researchers will receive the prestigious 2003 Research Dissemination to the Public Award from Sigma Theta Tau International, the nursing honor society, at the society's biennial convention in November.

Once again, Marilyn Rantz, MU professor of nursing at the school; Lori Popejoy, MU clinical nurse specialist; and Mary Zwygart-Stauffacher, a faculty member at the University of Wisconsin-Eau Claire, were honored for their informative book. The book has also received Sigma Theta Tau's 2002 Pinnacle Award for the Public Dissemination of Research, which automatically entered it into the international competition, and the American Journal of Nursing's Book of the Year Award for Consumer Health Publications. ■



New aging-in-place site added to project

NBA Lenoir, mid-Missouri's only full-service retirement community, is now an additional location for the school's Aging in Place Project. The retirement community received the official designation in March from the Missouri Department of Health and Senior Services.

Aging in Place is an important consumer-driven change in long-term care. Consumers are demanding more health care and assistance be provided in their homes or apartments so that they can continue to live and "age in place," delaying or avoiding the need to move to a typical nursing care facility. As their care needs increase, they contract for more care where they are living, rather than having to relocate to an assisted living or health care setting. ■

Honey, did you walk the dog?

When it comes to exercise, there is nothing more natural than taking your dog for a walk. At least, that is the premise of an innovative approach to increasing exercise among the elderly, particularly the poor and frail, by Rebecca Johnson, Millsap Professor of Gerontological Nursing and Public Policy, and Richard Meadows, clinical assistant professor of veterinary medicine.

"Pet attachment has been associated with lower systolic blood pressure, cholesterol and triglyceride levels; greater likelihood of a healthy, more social lifestyle including exercise; improved survival rate among those with heart disease; decreased depression; and improved morale," said Johnson.

The Walking for Healthy Hearts program is designed to make exercise a more natural activity, rather than an isolated, mechanical one, such as walking alone on a treadmill. It will also provide older adults the opportunity to control their own fitness regimen while encouraging them to leave their apartments, go outdoors, engage in conversation and make new acquaintances.

This project involves an interdisciplinary partnership with the school, Senior Care (a home health agency of the school), the College of Veterinary Medicine, the School of Health Professions, and Oak Towers and Paquin Towers senior apartment housing facilities. It is funded by a grant from the Missouri Foundation for Health. ■

End-of-life questions essential

Death is a painful subject. For some, it is tragic and a surprise. For others, it is expected. One thing is certain; death is inevitable. Yet, even today, many people do not prepare properly for the death of a relative or loved one by dealing with end-of-life questions. Following a detailed survey of nursing home residents, Davina Porock, associate professor of nursing, urges those who have an ill relative or loved one to approach those "end-of-life" questions.

"Twenty-five percent of all deaths in the United States occur in a nursing home," said Porock. "In addition, 83 percent



Richard Meadows and Rebecca Johnson have started a new study that measures the quality and quantity of time older adults walk when they head out with a canine companion. See related story at left.

of terminally ill people in nursing homes die within six months. Our research also shows that more than 15 percent of people admitted to nursing homes who are not considered terminally ill also die in the first six months. One of the issues that we must address is helping people face the realities of life and make end-of-life decisions. Most people don't address these issues until it's too late."

For those who are facing such questions, Porock recommends the following Internet resources: www.lastacts.com, www.careofdying.org and www.findingourway.org.

"It's important that we address these questions now instead of waiting until it's too late," Porock said. "Doing this, we can make this time better for all involved and not just the patient." ■

— Christian Basi

Nursing's role in health care quality

During the past 20 years, the American Nurses' Association has been commissioning, coordinating and publishing research on nursing care quality. *Nursing Quality Measurement: A Review of Nursing Studies 1995-2000* is the latest book updating annotated literature reviews that examine recent studies into nursing's contribution to quality measurement in health care.

These nursing efforts can prove invaluable to the outcome of patients and to nurse collaboration with other care providers.

NEWS BRIEFS

One co-author of this book, Professor of Nursing Marilyn Rantz updated a similar book that covered research from 1990-1995.

"This framework has the potential to involve the consumer as an active, rather than passive, participant in health care quality," Rantz said.

Research has been increasing in both sophistication and scope, and in this book, more than 300 research-based studies measuring the quality of nursing care are included. In particular, long-term care quality studies have increased remarkably. Expertly selected and abstracted, organized in a manner useful for any health care professional, the studies evaluated in this book cover nursing measurement studies in a variety of settings – ambulatory care, community health, home health, hospital-based, long-term care and cross-setting studies. ■

Directoras de enfermería visitan MU

Dean Rose Porter, along with project faculty Alice Kuehn and Judy Elliott, hosted several Mexican dignitaries as they toured the school, the MU campus, Columbia and St. Louis this summer.

Lucila Acosta, dean of the School of Nursing at Universidad Autónoma de San Luis Potosí in San Luis Potosí, Mexico, and Lourdes Mendez, a faculty member at Universidad Autónoma de Nuevo Leon in Monterrey, Mexico, visited mid-Missouri as part of the North American Mobility in Higher Education grant project "Collaborative learning across borders: partnering nursing students, faculty and communities."

Acosta and Mendez visited Iowa, Missouri and Canada to meet with faculty members of the participating schools and to experience firsthand many of the clinical and cultural sites that will be available to their students. This project will assist undergraduate nursing students, registered nurses, educators and other health professionals from the three countries to grow in multicultural awareness and understanding of the role of the nurse with-

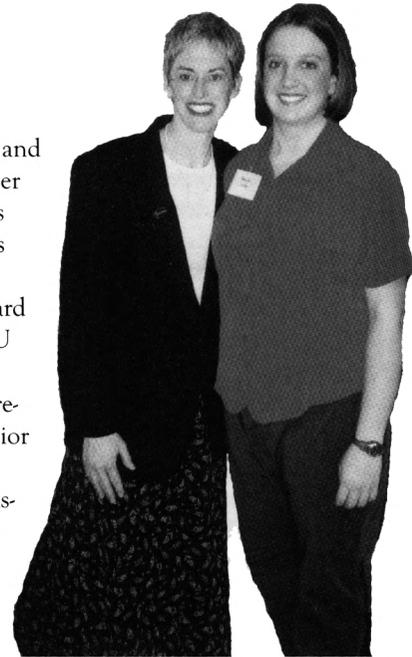
in each country's health care system, and facilitate adaptation of health care services to meet culturally unique needs.

"This visit has helped me understand the student exchange process and develop a personal relationship with the project faculty," said Acosta. "The tour of University Hospital will facilitate the preparation of the Mexican students for their international exchange as I will be better prepared to explain the role of the nurse in the United States." ■

Kudos

Ardith Finke received the MU Excellence in Senior Leadership and Involvement Award in March. Her service to the school, the campus and the community were reasons why she was honored. She also received the MU True Tiger Award for her demonstration of the MU values of respect, responsibility, discovery and excellence. Finke received a complimentary MU senior class ring.

"Ardith's enthusiasm and passion for MU, the school and the nursing profession is evident in everything she does," said Anne Heine, instructor of clinical nursing. "Although she's graduated, she will stay connected to the school through her involvement on the Nursing Alumni Organization Board." ■



Anne Heine, left, and Ardith Finke.

Donning the robes

In December, students gathered in the basement of Jesse Hall to adjust their graduation hats, hang their "color" tassel on the right side and slip on their graduation robes. Although graduation occurs three times a year at the University and twice a year for nursing students, each and every time marks the occasion when our graduates enter today's workforce. In today's health care climate, nursing graduates are courted by industry leaders from the time they first enter their clinical instruction.

"We are very proud of each and every one of our graduates," said Dean Rose Porter. "For the last several years, our graduates have scored higher than 92 percent on the NCLEX exam. This is because our faculty are dedicated to giving our students the best possible clinical experience possible to prepare them for today's changing health care industry."

