

Alumni Hall, Room 2117
Edwardsville, IL 62026-1066

compassion to care *courage* to serve *excellence* in action *curiosity* to learn *creativity* to teach *life-long* learning



Upcoming Events



School of Nursing Convocation

December 15, 2006

Commencement

December 16, 2006

Open House for Prospective Students

February 24, 2007, 8 a.m. to noon

Jewels of Nursing Excellence Gala

April 28, 2007

School of Nursing Convocation

May 4, 2007

Commencement

May 5, 2007

Summer Classes Begin

May 21, 2007

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compassion to care *courage* to serve *excellence* in action *curiosity* to learn *creativity* to teach *life-long* learning



Nursingems



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

*Greetings to our Alumni, Friends and SON Partners!
 Since our last newsletter, many changes have occurred
 that positively affect the School of Nursing.*

On July 1 SIUE welcomed Dr. Paul Ferguson as the new Provost and Vice Chancellor for Academic Affairs. Dr. Ferguson came to SIUE from the University of Las Vegas where we served as Vice President and Dean of Graduate Studies and Research.

Dr. Ferguson has been a wonderful addition to SIUE. He understands the pressures on a school such as Nursing, as well as the impetus on the SON to grow due to the nursing shortage. During the interview phase, Dr. Ferguson was asked what in his opinion would make SIUE a premier metropolitan university. He replied that it should build on its premier programs, namely Dental Medicine, Nursing and Pharmacy. Since beginning at SIUE he has been true to his premise, advocating for additional resources for the SON and the other health care disciplines.

On September 28 I attended the induction of Dr. Glenn Poshard as the seventh president of the SIU system. Dr. Poshard is passionate about increasing campus diversity, which the SON reflects through its initiative to increase the numbers of students from socially, economically, and educationally deprived communities.

Most important is Dr. Poshard's genuine support of the SON. He has remarked on many occasions to various groups how special the SON is. My sense is that with shrinking state dollars to support higher education at all public universities, Dr. Poshard is the perfect leader at this time. He comes from the ranks of educators, and served at the federal and state levels in the House of Representatives. Prior to his presidency, he chaired the University Board of Trustees. Under his guidance, I anticipate SIUE moving forward at great speed.

In October, we held the first meeting of the SON Community Advisory Board. This group is comprised mostly of non-nurses—including a pharmaceutical rep, a public relations expert, hospital CEOs, and a retired judge. They will bring a lay perspective to the SON that will help us further enhance our image and commitment to the surrounding communities.

Finally, I want to acknowledge the friendship forged with Sam and Geri Winston. Sam and Geri were taken with the Student Nurse Achievement Program and aside from making a significant personal contribution to the project, offered a challenge grant that

will allow us to launch the project this January. A number of students who otherwise would not be able to realize their dream to become a baccalaureate prepared nurse will be able to do so thanks to the financial commitment made by the Winstons. We are all so grateful.

I am enriched to be the Dean of this wonderful school. The commitment of the faculty, advisors, secretaries, alumni, friends and partners is second to none. I am so fortunate to wake up every day and look forward to going to work. You are all truly Nursingems!

Marcia Maurer, Ph.D., RN

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

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You Did It!

Winston Challenge Exceeded for the Student Nurse Achievement Program

The community heeded the call of an Egg Harbor, Wisconsin resident who promised a dollar-for-dollar match up to \$20,000 to launch a program to help student nurses from underserved areas. Combined with the matching grant, the Challenge raised \$41,370 for the Student Nurse Achievement Program (SNAP).

Sam Winston, and his wife, Gerri Winston, made the pledge. While neither has a past relationship with Southern Illinois University Edwardsville, the couple learned of School of Nursing Dean Marcia Maurer's desire to increase student diversity. SNAP is slated to launch its first pilot cohort in January 2007.

Through SNAP, students will receive tuition assistance, academic tutoring, as well as help with managing a personal budget, developing effective study habits and guidance when it comes to problem solving. Upon graduating with a BSN, students in the program agree to return to their communities, where they will fill nursing vacancies and offer quality nursing care.

In its initial phase, the plan involves placing 15 top high school graduates from underachieving school districts in SNAP. The hope is to eventually expand the program to include 30 new students each year.

"I am so indebted to the Winston family for making this challenge a reality," Maurer said. "The response by our alumni, friends, students, community organizations, our staff, and our School of Nursing administrators and faculty is a source of great pride to me. I give my deepest thanks to each supporter."

Sam Winston directed the \$20,000 grant through the Blowitz-Ridgeway Foundation, of which he is a trustee. The foundation is a Chicago-based non-profit organization dedicated to awarding health care grants.

