

2014 ANNIVERSARY EDITION

PennStateNursing

A MAGAZINE FOR ALUMNI & FRIENDS



& THEN NOW

PENNSTATE
 College of
Nursing
1855

Dear Alumni & Friends of the College of Nursing

I am pleased to welcome you to the first magazine of the new College of Nursing. Doesn't that just sound wonderful? We have come a long way since our beginning in 1964, when we enrolled four students and delivered one academic program. This issue chronicles important milestones over our 50-year history, as well as some of the remarkable contributions Penn State Nursing has made and continues to make to nursing and health care. I know you will be proud to read about our accomplishments over the years and the incredible strides we have made in our academic programs, in the development of nursing knowledge, and in our outreach to the health care community. This is a pivotal time in our history and we fully intend to capitalize on this strong foundation to have an even bigger impact on improving care of all people.

Over the past several months, I have had the pleasure of listening to our new President, Dr. Eric Barron, talk about his vision for Penn State and the issues that are important to him. He recently identified six priorities that he will focus on as Penn State moves into the future. They include excellence, student engagement, and access to/affordability of a college education. We in the College of Nursing embrace these same priorities and are ready to address them as we develop our strategic direction for the future. If you have not had a chance to review President Barron's priorities for Penn State's future, you will find a link at news.psu.edu/topic/president.

I have been impressed with President Barron's approach to communicating with key constituents about Penn State. Of course he is interested in sharing the University's important accomplishments, but he gives equal importance to asking how we can build on our many successes to become an even better University. I want to ask the same question about our college. How can we provide more relevant academic programs? How can we better educate nursing graduates for practice that reshapes the health care delivery system? How can we make a bigger impact on the development of new knowledge in nursing and health care, and how do we translate that knowledge to the bedside in a timely way? How can we have a more meaningful influence on the professional development of nurses in Pennsylvania and beyond? These are just some of the questions that are creating excitement about our future and will help us to define our path forward.

As I think about all of these questions, it is clear to me that none of this can happen without engaged, committed, and passionate alumni. Your role has always been critical, but your engagement is even more important now that we



are a college. We will soon develop a College of Nursing Alumni Society that will connect you to your new college in new ways. We will have new opportunities for mentoring programs between current students and alumni, networking events for alumni and students, and professional education programs. I see our alumni as an invaluable resource for providing advice. The first step is making sure we can connect with you! If you have not done so already, please make sure that we have current contact information for you. Send updated information to conalumni@psu.edu.

I look forward to another great, and busy, year. As we close out our 50th year and embark on our 51st, I know we will continue to address those issues that will help us answer the question, "How can we be an even better College of Nursing?" Please join us on that journey.

Sincerely,

Paula Milone-Nuzzo

Paula Milone-Nuzzo, RN, Ph.D., FHH, FAAN
Dean and Professor
Penn State College of Nursing



PennStateNursing

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ON THE COVER



From uniforms to technology, Penn State Nursing has undergone many changes in the past 50 years. Pictured are William Watson, a junior in the General B.S. program, and Leslie Schaaf Treas, a 1983 graduate of the Nursing program.

NOTE:

For news about the Penn State College of Health and Human Development, please visit www.hhdev.psu.edu/news. Current and archived issues of the college's Health and Human Development magazine are available at www.hhdev.psu.edu/magazine.

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Online Programs in Nursing

You have already dedicated yourself to helping others by becoming a nurse. Now, find time to take care of yourself—and take your career to the next level—through one of Penn State's online nursing programs.

—**Doctor of Nursing Practice (D.N.P.)**

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Nurse Educator option

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Nursing Management

Graduate:

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Build your résumé with online courses for nursing contact hours. Visit our continuing education portal: www.nursing.psu.edu/outreach





50 YEARS OF EXCELLENCE IN NURSING EDUCATION AND RESEARCH

On July 1, 1964, the Penn State Board of Trustees officially authorized the creation of the University's first undergraduate nursing program. That fall, under the leadership of the first head of the Department of Nursing Education, Dr. Edna Treasure, Penn State's College of Health and Physical Education welcomed twenty-two basic students into its Nursing program.

From those humble beginnings has emerged a continuing success story: The creation of a master's program in 1973, followed by the introduction of a doctoral program in the late 1990s. The expansion of associate and baccalaureate degree programs to twelve additional Penn State campuses. The transition from a department to a school in 1989, then a college in 2013. These changes have enabled Penn State to become the Commonwealth's leading provider of nursing professionals and one of the premier nursing research institutions in the nation. Add Penn State World Campus and other technological advances, and it's possible for students to pursue a Penn State nursing degree from almost anywhere in the world.

Our success story is just beginning. In this issue, we celebrate where we have been and look forward to what is yet to come.

& THEN NOW



1960s: The Early Years • 1970s: A Decade of

During the 1950s and 1960s, there was a national effort to upgrade nursing education at institutions of higher learning.



The Department of Nursing (renamed in 1965) transfers its administrative home to the Division of Biological Health in the College of Human Development—a move that Dr. Donald Ford, dean of the college, calls “mutually beneficial since the primary purpose of both nursing and the college is to study man from infancy to old age and to prepare professionals for human services.”

At the end of summer term, Charlene Ann Weaver, Margaret Lena Ellerkamp, Verna Swisher, and Beverly Richards become the first four registered nurses to receive Penn State’s bachelor of science degree with a major in Nursing.

Penn State admits its first nursing students—twenty-two in all—for the fall term. The new Department of Nursing Education’s administrative function is housed within the College of Health and Physical Education.

The first students are admitted to the department’s first two graduate degree programs—a master of science and master of nursing, with options in family health, transcultural health, community mental health, and adult health and aging.

The National League for Nursing grants initial accreditation for the baccalaureate program; the Pennsylvania State Board of Nurse Examiners grants approval of the entire Nursing program. By fall term, enrollment exceeds 200 students.

1964

1965

1967

1968

1969

1971

1972

1973



Penn State and Allegheny General Hospital in Pittsburgh announce a cooperative venture “to combine the educational resources of the University with the clinical facilities of the hospital.”

The first two basic students receive their B.S. degrees in Nursing during spring commencement. The first male student graduates from the Nursing program.

Enrollment exceeds 300. The curriculum is revised to reflect the College of Human Development’s beliefs and purposes, with a model emphasizing three major areas: people, knowledge, and environment.

Benedict House, a learning lab for Nursing students, opens on the south side of the University Park campus.



The program’s clinical component is transferred from Allegheny General Hospital to the Penn State Milton S. Hershey Medical Center and facilities in the State College area.



of Beginnings • 1980s: Expanding Our Reach

The first two master's degrees are conferred in the same year the National League for Nursing grants initial accreditation for the graduate program. Graduate student enrollment has reached forty students. The RN to B.S. Extended Degree program is piloted at five western Pennsylvania campuses.



The Health and Human Development East Building, the department's new home, is formally dedicated. The \$5 million, four-story building houses administrative offices, classrooms, and a nursing skills laboratory.

The National League for Nursing grants full reaccreditation to the Nursing program.

The Nursing program observes its twentieth anniversary, having educated more than 2,000 undergraduate students, more than 300 Extended Degree program students, and more than 150 graduate students.

1974



Undergraduate enrollment grows to more than 800; total number of graduates exceeds 500. The Beta Sigma chapter of Sigma Theta Tau International Honor Society of Nursing is established, with a goal of sponsoring future research programs.

1975

1979

A Nursing affiliate program group of the Penn State Alumni Association is established. More than 1,000 registered nurses are now associated with the Extended Degree program.

1980

1981

The Eastern Regional Committee of the American Nurses Association accredits the department as a provider of nursing continuing education. The Extended Degree program continues to grow, now reaching campuses in southeastern and central/south-central Pennsylvania.

1983

1984

The department joins the newly formed College of Health and Human Development (created from the consolidation of the College of Health, Physical Education, and Recreation with the College of Human Development) and receives full accreditation from the Pennsylvania State Nurses Association as a provider of continuing nursing education.

1987

The Board of Trustees approves the creation of the Penn State School of Nursing, recommended the previous year by the Strategic Study Group to Review Nursing Education.

1989

1990s: Preparing for the Future • 2000s: Entering

- The School of Nursing becomes an independent academic unit effective July 1. Current director Paula Milone-Nuzzo becomes the inaugural dean. The school maintains collaborative relationships with the College of Health and Human Development, College of Medicine, and Penn State Milton S. Hershey Medical Center.
- Dr. Raymonde Brown is named the first associate dean for undergraduate programs and outreach.
- The school offers its first online continuing education course through the Hartford Center of Geriatric Nursing Excellence.

2008



Elouise Ross Eberly Professorships in Nursing are established at the Fayette and University Park campuses.

Penn State World Campus begins offering online nursing courses.

The school welcomes its first four doctoral students.

The first student graduates from the online RN to B.S. program.

1990

1994

1997

1999

2001-2002

2004

2006

2007

An endowment established in memory of Jean Vallance, one of the first certified registered nurse practitioners (CRNPs) in Pennsylvania, enables the school to establish the Jean Vallance Lecture in Nursing Innovation. The annual lecture gives students, faculty, and alumni the chance to learn how current research is leading to new and exciting patient-care delivery approaches.

Current faculty members Janice Penrod and Susan Loeb are the first two students to graduate from the Ph.D. degree program.



The school establishes the Hartford Center of Geriatric Nursing Excellence, one of only nine centers nationally and one of only four geriatric centers of excellence to receive funding from the John A. Hartford Foundation through its Building Academic Geriatric Nursing Capacity Program at the American Academy of Nursing. Dr. Ann Kolanowski, Elouise Ross Eberly Professor of Nursing, is appointed center director.

The National League for Nursing reaccredits the nursing programs for eight years.

An associate degree program for select Penn State campuses is approved by the Board of Trustees and receives initial approval from the Pennsylvania State Board of Nursing the following year. The program is initially offered at the Mont Alto and Worthington Scranton campuses.

a New Millennium • 2010 & Beyond: A New Chapter



The Nursing program celebrates its 45th anniversary with a new 11,000-square-foot clinical simulation lab and the establishment of the Dean's Endowment for Excellence and Innovation.



2013

The Penn State Board of Trustees approves the renaming of the School of Nursing to the College of Nursing effective September 20. This gives the college an organizational structure consistent with other Penn State colleges. The change recognizes that the college has demonstrated academic excellence, achieved considerable growth in its graduate programs and research productivity, and demonstrated an ongoing commitment to outreach.

2009

2010

2011

2013

The Second Degree program is initiated at Penn State Altoona. This program provides students who have earned baccalaureate degrees in other disciplines with the opportunity to pursue a second baccalaureate degree in nursing.

Dr. Donna Fick is the first nursing faculty member to be awarded the prestigious title of Distinguished Professor at Penn State.

2014

Today, the College of Nursing boasts more than 100 full-time faculty members who educate more than 2,800 undergraduate students and 200 graduate students annually at twelve Penn State campus locations and online via Penn State World Campus.

Dr. Judith Hupcey becomes the first associate dean for graduate education.

The Center for Nursing Research is launched, with Dr. Janice Penrod appointed as the first director. From 2004 to 2011, the school's ranking among schools of nursing receiving research funding from the National Institutes of Health skyrockets from 92nd to 17th.