Degrees bestowed during the May ceremonies included 57 BSNs, 13 RN-BSNs, 21 MS(N)s and three PhDs. In 2004, there will be an increase in graduates as the first accelerated class is due to complete their clinical education in August. ■



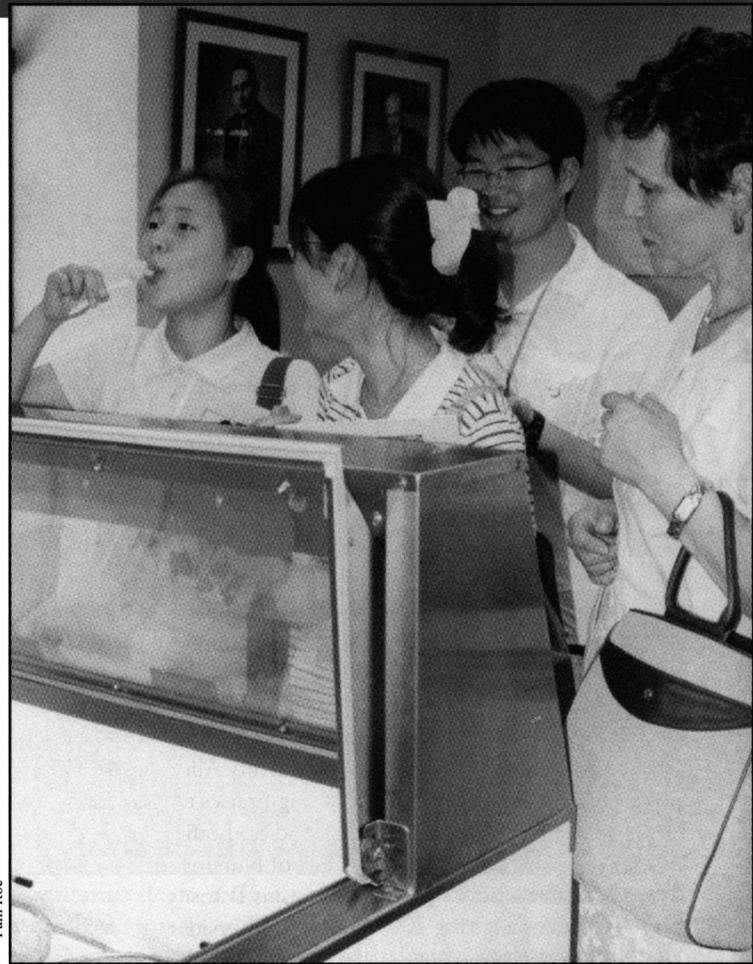
Diana Stribling

Left: Judy Elliott, cultural heritage project specialist; Lourdes Mendez, faculty member at Universidad Autonoma de Nuevo Leon in Monterrey, Mexico; Dean Rosemary Porter; Lucila Acosta, dean of the School of Nursing at Universidad Autonoma de San Luis Potosi; and Alice Kuehn, associate professor emerita.

Movin' on up

With 11 active National Institutes of Health research grants and \$9.8 million in funding, the School now ranks 15th in the nation in awards from this major health science agency. Recently funded research, training and public service grants and contracts include:

Constance Brooks	\$60,000
Quality improvement program Missouri Department of Health and Senior Services	
Constance Brooks	\$100,000
A client-centered approach to education for prevention of overweight in children Missouri Department of Health and Senior Services	
Jane Cochran	\$62,413
An e-mailed exercise intervention in Type 2 diabetes National Institutes of Health	
Vicki Conn	\$80,661
Minority supplement – chronic illness exercise interventions: A meta-analysis National Institutes of Health	
Shirley Farrah	\$50,000
Transferring geriatric research into practice conference Agency for Healthcare Research and Quality	
Shirley Farrah	\$36,801
2003 Women's Health Conference Missouri Department of Health and Senior Services	
Rebecca Johnson	\$133,160
Walking for healthy hearts Missouri Foundation for Health	
Rebecca Johnson	\$30,000
Neurochemical indicators of the human animal bond Veterinary Pet Insurance Skeeter Foundation	
Kay Libbus	\$2,688
Perinatal Hepatitis B medical record review Missouri Department of Health and Senior Services	
Roxanne McDaniel	\$55,879
HRSA advanced education nursing traineeship program Health Resources & Services Administration	



Pam Roe

Roxanne McDaniel, right, associate dean for graduate and master's programs, treated Korean students to a well-known MU tradition — Buck's ice cream. Young-Ji Kim tried a butter pecan sample before deciding on a Tiger Stripe cone as Eun-Jim Choi, center right, and Jin-Il Kim, in back, watch her reaction. Not pictured, Soon-Ok Park.

The Chonnam National University nursing students spent 10 days touring the University, Columbia, St. Louis and other cities in mid-Missouri. The Gateway Arch was among the many attractions they visited during their time in St. Louis.

"We enjoyed visiting the United States very much," said Jih-Il Kim. "Everyone at the school made us feel welcome and we enjoyed the lab classes a great deal."

Louise Miller	\$145,241
Lactation management curriculum – phase 2 Missouri Department of Health and Senior Services	
Davina Porock	\$5,254
Recognizing dying in the nursing home Iowa Gerontological Nursing Interventions Research Center	
Eileen Porter	\$856,785
Old homebound women's intention of reaching help quickly National Institute on Aging	
Marilyn Rantz	\$520,000
Quality improvement program for Missouri 2003-2004 Missouri Department of Health and Senior Services	

Exploring women's health issues

The women's health conference, "Moving Research Into Practice: Chronic Disease and Missouri Women," focused on the translation of clinical and basic research in diabetes, cardiovascular disease and lung cancer in women to improvements in health and well-being.

"We now know that the research done on men cannot be applied, *carte blanche*, with women. There are important differences," said Shirley Farrah, NODE's assistant dean. "This is cutting-edge information and the school was honored to partner with the Office on Women's Health at both the state and federal levels, as well as MU's Center for Gender Physiology and Environmental Adaptation."

The event attracted more than 170 individuals with a common interest in women's health. From the opening keynote address to the closing workgroups, seminar leaders developed ways to put into practice what was learned. The entire event emphasized better health care, educational programs and health policy for Missouri's women. ■

TigerPlace vision is now under roof

TigerPlace, the school's premier aging-in-place site, is currently on schedule for a spring 2004 opening. This one-story facility was initially envisioned by our faculty in 1996 as a new model of care for older adults to age in place while administering as-needed supportive health-care services.

"Our vision was to unite Senior Care, a home-health agency within the school, with a facility for interdisciplinary research to improve the lives of older people," said Dean Rose Porter. "It will also allow for new educational opportunities for students throughout many MU colleges and schools, and create an ideal practice environment for future health care providers to learn and discover better ways of caring for older adults."

The MU Sinclair School of Nursing and Americare Inc. have developed a unique partnership in the building and operational structure of TigerPlace. On-going assessment, health promo-

tion activities and a well-designed housing envi-

ronment will help residents stay healthier and active longer while avoiding expensive and debilitating hospitalizations.

One of only four pilot projects approved by the state to provide care under an "aging in place" model, the facility will consist of 32 apartments connected through common interior areas.

Senior Care will provide a wellness center on the premises of TigerPlace, on-going assessment of resident needs, and health promotion activities including exercise and health classes to help residents remain active and vital as well as give special consideration to residents with pets.

For more information about TigerPlace contact sales counselor Angel Sexton toll-free at 866-287-3440 or via e-mail at TigerPlace@americareusa.net. ■

Coping with complex care issues

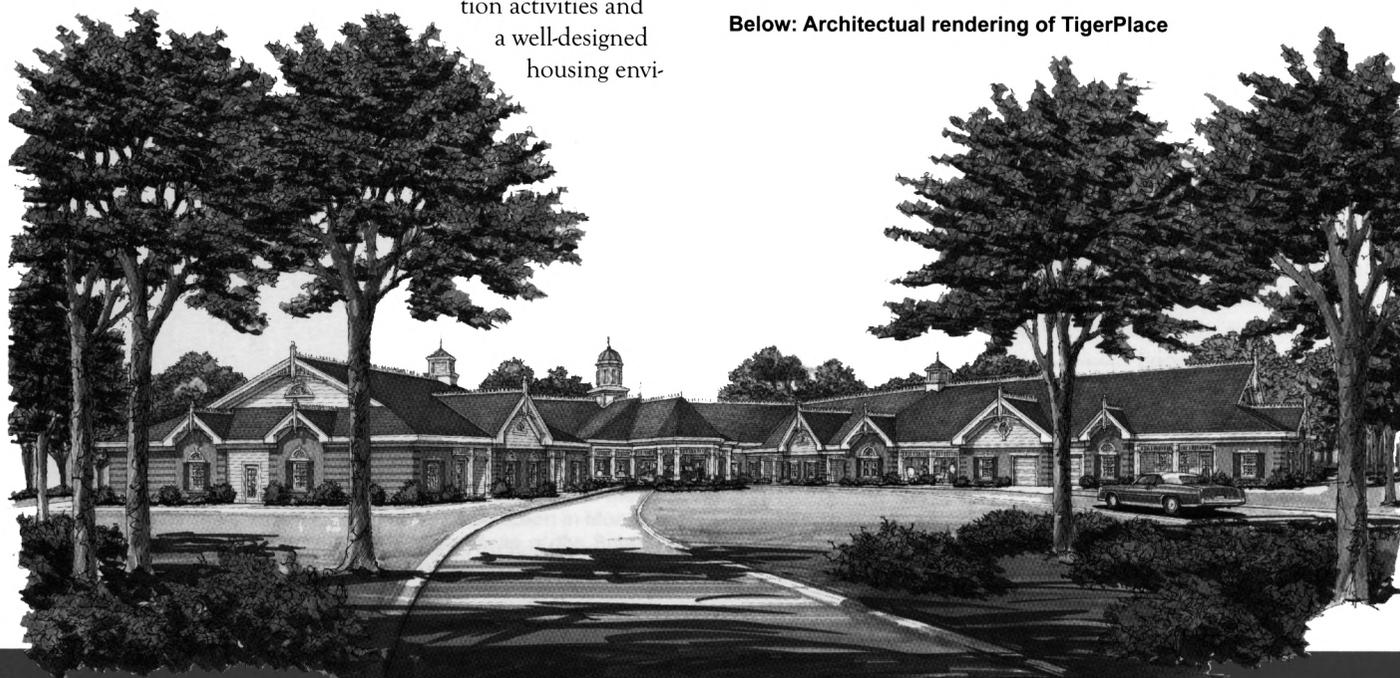
For 15 years, the Nursing Outreach and Distance Education office has provided a forum for nurses, educators and regulatory personnel to discuss current gerontology issues and the latest evidence-based care. The tradition continues this year on Dec. 4 and 5 at the Peachtree Banquet Center in Columbia