"It all began with a phone call from Sam Winston extolling the virtues of the School of Nursing Student Nurse Achievement Project, aimed at recruiting students from socially, educationally and economically disadvantaged communities into the nursing profession," Maurer said. "From that one conversation, a relationship between the Winston family and the School of Nursing has evolved and grown."



Dean Maurer (in middle) thanks Sam and Geri Winston for their generous support for and belief in the Student Nurse Achievement Program.

Donors to the Winston Challenge

Mrs. Rosa M. Abbott
Anderson Hospital
Ms. Jean Auffarth
Dr. Marjorie A. Baier
Dr. Margaret Beaman
Ms. Kimberly L. Becker
Mrs. Barbara C. Beebe
Ms. Ginger L. Behrhorst
Dr. Laura W. Bernaix
Mrs. Wanda E. Berry
Mr. William D. Bertschinger
Ms. Nancy A. Bievenue
Miss Melissa J. Birk
Blue Island Medical Center
Miss Deidra N. Boente
Dr. Mary Ann Boyd
Ms. Donna J. Brinkoetter
Mrs. Michele E. Brown
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Sister Julia Huiskamp
Illinois Oncology, Ltd.
Mrs. Cheryl L. Jackson
The Johnson & Johnson Campaign
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Miss Toni L. Mc Kee
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Mrs. Nancy H. Spangenberg
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Mrs. Saundra L. Spilotro
Miss Tara Marie Thomas
Mrs. Shirley A. Tippet
Mrs. Christine A. Tomasko
Mr. Grant E. Van Meter
Mrs. Martha C. Edmonds Weiss
Mrs. Angela S. White
Mr. Alfonzy &
Dr. Lorraine D. Williams
Mrs. Susan A. Wilson



The School is grateful for friends like Jack and Marguerite Giannini of Belleville, Illinois, who made the largest individual contribution to the Winston Challenge.

SON CLASS NOTES

1960s

Rene M. Reeb, PhD (BSN '66) is a Professor Emeritus of the University of Mississippi School of Nursing.

Karen Stefaniak, PhD, RN (BSN '67) is Chief Nursing Officer and Associate Hospital Director at University of Kentucky Hospital. She was also a Robert Wood Johnson Executive Nurse Fellow.

1970s

Marleen (Schwent) Popovic (BSN '71 ; MSN '74) is a practice administrator for Illinois Oncology, Ltd with offices in Belleville and Glen Carbon. She is married with two daughters, ages 29 and 23.

Karen Kelly (formerly Kelly-Schutzenhofer), (BSN '72, MSN '77) is an associate professor in the SIUE School of Nursing. Karen spent 14 years in administration and consulting before returning to teaching at SIUE in 2002.

Nancy K. (Lund) Boyle, RN (BSN '73) was inducted into Sigma Theta Tau as a Nurse Leader in the fall of 2005. She is the Nurse Manager for the Department of Otolaryngology and Head and Neck Surgery & Cochlear Implantation Program of Indiana University, which includes Adult and Pediatric programs at Riley Children's and University Hospitals.

Dr. Sharon (Phipps) Beasley (BSN '75, MSN '86) has joined McKendree College as an associate professor of nursing and chair of the college's nursing division.

Edgar J. Curtis, FACHE (BSN '75) is Executive Vice President and Chief Operating Officer of the Memorial Health System in Springfield, IL.

James Cato (BSN '78) is Vice President and Chief Nursing officer for Eclipsys, a national leader in providing information solutions to health care needs. He was also a Robert Wood Johnson Executive Nurse Fellow.

1980s

Stella E. Wischmeyer (BSN '86) is a nursing educator in New Jersey. She still uses the concepts she learned at SIUE and thanks Dr. Mary De Menses for supporting her progress in the program. She earned her MSN from University of Phoenix and is currently serving as the secretary of Sigma Theta Tau International.

Tracey (Bradshaw) Duncan (BSN '87) is a staff nurse in the Neonatal ICU at St. Vincent Healthcare in Billings, Montana. She has three sons ages 13, 11 and 8.

Sherry (Sroka) Hausmann (BSN '87) is president of St. Joseph Hospital in Kirkwood.

1990s

Deborah Birk, RN (MSN '93) has been appointed director of women's inpatient services at St. Anthony's Medical Center in south St. Louis County.

Jennefer (Gelbaugh) Delkus (BSN '93) is president and co-founder of Global Staffing Strategies, Inc., a company that specializes in placing both foreign and U.S. resident nurses at regional institutions. She is the proud mom of Jackson, 9 months.