The Second Degree program expands to Penn State Harrisburg.





2014

50th Anniversary Celebration Held in April



Schreyer Honors College Dean Christian Brady (pictured with Dean Milone-Nuzzo) served as master of ceremonies for the 50th anniversary gala.

Penn State's Nursing program launched a yearlong celebration of its 50-year anniversary on April 4 with a weekend full of activities for alumni, faculty/staff, and friends of the College of Nursing.

At a dinner gala Friday evening at The Nittany Lion Inn, **Dean Paula Milone-Nuzzo** reflected on the Nursing program's accomplishments and record of success.

"Today, the College of Nursing is a dynamic environment that improves the lives of people through teaching, research, scholarship, and outreach," Milone-Nuzzo said. "We have responded to today's challenges with relevant academic programs and research. We have shaped the future of health care and positively impacted our profession."

Saturday's events included the Jean Vallance Lecture for Nursing Innovation; the annual Research Day sponsored by Penn State's Beta Sigma chapter of Sigma Theta Tau International Honor Society of Nursing; and a luncheon featuring roundtable discussions on topics relevant to the nursing profession. The weekend concluded on Sunday with a brunch sponsored by the Hartford Center of Geriatric Nursing Excellence and an alumni-guided hike to the summit of Mount Nittany.



External advisory board member Gail Latimer '83 speaks at the anniversary gala.



Assistant Professor Lisa Kitko leads a roundtable discussion at the "Improving Lives: Critical Discussions" luncheon.



Alumni and faculty alike enjoyed dinner and reminiscing at the anniversary gala on Friday evening.



Hartford Center Alumni and Friends Brunch on Sunday morning



Alumni and faculty hiked to the top of Mount Nittany on Sunday afternoon.

Past & Present Department



EDNA TREASURE
Department Head,
1964–1969



LURIE GUNTER
Department Head,
1971–1975



JANET WILLIAMSON
Department Head,
1976–1981 and 1988–1989
Director, School of Nursing,
1989–1992



ANNETTE EZELL
Department Head,
1982–1984



MEMORIES • MEMORIES • MEMORIES •

Memories of an “original” Penn State Nursing student

By *Marsha McLane Haack '69*

Lucille DeVictor, Barbara Fishburn, and I were students in the “State High” (State College Area High School) Class of 1965. We all planned on nursing careers and learned that Penn State was offering a B.S. in Nursing through the new Department of Nursing Education. After meeting with Dr. Treasure in her Rec Hall office, we embarked on our nursing education in summer term of 1965.

One term, we had back-to-back classes over the noon hour that took us from one end of campus to the other. We rushed from one to the other, making it just in time. We all lived at home so we packed lunches. Fortunately, our lunchtime class was in a large lecture room and we would eat discreetly while the lecture started.

Since the curriculum was being developed as we progressed, we often had to

reschedule our classes. We never had any electives; they might recommend a course “just in case” to cover a future possibility. None of this really bothered us. We were young and excited about our futures.

I believe we were the first students at Allegheny General Hospital. In all, there were seven of us that term; I think there may have been more instructors than students. Because the hospital’s school of nursing had closed, there was ample room in the dorm. We had a whole floor and each of us had a double room to ourselves. We were very pleased with the space and privacy, and the fact that we had no curfew. Our faculty treated us as adults, and we felt pretty good about that.

Laurel Copp was in charge in Pittsburgh and I remember her as a lovely person and great role model. The only other faculty member I remember clearly is Grace Laubach, who taught pediatrics. I later worked at Hershey and became acquainted with her. We became

neighbors when she moved into my condo development across from the Medical Center.

Lucy, Barbara, and I graduated in Rec Hall in March 1969. My first job was at Babies & Children’s Hospital at University Hospitals of Cleveland, Ohio. One thing I remember about that job is the devastating realization that I would be working nights. Since we never had any experience working shifts as students, it was quite a shock.

As soon as the Medical Center opened in Hershey, I applied for a job in Pediatrics. After two years there, I was ready for the challenge of graduate school. I attended Texas Woman’s University and received a master of science degree in maternal-child nursing with a pediatric clinical specialty focus.

I’m most proud of two things in my career. The first is starting Child Life Programs in Harlingen, Texas, and Fairfax, Virginia. The other is instituting mother/baby care

Heads, Directors, & Dean



MARION GOODING
 Department Head,
 1985–1987



FRIEDA HOLT
 Director, School of Nursing,
 1992–1994



SARAH GUELDNER
 Director, School of Nursing,
 1996–2002



PAULA MILONE-NUZZO
 Director, School of Nursing,
 2003–2008
 Dean, School of Nursing,
 2008–2013
 Dean, College of Nursing,
 2013–Present



MEMORIES • MEMORIES • MEMORIES

and the labor and delivery room models at both Fairfax Hospital and Hershey. I also published an article in *Nursing Management* on “A Nurse-Driven Patient Placement System” that I helped establish at Hershey, and one about opening the PICU at Hershey for *Nursing Network News* (the September 1995 issue celebrating the hospital’s 25th anniversary).

I retired in August 2011 and moved to State College in summer 2012. I now live at Foxdale Village with my husband, Harvey. Unfortunately, I have lost track of both Lucy and Barbara.

Memories of the Penn State School of Nursing from 1968 to 1970

By Susan Woodhead Durham '70

- My first year at Penn State, I had the honor of meeting Edna Treasure. What a great leader with a forward-looking vision for Penn State Nursing.

- Beginning with my junior year, my class began our nursing courses at Allegheny General Hospital on the north side of Pittsburgh because construction on Hershey Medical Center was not yet completed. We moved into a former nurses’ residence with a housemother—a startling change from the University Park campus with 30,000 students and a male-to-female ratio of 3 to 1. We made the best of it. Although I do remember sneaking out of the building a few times at night to travel to parties at the University of Pittsburgh!
- Nursing care in an urban setting was a great experience for me, coming from a small town. I loved the diversity and complexity of our patient population.
- The medical residents were housed in our residence building and the hospital kept them fed very well. They were kind enough to share the food provided for them with us on late study nights.
- Several classmates and I were recipients of Army Nurse Corps scholarships and

- we got to know the helicopter pilots at the Niki Missile Base near the Pittsburgh Airport. They did fly-bys when we sunbathed on the rooftop of the residence building.
- We did our psych rotations at Dixmont State Hospital and Leech Farm Veterans Hospital. This was before the days of SSRIs and some of the more effective medications for psychosis. We were assigned to do a one-to-one communication with a patient to practice our therapeutic communication skills. My patient at Dixmont was in her late 20s and seemed totally fine to me. I remember telling my instructor that I didn’t think she needed to be there. Thank heaven I was not making the decisions. When we arrived two days later (it was a Tuesday/Thursday clinical) I found out that the night after I had interviewed my patient she knocked all of the windows out of the male unit and was in solitary isolation screaming obscenities and extremely violent. That was my first indication that psych was not for me.

2014 Jean Vallance Lecture in Nursing Innovation



"H

ave you ever tried to change the behavior of someone you love?" That was the first question Dr. Bernadette Melnyk posed to a roomful of College of Nursing alumni and other nursing professionals at the 2014 Jean Vallance Lecture in Nursing Innovation.

Behavior change isn't easy, Melnyk acknowledges, but it builds character. And it's exactly what we need to do to improve patient care outcomes.

Evidence-based health care was the topic of Melnyk's lecture, "Improving Health Care Quality and Patient Outcomes with Evidence-based Practice and ARCC" (Advancing Research and Clinical Practice through Close Collaboration). Scheduled as part of the College of Nursing's 50th anniversary celebration weekend, this year's Vallance Lecture was held April 5 in Ruth Pike Auditorium at Penn State's Biobehavioral Health Building.

Melnyk is dean of the College of Nursing, associate vice president for health promotion, and chief wellness officer

at The Ohio State University. Always a passionate advocate for evidence-based care, she became even more so when her teenage daughter, Kaylin, almost died during a trip to Australia due to a ruptured appendix that was misdiagnosed in a hospital ER as a gastrointestinal virus.

"She was an atypical presentation," Melnyk said. "I begged and pleaded with eight physicians to do an ultrasound. Instead, they asked her to hop on her right foot. I asked, 'What is the evidence behind this test?' They labeled me a stressed-out nurse mother from the United States."

Within sixteen hours, Kaylin—who had a fever of 104 degrees and a white blood cell count of 33,000—went into septic shock. Finally, an ultrasound revealed an abscess. A pediatric nurse (whom Melnyk credits with saving her daughter's life) called in a private surgeon who irrigated Kaylin's peritoneum.

This is what happens when health care systems and practices are not based on clinical evidence, says Melnyk,



This is what happens when health care systems and practices are not based on clinical evidence, says Melnyk, whose personal philosophy is “In God We Trust; Everyone Else Must Bring Data.”

whose personal philosophy is “In God We Trust; Everyone Else Must Bring Data.”

“We have a lot of sacred cows in our profession that need to be slain,” she says. “We can’t keep doing things because we’ve always done it that way.”

Change begins, says Melnyk, with the way we educate students in the health sciences.

“Faculty need to teach students (about evidence-based practice) as soon as they walk in the classroom,” she says. “Students do not need a rigorous research course before they make evidence-based decisions.”

While external evidence from rigorous research is important in clinical decisions, that data often isn’t available to serve as a guide. “So we need internal evidence as well,” Melnyk says.

“The best clinical decisions are based on a combination of research with clinical expertise and patient values,” she asserts.

“All of these have to intertwine for the best patient outcomes.”

Melnyk believes that 90 percent of health care decisions will be evidence based by the year 2020. Currently, she estimates that figure to be about 30 or 40 percent.

“We need to be persistent. We need to keep dreaming big until EBP is in our DNA.”

The Vallance Lecture is an endowed lecture series presented annually to honor Jean S. Vallance, a thirty-year State College resident who died in 1997. One of the first nurses in Pennsylvania to be registered as a CRNP, Vallance helped organize the Family Planning Clinic, later known as Family Health Services, to bring low-cost health care to women in central Pennsylvania. Her husband, Theodore Vallance, was a former associate dean in the College of Health and Human Development and an avid supporter of the Nursing program.

We Are ... Penn State College of Nursing



On September 20, the Penn State Board of Trustees approved a proposal to grant college status to the School of Nursing. Effective immediately, the School of Nursing was renamed the College of Nursing.

This change gives the College of Nursing an organizational structure consistent with other colleges at Penn State. The college has demonstrated academic excellence, achieved considerable growth in its graduate programs and research productivity, and demonstrated an ongoing commitment to outreach. Over the last five years, the college has also become independent from the College of Health and Human Development (HHD) in terms of financial support.

“This change is a logical step in our development that creates visibility and brings clarity to our structure within the University system,” **Paula Milone-Nuzzo**, dean of the College of Nursing, said. “It also improves our status among nursing schools nationally, which will help our efforts to recruit exceptional faculty and students.”

The proposal was approved by the University Faculty Senate Council on August 20.