"The first day will focus on caregiver stress and how they cope with a loved one having a debilitating disease," said Shirley Farrah, NODE's assistant dean. "The opening session is the personal story of Fred Matthews and how he coped during his wife's struggle with Alzheimer's. For 13 years, he cared for his wife of 50 years. His story brought tears to my eyes, and I believe it will add a richness to our program in a way that nothing else could."

The day is rounded out with sessions on decisions families need to consider as loved ones grow older and the ethical implications of independence and individual decision-making versus safety issues.

The second day will give conference attendees the latest geropharmacology updates such as drug-drug, drug-food and drug-herb interactions. There will also be a need-based assessment discussion about people who suffer from dementia. This year,

Below: Architectural rendering of TigerPlace



NODE will also introduce a multidisciplinary panel on coping with changes in families with older members. The panel will use case studies to discuss the difficult situations families face and the solutions that worked for them.

To attend this or other NODE conferences, go to our Web site: www.muhealth.org/~nursing/node/ or contact the office: e-mail NursingOutreach@missouri.edu or call (573) 882-0215

.Continuing Competence

Nov. 6-9, 2003
Hyatt Regency Crown Center
Kansas City, Mo.

Psychiatric Nursing

Nov. 14, 2003
Columbia Regional Health Pavilion
Columbia, Mo.

Breast Feeding Conference

Nov. 18-19, 2003
Peachtree Banquet Center
Columbia, Mo.

15th Annual Gerontology

Nursing Conference

Dec. 4-5, 2003
Peachtree Banquet Center
Columbia, Mo.

Developing an Evidence-Based Approach to Clinical Evaluation

April 2, 2004
Location to be announced
Columbia, Mo. ■

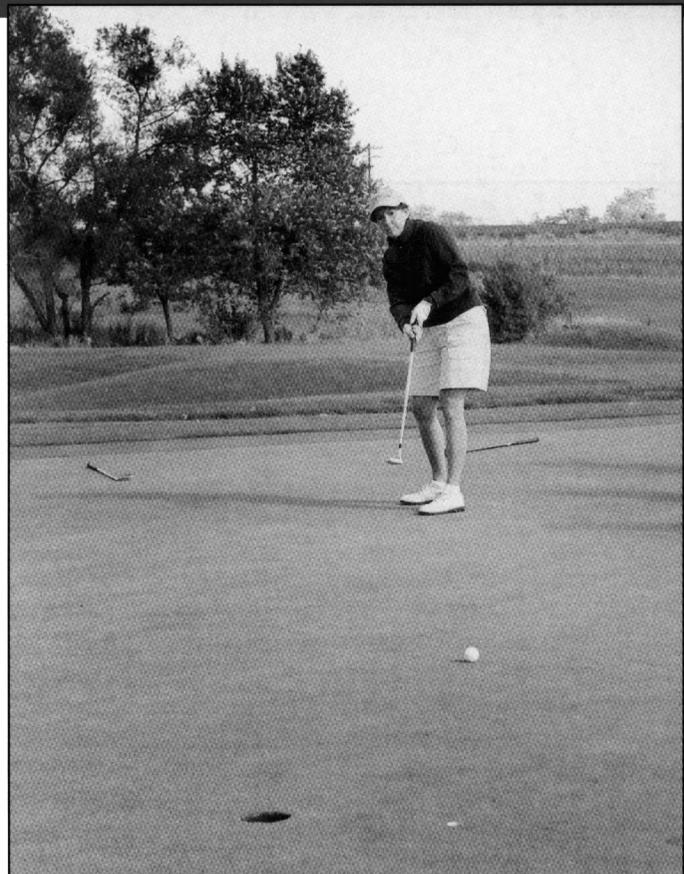
Golf tournament helps students

With increasing tuition costs, scholarships are a valuable asset to nursing students. So four years ago, the school started the *Fund the Drive for Nurses* golf tournament to help students offset the cost of their college degree. Last year the tournament netted enough proceeds after expenses to establish an endowed \$10,000 scholarship fund. This year, the four-year tradition continues.

The four-person scramble will begin at 1 p.m. Monday, Oct. 20, at the Columbia Country Club.

"Supporting students is why we are here, and we are excited about the scholarship fund that was established," said Dean Rose Porter. "That's why we are encouraging as many University and community supporters to help us add to this scholarship fund."

The nation will face a shortage of half a million nurses by 2020 if current trends continue. The school is committed to offsetting the national shortage by helping more students enter the field of nursing and nursing education. The tournament allows supporters of that goal to help future nurses while enjoying themselves on the links.



Pam Roe

For more information or to participate next year, contact Tracy Peterson, Development Officer, at (573) 884-0421 or PetersonTA@missouri.edu ■

Exploring safety concerns of older widow women

In today's society, it's not uncommon for women over the age of 85 to live alone and to need some help to get out of the house. One University of Missouri-Columbia researcher is leading an interdisciplinary team to explore what it is like for these women to decide how to obtain help quickly at home if they need it.

"Our goal is to learn from these women about their concerns and needs," said Eileen Porter, associate professor at the MU Sinclair School of Nursing. "If we listen to them carefully, we can better understand how to help older women feel safer in their homes."

Annually in the United States, about 300,000 people over the age of 65 who live alone are unable to contact help after a fall or a serious illness. Starting in 1997, Porter studied the experiences of older widows that had help in their homes. Throughout the interviewing process, she and her team found that only a portion of the women had developed a plan to get help quickly in case of an emergency. However, even half of those women didn't carry out the plan when it was needed.

Porter's current four-year study is funded through a \$600,000 grant from the National Institute of Aging, part of the National Institutes of Health. Team members include Lawrence Ganong (nursing), Jaber Gubrium (sociology), Myra Aud (nursing), Sandy Matsuda (health-related professions), Erik Lindbloom (medicine), and Karen Marek (nursing). ■

School honors best and brightest

The Nursing Alumni Organization awards went to: **Gayle Schotte, Virginia Haymes Humphreys, Jill Scott and Barbara Levy (seated)**



The red carpet was rolled out and the stars came to town! On Thursday, May 1, 2003, the MU Sinclair School of Nursing's supporters gathered for a star-studded evening. The 13th Annual Sinclair School of Nursing and Nursing Alumni Organization banquet and award ceremony was held in recognition of those individuals who have elevated the school's reputation and enhanced its mission of research, teaching and service.

The event recognized outstanding students, staff, faculty, alumni and friends of the school.

"The school's annual banquet gives us a chance to honor those who have gone the extra mile and in the process elevated the bar of excellence in the field of nursing," said Dean Rose Porter.

More than 320 of nursing's finest attended, and following comments by Porter, these awards were presented:

ALUMNUS OF THE YEAR

The Alumnus of the Year award recognizes significant contributions by an individual whose efforts and support

have added to the school's reputation. This year, the school honored **Virginia Haymes Humphreys**. She has impacted thousands of people through her role as director of educational services at CoxHealth in Springfield, Mo.

ALUMNI ACHIEVEMENT

This award is given by the MU Nursing Alumni Organization for significant accomplishment in nursing during the first five years following graduation from the school.

Jill Scott, RN, PhD, was honored with this award because of her health-care research focus on the needs of rural populations.