Philip Holtgrave, APRN, BC, FNP (BSN '96, MSN '04) is a nurse practitioner for the new consult service at Barnes-Jewish Hospital in Palliative Care.

Bernadette (Mordis) Sobczak (BSN '97, MSN '03) is working for Madison County Health Department as a staff RN. She is enrolled in the post-master's certificate program for pediatric nurse practitioners at Saint Louis University.

Kelly Carey (BSN '99) works in high-risk obstetrics for Serenity Women's Health. She earned an MSN from UM-St. Louis in 2005 and is a certified Women's Health Nurse Practitioner. She is adjunct faculty with Maryville University, teaching obstetric clinicals.

2000s

Deidra Boente (BSN '06) works in the obstetrics department at St. Mary's Hospital.

Brelinda Kern (MSN '04) has joined McKendree College as a nursing instructor and will teach in McKendree's bachelor of science in nursing programs at Lourdes Hospital in Paducah, K, at John A. Logan College in Carterville, IL and at Rend Lake College in Ina, IL.

Amy Lehman (BSN '06) is working in labor and delivery at St. Joseph Health Center in St. Charles.

Kaci Shashack (BSN '06) works at the Anderson Hospital Pavilion for Women.

We want to hear from you! Please visit <http://www.siu.edu/NURSING/alumni/Alumniupdate.html> and email your latest information to us. All alumni updates received by October 15 or by May 31 will be published in Class Notes of the "NursinGems" alumni newsletters published after these dates.



PDA Project Makes National Headlines

That's Kathy Belnne of Lovejoy Library and the SON's Dr. Kathy Ketchum on the right with students Katie Southmayd and Shana Weston, featured on the cover of the Spring 2006 issue of the national publication *Future Nurse*. The associated article, "PDAs Put Knowledge at Students' Fingertips," describes a study designed to improve nursing education and practice in the clinical setting. Copyright September 2006. *Nursing Spectrum Nurse Wire* (www.nursingspectrum.com). All rights reserved. Used with permission.



Compton Employee of the Month

Administrative Secretary Sandy Compton was selected as the SIUE Employee of the Month for August 2006. Nominated by her supervisor, Associate Dean Mary Ann Boyd, Compton received several special benefits. Kenn Nehr, vice chancellor for administration (left) presented Compton (right) with a plaque, joined by Boyd (far right) and Dean Maurer (far left). Yeah Sandy!

compassion to care courage to serve excellence in action curiosity to learn creativity to teach life-long learning

Advisory Boards Accelerate Advancement of SON

Formed in 2004, the SON Alumni Advisory Board plays an important role by promoting the SON's accomplishments, advising on trends and opportunities, and serving as a bridge to our alumni by recommending ways to best serve and reach out to these important members of our family. The brand new Community

Advisory Board will serve as a bridge to the region, giving a lay perspective on community outreach, partnerships, research opportunities, public relations, and funding resources.

We are grateful to the board members for their service to our School, our students, and the future of nursing.

Alumni Advisory Board, 2006-2007

Jennefer L. Delkus, BSN '93
President

Michele Brown, MS '90
Vice President

Deidra Boente BSN '06

Send Guertzgen, BSN '67, MS '90

Philip Holtgrave, BSN '96, MS '04

Karen Kelly, PhD, BSN '72, MS '77

Amy Lehman, BSN '06

Steve Nolan, BSN '06

Marleen K. Popovic, BSN '71, MS '74

Kaci Shashack, BSN '06

Community Advisory Board, 2006-2007

Margaret L. Beaman, PhD, APRN, BC
Professor Emeritus, SIUE School of Nursing

Jacquelyn Clement, PhD, APRN-BC, FNP
*Professor and Assistant Dean of Graduate Programs,
SIUE School of Nursing
Faculty Liaison*

Sam El-Khatib
*District Manager, Neuroscience
Pfizer, Inc.*

Mary Jo Kuca, JD, RN, BSN '99
*Attorney at Law
Heyl Royster Voelker & Allen*

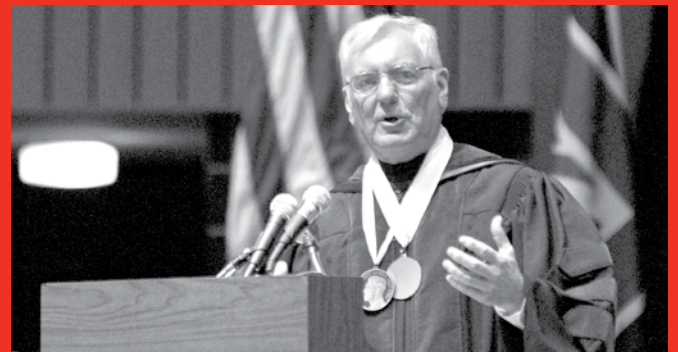
Paul E. Macek
*President
Christian Hospital*

Michael McManus
*Chief Operating Officer
Kenneth Hall Regional Hospital*

Judge Philip J. Rarick III
Justice of the Illinois Supreme Court (Ret.)