From 1989 to 2008, the School of Nursing was one of nine academic units in the College of HHD. To contribute most effectively to Penn State’s health sciences mission, in 2008 the school became an independent academic unit while maintaining a close collaboration with HHD. Milone-Nuzzo was named the inaugural dean.

Though the change will have little effect on the college’s operations, says Milone-Nuzzo, it allows Penn State to capitalize on the important role nursing plays in health science education and research.

“We want to contribute to the health science mission at Penn State,” she told a committee of the trustees the day before they voted to accept the proposal. “To do that, we have to be at the table and have the visibility that a college brings.”

In a later interview with the *Philadelphia Inquirer*, Milone-Nuzzo added: “What it provides for us is equity with other colleges in the University. And it shows the outside world that we are just like other academic units. It’s consistent with the way nursing is viewed in academia around the country.”

College of Nursing Now Offering a Doctor of Nursing Practice (D.N.P.) Degree

On May 9, 2014, the Penn State Board of Trustees approved Penn State’s first online professional doctoral program—a doctor of nursing practice (D.N.P.) to be offered through the World Campus.

The nursing profession, with more than 3 million members, is the largest segment of the U.S. health care workforce. As the health care system becomes more complex, nurses will need more advanced education and training, according to the Institute of Medicine, which recommends doubling the number of nurses with a doctoral degree by 2020.

“Our alumni are asking us for this program, because it can open a wide variety of career doors for them,” said **Judith E. Hupcey**, associate dean for graduate education. “Nationally, this kind of program has taken off, so the time was right for Penn State to launch our program. The emphasis on developing leadership skills and translation of research into practice settings will enable nurses to bring the skills they learn into their own practice.”

David Sylvia, director of academic affairs for Penn State World Campus Graduate Programs, said, “The D.N.P. program is a significant addition to World Campus’ portfolio of online programs. It is a professional, practice-focused doctoral degree that will allow practicing nurses to gain advanced knowledge while maintaining their busy professional lives.”

The program is designed to prepare nurses for the highest level of clinical nursing practice. Nurses have two entry options. Those who have a bachelor’s degree in nursing can enter the B.S. to D.N.P. path, which includes 61 credits and a minimum of 1,000 hours of clinical practicum. Nurses who have a master’s degree in nursing can take the M.S.N. to D.N.P. path, which includes 38 to 46 credits and allows candidates to apply up to 550 clinical hours from their master’s program toward the clinical practicum requirement.

Doctoral students will participate in three in-person intensive sessions at Penn State’s University Park campus or Penn State Hershey Medical Center. They also will identify an evidence-based practice project and do a public oral presentation on their project.

For more information on the D.N.P. program, visit www.nursing.psu.edu/graduate and navigate to “D.N.P. Degree Program.”

www.nursing.psu.edu/graduate



Samantha Romig Named Student Marshal

Samantha Paige Romig (pictured with faculty marshal Dr. Maureen Connelly Jones) had the honor of representing her Nursing classmates as student marshal for the inaugural College of Nursing commencement ceremony on May 10.

Each academic unit at Penn State selects one student, based on academic achievement, to serve as student marshal. That student is invited to sit on the commencement platform with other dignitaries and accepts his or her diploma on behalf of all graduates.

Romig graduated with a 3.99 grade-point average. During her time at Penn State, she received the Evan Pugh Scholar Award (for juniors and seniors who are in the upper 0.5

percent of their class) in 2013 and 2014, and the President's Freshman Award (presented to undergraduate students with a 4.0 cumulative GPA) in 2011. A member of Sigma Theta Tau International Nursing Honor Society, she made the Dean's List every semester.

Romig was active in Penn State's chapter of the Student Nurses' Association of Pennsylvania (SNAP) and the National Society of Leadership and Success.

Romig accepted a position at Penn State Milton S. Hershey Medical Center as a registered nurse on an acute care unit as part of their Graduate Nurse Residency program. She is the daughter of Richard and Cathy Romig of McClure, Pennsylvania.

Robinson Receives Red Cross Lifesaving Merit Award

Last summer, Nursing student Kelsey Robinson (now a junior) used her training to save the life of a resident of the long-term care facility where she was employed. Robinson was recently honored with the Lifesaving Merit Award from the American Red Cross Centre Communities Chapter, presented by Dean Paula Milone-Nuzzo, vice chair of the chapter's board of directors, at their annual recognition breakfast.



A story about Robinson's lifesaving experience was published in the August 7, 2013, edition of the Daily Collegian (www.collegian.psu.edu) and can be located in the paper's news archives.

Hershey Students Hold "Gatsby Gala" to Support Ronald McDonald House

Last fall, students from the Hershey SNAP chapter joined forces with students in the College of Medicine and graduate students at the Penn State Milton S. Hershey Medical Center to raise funds for the Ronald McDonald House Charities of Central Pennsylvania. For the venue, they decided on "A Night with Gatsby," a charity ball featuring dinner, dancing, entertainment, and a silent auction. SNAP officers Maria Rivero, Erica Lalli, and Jacqueline Nelson served on the Heart and Hand Alliance, the committee that spent six months planning and organizing the gala. More than 300 people, including Nursing faculty, were in attendance to support and enjoy the formal event. In the end, the committee exceeded their fundraising goal of \$11,000. "Everyone who went to the gala told me that they had an excellent time, and I was extremely proud of the work that the committee accomplished," said Rivero, president of the SNAP chapter at Hershey for the 2013-14 academic year.



Congratulations to the Class of 2014

2014 AWARD RECIPIENTS

Nursing Alumni Society Student Service Award
MAXINE PARMER

Kim Gedney-Guzik Memorial Award
DANIELLE BOWMAN

Sigma Theta Tau—Beta Sigma Chapter Outstanding Academic Award
SAMANTHA ROMIG

THANKS
MOM
and
DAD

THANKS
MOM + DAD

THANKS
+ DAD!

"You have to accept whatever comes and the only important thing is that you meet it with courage and with the best that you have to give. Life was meant to be lived, and curiosity must be kept alive."

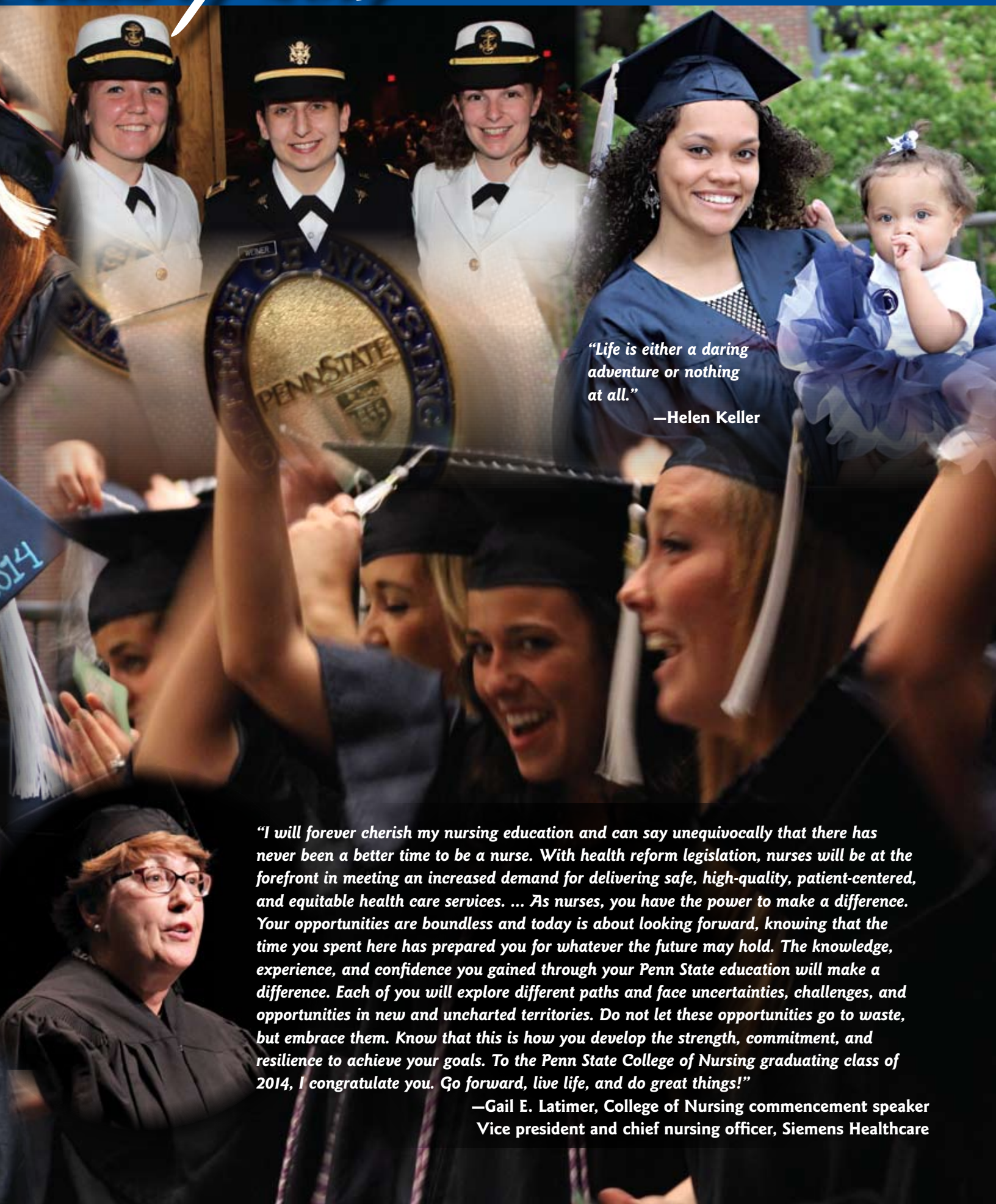
—Eleanor Roosevelt

"I have learned that people will forget what you said; people will forget what you did; but people will never forget how you made them feel."

—Maya Angelou

Class of 2014

COLLEGE NEWS



*"Life is either a daring
adventure or nothing
at all."*

—Helen Keller

"I will forever cherish my nursing education and can say unequivocally that there has never been a better time to be a nurse. With health reform legislation, nurses will be at the forefront in meeting an increased demand for delivering safe, high-quality, patient-centered, and equitable health care services. ... As nurses, you have the power to make a difference. Your opportunities are boundless and today is about looking forward, knowing that the time you spent here has prepared you for whatever the future may hold. The knowledge, experience, and confidence you gained through your Penn State education will make a difference. Each of you will explore different paths and face uncertainties, challenges, and opportunities in new and uncharted territories. Do not let these opportunities go to waste, but embrace them. Know that this is how you develop the strength, commitment, and resilience to achieve your goals. To the Penn State College of Nursing graduating class of 2014, I congratulate you. Go forward, live life, and do great things!"

—Gail E. Latimer, College of Nursing commencement speaker
Vice president and chief nursing officer, Siemens Healthcare



Horrorifying Halloween Assignment Stresses Patient Safety

Senior nursing majors **Rachel Westernik**, **Vanessa Spamer**, and **Celeste Garruto** were horrified by what they saw in the College of Nursing's Simulation Laboratory. And that's just how **Dr. Christopher Garrison**, instructor in nursing and Simulation Laboratory coordinator, planned it.