Andrea Taylor photos

Betty Crim Faculty Enhancement Award nominees were: Denice Mendenhall, Cheryl Bausler and Pam Evans-Smith.

HONORARY ALUMNUS

This award is bestowed on a non-graduate of the school who has achieved outstanding success in nursing and support of the nursing profession. This year the alumni organization selected **Barbara Levy**.

For more than 30 years, Levy's career



1910 graduate

■ 1901 — The Parker Memorial Hospital Training School for Nurses was founded and three students were admitted

■ 1904 — Alice Sipple is first graduate and acting head nurse

■ 1906 — Missouri nurses organized the Missouri State Nurses' Association

■ 1901 - 1919 — Ten different nurses headed the school; a total of 100 students entered; of these, 44 completed the program; graduating classes had an average of three members

■ 1911 — The position of head nurse of the hospital was created

■ 1912 — The first male student entered, but left to attend college

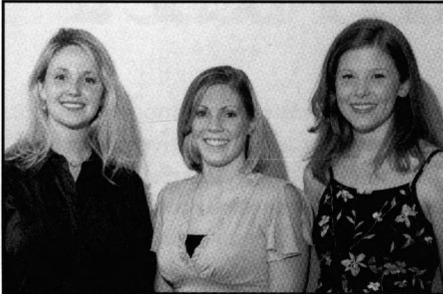
■ 1914 — Nurse's residence

established (the Todd House on 9th Street)

■ 1918 — Arrangements were made for three months' experience in a larger hospital during student's senior year



1913 nursing student in the operating room



5th semester nominees: Holly Brengarth, Elizabeth Sibbing and Michelle Doorack.

revolved around gerontology with a focus on ensuring quality care of older adult populations by working with nursing homes and home-health agencies through consulting roles.

HUMANITARIAN NURSING

The MU graduate who receives this award must administer services to people in need through volunteer activities. He or she must continually demonstrate a high level of nursing knowledge and compassion to vulnerable populations.

This year's award went to Gayle Schotte, who has participated in medical missions in Nablus, Palestine, Beirut and Lebanon.

STUDENT AWARD FOR EXCELLENCE

The Student Award for Excellence is given to those who exhibit leadership through involvement in school activities. These recipients also exhibit a caring attitude toward patients, classmates and faculty. Outstanding students were:

Patricia Muxlow RN-BSN



6th semester nominees: Rebecca Koch, Charity Jacobs and Janelle Toye.

Holly Brengarth 5th semester
 Rebecca Koch 6th semester
 Nicole Griffith 7th semester
 Ardith Finke 8th semester
 Matthew Lindquist ... Graduate student
 Debbie Daunt Kelly PhD student

STAFF AWARD FOR EXCELLENCE

This award was presented to **Monica Simmons** for her commitment to work excellence and a caring and supportive attitude toward students, peers, faculty and administrators.

FACULTY AWARD

FOR EXCELLENCE IN TEACHING

The teaching award is presented to a clinical faculty member who is dedicated to teaching excellence in and out of the classroom and clinical setting. This year's recipient was **Myra Aud**.

FACULTY AWARD

FOR EXCELLENCE IN RESEARCH

The research award is presented to a faculty member whose research contributes to



7th semester nominees: Kristy Jansen, Alison Rodes and Nicole Griffith.

the body of nursing knowledge and who serves as a role model for others. This year's recipient was **Donna Williams**.

FACULTY AWARD

FOR EXCELLENCE IN SERVICE

The service award is presented to a faculty member who has provided tireless service to the school, University, nursing profession and/or the community. This year's recipient was **Karen Marek**.

BETTY CRIM FACULTY

ENHANCEMENT AWARD

Throughout the years, Betty Crim made her mark on undergraduate students. In 1999, she established this award to honor and recognize faculty excellence in undergraduate nursing education. All nominees and the award recipient are chosen by the students they serve. This year's recipient was **Denice Mendenhall**.

For more photos of this year's award nominees, go to page 18.



Above: Parker Memorial Hospital
 Below: 1930s surgery preparation

- 1920 — Alumnae reorganize as the School of Medicine Nursing Alumni Association; 11 students admitted

- 1921 — Missouri nurse practice law passed for accredited schools

- 1928 - 1934 — Annual number of students admitted ranged from eight to 11

- 1930s — Financial problems - faculty and staff salaries were cut and student

- 1923 — Nurse practice law repealed

- 1924 — Noyes Hospital completed

- 1925 — Graduate nurse degree approved



- enrollment decreased

- 1935 — Economic times improved and the legislature ap-

- proved new building funds

- 1937 — New student health center opened next to Noyes Hospital

Alumni Pride:

by **Connie Mitchell**

Long before today's MU Sinclair School of Nursing, long before University Hospitals and Clinics, and long before nursing students could pursue a baccalaureate degree, a three-story brick building sporting a large covered porch and a decorative cupola housed Columbia's Parker Memorial Hospital. It was under this roof that Alice Sipple spent three years in training to become the first MU nursing graduate in 1904.

Sipple is remembered for taking the first step on a journey that would pave the way for thousands of nursing students at the University of Missouri-Columbia. Not only did she earn the first training school certificate, the forerunner of today's bachelor's degree in nursing (BSN), but she began a long tradition of pride in her alma mater, serving as the first Nursing Alumni Organization president in 1907.

As the MU Sinclair School of Nursing celebrates its centennial in 2004, alumni can continue that tradition by strengthening or renewing their ties to the school.

"There's a bond that forms because we all went through the nursing education program," said Donna Otto, BSN '72, director of nursing alumni relations. "Some classes stay very close while some go their own way, but the pride is still there." Otto hopes that many former nursing classes will have reunions in conjunction with the school's an-

niversary. The annual Nursing Banquet, scheduled for April 30, 2004, will be the grand celebration in a series of special events designed for both alumni and current nursing students.

Although Sipple can no longer share her story, many voices representing the school's historical periods remain. The details may differ, but a common thread runs through the recollections: alumni pride.

1940s: BREAKING NEW GROUND

Born in 1918, Elbertine Donaldson Kirtley is one of the oldest surviving graduates of the University's nursing education program. But had Kirtley not been hospitalized in 1935 with appendicitis and noticed the white-clad nurses on their daily rounds, her life may have taken a very different path. Kirtley's rural upbringing usually resulted in girls "marrying a local farm boy and gathering eggs" or teaching school, for which no higher education was needed. "I wasn't drawn to that idea (of teaching) at all," she said. "But the hospital was different. I felt like I was coming home — like I found what I was looking for."

To fulfill her dream, Kirtley ventured far from her tiny village and its surrounding farmland, only to find on arrival in Columbia that she was one month short of meeting the age requirement for admission to the University's nursing

program. Undaunted, she took a job in medical records at the University's Noyes Hospital, which was completed in 1924, and enrolled in general courses at the University.

"I wanted two things in life — to be a nurse and have a family," Kirtley said. "I knew I wouldn't be happy without having both." There was just one catch: nursing students were prohibited from being married. The rule left Kirtley with no choice — she eloped with Brice Kirtley, her high-school sweetheart who was earning an agriculture degree at MU. Two days after the secret ceremony, Ebbie Kirtley approached the nursing school's principal, Helen Nahm, and appealed for a change in the rule without admitting that she had already broken it. The progressive Nahm, who was chiefly responsible for designing and establishing the nursing baccalaureate program, saw the logic in Kirtley's argument and began the bureaucratic process of repealing the marriage ban.

With the marriage issue resolved, Kirtley graduated in 1941 and began working in Noyes Hospital's obstetrics ward. It was a busy time. Kirtley's husband, along with countless other young men at MU, enlisted to fight in World War II, leaving her with their toddler son and a ward full of "war babies." At times, women gave birth on mattresses placed in the hospital's solarium because the maternity ward's beds were in use. "I was the only



MU nursing cadet

- 1940 — Bachelor of Science in Nursing curriculum approved
- 1941 — First BSN awarded
- 1943 — US Cadet Nurse Corps began; most MU nursing students joined
- 1945 — World War II ended; few Cadet Nurse Corps students graduated in time to volunteer
- 1946 — School temporarily closes admissions until clinical facilities were updated
- 1948 — School reopens
- 1949 — Admissions resume; continuing education courses offered off campus
- 1950 — One-year Practical Nursing program; 4-year basic curriculum approved
- 1953 — Missouri Student Nurses Association founded
- 1954 — Department of Nursing becomes the School of Nursing within the School of Medicine; first graduates of the 4-year program
- 1956 — Medical Center opened



Nursing students take a break after classes at a local hangout.

A Common Thread

RN, and the one doctor left on the ward weighed about 350 pounds,” Kirtley recalled. “I couldn’t push him up the stairs to the solarium, so there were times when I just had to deliver the babies myself.”