Mistie Thompson
*Vice President
Standing Partnership*

Fall 2006 "Gem"orable Moments



Dedication to the Profession

September 17 marked an important day in the lives of more than 100 nursing students who celebrated "Dedication to the Profession," a ceremony marking their entrance into clinical practice. More than 300 family members and friends shared in the special event, sponsored by **Scrubs & Beyond**.

New Era at SIU

Dr. Glenn W. Poshard was formally installed as Southern Illinois University's seventh president on September 28, 2006. Dr. Poshard is a strong advocate for healthcare in Southern Illinois, and has publicly praised the School of Nursing for its resources and caliber of education.



2006 Nursing Scholarship Walk is a Runaway Success

We have crossed the finish line for the 2006 Nursing Scholarship Walk and are thrilled with its success. From the beautiful weather, to the wealth of volunteers, to the wonderful health care booths, attendance prizes and barbeque picnic, to the nearly 200 people (including babies, children and one dog) who came out to support the future of nursing, we could not have asked for greater fortune. Best of all, nearly 70 of the walkers were SON students!

"We were so excited to see such involvement by our students," said Kris Heather, special events coordinator. "It was close, but ultimately the Class of 2009 had the most walkers. Those walkers were invited to a special reception to celebrate their achievement."

Thanks to our walkers and sponsors, the Walk raised a net total of more than \$7,800 for student scholarships. Diamond Sponsors (\$1,000) were **Anderson Hospital, BJC Healthcare, Christian Hospital and Memorial Medical Center** (Springfield); and Ruby Sponsors (\$500) were **Alton Memorial Hospital, Illinois Oncology, Ltd.** and its

founder/senior partner **Dr. William Popovic** and practice administrator **Marleen Popovic, '71, '74** (lunch sponsor), **Kelly Tracy Advertising and Design, St. Elizabeth's Hospital, St. Luke's Hospital, Sarah Bush Lincoln Health Center,** and **Scrubs & Beyond.**

Further lunch and beverage support was provided by Pepsi through SIUE, Meehan's Market, Schnucks (Edwardsville), and Shop 'N Save (Edwardsville). Numerous other organizations provided prizes, table sponsorships and in-kind support.

This year's Walk was held as part of the SON's first Alumni Weekend. Noël Schiber, director of development, expressed the School's gratitude for the support that alumni and other friends of nursing have shown for the Walk.

"Every single person should be proud of his or her participation," said Schiber. "We cannot thank them enough for helping us celebrate the nursing profession and raise money for much-needed nursing scholarships to help our students fulfill their nursing dreams. Next year, we'll have 400 walkers!"

Anonymous Planned Gift Makes Dreams Come True

If you had the resources to do anything you imagined for the School of Nursing and its students, what would it be?

What if you could make this dream come true, while at the same time providing financial security for yourself or loved ones?

The good news is that you can. Recently, for example, an anonymous donor made a charitable gift annuity of \$25,000 to the School of Nursing. This individual, "retired" after years of dedication to the nursing profession, will now receive an annual distribution for the rest of this person's life and an immediate tax deduction. In the future, the School of Nursing will receive a wonderful contribution to support its public health programs.

"The School is grateful to benefit from such generosity," said Noël Schiber, director of development. "Most importantly, it is so nice to be able to help someone reward their years of hard work by using what they have earned to fulfill a longstanding desire to help others. On top of that, this gift is a sound personal investment that provides a life income for the donor. It's a win-win situation."

There are many options for gift planning. If you would like more information about these opportunities, please contact Schiber at (618) 650-3906 or nschibe@siue.edu. Or, visit www.siue.edu/give and click on "Gift Planning."

GETTING HEARD FOR HEALTH: Student Nurses Make a Difference Through Political Activism

When does a lesson in public health become a lesson in life? What started as an assignment to write their state senator about a health issue near to their hearts recently led two student nurses down difficult but enlightening paths.



Missie Freburg

Missie Freburg of Glen Carbon, Illinois saw first-hand the devastation caused by holes in the health insurance system when her parents, both in their 50's, suffered heart attacks and had heart surgery at the same time.

"As restaurant owners, they didn't have great insurance," said Freburg, "And what they had dropped them.

As the medical bills mounted and they couldn't work, they lost their cars, their business, and their home. All of their employees lost their jobs."