For Halloween week, Garrison and co-worker **Kristal Hockenberry**, Simulation Lab assistant, transformed part of the lab into a "Hospital Room of Horrors." Upon entering, students encountered a scene guaranteed to send chills down the spine of any health care professional: A bedridden patient (actually a simulation mannequin) was surrounded by potentially life-threatening hazards, including unauthorized medications, soiled linens, and used IV syringes.

The challenge for students was to find as many "horrors"—medical errors—as they could. At the end of the week, the student who found the highest number won a prize.

As Garrison handed Garruto a clipboard holding the patient's physician orders, Spamer approached the head of the bed to assess the patient's condition. Her mouth curled in distaste.

"Look, there's food here!" she said, pointing to a bag of potato chips on the bedside table, then to a sign taped to the wall above the patient's bed that read "Patient Is NPO."

"And what are these cigarettes doing here?" Spamer said. "Isn't he supposed to be on oxygen?" Westernik, meanwhile, checked the patient's IV bag, only to discover that he was being administered an IV medication to which, according to his chart, he was allergic.

Such scenarios would indeed be horrifying—and possibly fatal—to find in an actual patient care situation. But in the Nursing Simulation Laboratory, the approach served as a valuable teaching tool.

"The goal was to increase the students' awareness of patient and environmental safety issues," Garrison explained. "The exercise focused on using their observation skills to recognize safety

issues and correct mistakes in a simulated environment, so that they'll be prepared to do so in a real health care setting."

The contest was open to junior and senior nursing students, all of whom had clinical experience.

"The whole purpose of the Simulation Lab is to give students hands-on clinical experience that includes identifying problems," said Garrison, whose role includes assisting other nursing instructors in developing simulation experiences that are consistent with the curriculum. "This exercise just takes it to a higher level."

Hartzell Recognized through "Honor Your Caregiver" Program

Student nurse **Kara Hartzell** was honored last summer for her work on the Med/Surg unit at Cole Memorial Hospital in Coudersport, Pennsylvania. The Honor Your Caregiver

program gives patients and their families the opportunity to show their gratitude to a caregiver who played a special role in their care. Hartzell received a certificate, pin, and letter from a patient who felt that she provided care that exceeded expectations.



GRADUATE STUDENT NEWS

- Doctoral student **Lina Hixson** presented a poster, "Faith Community Nursing: What is the State of the Science?" at the 2014 Westberg Symposium April 24–27 in Memphis, Tennessee.
- Doctoral students **Patty Knecht '14** and **Gwen McGhan** presented posters in Penn State's annual Graduate Exhibition April 6 at the HUB-Robeson Center on the University Park campus. Knecht's poster was on "Demystifying Job Satisfaction in Long-Term Care: The Voices of Licensed Practical Nurses." McGhan's poster was titled "Examining the Outcomes for Family Members Providing Care to Community-Dwelling Older Adults."
- **Cara Bicking Kinsey**, who received her Ph.D. in spring 2014, was selected to be an Epidemic Intelligence Service (EIS) officer for the Centers for Disease Control and Prevention. The EIS program is a two-year postgraduate training program of service and learning for health professionals interested in applied epidemiology. Bicking Kinsey was also accepted for the Student Fellows Program of the American Public Health Association's Maternal and Child Health section, which fosters the development of leaders in science, program, and policy related to the health of women, children, and families.



Ebken, Jankura Receive College Faculty and Staff Awards

Each year, the College of Nursing recognizes an outstanding faculty member at University Park or Hershey with the Janet A. Williamson Excellence in Teaching Award. **Diane Ebken**, a senior lecturer in nursing at University Park, is the 2014 recipient. Ebken is described by her students as having passion for the content she teaches. Her innovative approach to pedagogy has resulted in new simulations to help learners develop therapeutic communication skills. She brings the community into her classroom by engaging experts in the field as guest lecturers. She also serves as a role model for colleagues who appreciate her professionalism and collegiality. She leads by example, serving as the first chair of the College of Nursing Faculty Council.

Diane Jankura, academic advising manager in the Undergraduate Academic Affairs office, was the recipient of the inaugural College of Nursing Staff Appreciation Award. The award was initiated this year to recognize a staff member who actively goes above and beyond the normal scope of his/her responsibilities to help achieve the College of Nursing's mission. Jankura's nominators acknowledged her significant and sustained commitment to excellence in her advising role—specifically, her methodical approach to problem solving, her strengths as both a mentor/coach and a team player, and her adaptability in the face of the many changes resulting from the Nursing program's long-term growth.

Sawyer Receives Funding for Sleep Research

Dr. Amy Sawyer, assistant professor of nursing, received funding from the Fran and Holly Soistman Faculty Development Endowment in the College of Health and Human Development to develop a laboratory prototype for a Sleep Health Hub. The prototype will explore available technologies and integrate them into a vendor-neutral test bed, to be introduced in clinical research and later adapted for use in clinical care.

Sawyer, who conducts research related to the treatment of sleep disorders, is collaborating with Vittaldas Prabhu, professor of industrial engineering at Penn State, to develop

an information system designed to gather and analyze real-time sleep data from patients in various treatment settings.

“There are no comprehensive information systems available for sleep health care,” said Sawyer. “Clinical and research sleep centers use multiple stand-alone commercial systems to manage large amounts of data without the capability to migrate these data for analysis in a comprehensive platform. This gap significantly contributes to fragmentation of care, inefficient processes, and underutilization of data to support health care decisions and patient self-management.”

Each year, the Soistman Faculty Development Endowment provides funding for faculty who are engaged in significant, innovative research related to the design, development, delivery, administration, or evaluation of health care services.

Loeb Receives IAFN Achievement Award



Dr. Susan J. Loeb, associate professor of nursing, received the 2013 International Association of Forensic Nurses (IAFN) Achievement Award. The award was presented October 22 at the

association's International Conference on Forensic Nursing Science and Practice in Anaheim, California.

The award recognizes individuals who make significant contributions in the advancement of the scientific practice of forensic nursing through research and publications. The IAFN is a professional organization with more than 3,000 members in twenty-four countries.

Loeb's primary research interest is enhancing health, facilitating chronic disease self-management, and promoting a dignified death for those aging and dying in prison. She has served as principal investigator on studies funded by the National Institute on Aging and the National Institute of Nursing Research, with a total of \$1.4 million in funding. She has had forty publications in peer-reviewed journals, with thirteen of those focused on health-related issues of the prison inmate population.

Clark Awarded Grant from Sustainability Institute

Darlene Clark was recently awarded a grant from the Re-invention Fund of Penn State's Sustainability Institute. The purpose of the grant, titled “Statewide Implementation of Promoting Healthy People/Healthy Environments Through Medical Waste Recycling Strategies in Penn State College of Nursing Clinical

Simulation Laboratories,” is to implement waste reduction strategies through increased recycling efforts at University Park and five other campuses.

The goal of the Reinvention Fund is to provide resources to innovative teams seeking to pursue interdisciplinary and holistic solutions to sustainability challenges, so that the University community can leverage its collective capacity in pursuit of sustainability.

Snyder Named Assistant Dean for Nursing Programs

Dr. Melissa Snyder has been appointed as assistant dean for undergraduate nursing programs at the Commonwealth Campuses. In this new position, Snyder will provide oversight of the operations of our undergraduate programs at the campuses to assure consistency and quality.

Previously, Snyder was the campus coordinator for the RN to B.S. and Second Degree programs at Penn State Harrisburg. Her new office is located in the Academic Support Building at the Hershey campus. With a D.Ed. in Adult Education from Penn State and a strong background in nursing education, Snyder is poised to help the college grow our programs and assure they remain stellar examples of academic quality.



Evans Receives 2014 George W. Atherton Award

Michael Evans, assistant chief academic officer and instructor in nursing at Penn State Worthington Scranton, was one of six faculty members who received Penn State's 2014 George W. Atherton

Award for Excellence in Teaching. Recipients are full-time faculty who have demonstrated excellence in their primary responsibility of undergraduate teaching. Evans is also a student in the College of Nursing's Ph.D. degree program.



Buck Inducted as HPNA Fellow

Dr. Harleah Buck, assistant professor of nursing and co-director of the Hartford Center of Geriatric Nursing Excellence, was recently inducted as a 2014 Fellow of Palliative Care Nursing (FPCN) by the Hospice and Palliative Nurses Association (HPNA). This honor is bestowed on HPNA members who are nursing leaders in education, management, advanced

practice, and/or research. Those designated as Fellows have

demonstrated extensive professional experience in hospice and palliative care and a significant commitment to scholarship in the field, and are responsible for engaging with other health care leaders in transforming palliative nursing.

Faculty Retire in June 2014

Six longtime Nursing faculty members retired following the spring 2014 semester.



Rae Brown, Carol Smith, and Judy Hupeey

Dr. Carol A. Smith, associate professor of nursing with tenure, was granted emeritus status upon retirement. She initially served as associate director of the school, and during her first year was also elected to the Faculty Senate and as chapter president of Sigma Theta Tau. In 2001, she was appointed as professor in charge of outreach, and throughout her career was extremely vested in developing continuing education and outreach programs and initiatives.

Smith's area of scholarship was one of practice-based initiatives, for which she generated a significant amount of funding. In recognition of a distinguished career that focused on clinical practice, Smith was awarded Fellowship in the National Academies of Practice in 2004. She was also actively involved with the National League for Nursing Accrediting Commission (NLNAC), providing guidance and oversight for our successful accreditation visits in 2007 and 2009.

Other faculty who retired this year were:

- **Dr. Nedra Farcus**, instructor in nursing, Penn State Altoona
- **Fran Kasubic**, instructor in nursing, Penn State University Park
- **Dr. Dolores O'Hara**, campus coordinator, Penn State New Kensington
- **Verna Saleski**, campus coordinator, Penn State Worthington Scranton
- **Elise Vernasky**, instructor in nursing, Penn State Altoona

We thank them for their service and contributions to the Nursing program and profession, and wish them well in retirement.

Other Faculty News

- **Dr. Kathleen Mastrian**, associate professor and Nursing campus coordinator at Penn State Shenango, received an Annual Recognition award from the Penn State Commission for Adult Learners for developing an adult-friendly curriculum tailored to working nurses in the RN to B.S. program. **Dr. Jo Anne Carrick**, former campus coordinator for Penn State Erie, The Behrend College, was nominated for the commission's Shirley Hendrick Award for initiating Behrend's Nursing program and obtaining grant money for evening courses.
- **Dr. Peg Cushman**, assistant professor of nursing, was one of ninety outstanding Yale School of Nursing alumni recognized at the school's 90th anniversary kickoff weekend in October.

The following is a list of articles published, grants awarded to, and honors received by Penn State College of Nursing faculty and staff in 2013.

Brenda Baney

G. E. McGhan, S. J. Loeb, B. Baney, and J. L. Penrod. 2013. End-of-life caregiving: Challenges faced by older adult women. *Journal of Gerontological Nursing* 39(6):45-54.

Kesha Baptiste-Roberts

K. Baptiste-Roberts (co-author). 2013. Association of prenatal physical activity and gestational weight gain: Results from the First Baby Study. *Women's Health Issues* 23(4).