Like many modern women, Kirtley managed to juggle work and family over the next several decades. Her nursing career spanned 40 years and included stints in medical/surgical wards, cancer care, and research on the 1960s technological breakthrough of ultrasound imaging.

Despite her many responsibilities, Kirtley stayed true to her MU nursing roots by serving as Nursing Alumni Organization president from 1945 to 1947. “I don’t recall much I didn’t like,” said Kirtley of her student days at MU. “There was a lot to learn, and I just lapped it all up.”

1950s - 60s: NURSING PRESENCE

As the years passed, the nursing school kept up with the times by changing its requirements and curriculum to provide nursing students with expanded clinical and classroom experiences. The 1950s were marked by the creation of the first graduate nursing program at MU, the shift from a department of nursing education to a School of Nursing within the medical school, and the opening of the University Hospital.

As the 1960s dawned on the MU campus, nursing students were integral players in the life of the University.

Margaret Little, BSN '63, remembers participating in many campuswide activities and sporting events. “One of the big pluses for me was being involved in campus life,” she said.

Ten years before Little’s graduation, the Missouri Student Nurses Association was established as an affiliate of the National Student Nurses Association. For many MU nursing students, the MSNA offered a valuable extracurricular opportunity. Little served as vice president and attended the organization’s national conference, recognizing that student government was a good way to become involved in and help frame major issues of importance to her peers.

Another important development was the establishment in 1964 of the Alpha Iota chapter of Sigma Theta Tau, the national nursing student honor society. The chapter serves outstanding nursing students through its networking opportunities, research funding and awards for achievement in nursing technology, teaching and research.

Little credits her varied experiences at MU with preparing her for an international career. The wife of a noncommissioned Air Force officer, she has lived in Holland, Germany and Spain. “Exposure to so many people and experiences helped prepare me for that life,” she said. “The University’s large campus population and my connections to other nursing students across the country were

important.”

A large segment of Little’s class has stayed in touch. Of the 46 graduates, Little kept track of 40 whom she hopes will attend their reunion in April. “I’m hoping to learn a lot this spring,” she said. “I want to see what the school’s future plans are and look at how the school’s ongoing projects are doing.”

1970s: COMING INTO ITS OWN

Beth Traudes, BSN '75, is an instructor of clinical nursing and co-coordinator of the school’s state-of-the-art technology laboratory. When she arrives at work, she can feel satisfaction in knowing that her office might not exist without efforts she made as a student.

“In the mid-’70s, the school was very drab with dark floors and an olive-green, post-war look,” Traudes said. This uninviting environment within the medical school allowed for only one lecture hall and no clinical practice facilities. Traudes recalls practicing clinical skills in a hallway where two old hospital beds were placed behind a thin, cotton curtain.

“The school had no physical identity at all, although we were getting a good nursing education despite the circumstances,” Traudes says. “The students decided we couldn’t let the school dry up and blow away, so we organized the Nursing School Building Committee.”

continued on page 14

- 1960 — Baccalaureate program accredited by the National League for Nursing (NLN)

- 1964 — Alpha Iota Chapter of Sigma Theta Tau

- 1970 — First master’s graduates; master’s program NLN accredited

- 1971 — Undergraduate Nursing Association founded

International established

- 1968 — Master’s program begins

- 1969 — Nursing Student Council was started



- 1973 — School of Nursing becomes an independent division

- 1976 — Faculty adopt Orem’s Self-Care Deficit Nursing Theory for new

Right: Dean Ruby Potter pins a student during graduation ceremonies.



Below: Students pose on fountain before it was removed for nursing building construction.

curriculum; Graduate Nurses’ Association becomes official

- 1977 — Last capping ceremony held

- 1978 — Reaccredited by NLN

- 1979 — SON Building occupied

A Common Thread (continued from page 13)

The committee developed a platform and presented facts about the school's state impact to lawmakers. After a year of lobbying, Gov. Kit Bond allocated \$6 million for the new building, which opened in 1980. "My dad still has a copy of the bill with Gov. Bond's note: 'Congratulations Beth, from Kit,'" Traudes says.

Edith Finke, BSN '72, echoes Traudes' memories of feeling out of place within the medical school, dealing with inadequate facilities and facing medical students' antipathy. Her recollections stand out even more when compared to the experiences of her daughter, Ardith, BSN '03.

"When my husband and I took Ardith to MU for the first time, we were very impressed with how the University and the nursing school were so helpful and intent on students success," Finke says. "There are support systems, FIGs (Freshman Interest Groups) and advisors that we didn't have."

Other innovations, such as e-mail and study-abroad programs, also make life easier and richer for today's students. "There are constant contrasts," Finke notes. "Today's students have a nicer facility and more orientation. The medical library is incredible."

A school nurse for the past 18 years, Edith is proud that Ardith is following in her footsteps. Awarded this year's Excellence in Senior Leadership and Involvement Award (see page 6), Ardith recognized her mother's support and inspiration with a Mother's Day gift of

an MU Alumni Association membership. Ardith now works as a staff nurse at University Hospitals and Clinics and sits on the school's Nursing Alumni Organization Board of Directors.

A NEW ERA IN EDUCATION:

In 1965, Colorado recognized nurse practitioners as nursing specialists. But the educational community was slow to catch on to the trend in the profession. When Greg Lind decided to pursue a master's degree leading to certification as a nurse practitioner in the late 1970s, there were only four such programs in the nation. A native of Wisconsin, Lind liked the idea of staying in the Midwest and found the MU nurse practitioner master's degree program fit well with his long-term plans. "Missouri catapulted me toward my goals," Lind says.

As part of the first class of four nursing graduate students in the nurse practitioner program, Lind and his peers were central to refining the early curriculum. "We really were able to make our own program," he says. Lind also was on the leading edge of realizing the potential for nurse practitioners to become key players in primary-care outpatient settings. Following his graduation in 1980, Lind joined the MU School of Medicine's Department of Family and Community Medicine where he developed a joint practice with family physicians.

After earning a doctorate from the University of Kansas and working on the

University of Washington-Seattle's nursing faculty for two years, Lind opened his own clinic - the first primary-care, walk-in clinic staffed solely by nurse practitioners in a suburban setting. Lind and the seven other nurse practitioners now on staff at the Walk-In Lake Serene Clinic work on a rotating schedule with three NPs in the office 365 days a year. They typically see a total of about 80 patients per day for preventive and urgent care needs.

To "give back" to his alma mater, Lind established an endowed scholarship bearing his name. "I was lucky to have financial support through early government grants for NP students when I went to MU," he says. "I'd like to help current students by giving them the same advantage." Students who apply for a Lind Scholarship will face a tough jury in the selection process: Lind, his wife and two teenage daughters will personally review the applications and choose scholarship recipients.

CONTINUING TO CONNECT

Alice Sipple's story would sound unfamiliar to today's nursing students. But as alumni from various eras of the school's history tell it, the details may differ but the desire to serve in "the caring profession" hasn't changed for 100 years. And while they've found their own ways of remaining connected to the school, they agree that their continuing relationship with their alma mater is an important and satisfying experience. ■



■ 1985 — J. Otto Lottes Health Sciences Library opens

■ 1994 — Nursing program renamed the Charles & Josie Smith Sinclair School of Nursing; PhD program began

■ 1996 — University Nurses Senior Care begins

■ 1999 — First PhD graduate

Below: Nurse midwife Deb Freels discussed childbirth recuperation with a patient.

A nursing student tried to comfort a child during an annual check up.

■ 2001 — RN-BSN online option begins

■ 2002 — Midwifery program ends due to a loss of grant support; Nightingale Society formed

■ 2003 — Accelerated BSN program begins

■ 2003 — University Nurses Senior Care shortens name to Senior Care



Nursing alumna and faculty recognized by the MU Alumni Assoc.

In 1968, the MU Alumni Association began recognizing the achievements of faculty and alumni by annually presenting the Faculty-Alumni Awards.

This program expresses the Association's pride and appreciation for these individuals and their service to higher education. It focuses attention not only on these outstanding persons and their accomplishments, but also on the vital relationship between faculty and alumni in promoting the best interests of the University.

This year, three of the 16 awards went to those in the nursing profession – Vicki Conn, associate dean for research; M. Kay Libbus, PhD program director; and Karyn Buxman, president and owner of HUMORx, a humor-based stress management and communications company.



Karyn Buxman, MS '90, RN, MSN, CSP, CPAE

An award-winning motivational speaker and internationally recognized expert on the benefits of humor and laughter, Karyn Buxman, MS '90, educates audiences on the physiological, psychological and social benefits of humor. With more than 15 years of research in the field of therapeutic humor, she is a Certified Speaking Professional.