After she wrote her state senator about her parents' plight, Freburg's public health teacher, Assistant Professor Rita Arras, PhD, RN, encouraged her to attend a hearing on the state of health care in Illinois.

"I was the first person to testify," said Freburg. "I was able to make the insurance problem more real to people."

After her testimony was featured in a Belleville News-Democrat article, Freburg's husband emailed it to everyone they knew and Freburg wrote to several pharmaceutical companies. Ultimately, her parents' hospital decided to absorb the costs of their care, and the pharmaceuticals are supplying her parents' prescriptions at no cost.

Deanna LaMartina of Aurora, Illinois became involved in another family's struggle when three brothers in her neighborhood were diagnosed with metachromatic leukodystrophy (MLD), a rare, genetic, degenerative neurometabolic disorder that is fatal if caught too late but can be treated through stem cell therapy if caught before significant symptoms appear.



Deanna LaMartina

"I began by writing my state senator about a bill to support cord blood donation education," said LaMartina. "But the boys' father told me that the real need was a newborn screening law."

LaMartina and the father met with a group of doctors, including one from Illinois' Newborn Advisory Committee. Though they empathized with the desire for newborn screening for MLD, they stressed that scholarly evidence was needed indicating MLD was treatable and that there was a need for a cost efficient test.

So LaMartina began providing the family with research she found. She also caught up with her state senator, Senator Peter Roskam, in the stairwell of the state capital building and sought his support.

Today, a pharmaceutical company is developing a test for MLD. Work is also being done with the Federal Newborn Screening Committee and the Illinois Newborn Screening Committee to implement tests in Illinois for MLD and other rare related diseases.

"I thought the process would take five to ten years, but all of this has happened since just last April!" said LaMartina.

Both Freburg and LaMartina say their experience with politics and health care was life changing.

"I felt like I had exhausted all avenues, but Dr. Arras encouraged me," said Freburg. "Now I pay closer attention to policies and what works and doesn't work. And I know that one person can make a difference, like the one grain in a pile of sand that makes it tip."

"I learned that it is hard to work with the government," said LaMartina. "Even if you get political support, you still need someone else to move things along. But I also learned that the seemingly impossible can be made to happen. Education is important—once people know about an issue, they will want to do something."

LaMartina plans to continue her work with newborn screening as she pursues a nursing career. Freburg says that the experience will make her a better nurse.

"It made me realize that patients have a lot going on outside of their health," said Freburg. "If a patient is grouchy, take the time to find out why. It makes a huge difference in the care you give."

Freburg's parents are recovering one day at a time. One of LaMartina's young neighbors received a stem cell transplant and is doing well. His older twin brothers unfortunately have no treatment options available for their stage of the disease, but are stable. Each of these people represents the difference that nurses can make beyond the bedside—a difference that SIUE student nurses take with them into the world.

"Even if you get political support, you still need someone else to move things along. But I also learned that the seemingly impossible can be made to happen. Education is important—once people know about an issue, they will want to do something."

Deanna LaMartina

New Graduate Scholarship Established by Gift from Estate of Lucille Helwig

The passing of an alumna in April marked the birth of a new opportunity for scholarship support of nursing students.

E. Lucille Helwig, BSN '67, MSED '71, left a bequest of \$10,000 to the School of Nursing when she died on April 12, 2006. Her gift will endow the Helwig Memorial Scholarship, which will be given annually to a high-achieving graduate student—preferably but not limited to one in the nurse practitioner or nurse anesthesia programs—who displays remarkable skills and dedication in clinical practice.

“Lucille’s cousin and executor said that Lucille deeply valued higher education and would be delighted that her contribution would help students with tuition,” said Noël Schiber, director of development.

Lucille was born in Columbia, South Carolina and grew up in Asheville, North Carolina. She graduated from the Columbia Hospital School of Nursing. After World War II, she and her husband, Robert Helwig, returned to his hometown of Murphysboro, Illinois. Lucille then earned her BSN at SIUE.

“She was an excellent student—all A’s and B’s in her nursing classes,” said Schiber.

Lucille deeply loved her work as a pediatric nurse practitioner for the Illinois Department of Public Health.



Lucille Helwig, BSN '67, MSED '71

She retired from the state as a Maternal-Child Health Nursing Consultant.

After retirement, Lucille returned to Asheville to be around family. She stayed active even while suffering from macular degeneration, which left her 90 percent blind at the time of her death. She was an Honorary Life Member of the North Carolina Nurses Association.

Lucille continued her lifetime of service to others through her bequest to SIUE School of Nursing and other organizations. She also bequeathed her body to the University of North Carolina Medical School.