C. Bicking, K. Baptiste-Roberts, and K. Kierulff. 2013. Effect of prior perinatal loss on the maternal and emotional response to labor and delivery of a healthy infant. *Journal of Obstetric, Gynecologic, and Neonatal Nursing* 42(4):442-450.

W. K. Nicholson and K. Baptiste-Roberts. 2013. Association between adiponectin and tumor necrosis factor-alpha levels at 8-14 weeks gestation and maternal glucose tolerance: The Parity, Inflammation, and Diabetes (PID) Study.

Co-Mentor (Cara Bicking Kinsey): Effect of perinatal loss on maternal mental health and maternal-infant bonding. NIH/NINR. Grant # F31 NR013303. 2012-2014.

Carranda Barkdoll

Co-Investigator: Advanced Education Nursing Grants. HRSA. Grant # D09HP18982. 2010-2013.

Barbara Birriel

B. A. Birriel. 2013. How does bioethics affect your nursing practice? *ONS Connect* 28(4):27.

B. A. Birriel. 2013. Critical complications from CVID. Abstract. *Critical Care Medicine* 41(12):1183.

B. A. Birriel. 2013. Rapid identification of sepsis: The value of screening tools. *Critical Connections*. Society of Critical Care Medicine. April 2, 2013.

Second place award, Early Doctoral Student, Outcome-Based Criteria for Initiation of Venous-Arterial Extracorporeal Membrane Oxygenation. Eastern Nursing Research Society.

Raymonde Brown

Principal Investigator: Nurse education and practice retention. HRSA. Grant # D11HP09763. 2008-2014.

Harleah Buck

H. G. Buck, C. H. Zambroski, and J. E. Hupcey. 2013. Assessing the response of patients and spousal/partner caregivers to a new instrument measuring dyadic heart failure case types. *European Journal of Cardiovascular Nursing* 12(2):209-13.

H. G. Buck, L. A. Kitko, and J. E. Hupcey. 2013. Dyadic heart failure care types: Qualitative evidence for a novel typology. *Journal of Cardiovascular Nursing* 28(6):E37-E46.

H. G. Buck, C. H. Zambroski, C. Garrison, and S. C. McMillan. 2013. "Everything they were discussing, we were already doing": Hospice heart failure caregivers reflect on a palliative caregiving intervention. *Journal of Hospice & Palliative Nursing* 15(4):218-224.

H. G. Buck, J. A. Akbar, S. J. Zhang, and J. A. Prvu Bettger. 2013. Measuring comorbidity in acute myocardial infarction, heart failure, and stroke research: A systematic review. *Nursing Research and Practice* 2013:563246. doi: 10.1155/2013/563246 PMID: PMC3730163.

V. V. Dickson, H. G. Buck, and B. Riegel. 2013. Multiple comorbid conditions challenge heart failure self-care by decreasing self-efficacy. *Nursing Research* 62(1):2-9.

S. Meghani, H. G. Buck, and M. Naylor. 2013. The conceptualization and measurement of comorbidity: An integrative review of the interprofessional literature. *Nursing Research and Practice* 2013:192782. Doi: 10.1155/2013/192782. PMID: PMC3800641.

S. C. McMillan, B. J. Small, W. E. Haley, C. H. Zambroski, and H. G. Buck. 2013. The COPE intervention for caregivers of patients with heart failure: An adapted intervention. *Journal of Hospice and Palliative Nursing* 15(4):196-206.

Principal Investigator: Dyadic care in moderate to severe heart failure. National Palliative Care Research Center. Grant # 143144. 2012-2014.

Junior Faculty Career Development Award. Dyadic care in advanced heart failure. National Palliative Care Research Center. 2012-2014.

Jo Anne Carrick

Co-Investigator: Nurse education and practice retention. HRSA. Grant # D11HP09763. 2008-2014.

Julie Decker

J. L. Decker. 2013. Contributor to *NCLEX-RN Review: Keeping It Real!* Pensacola, Fla.: Sylvia Rayfield and Associates, Inc.

Lorah Dorn

E. J. Susman and L. D. Dorn. 2013. Puberty: Its role in development. In *Handbook of Psychology*, 2nd edition, ed. R. M. Lerner, M. A. Easterbrooks, J. Mistry, and I. B. Weiner. Hoboken, N.J.: John Wiley and Sons, Inc., pp. 289-320.

L. D. Dorn, L. M. Sontag-Padilla, S. Pabst, A. Tissot, and E. J. Susman. 2013. Longitudinal reliability of self-reported age at menarche in adolescent girls: Variability across time and setting. *Developmental Psychology* 49(6):1187-1193.

S. J. Beal, S. Negriff, and L. D. Dorn, et al. 2013. Longitudinal associations between smoking and depressive symptoms among adolescent girls. Abstract. *Prevention Science* 10.1007/s1121-013-0402-x, May 22, 2013.

L. D. Dorn, S. J. Beal, H. J. Kalkwarf, S. Pabst, J. G. Noll, and E. J. Susman. 2013. Longitudinal impact of substance use and depressive symptoms on bone accrual among girls aged 11-19 years. *Journal of Adolescent Health* 52(4):393-399.

Co-Investigator: The effects of estradiol on genetic risk for disordered eating during puberty. NIH/NIMH. Grant # R01 MH92377. 2013-2015.

Co-Investigator: Health and well-being of sexually abused females and offspring: 25- and 27-year follow-up. Eunice Kennedy Shriver National Institute of Child Health and Human Development. Grant # R01 HD072468. 2013-2018.

Christopher Engeland

Y.-W. Sun, Y. Lu, C. G. Engeland, S. C. Gordon, and H. Y. Sroussi. 2013. The anti-oxidative, anti-inflammatory, and protective effect of S100A8 in endotoxemic mice. *Molecular Immunology* 53(4):443-449.

P. K. Rajendrareddy, C. G. Engeland, R. Junges, M. P. Horan, I. G. Rojas, and P. T. Marucha. 2013. MMP-8 overexpression and persistence of neutrophils relate to stress-impaired healing and poor collagen architecture in mice. *Brain, Behavior, and Immunity* 28:44-48.

L. Yang, C. G. Engeland, and B. Cheng. 2013. Social isolation impairs oral palatal wound healing in Sprague Dawley rats: A role for miR-29 and miR-203 via VEGF suppression. *PLOS ONE* 8(8):e72359.

C. Giurgescu, K. Kavanaugh, K. F. Norr, B. L. Dancy, N. Twigg, B. L. McFarlin, C. G. Engeland, M. D. Hennessy, and R. C. White-Traut. 2013. Stressors, resources, and stress responses in pregnant African American women: A mixed-methods pilot study. *Journal of Perinatal & Neonatal Nursing* 27(1):81-96.

Principal Investigator: Inflammatory mediators of stress and cognitive aging. NIH. Grant # R01 AG042595-01. 2012-2017.

Co-Investigator: The feasibility of a stress reduction intervention study in sickle cell disease. University of Illinois at Chicago College of Nursing Internal Research. 2013-2014.

Consultant: Neuroendocrine networks in aging: Stress, immunity, and mental health. Marie Curie Funding Scheme fp7/European Research Council. 2009-2013.

Co-Investigator: Validation of salivary to blood-based inflammatory markers and associations with psychosocial and immune health indicators. Penn State Social Science Research Institute. 2012-2013.

Co-Investigator: Pathways to preterm birth: Stress, inflammation, and cervical remodeling. University of Illinois at Chicago Center for Clinical and Translational Science Pilot Grant. 2011-2013.

Co-Investigator: Inflammatory mediators of psychological stress and cognitive aging. Penn State Social Science Research Institute. 2011-2013.

Co-Investigator: Stress-impaired microbial clearance. NIH. Grant # R01 DE017686-01. 2008-2013.

Michael Evans

M. M. Evans. 2013. Bedside reporting: Is it enhancing nursing care? *MedSurg Matters* 22(5):3.

M. M. Evans and J. DelPrete. 2013. Peripheral IV site care: What the evidence shows. *MedSurg Matters* 22(5):4-6.

T. Lyons and M. M. Evans. 2013. Blended learning to increase student satisfaction: An exploratory study. *Internet Reference Services Quarterly* 18(1):43-53.

M. M. Evans. 2013. Clinical competence in the nursing field. *MedSurg Matters* 22(3):12.

M. M. Evans. 2013. Using asynchronous discussion forums as a new model for clinical post-conferences. *MedSurg Matters* 22(13):17.

M. M. Evans and T. Lyons. 2013. Using asynchronous discussion boards in collaborative learning. *MedSurg Matters* 22(1):18-19.

Penn State Worthington Scranton Advisory Board Award for Teaching.

Career Mobility Scholarship, Academy of Medical Surgical Nurses.

Milton Evans

M. Evans. 2013. Effects of a rapid response team on clinical outcomes of patients in a community hospital. *Health Care (SciKnow Publications Ltd.)* 1(3):54-60.

Donna Fick

A. M. Kolanowski, P. Mulhall, A. M. Yevchak, N. Hill, and D. M. Fick. 2013. The triple challenge of recruiting older adults with dementia and high medical acuity in skilled nursing facilities. *Journal of Nursing Scholarship* 45(4):397-404.

D. M. Fick, B. DiMeglio, J. A. McDowell, and J. Mathis-Halpin. 2013. Do you know your patient? Knowing individuals with dementia combined with evidence-based care promotes function and satisfaction in hospitalized older adults. *Journal of Gerontological Nursing* 39(9):2-4.

D. M. Fick, M. Steis, J. L. Walker, and S. K. Inouye. 2013. Delirium superimposed on dementia is associated with prolonged length of stay and poor outcomes in hospitalized older adults. *Journal of Hospital Medicine* 8(9):500-505.

D. M. Fick and B. Resnick. 2013. The Choosing Wisely® campaign and nurses' role in dissemination. *Journal of Gerontological Nursing* 39(5):4-6.

J. McRow, E. Beattie, K. Sullivan, and D. M. Fick. 2013. Development and review of vignettes representing older people with cognitive impairment. *Geriatric Nursing* 34(2):128-137.

D. A. Rosenbloom and D. M. Fick. 2013. Nurse/family caregiver intervention for delirium increases delirium knowledge and improves attitudes toward partnership. *Geriatric Nursing* 35(3):175-181.

A. Morandi, E. Vasilevskis, P. P. Pandharipande, T. D. Girard, L. M. Solberg, E. B. Neal, T. Koestner, R. E. Torres, J. L. Thompson, A. K. Shintani, J. H. Han, J. F. Schnelle, D. M. Fick, E. W. Ely, and S. Kripalani. 2013. Inappropriate medication prescriptions in elderly adults surviving an intensive care unit hospitalization. *Journal of the American Geriatrics Society* 61(7):1128-1134.

B. Resnick and D. M. Fick. 2013. The Choosing Wisely® campaign and nurses' role in dissemination. Editorial. *Geriatric Nursing* 34(3):179-180.

D. M. Fick and L. Mion. 2013. Assessing and managing delirium in older adults with dementia. *Try This: Best Practices in Nursing Care to Older Adults With Dementia*, issue D8, ed. Sherry A. Greenberg. New York: The Hartford Institute for Geriatric Nursing, New York University College of Nursing and the Alzheimer's Association.