Vicki Conn, MS '81, MA '83, PhD '87

Since her arrival at Mizzou in 1987 as an assistant professor, she has been a driving force in the creation of a gerontology research interest group. Currently she has secured mission enhancement funding for five additional gerontology faculty members. She also developed the school's Research Office into an operation that has helped faculty win more than \$7 million in grants from the National Institutes of Health.



M. Kay Libbus, BSN '75, MS '77

Since 1977, Kay Libbus has fostered independent thinking and self-directed learning in her students through project-based group activities. She has won numerous teaching awards including a Kemper Fellowship for Teaching Excellence in 1998 and an Alumnae Anniversary Faculty Award for exceptional effort in the education of women in 1997. She has also received national grant funding to develop and implement a

Web-based master's degree program in public health nursing. ■

Calendar of Events

- Fund the Drive for Nurses Golf Tournament
October 20, 2003
- St. Louis Regional Jefferson Club Dinner
October 23, 2003
- Kansas City Regional Jefferson Club Dinner
October 30, 2003
- Continuing Competence Conference
November 6-9, 2003
- Psychiatric Nursing Conference
November 14, 2003
- Breast Feeding Conference
November 18-19, 2003
- 15th Annual Gerontology Nursing Conference
December 4-5, 2003
- Commencement
December 19, 2003
- Student Nurses Week
February 29-March 7, 2004
- Developing an Evidence-Based Approach to Clinical Evaluation Conference
April 2, 2004
- 14th Annual MU Sinclair School of Nursing and Nursing Alumni Organization Banquet and Award Ceremony
April 30, 2004
- National Nurses Week
May 6-12, 2004

Show your support for the school by joining the MU Alumni Association

A portion of your membership dues helps fund the Nursing Alumni Organization.

- Individual, annual \$35
 Individual, 65 or older \$25
 Mr. & Mrs, annual \$50
 Mr. & Mrs., 65 or older \$35

Name: _____ E-mail: _____

Address: _____

Phone: _____ Class year: _____ Student no. _____

Make your check payable to: MU Alumni Association, and mail to 123 Reynolds Alumni and Visitor Center. Columbia, Mo. 65211 or charge

Visa
 MasterCard
 Discover
 Card no. _____ Exp. _____

Signature _____ (required for credit card use) UNA



Laissez les bons temps rouler!

With a New Orleans' flair, the students brought bright color and great fun to the bleak Missouri landscape in early March for Student Nursing Week 2003. The week's events included a career and recruitment fair, Nursing Olympics, humor therapist and alumna Karyn Buxman, community service, the Nursing Ball and several opportunities to eat home-made goodies.

Although the Nursing Olympics were moved inside to keep the participants from freezing, a good time was had by all. To see other photos taken during the week, check out our Web site at www.munursing/students/photos/2003.htm ■



Health care industries from around the state participated in the recruitment fair to talk with students about future employment possibilities.



As students and faculty look on, Chris Grider (center), instructor of clinical nursing; Jackie Vendt, (front center), academic advisor; and Samantha White, staff; competed in the tourniquet egg toss competition.

Faster than a speeding grocery cart – humor therapist Karyn Buxman

In today's fast-paced society, we're all faced with some degree of stress ... deadlines, budgets, an arrogant boss, a stubborn customer, an obstinate teenager at home, a bad hair day, a "no-hair" day. For many of us a straight-jacket may be nearer than we think.

Whether the source of stress is at work or at home, the results can be costly. The good news: laughter is the best medicine. And MU alumna Karyn Buxman, RN, MSN, CSP, CPAE, administered her stress antidote to students and faculty as the Student Nursing Week guest speaker.

While in graduate school, Buxman found a way to combine her research with the one thing that enabled her to get through an entire day without losing her sanity: humor.

Now one of the leading national experts on therapeutic humor, she puts her humor studies to work through speaking, writing and consulting. She presents information to audiences around the world about how to find humor in the midst of chaos and discover its stress-reducing benefits.

Buxman, president of the stress-management and communications company, HUMORx, began her speaking career when she realized it didn't require white support pantyhose, didn't involve body fluids and didn't have to be done in 12-hour shifts.

A co-founder of The World Laughter Tour, Buxman is a member of the Association for Applied and Therapeutic Humor, the International Society of Humor Studies and the National Speakers Association. Having conducted more than 15 years of research in the field of therapeutic humor, she is a Certified Speaking Professional and is one of 28 women in the world to become a member



Pam Roe

Karyn Buxman extended her visit to the school and became the honorary Nursing Olympics judge.

of the Council of Peer Award for Excellence Speaker Hall of Fame.

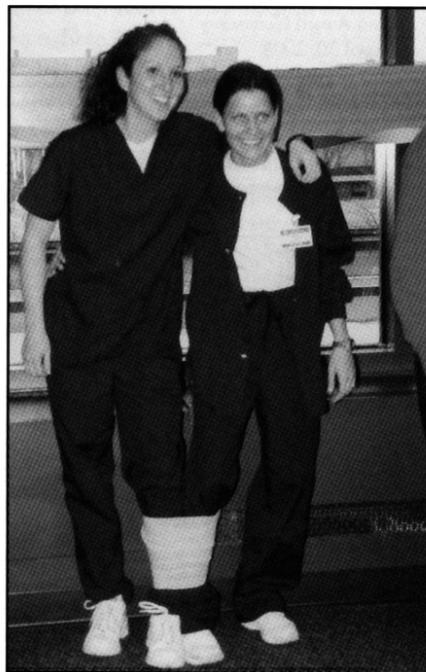
Buxman shares her work internationally through the Web sites www.HUMORx.com, www.HumorHabit.com, www.ResuscitationStation.com and www.KarynBuxman.com.

She wrote *This Won't Hurt a Bit! And Other Fractured Truths in Healthcare* and is co-author of *Chicken Soup for the Nurses Soul*. She is a volunteer and fundraiser for AVENUES, a shelter for abused women, and an MU Alumni Association member.

According to Buxman, she is faster than a speeding grocery cart, able to leap cubicles in a single bound and more powerful than a double dose of Extra Strength Tylenol.

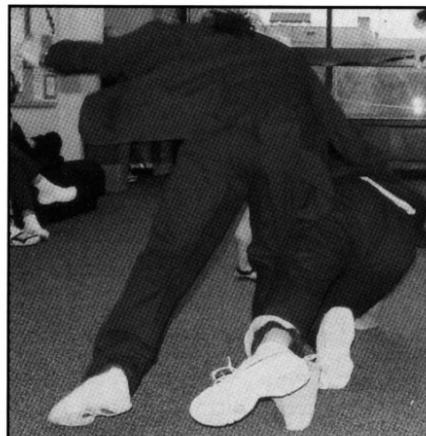
Buxman and her husband, Stan, have two sons, Adam and David, a student at MU. ■

2003 Student Nursing Week



Pam Roe photos

Brecklyn Dade, left, and Aryn Kloess mentally prepared themselves for the 3-legged bandage race.



Complications on the return trip.



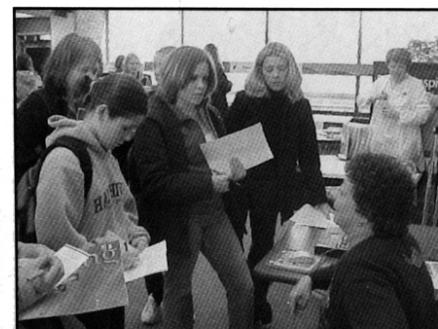
Down for the count.



The battle scars.



Gene Taylor, an RN with Senior Care, discussed the nursing options in home-health agencies with a student.



Lila Pennington (seated right), instructor of clinical nursing, explained the benefits of becoming a nurse practitioner.

2003 Banquet (continued from page 11)



Staff nominees were Richard Tayloe, Monica Simmons, Sherry Cass and Tracy Peterson.

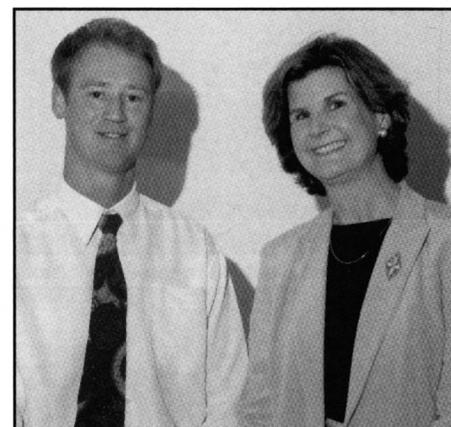


Andrea Taylor photos

8th semester nominees: Ardith Finke and Dorothy Avis. Not pictured, Katie Richter.