Commenting on Lucille Helwig, Dean Marcia Maurer said, “We are always saddened when we lose a member of our nursing family. That Lucille remembered us touches me even deeper. I am happy that her love of learning and nursing will live on in the students who receive the Helwig Memorial Scholarship.”

Save the Date!

Jewels of Nursing Excellence Gala & Awards

Tickets: \$50 per person
Tables of 10: \$500 sponsorship for each table
(receives recognition as Sapphire Sponsor,
or Diamond Sponsor if sponsoring two tables)

ADVANCE TICKET SALES ONLY—Tickets held at the door

Saturday, April 28, 2007
Holiday Inn Collinsville
1000 Eastport Plaza Drive
Collinsville, Illinois 62234

**5:30 p.m. - Social Hour (cash bar) &
Silent Auction**

**7:00 p.m. - Dinner & Jewels of
Nursing Excellence
Awards Presentation**

8:30 p.m. - Live Auction

All proceeds to benefit scholarships for SIUE School of Nursing students.

NOMINATIONS WANTED
for the 2007 Jewels
of Nursing Excellence
Awards. Visit [http://www.
siue.edu/NURSING/
newsandevents/index.
html](http://www.siu.edu/NURSING/newsandevents/index.html) for award criteria
and nomination form.
DEADLINE: December 15.

Payments can be made by cash, check (made payable to SIUE Foundation) or credit card (MC, Visa, AM, Discovery)

Mail payments to: SIUE School of Nursing, Jewels of Nursing Excellence Gala, Campus Box 1066, Edwardsville, IL 62026-1066 or contact Kris Heather at (618) 650-2551 or kheathe@siue.edu



Bernaix Honored with University Teaching Distinction Award



Associate Professor Laura Bernaix, PhD, RN, was selected as a recipient of the 2006 Teaching Distinction Award.

“Dr. Bernaix exemplifies the extraordinary blending of gifted researcher, clinical expert, and teaching artisan,” said her department chair, Dr. Patricia Fazzone. “I was not at all surprised when she won the award. Dr. Bernaix brings her skills, talents, and passions to her clinical and classroom instruction...a recipe for teaching excellence!

Created to recognize the central importance of teaching to the mission of SIUE, the Teaching Distinction Award is bestowed upon no more than five faculty from throughout the University each year. Students and faculty make nominations, nominees submit portfolios, and a faculty/student committee makes the final decisions.

Dr. Bernaix, an expert in Maternal-Newborn nursing, teaches in the didactic and clinical maternal-newborn nursing courses in the undergraduate program. Her teaching is strengthened by her program of research which has as its primary focus, breastfeeding promotion.

“I approach each student, each class, and each semester with the premise that my personal and professional experiences, knowledge, and passions can make a difference in the lives of the people sitting in my classroom,” said Bernaix. “I also recognize and value the new knowledge and personal insight that my students can provide me.”

Bernaix was honored to receive the award, which she feels reflects her values of commitment, integrity, service,

and lifelong learning that she strives to impart. “I stress to my students that they identify and nurture a passion for their own learning, and for their practice niche within the world of nursing,” said Bernaix. “This passion will be the driving force within them for making innovative and creative changes in healthcare, and in making differences in the lives they touch.”

Bernaix has practiced in Maternal-Newborn nursing for 28 years, with the last 17 years devoted to teaching in that area. Her research has examined the nurse’s role in support of the breastfeeding family and tested interventions designed to improve breastfeeding outcomes in the NICU setting.

Bernaix has presented her work at international and national conferences, published in various professional journals, and is a reviewer for two maternal-newborn nursing journals and one textbook publisher. She was awarded the 2003 AWHONN Hill Rom Maternal-Child Nursing Research Grant Award and has received other funding awards for her research and teaching projects. Additional research interests include prenatal lead exposure, adolescent pregnancy, obesity and physical activity in women across the lifespan, and children’s perceptions of nurses.



Associate Professor
Laura Bernaix, PhD, RN

“I approach each student, each class, and each semester with the premise that my personal and professional experiences, knowledge, and passions can make a difference in the lives of the people sitting in my classroom.”

Dr. Laura Bernaix



James Cato



Karen Stefaniak



Marcia C. Maurer



Patricia A. Fazzone

SON Tied to Several Robert Wood Johnson Executive Nurse Fellows

A leadership development program that selects nursing professionals with potential to influence the U.S. health system counts among its exclusive ranks four individuals linked to the SIUE School of Nursing.