Principal Investigator: Early nurse detection of delirium superimposed on dementia (END DSD). NIH/NINR. Grant # 5 R01 NR011042-03. 2012-2013.

Mentor (Deborah Rosenbloom-Brunton): Nurse/family caregiver partnership for delirium prevention in the older hospitalized adult: A nurse-led psychoeducational program. American Academy of Nursing. 2011-2013.

Principal Investigator (MPI): Recreational stimulation for elders as a vehicle to resolve delirium superimposed on dementia (RESERVE-DSD). NIH/NINR. Grant # R01 NR012242. 2010-2015.

Appointed to Institute of Medicine's Public Health Dimensions of Cognitive Aging Committee through 2015.

Christopher Garrison

H. G. Buck, C. Zambroski, C. M. Garrison, and S. C. McMillan. 2013. "Everything they were discussing, we were already doing": Hospice heart failure caregivers reflect on a palliative caregiving intervention. *Journal of Hospice & Palliative Nursing* 15(4):218-224.

Sherry Goertz

K. Kverno and S. D. Goertz. 2013. Neurobiologic considerations in psychiatric care. Chapter in *Psychiatric Mental Health Nursing: An Introduction to Theory and Practice*, 2nd edition, ed. Patricia G. O'Brien, Winifred Z. Kennedy, and Karen A. Ballard. Burlington, Mass.: Jones & Bartlett Learning.

Judith Hupcey

K. Fenstermacher and J. E. Hupcey. 2013. Perinatal bereavement: A principle-based concept analysis. *Journal of Advanced Nursing* 69(11):2389-2400.

H. Buck, C. Zambroski, and J. E. Hupcey. 2013. Assessing the response of patients and spousal/partner caregivers to a new instrument measuring dyadic heart failure care types. *European Journal of Cardiovascular Nursing* 12(2):209-213.

L. A. Kitko, J. E. Hupcey, J. H. Gilchrist, and J. P. Boehmer. 2013. Caring for a spouse with end-stage heart failure through implantation of a left ventricular assist device as destination therapy. *Heart & Lung: The Journal of Acute and Critical Care* 42(3):209-213.

H. Buck, L. Kitko, and J. E. Hupcey. 2013. Dyadic heart failure care types: Qualitative evidence for a novel typology. *Journal of Cardiovascular Nursing* 28(6):E37-E46.

C. Bicking Kinsey and J. E. Hupcey. 2013. State of the science of maternal-infant bonding: A principle-based concept analysis. *Midwifery* 29(12):1314-1320.

Principal Investigator: Advanced Education Nursing Traineeship. HRSA. Grant # A10 HP25148. 2012-2014.

L. Kitko, J. E. Hupcey, and J. Boehmer. 2013. The work of spousal caregiving of older adults with end-stage heart failure. *Journal of Gerontological Nursing* 39(7):40-47.

J. E. Hupcey and L. A. Kitko. 2013. ICD deactivation at the end of life: Patient and caregiver experiences. Abstract. *Journal of Cardiac Failure* 19(8):S75-S76.

Principal Investigator (MPI): Palliative care algorithms for heart failure dyads: One- versus two-year predicted survival. NIH/ NINR. Grant # R01 NR013419. 2011-2015.

Principal Investigator: Advanced Nursing Education Expansion. HRSA. Grant # T57 HP 20603. 2010-2015.

Principal Investigator: Advanced Education Nursing Grants. HRSA. Grant # DO9HP18982. 2010-2013.

Co-Mentor (Cara Bicking Kinsey): Effect of perinatal loss on maternal mental health and maternal-infant bonding. NIH/ NINR. Grant # F31 NR013303. 2012-2014.

Lisa Kitko

H. Buck, L. A. Kitko, and J. E. Hupcey. 2013. Dyadic heart failure care types: Qualitative evidence for a novel typology. *Journal of Cardiovascular Nursing* 28(6):E37-E46.

S. Booker, S. Murff, L. A. Kitko, and R. Jablonski. 2013. Mouth care to reduce ventilator-associated pneumonia. *American Journal of Nursing* 113(10):7.

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Co-Investigator: Early nurse detection of delirium superimposed on dementia (END DSD). NIH/NINR. Grant # 5 R01 NR011042-03. 2012-2013.

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Co-Investigator: Reducing care-resistant behaviors during oral hygiene in persons with dementia. NIH/NINR. Grant # R01 NR012737. 2011-2015.

Co-Investigator: Risk assessment and tailored intervention to improve CPAP adherence. NIH/NINR. Grant # R00 NR011173. 2011-2014.

Principal Investigator: Recreational stimulation for elders as a vehicle to resolve delirium superimposed on dementia (RESERVE-DSD). NIH/NINR. Grant # R01 NR012242. 2010-2015.

Sharon Lacue

Chancellor's Development Grant, Penn State Altoona.

Susan Loeb

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Achievement Award, International Association of Forensic Nurses.

Dede McCreary

Chancellor's Development Grant, Penn State Altoona.

Barbara Long Beck Endowed Excellence Award, Penn State Altoona.

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Verna Saleski

Co-Investigator: Advanced Education Nursing Grants. HRSA. Grant # DO9HP18982. 2010-2013.

Co-Investigator: Nurse education and practice retention. HRSA. Grant # D11HP09763. 2008-2014.

Amy Sawyer

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Principal Investigator: Tailored intervention to promote CPAP adherence. American Nurses Foundation, Inc. Grant # 136293. 2011-2013.

Co-Investigator: Mild cognitive impairment and obstructive sleep apnea. NIH/NIA. Grant # R01 AC034682. 2011-2015.

Carol Smith

Co-Investigator: Infusing end-of-life care into complex organizations: The prison study. NIH/NINR. Grant # R01 NR011874. 2009-2013.

Patricia Sweeney

Principal Investigator: Embedding IPE competencies into a nurse practitioner program for underserved communities in Pennsylvania. HRSA. Grant # DO9HP25919. 2013-2016.

Co-Investigator: Advanced Education Nursing Grants. HRSA. Grant # DO9HP18982. 2010-2013.

Mary Ellen Yonushonis

Janet A. Williamson Excellence in Teaching Award, Penn State College of Nursing.

*M*any of our alumni have developed lasting and loyal bonds with the campuses where they studied. For that reason, every year we devote a section of **Penn State Nursing** to the events that have taken place at these campuses and the accomplishments of the faculty, staff, and students who teach, work, and study there.

ABINGTON

The RN to B.S. degree program continues to flourish under the leadership of campus coordinator **Brenda Holtzer**. Since its inception three years ago, almost 150 nurses have joined the proud ranks of Penn State Abington alumni.

"I am passionate about the nursing professional role and mentoring and educating nurses as they develop their careers," Holtzer said. "We are committed to providing individualized plans of study for our students to be successful."

Recent Abington graduates say the program fulfills that promise. Nurses in all stages of their careers find its flexible, customized offerings allow them to accomplish their professional goals while managing other obligations.

Emergency room nurse and mother of two **Erin Donohue** said the experience was ideal for an adult learner.

"The online portion gave me the freedom to work at my own pace on my own time, knowing that I could still discuss obstacles or questions with my instructors during class," she said.

Jane O'Brien is a nurse at a long-term care facility for children. She enrolled at Abington in large part due to Holtzer and their shared passion for pediatric nursing.

"Brenda convinced me to enroll at Abington," Jane said. "I was impressed that someone at her level works with incoming students."

Abington opened up new opportunities for **Barbara and Ed Hall**. Even with decades of nursing experience between them, it became clear during the last few years that their career options were limited without B.S. degrees. As Ed, who works in a cardiac care unit, said, "No bachelor's degree, no interview."



Barbara and Ed Hall

Although the couple were apprehensive about returning to the classroom, they now say their experience couldn't have gone more smoothly.

"The faculty and staff helped us adjust, and it was great being in classes with nurses who have a lot of different experiences," Barbara, a nurse in a step-down intensive care unit, said.

Abington's diverse community and faculty, including Holtzer and **Elizabeth Ann Reedy**, are key to the program's success.

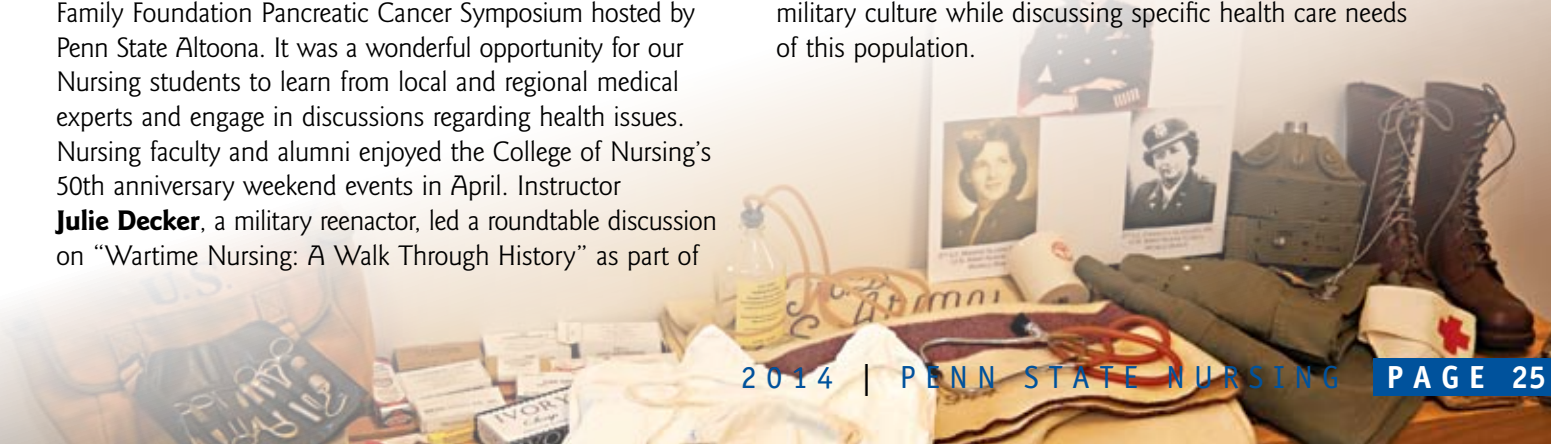
"We have a strong core faculty group to attract RNs," Holtzer said. "Our faculty and staff are dedicated to meeting the educational and professional development of students."

Abington continues its collaborations with Aria Health School of Nursing, Abington Hospital Dixon School of Nursing, and Roxborough Memorial Hospital School of Nursing. These relationships provide a wealth of opportunities for faculty and students to engage in scholarship, career development, programming, and outreach.

ALTOONA

On April 4, students in the Second Degree program participated in a presentation and panel discussion at the Sheetz Center for Entrepreneurial Excellence as part of the 2014 Griffith Family Foundation Pancreatic Cancer Symposium hosted by Penn State Altoona. It was a wonderful opportunity for our Nursing students to learn from local and regional medical experts and engage in discussions regarding health issues. Nursing faculty and alumni enjoyed the College of Nursing's 50th anniversary weekend events in April. Instructor **Julie Decker**, a military reenactor, led a roundtable discussion on "Wartime Nursing: A Walk Through History" as part of

Saturday's Improving Lives: Critical Discussions luncheon. She also developed a course devoted to the nursing care of America's veterans, which introduces students to the military culture while discussing specific health care needs of this population.