Faculty nominees for teaching excellence were Kathryn Burks, Myra Aud, Victoria Grando and Vida Gorsegner.



PhD nominees: Jeffrey Gage and Debbie Daunt Kelly. Not pictured, Wipa Sae-Sia



Faculty nominees for excellence in research: Cindy Russell and Donna Williams.



Faculty nominees for excellence in service: Karen Marek and Anne Heine.



Graduate student nominees: Matthew Lindquist, Christina Bradley and Sherrie Ament-Sturtevant.

CLASS NOTES

1940s

Annabelle Woods Benike, '48 is residing in Rochester, Minn. She enjoys playing golf, bridge, fishing and creating dog rugs.

1950s

Patricia Goodman Wheaton, PhD, BSN '56, retired from her position as coordinator of the Gerontology Program at Kean University. She serves as a volunteer at Air Force Village West and is chairwoman of the Resident Council for 2003-04

1960s

Susan V. (Cason) Gille, PhD, RN, NP-C, M-S CS, professor of nursing at Missouri Western State College, was named 2002 Outstanding Nurse Leader by the Omicron Nu chapter of Sigma Theta Tau. She graduated from the MU Sinclair School of Nursing in 1964.

1970s

Carla King, MSN, BSN '71, worked for the Kansas City VA Medical Center for 19 years in the dialysis unit. After receiving her master's degree, she went to dental school and currently owns her own practice on the Kansas City Plaza.

Jane A. Madden, MSN, BSN '73, resigned from her position as assistant professor at Deaconess College of Nursing in St. Louis where she worked since 1981.

1980s

Carla (Cohen) Cohodes, BSN '83, has worked in the home health field for 14 years as a supervisor and field nurse. She's married with two sons, ages 12 and 14.

Thandi Gwele, MS '88, is working as dean of the School of Nursing at the University of Natal in Durban, South Africa.

1990s

Michelle Kennett, BSN '87, MS(N) '93, was listed as a Columbia Business Times' "2003 Class of 40 Under 40" honoree.

Kristy Kelly Neff, BSN '94, MS(N) '98, and her husband, Philip, welcomed their daughter, Ella, into the world in November 2002.

Janel K. Zion, BSN '94, earned a 2000 master's degree as a women's health nurse practitioner from the University of Missouri-Kansas City. She is currently working as a patient care supervisor on the maternity care unit at North Kansas City Hospital. She and her husband, Jeff, welcomed the birth of their daughter, Alyssa Irene, in July 2002.

Karen (Wangrow) Backus, BSN '95, and her husband, Kevin, welcomed son, Cameron, into the world in May 2003.

continued on page 20

Keep in Touch — Help us, and your former classmates, keep track of where you are and what you've been up to since graduating by sending in your news. Send to Mizzou Nursing, S218 School of Nursing, Columbia, MO 65211 or MizzouNursing@missouri.edu

Degree _____ Date of graduation _____

Name (including maiden): _____

Address: _____

Business address: _____

Phone: _____

Notes (please include personal or professional activities and achievements): _____

1990s (CONTINUED)

Mary Cunningham, MS '95, coordinator of pain and palliative care at Ellis Fischel Cancer Center in Columbia, has received the 2003 Oncology Nursing Society Excellence in Pain Management Award.

Elizabeth Schupbach, BSN '97, works in the Cardio-Thoracic Transplant and LVAD ICU at the Cleveland Clinic Foundation. Since 1998, she has been a member of the Cleveland Clinic's Cardio-Thoracic Organ Procurement Team, flying out and participating in more than 35 heart or lung transplants.

Tamara Williams, BSN '97, and David Trim were married in May 2003 at First Baptist Church in Columbia, Mo. Tamara works at Boone Hospital Center.

Kristen Welborn, BSN '98, earned a 2003 master's degree as a family nurse practitioner with an emphasis on women's health from the University of Kansas School of Nursing.

Katharyn "Candy" Neuner, BSN '99, was listed as a Columbia Business Times' "2003 Class of 40 Under 40" honoree.

2000s

Natalie (Goodin) McGrath, BSN '01, and her husband, Ted, welcomed son, Connor, into the world in March 2003.

Elizabeth (Libby) Erkman, BSN '01, MS '03, was selected to submit a full proposal to the Robert Wood Johnson Foundation for developing an active living by design program for PedNet.

Kristin Ratcliff, BSN '01, was accepted into the Wake Forest Nurse Anesthesia Program in March.

Lisa McCall, BSN '02, and David Reid were married in August 2003 at the LDS Temple in St. Louis, Mo. She works in the ICU at Missouri Baptist Hospital in St. Louis.

Michelle Nolke, BSN student, and Max Schiltz were married in July 2003 at St. Mary's of the Angel's Church in Wien, Mo. She will graduate in December.

Goldina Underwood, BSN '02, and Andrew Reed were married in September 2003 at Our Lady of Lourdes in Columbia, Mo. She works at Boone Hospital Center in Columbia.

Jessica Price, BSN '02, and Mike Apostle were married in September 2003 at Prairie Baptist Church in Prairie Village, Kan. She works at St. Mary's Hospital in Jefferson City, Mo.

Laura Ann Mauck, BSN '02, and Burke Robinson were married in September 2003 at Woods Chapel United Methodist Church. She works as a nurse for Children's Mercy Hospital in Kansas City, Mo.

Teddi Cox, MS student, and Nathan Schwartze were married in June 2003 at Fairview United Methodist Church in Columbia, Mo. Teddi is a Truman State University graduate and is working on her master's degree in nursing at MU.

Ann Wilson-Purefoy, MS student, received a scholarship to attend the National Teaching Institute. Only two graduate students in the nation were chosen to attend this annual conference for the American Association of Critical Care Nurses. Ann is currently working on her master's degree from the school.

IN MEMORIAM

Nedra Jean Johnston passed away in May 2003. Nedra was a graduate of the MU School of Nursing and worked at Boone Hospital Center and John Muir Hospital for 31 years.

Deb Carman, MS '95, a Blessing Hospital nurse since 1973, passed away in June 2003 in Carson City, Nev. Deb worked in home care, adult day care and the GI Center.

Gail Selander Dineen, BSN '68, passed away in Aug. 2003 in Springfield, Mo. She had a 22-year career in health care and education at St. John's Mercy Hospital. Memorial contributions can go to the Gail Selander Dineen Memorial Nursing Scholarship Fund at the MU Sinclair School of Nursing.

FACULTY/STAFF NEWS

Linda Bullock was promoted to associate professor with tenure and accepted into FAAN this summer.

Susan Wuest Devaney, BSN '72, was a 2002 inductee into the Ritenour High School Hall of Fame.

Jerry Griffith, RN-BSN advisor, received the MU Overall Excellence in Advising Award in April.

Glenda Nickell, instructor of clinical nursing, is representing the school in a new MU center examining professions in a religiously diverse society.

Beth Traudes, instructor of clinical nursing, was nominated for the 2003 Cherokee Inspired Comfort Award. Healthcare professionals are nominated for this award based on their exceptional service, sacrifice and innovation.

Marilyn Rantz, professor, received the distinguished service award from the Missouri Association of Homes for the Aging in September.

Deidre Wipke-Tevis, assoc. professor, received the Jeanne Doyle Award from the Society for Vascular Nursing.

HOW TO DO THE REUNION TANGO

Wow, what a year! Hi, my name is Linda McEwen, BSN '72, and I have the honor of being your Alumni Board president for the next two years.

Let me tell you, OUR school is rocking and rolling and as a graduate you have certain bragging rights! Bragging point one — our faculty are incredible. Under the leadership of Dean Porter, we are rapidly becoming one of the top schools of nursing in the nation. Research has taken off and is being featured in national publications. A new program for students with degrees in other subjects has been created. This accelerated program works the devil out of them for 15 months and “bingo” they have a BSN (well it really isn't that easy, it is a lot of hard work and high stress). We also are conducting more classes through the Internet.

Bragging point two – we are 100 years old in 2004! On April 30, 2004 we will formally celebrate 100 years of nursing at MU. It is going to be a spectacular event, so make plans to come back and see what's new and talk about the “good ole days.” Speaking of the good ole days, we need you to help get the “ole gang” back together again. See the adjacent reunion tango article and volunteer.

Bragging point three – our alums. At the banquet we like to brag on our outstanding alumni. So please take a minute to nominate someone you know who has made a difference in the nursing profession. See the criteria on page 23.

In bragging terms, this is an exciting time. I hope to meet many Mizzou nurses at the banquet who haven't been back in a while. It will be fun, rewarding and hopefully enlightening for everyone to experience what OUR school and classmates have accomplished during the past 100 years.