Established in 1997, the Robert Wood Johnson Executive Nurse Fellows program annually selects an average of 20 new fellows from throughout the nation. These fellows develop their leadership qualities through seminars, mentorships, personal development activities, and individual projects. Fellows receive \$45,000 to support the activities of their three-year fellowship.

BSN '78 alumnus James Cato, MHS, MSN, RN (Fellow Class 2002) brought to his project a unique perspective as Vice President and Chief Nursing officer for Eclipsys, a national leader in providing information solutions to health care needs. His goal was to see how information technology could be used to change the way student nurses learn.

By partnering with Patti Abbott, RN, of Johns Hopkins School of Nursing, as well as with Eclipsys and Hewlett Packard, Cato created a simulated skills lab that operates as a completely automated health care system. He is now talking with Johns Hopkins School of Medicine and two other universities about creating similar labs.

For her project, BSN '67 alumna Karen Stefaniak, PhD, RN (Fellow Class 2003) implemented an appreciative inquiry project at University of Kentucky Hospital, where she serves as Chief Nursing Officer and Associate Hospital Director.

This strategy, which involves focus groups and storytelling to pinpoint what makes nurses successful and satisfied so that those efforts can be repeated, improved turnover and retention rates at Stefaniak's hospital. She is now presenting her results at conferences—including the annual Magnet conference—and in national journal articles.

SON Dean Marcia C. Maurer, PhD, RN (Fellow Class 2004) is developing the Student Nurse Achievement Program (SNAP) as her project. Intended to address health care disparities by helping disadvantaged students complete the BSN and then return to their communities to serve as nurses, Maurer's project has helped her build community bridges in areas where the nursing need is particularly desperate.

The first SNAP cohort is scheduled to begin its studies through SIUE in January 2007.

SON Professor and Department Chair Patricia A. Fazzone, DNSc, MPH, RN (Fellow Class 2005) has a local partner for her project—The Edwardsville Children's Museum. Their goal is to create Healthy Children, Healthy Communities (HC2), a play intervention model that develops and reinforces the values, beliefs and behaviors essential to healthy lives.

In its short life, HC2 has already expanded the museum's existing play medical center, developed new interactives designed by SON students and faculty, and received two grants from the Meridian Society (a women's giving society at SIUE). It is now entering phase two, which will promote peace among children through museum programming.

Each Fellow has found the experience exhilarating. "Just to be selected was one of the greatest honors of my life," said Cato. "It was amazing to work closely with recognized nursing leaders. You form relationships that endure past the three year fellowship. It enriched me as a leader."

"It's indescribable," said Stefaniak. "The doors it opens...the huge variety of experiences it offers that you cannot get anywhere else...the perspectives of service, academics and public health that it brings together...it's a wonderful opportunity to stretch and grow. You have to get out of your comfort zone. I was honored to be part of it."

"To realize that you were only one of 20 nurses nationally selected for this experience was overwhelming," said Maurer. "The advantages of this program are immeasurable. I am so honored to have been chosen and strive to learn and grow as a leader in every way I can as a result of this program."

Said Fazzone, "To be selected as a Fellow is both thrilling and humbling. Rarely in our professional lives do we have exquisitely crafted opportunities to share ideas and passions; growth and possibilities with such accomplished individuals as we have in the program. We are expected to emerge as great innovative leaders in healthcare. I have no doubt that through the committed efforts of the fellowship program we will live up to our charge."

SON STUDENT SPOTLIGHT

CORY BRUCE



Cory Bruce
Rose Juhasz Scholar

Hometown: Mount Vernon, Illinois

Class: BSN May 2007

What inspired you to study nursing? It runs in the family. Both

my mom and one of my sisters are nurses, and I honestly never saw myself in any other profession.

What drew you to the SIUE SON? The first thing that drew me was the cost. My sisters had both recently graduated with bachelors degrees so my parents were still paying for their educations. The second thing was the fact that my family would be only 80 miles away. I could go home whenever I wanted! The third thing, of course, was the nursing school. It seemed like it had to offer everything that I was looking for in my nursing education. SIUE was for me.

What do you like most about the SIUE SON? I like the class sizes. With around only 60 people in my nursing

class, I have made a lot of life long friends. Over the last few years, we have all grown really close. This makes surviving nursing school a lot easier. Also, I like how our clinical settings are so diverse. This allows me to experience many different things that I may have not been able to experience elsewhere.

Goals: My short term goal is to work at a local children's hospital. I really enjoy the Neonatal Intensive Care Unit. My long term goal is to attend Saint Louis University part-time and become a Pediatric Nurse Practitioner. I really love working with kids.