ERIE, THE BEHREND COLLEGE

Once again, Penn State Behrend's Nursing program demonstrated strong enrollment as sixty-two students entered their first year intent on becoming some of Erie's finest nurses. Enrollment remained steady in the RN to B.S. program as well, with several students attending classes off site in Warren, Pennsylvania. Forty-two students graduated in May with their associate degree in nursing, and many of them are returning in the fall to pursue their bachelor's degrees.

First-level associate degree students were the first Behrend nursing students to attend clinical at Pediatria, a day care facility for medically fragile children. Students described the experience as "touching and unforgettable." The purchase of a new and updated Noelle mannequin enhanced the simulation experience for students enrolled in the maternal child course.

Spring semester saw the beginning of the transition process to the baccalaureate degree. Classes were scheduled and students accepted into the first class of baccalaureate nursing students.

Our student nurse organization, the Joy of Nursing Club, was once again very busy with a variety of activities. Led by faculty adviser **Alison Walsh**, club members collected 2,204 pounds of food for the Second Harvest Food Bank of Northwest Pennsylvania. The club also participated in Relay for Life, raising \$1,187 in donations for the American Cancer Society, and donated \$650 in proceeds from Penn State Behrend nursing apparel sales to the Leukemia & Lymphoma Society. In April, the students teamed up for the annual March for Babies at Presque Isle State Park, raising \$321 for the March of Dimes.



In December, the Nursing program and the Penn State Behrend community said goodbye to **Dr. Jo Anne Carrick** as she left to assume new responsibilities as campus director at Penn State Shenango. Carrick became Behrend's Nursing program coordinator in 2006 and has a history of nearly twenty-five years with Penn State. While we wish her only the best, her wealth of experience and knowledge about Penn State will be missed. Thanks to **Elaine Hlopick** for serving as interim campus coordinator while we search for Carrick's replacement.

Marian (Kiki) Borst joined the faculty in fall 2013. Her past experience in critical care and pediatric nursing and her continued practice as a nurse practitioner will make her a valuable asset as she assumes teaching responsibilities in both the associate and RN to B.S. programs. **Mimi Waldman** achieved CNE status after taking the exam in January.

FAYETTE

Nursing faculty and associate degree students at Penn State Fayette, the Eberly Campus, continue to participate in service learning projects and events in the local community. The Class of 2014 raised money to donate to West Virginia University Children's Hospital in Morgantown, West Virginia, and the Angels of Mercy animal shelter in Uniontown. Other funds raised were used to finance the banquet for graduating students.

The Class of 2014 owes much of its success to the leadership, fundraising ability, and organizational skills of class president **Laura Goodwin**. "Laura is an example of how a nursing student maintains a home life, classes, and a very active leadership position," said **Melissa Miner**, campus coordinator for Fayette's Nursing program.

In addition to organizing the fundraisers and planning the student banquet, Goodwin also scheduled the class photo

and helped plan the pinning ceremony on May 9. Classmates have praised and congratulated Goodwin for her dedication, proactive management, and scholastic achievement. Goodwin received two scholarships: the O. C. Cluss Lumber Company Trustee Scholarship and the Eberly Family Fayette Campus Scholarship.

"I chose to pursue a nursing career because I love to take care of people," Goodwin says. "A nurse has many roles that most people aren't aware of. Being a patient advocate is very important to me. I am there to give the utmost care and do what I can for my patient. I chose Penn State Fayette because I really enjoy the student-teacher interaction. With the smaller class size, our instructors know us by name and can spend more time on a topic if necessary."

We wish Goodwin and the rest of the Class of 2014 the best!

HARRISBURG

In April, Penn State Harrisburg recognized Select Medical's \$250,000 gift to name the Select Medical Nursing Simulation Lab, a 2,600-square-foot state-of-the-art facility with six patient beds, two simulation rooms, a central observation area, and an adjoining classroom. These new resources will enable students to gain firsthand learning experience to experiment, practice, learn, and develop their clinical nursing skills. A portion of the gift will be used to establish an endowed Medical Community Trustee Scholarship for undergraduate students, with preference given to Nursing majors. The gift will also fund career exploration programs through the Capital Area Institute of Mathematics and Science (CAIMS) based at Penn State Harrisburg. The campus will collaborate with local schools to provide opportunities to introduce students to careers in medicine and health-related fields, including nursing.

We are pleased to welcome **Patrizia Fitzgerald** as the simulation lab coordinator. Fitzgerald earned her M.S.N. in nursing education from Drexel University. Her clinical specialties include medical-surgical and home health nursing. She has extensive experience in clinical and simulation teaching. Fitzgerald is eager to expand the simulation opportunities in both the Second Degree and RN to B.S. programs.

In spring 2015, we will offer our first international nursing course, "Healing Logics: Systems of Medical Belief and Practice," for RN

to B.S. students. This interdisciplinary web-enhanced course, developed in collaboration with faculty in the American Studies program, will include a nine-day educational trip over spring break to cities in France and southwest Germany. The content integrates nursing and folk medicine to explore how people create health in connection with the natural environment and culture. Students can use the course as either a nursing elective or General Humanities credit.

Second Degree students in the Nursing 415 (Community and Family Nursing) course planned and coordinated two campus wellness events as part of their clinical experiences. The first event targeted faculty and staff in the School of Behavioral Sciences and Education for the Million Hearts Initiative, a national campaign to provide education and screening for heart disease and stroke. The second event was a student health fair provided in collaboration with Campus Health Services. **Julia Tolosa**, student health educator at Penn State Harrisburg and a graduate of the RN to B.S. program, worked with the students throughout the semester to plan and implement the health fair. Both events provided students an opportunity to work on group process, program planning, and health education skills while providing valuable wellness resources for the campus community.



MONT ALTO

For the second year, Penn State Mont Alto conducted a simulation scenario for Nursing 216 (Clinical Immersion II: Introduction to Concepts of Leadership). The scenario integrated the nursing process, teamwork, communication, and delegation principles to help students recognize and intervene with a patient who was physically deteriorating and required urgent care. These important elements are necessary for a Rapid Response Team utilized in health care facilities to identify a rapidly deteriorating patient. The analogy of a NASCAR pit crew reinforced the need for precision teamwork to rescue a critically ill patient. After receiving a basic dysrhythmia course, students were introduced to Advanced Cardiac Life Support (ACLS) guidelines through guided practice sessions and self-paced videos. The final step was a cardiac arrest scenario with each student receiving a pit crew assignment. Students were rotated through roles and scenarios, followed by a debriefing. Upon completion of the scenario, students could elect to take the exams for ACLS and/or Basic Life Support (BLS) to receive an ACLS provider card. The scenario also fostered the concept of using evidence-based Team STEPPS (Strategies and Tools to Enhance Performance and Patient Safety) program, the basic framework for a Rapid Response Team response. Teamwork has been found to be one

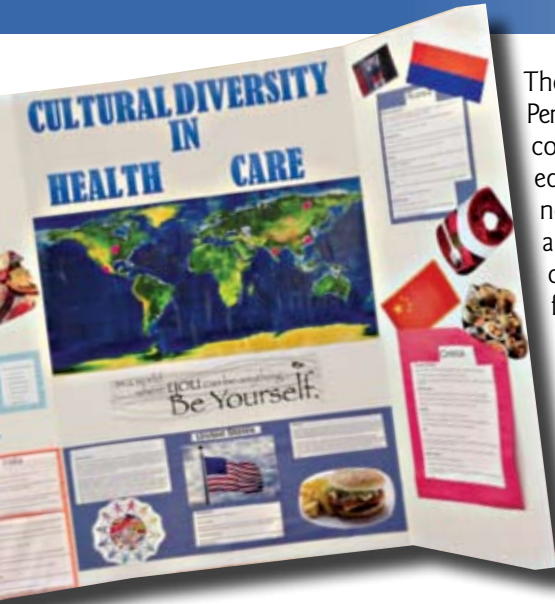
of the key initiatives in patient safety that can transform the culture of health care.

This year was the fifth year for "Lumberjack iStan," our collaborative exercise for Forest Technology; Nursing; and Fire, Rescue, and EMS. We had amazing media coverage this year, with reporting by the local newspaper and TV news, social media (Twitter and Facebook), and a YouTube video developed by Forest Technology student Joshua Brenneman. The video can be viewed at: <https://www.youtube.com/watch?v=6u7KTQuOAY4>

We had a nice turnout for our Alumni and Friends Continuing Education Brunch on March 22. **Darlene Clark**, senior lecturer at the University Park campus, gave a presentation on "Sustainability and Medical Waste Management/Recycling in the Health Care Setting." We also conducted a silent auction, which raised more than \$530 for the Mont Alto Student Hardship Fund.



NEW KENSINGTON



The Nursing program at Penn State New Kensington continues to evaluate the educational goals and needs of students and the surrounding community. Carrying forth the College of Nursing's mission to improve the health of all people in Pennsylvania, the nation, and the world, students and faculty initiated and participated in a variety of activities.

Promoting cultural diversity in health care, students in Nursing 465 (Health Concepts for Adults with Complex Health Care Needs) developed a poster that reviewed cultural approaches to spirituality and beliefs, communication, nutrition, pain, and death/dying in the United States, China,

India, Mexico, and Russia. The poster has been on display in the campus library. Students in Nursing 475 (Integrated Concepts in Nursing Practice) developed another informative poster highlighting the international scope of AIDS, which was placed in the campus café entrance.

In service to the community, New Kensington faculty members have done monthly blood pressure screenings at a local senior center and participated in Unity Day, a campus event celebrating the life of Martin Luther King Jr. Faculty also presented continuing education programs and served as preceptors for graduate students from the University of Pittsburgh and Carlow University.

The collaboration between the New Kensington and Fayette campuses in sharing RN to B.S. teaching responsibilities has been productive. Currently, two cohorts are in progress.

With new beginnings and a renewed appreciation of established programs, New Kensington looks forward to new challenges and renewed growth.

SCHUYLKILL

It's been an exciting year at Penn State Schuylkill, as we enrolled the first students in our new accelerated RN to B.S. program. Classes were delivered from the Schuylkill campus and broadcast to Penn State Berks utilizing videoconferencing technology. The scheduling flexibility and technology are attractive to registered nurses around the region who have already completed an associate degree or diploma program. The Schuylkill faculty and staff look forward to challenges and opportunities as we expand the program in the coming years.

Dr. Marianne Adam was appointed as campus coordinator in January 2014. She received her doctorate in Nursing from Penn State with a minor in Adult Education. Before coming to Penn State, Adam was an assistant professor at St. Luke's Hospital School of Nursing at Moravian College. Currently, she also works as a family nurse practitioner for a local family practice. We are happy to welcome her to Penn State Schuylkill.