Best wishes,



Linda McEwen,
BSN '72



Volunteering to bring your classmates together is as easy as learning to tango.

When learning to dance you go to an instructor who knows the steps and has a plan to teach them to you.

Our instructor, Donna Otto, has the steps in place and is looking for co-instructors to help coordinate the individual “classes.”

Step 1. To become a co-instructor you need to take the lead and guide your class back to campus. We will support you by supplying available classmates names and contact information.

Step 2. Take the Word document we'll send you, personalize it and you have your initial contact letter.

“In preparing for our 100 year celebration, we have become very excited about reconnecting with our alums,” Otto said. “To do this we need help. We need individuals to step forward to bring their class together.”

So far in your dance lesson, you've learned two steps. At this point you'll need to pause.

Step 3. Attend the banquet Friday, April 30, 2004. With your leadership and careful planning, we can identify who would like to be seated together.

This is a more advanced step, but don't worry we are here to support you. During on-going conversations, we need

to make sure seating preferences are listed on all banquet RSVP cards. You could also arrange for hotel rooms to be close together so the visiting could continue late into the evening.

Step 4. Saturday morning class reconvenes on campus for tours of the MU Sinclair School of Nursing and University Hospital. There's no need for you to find things for your classmates to do or to arrange any schedules. Our master instructor has taken care of it all for you. She's even arranged a luncheon in the Health Sciences Library atrium (cost to be determined).

Step 5. Otto will handle the promotion of reunion tango classes through *Mizzou Nursing*, the school's Web site and the MU Alumni Association.

You've now learned the basic steps of the reunion tango. It might seem a little intimidating, but you have all the support you need to become a co-instructor. And just imagine the fun you'll have when the whole class understands the steps. You'll be talking about it for years to come.

To contact Donna Otto, call (573) 884-7293 or send an e-mail to OttoD@missouri.edu.

Honoring donors through new giving society

The Nightingale Society reflects the values and beliefs of Florence Nightingale, whose dedication to quality care made her the most influential nurse in history. These same values and beliefs continue to guide nurses who seek to positively shape the health-care profession. Just as Nightingale had a vision of what the nursing profession could and should be in the early 19th century, the MU Sinclair School of Nursing today holds a vision for nursing



in the 21st century.

For more information about the Nightingale Society or other ways to give, contact Tracy Peterson, Development Officer, at (573) 884-0421 or PetersonTA@missouri.edu

Quick Reference List

Admissions

BSN degree program

Jackie Vendt
(573) 882-0277
VendtJ@missouri.edu

RN-BSN online option

Jerry Griffith
(573) 884-7294
GriffithJ@missouri.edu

MS degree program

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PhD degree program

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Dean's Office

Dean Rosemary Porter

Sherry Cass
(573) 882-0278
CassS@missouri.edu

Don't see the number you need?
Contact the Office of Advancement at
(573) 882-0421 or e-mail us at
mizzounursing@missouri.edu

www.munursing.missouri.edu

History in the Making

Another historic event the school is excited about being a part of is the University's For All We Call Mizzou campaign. The campaign's overall goal is \$600 million, with the school's individual goal set at \$3 million.

"This University-wide, comprehensive campaign is historic because its impact on the campus allows us to become a truly great university, nationally renowned for multiple programs, stellar faculty and the brightest students," said David Housh, vice chancellor for development and alumni relations. Gifts to the schools, colleges and units will provide a margin of excellence for their highest priorities.

As of Sept. 1, the University has raised more than half of its goal; the school has reached 52 percent of its goal. The campaign will end Dec. 31, 2005.

This campaign is vital to the school because funds previously provided on the state level are in short supply. This emphasizes, now more than ever, the importance of private donations. It is also important to the school's future because of its commitment to prepare as many qualified graduates as possible to meet the nursing shortage challenge.

"To do this we must be able to enlarge facilities and hire more faculty to teach more students," said Tracy Peterson, the school's Development Officer. "The campaign will allow us to meet all of these goals."

One way the school is addressing these goals and honoring its donors is through the newly established Nightingale Society.

As the school heads into its 100th year, a lofty goal of inducting a symbolic 100 founding members has been set.

"On Sept. 19, the campaign entered its public phase with a series of kick-off events across campus. Open houses, school and college tours, and family weekend events were hosted by the individual schools and colleges," Peterson said.

"Our hope with our open house was to bring alumni, faculty and current students together to celebrate the wonderful successes of the school," she continued.

From the school's open houses, which showcase the newest technology and teaching facilities, to the regional events

being held, Peterson says the school hopes to engage all the school's former students in reconnecting with their alma mater during this centennial year.

The Office of Advancement has outlined a comprehensive list of the school's needs that will be featured in the ongoing column, "Creative Ways to Give." If you have any questions about how you can help the school, please contact Tracy Peterson at PetersonTA@missouri.edu or (573) 884-0421. The school is appreciative of each and every gift.

Creative Ways to Give

This column highlights unique giving opportunities within the Sinclair School of Nursing. This list is merely a snapshot of the interesting things going on in the school that could benefit from your participation. For a complete list, visit our Web site at www.munursing.missouri.edu

1 MENTORING IS WHERE IT'S AT.

Help expose undergraduate students to the area of research in the beginning stages of their education by funding the Undergraduate Research Mentorship Program.

— \$9,000

2 SCHOLARLY PURSUITS! Keep

the students learning in a highly competitive health-care profession by endowing a faculty fellow position.

— \$100,000

3 A BLOOMIN' SUCCESS! Sponsor the flowers for the gala celebrating 100 years of Mizzou Nursing Friday, April 30, 2004.

— \$2,000

Nursing Alumni Organization 2004 Awards

CALL FOR NOMINATIONS

Take this opportunity to honor and recognize the many achievements and accomplishments of your colleagues and fellow alumni.

For questions, contact Donna Otto by phone at (573) 884-7293 or e-mail at OttoD@missouri.edu. Nomination along with two support letters and the nominee's resume must be submitted by Nov. 14.

ALUMNI ACHIEVEMENT AWARD

This award is given by the MU Nursing Alumni Organization for significant accomplishment in nursing during the first five years post degree, BSN, MS(N) or PhD.

- MU School of Nursing graduate
- Significant achievement in nursing or support of the profession
- Continued interest and evidence of support (including time, effort, and/or monetary contributions) toward the enhancement of the school's reputation
- Great potential for further continued achievement in the nursing profession
- Approved by MU Nursing Alumni Organization's Board of Directors
- Be present to receive award

**This award is presented annually*

ALUMNUS OF THE YEAR

- MU School of Nursing graduate
- Distinguished him/herself in an exceptional way that brings recognition of achievement in nursing through any of the following: leadership, publication, education, research, clinical practice, education and professionalism
- Continued interest and evidence of support (including time, effort, and/or monetary contributions) toward the enhancement of the school's reputation
- Approved by the MU Nursing Alumni Organization's Board of Directors
- Be present to receive award

**This award is presented annually*

CITATION OF MERIT

The Citation of Merit is a campuswide award and is the most prestigious award presented by the MU Nursing Alumni Organization. This recognition is presented every other year, on the EVEN years. Criteria are:

- MU School of Nursing graduate
- Demonstrated outstanding achievement in the nursing field
- Shown continued interest and support of the school
- Made a substantial contribution to the nursing profession through the lifetime or corpus of their career
- Approved by the MU Alumni Association Board of Directors
- Be present to receive award

HONORARY

ALUMNUS AWARD

- Not a graduate of the MU School of Nursing
- Outstanding achievement in nursing or support for the nursing profession
- Continued interest and evidence of support, including time, talent or treasure towards enhancement of the school's reputation
- Approved by the MU Nursing Alumni Organization's Board of Directors
- Be present to receive the award

HUMANITARIAN NURSING AWARD

- MU School of Nursing graduate
- Recipient administers to individuals/families in need of support and care through volunteer time and effort
- Applies a high level of nursing knowledge, compassion and caring to vulnerable populations on an ongoing basis
- Demonstrates a continued interest in the MU Sinclair School of Nursing and students.
- Approved by MU Nursing Alumni Organization's Board of Directors
- Be present to receive award



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Pam Roe photos

Above: Accelerated BSN nursing student, T.J. Ortals, showed clinical nursing instructor, Marge Whitman, the gift he received from a Mary Kay independent consultant in his attache case. All class members received a case filled with gifts from health-care agencies throughout the state.

Left: The 10-person accelerated BSN class were welcomed to the school this summer with a wine and cheese reception hosted by the Nursing Alumni Organization. This new 15-month program admits students with prior degrees to pursue a nursing degree.

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