Family: Mom Cindy (nurse), Dad Robert, (CPA); married almost 30 years. Sister Casey (nurse) and husband Ryan (dermatology nurse practitioner). Sister Heidi and fiance Jim (private investigator). I live in Edwardsville with my yorkie puppy Gracie and my fiance, Steve. We plan on getting married in May 2008.

Other Interests: I worked at the Mayo Clinic in Rochester, Minnesota, this summer. It was one of the best experiences that I have ever had. I love to travel as much as I can, and a career in nursing can help make that possible.

Deepak Delights Hundreds at SIUE



A sellout crowd of 850 welcomed Deepak Chopra, MD to campus in late September as he opened the 20th season of the University's "Arts & Issues" series. The SIUE School of Nursing sponsored his presentation and book signing as part of the Wilma Messing Palliative Care Symposium, co-hosted by Barnes-Jewish College of Nursing at Washington University Medical Center. The palliative care

symposium was designed for health care professionals and students working to improve care for people with chronic illness and for patients and families at the end of life.

Dr. Chopra has been at the forefront of holistic healing for more than a decade. He is the author of more than 45 books translated into 35 languages. In 1995, he created the Chopra Center for Well-Being in Carlsbad, California to expand his approach to healing that combines western medicine with natural healing traditions.

"Being able to include one of the world leaders in mind-body-spirit medicine was a tremendous opportunity both for the SIUE community and for the palliative care symposium," said SIUE Associate Professor Valerie Yancey, PhD, symposium co-chair. "We are grateful to Wilma Messing, Barnes-Jewish College of Nursing, Arts & Issues, my co-chair Joan Wentz, and faculty and staff of the SIUE School of Nursing for the support that made Dr. Chopra's appearance possible."



Dr. Valerie Yancey speaks with Dr. Chopra before his presentation.

SON ALUMNI SPOTLIGHT

ELEANOR SULLIVAN, PHD, RN MSN '77



Eleanor Sullivan, PhD, RN MSN '77

Occupation: Full-time writer (mysteries, nursing books) and professional speaker, speaking to nursing groups on “Taking the Mystery Out of Influence,” based on my book, *Becoming*

Influential: A Guide for Nurses.

Nursing-related background: I first became aware of what nurses do when my husband was hospitalized following a serious accident. I was so impressed by their care of him and me. After he died, I had to find a way to support myself and my five children, so I decided to become a nurse. The first week in nursing school at Saint Louis Community College, though, I knew I wanted to teach nursing. I went on to St. Louis University for my BSN, then to SIUE for my masters, and back to Saint Louis University for my PhD. That led to a faculty position at the University of Missouri-St. Louis and into administration at the University of Minnesota and finally becoming dean of the School of Nursing at the University of Kansas. In 1995 I was elected president-elect of Sigma Theta Tau International.

I couldn't have imagined any career more satisfying than nursing. And it has been.

How she became a mystery writer: I had written a dozen books in nursing (four won *American Journal of Nursing* awards), had numerous scientific articles published, and served as editor of the *Journal of Professional Nursing* for five years. Since I'd been reading mysteries all my life and had experience writing, I thought it might be fun to create a story with a nurse as the main character and show the real-life world of health care from an insider's point of view. I found that writing mystery fiction is quite

different from technical and scientific writing and much more difficult.

Twice Dead was published in 2002, followed by *Deadly Diversion* in 2004 and, this year, *Assumed Dead* was published. All feature Monika Everhardt, head nurse of intensive care at St. Teresa's Hospital in South St. Louis. Right now, I'm writing the first in a historical mystery series, *Death of a Dairy Maid*, that features a young woman who is an herbalist and midwife who solves murders in her village. But Monika will be back soon in *Play Dead*.

What she loves most about writing: Telling nursing's stories through mystery fiction is way for me to share my love of the profession with my colleagues as well as expose readers to the reality of nursing. I love to be able to reveal some of the ethical issues in health care that arise naturally out of my stories. And, finally, I love the pure joy of going to another place in my mind and letting the story take over and play out almost like a movie in my head. I write the story that I'd most like to read.

How did the SIUE SON prepare you for what you do now? Demanding graduate school professors (I say that in the kindest way!) required me to be rigorous in doing the research and in writing with clarity, no matter how many revisions it took. They also taught me to be passionate about what you do. Passion carries you through the slow, tough times when the project seems unending.

Family: Five grown children and eight grandchildren. One spoiled Persian cat, Theodore Baer (a.k.a. Teddy Bear).

Interests/Hobbies: Live theater, symphony, knitting, and, of course, reading mysteries.

‘Telling nursing’s stories through mystery fiction is way for me to share my love of the profession with my colleagues as well as expose readers to the reality of nursing.’

Eleanor Sullivan