Schuylkill nursing students have been active outside the classroom by becoming involved with local organizations. The Nursing 417 (Family and Community Health Concepts) class participated in activities organized by Schuylkill County's VISION and the Borough of Orwigsburg. We look forward to building these relationships and partnering with other community organizations.



SHENANGO

Every March, Penn State Shenango provides an alternative spring break opportunity for students. This year, **Kim Stroup**, an RN to B.S. student, participated in the campus' service trip to Belize through the ProWorld organization. As a part-time student with a full-time job, Stroup was not a typical participant in the spring break experience. She found the program to be rewarding and memorable.

"Our mission was to transform a school storage room into a library for K-8 students in the village of San Pedro (in southern Belize near the border with Guatemala)," she says. "We take so many things for granted, like being able to go to a bookstore, or push a button on our Kindle and order a book that is delivered instantly. There is not one bookstore in the whole country of Belize.

"Working in 90-degree heat and 90% humidity, we power washed and painted the room, and built bookcases, tables, and benches. We brought more than 400 books with us that



we put on the shelves immediately, with other donations on the way. The children and teachers were very excited to see it come together.

On the last day when it was almost ready, the children gathered at the window, peering in with wide eyes and smiles. It was a great feeling to be able to bring the gift and joy of reading into their lives.

"I have always had a heart for serving others, and this was a great opportunity to stretch beyond my comfort

zone and experience another culture in a completely different way. It was such a privilege to be able to do something that will make an impact in another community."



WORTHINGTON SCRANTON

For the past few years, the Nursing program at Worthington Scranton has provided a Pediatric Health Fair for the community, sponsored through a grant from the Robert Y. Moffat Family Charitable Trust. The most recent event was held September 21, 2013. Health care providers from throughout northeastern Pennsylvania provided free health screenings, child health and safety demonstrations and information, and fun-filled activities for both children and parents.

Faculty member **Mike Evans** was promoted to assistant chief academic officer. In this position, he oversees all part-time faculty on campus, as well as student issues and concerns and faculty policies and procedures. He maintains a part-time teaching schedule in the Nursing program.

In other faculty news:

- **Annette Blasi-Strubeck** and **Justina Ferguson** attended Drexel University's two-day seminar "Immersion in Simulation,"



where they obtained fantastic learning modules in simulation for Worthington Scranton students.

- **Milton Evans** coordinated and led the Regional Undergraduate Research Symposium and the Worthington Scranton Undergraduate Research Fair.
- **Linda McAndrew** volunteered at several summer camps for children with medical issues.
- **Donna Volpe** was chosen as a National League for Nursing Ambassador for the Worthington Scranton campus. She also attended the Lilly Conference on College and University Teaching in Bethesda, Maryland.

HARTFORD CENTER UPDATE

The following is a brief glimpse of the ongoing activities in the Hartford Center of Geriatric Nursing Excellence, established by the Penn State School of Nursing in 2007 with a \$1 million gift from the John A. Hartford Foundation. To learn more about the center, visit www.nursing.psu.edu/hartford.



As part of the College of Nursing's 50th anniversary celebration weekend, the Hartford Center at Penn State held their second annual brunch on Sunday, April 6, 2014, at The Nittany Lion Inn. The event was hosted by community leader Mimi Barash Coppersmith. Guest speaker Dr. Eileen Sullivan-Marx, dean of the College of Nursing at New York University, spoke on "Policy, Practice, and Research in Nursing: One Story." The event was a great success, with more than 130 alumni, friends, students, and community leaders attending.



Following are some of the accomplishments of Hartford Center faculty and students this past year:



▲ **Dr. Donna Fick**, Hartford Center co-director and Distinguished Professor in the College of Nursing and College of Medicine, was appointed to the Institute of Medicine (IOM) Committee on the Public Health Dimensions of Cognitive Aging. Composed of fourteen national experts on topics related to cognitive health and aging, the committee is charged with conducting a study to examine these issues and make recommendations based on their findings. The study will focus on identifying ways to better understand the public health implications of cognitive aging, its risk and preventive factors, and the development of surveillance and monitoring tools and methodologies.



▲ **Dr. Ann Kolanowski**, director of the Hartford Center, was invited by the Helmholtz Association, Germany's largest scientific organization, to participate on a panel of fifteen high-level international experts who evaluated the research portfolio related to neurological degeneration. The panel's recommendations provided the basis for the German Senate's funding decision for health research this year.



◀ **Dr. Leah Buck**, Hartford Center co-director and assistant professor of nursing, received the 2014 John A. Hartford Geriatric Nursing Practice Research Award from the Eastern Nursing Research Society. This award recognizes outstanding contributions to nursing research that addresses care of older adults.



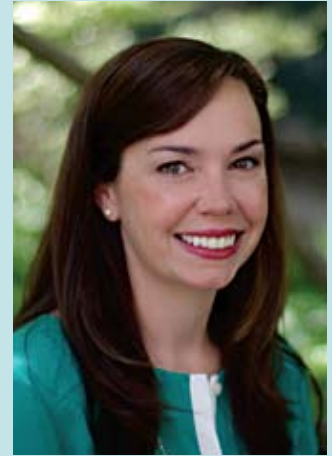
▲ **Dr. Susan J. Loeb**, associate professor of nursing, has been awarded Fellow status in the Gerontological Society of America (GSA), its highest class of membership. Dr. Loeb was recognized during the society's 66th annual Scientific Meeting in November 2013. GSA is the nation's oldest and largest interdisciplinary organization devoted to research, education, and practice in the field of aging. Fellow status acknowledges outstanding and continuing work in gerontology, including research, teaching, administration, public service, and practice.



▲ **Dr. Nikki Hill**, who received her Ph.D. in August 2013, is continuing her postdoctoral studies at Penn State. She is one of only four scholars nationwide to receive the Claire M. Fagin Fellowship from the National Hartford Centers of Gerontological Nursing Excellence, which supports postdoctoral research training, mentorship, leadership, and career development. Hill's research project is titled "Cognitive Rehabilitation with Attention Training Using Technology for Mild Cognitive Impairment (CREATE for MCI): A Feasibility Study." Her mentor is Dr. Ann Kolanowski.



▲ Doctoral student **Lina Hixson** has been selected for the 2014–16 Jonas Nurse Leaders Scholar Program of the Jonas Center for Nursing and Veterans Healthcare. The funds awarded to Hixson, one of 250 Jonas Scholars across the country, will be matched by the College of Nursing and Penn State's Hartford Center to support her Ph.D. studies. Created in 2008, the program supports the educational development of nursing doctoral students, helping to increase the number of advanced practice nurses and health care leaders as well as nursing school faculty. Hixson's mentor is **Dr. Janice Penrod**.



▲ **Dr. Lauren Massimo** began an NIH/NINR postdoctoral fellowship at Penn State in March 2014 under the mentorship of Dr. Kolanowski and Dr. Murray Grossman at the University of Pennsylvania. Her research project is titled "The neural basis of apathy in frontotemporal degeneration: A longitudinal study."

• **Andrea Gilmore-Bykovskiy** (not pictured), a doctoral student at the University of Wisconsin and a Claire M. Fagin Fellowship recipient, will spend time at Penn State's Hartford Center as part of her fellowship experience. Dr. Kolanowski will serve as her co-mentor, along with Drs. Barbara Bowers and Amy Kind at the University of Wisconsin.

◀ **Brittney DiMeglio '14g**, a graduate of the Adult Gerontology Primary Care Nurse Practitioner master's degree program, received the Delaware Valley Gerontological Advanced Practice Nurses Association (GAPNA) Scholarship award for Outstanding Advanced Practice Nursing Student. The award was made in recognition of DiMeglio's commitment to quality of care for older adults as a Hartford Scholar working with Dr. Donna Fick on her NIH-funded research project, "Early Nurse Detection of Delirium Superimposed on Dementia."

In the Spirit of Giving: Donald H. Ford



“Build a college that has a heart as well as a mind.”

As the first dean of Penn State’s College of Health and Human Development, Donald Ford devoted his career to the health and well-being of others. Thirty years later, that commitment took a decidedly personal turn when Don was called upon to provide care for his wife, Carol, who was diagnosed with Alzheimer’s disease at age 73.

Drawing upon his professional background in psychology and behavioral health, Ford based his approach to caring for Carol’s needs on the developmental model of elder care, which focuses on helping a person lead a satisfying life despite limitations. In 2007, when Carol needed nursing care, he contacted **Dr. Ann Kolanowski**, Elouise Ross Eberly Professor of Nursing and director of the Hartford Center of Geriatric Nursing Excellence at Penn State.

“I was touched by Don’s approach to Carol’s care,” Kolanowski says. “I think of the elderly living at home who seem lost and alone, their caregivers often frazzled, frustrated, and frightened, and those in nursing homes who wander in aimless, unhappy isolation. Don knew that it doesn’t have to be that way.”

A longtime supporter of the College of Nursing, Ford decided to continue that legacy after Carol’s death in 2011 with a gift to the Hartford Center at Penn State to establish a Program for Person-Centered Living Systems of Care. The Polisher Research Institute (PRI) of the Madlyn and Leonard Abramson Center for Jewish Life in Philadelphia stepped up to the plate as a second founding sponsor, and the Hartford Center will serve as the program’s home.

“The Abramson Center will have an ongoing relationship with the College of Nursing as a teaching site and living laboratory,” says Kolanowski. “It is a great opportunity to collaborate with thought leaders from our external

networks to talk about person-centered care in its broadest conceptual sense and translate theories of living systems into practice.”

The new program will be directed by **Dr. Kimberly Van Haitsma**, associate professor of nursing at Penn State and director of the PRI’s Harry Stern Family Center for Innovations in Alzheimer’s Care.

“This partnership is a natural hub for collaboration between two innovative organizations that are interested in advancing research for seniors,” says Van Haitsma.

At the time of its inception in 1967, the College of Health and Human Development was the first of its kind in the nation. Ford, who served as dean for the first ten years, was involved in building the nascent college from the ground up. At the 2007 dedication of the University Park campus building that bears his name, Ford recalled the advice that Carol shared with him when he became dean: “Build a college that has a heart as well as a mind.”

It would seem that he also remembered Carol’s words when it came time to provide for her health care needs in her final years.

“The developmental model relies on a person’s history, and on the caregiver’s knowledge of and shared experience with that history,” Kolanowski notes. “The goal is to accentuate the positive, treating the individual as a whole person and not a helpless patient. Don’s love for Carol and his concern for her well-being underscored his belief in the theory of person-centered living systems that he employed in her care.”

The College of Nursing’s Program for Person-Centered Living Systems of Care will be launched in fall 2014.

The Penn State Nursing Alumni Trustee Scholarship

As part of Penn State's Trustee Matching Scholarship Program, a group of Penn State Nursing alumni and friends have joined together to establish a new scholarship to help make possible a more affordable education for deserving Penn State Nursing students.

The 50th Anniversary Scholarship Leadership Group invites Nursing alumni and friends to donate to this scholarship fund, so that it may grow and impact the lives of deserving students throughout the Penn State system. Contributions in any amount may be made by check or major credit card (MasterCard, Visa, American Express).

For more information on the Penn State Nursing Alumni Trustee Scholarship Fund, contact **Susan Kukic**, director of development and alumni relations, at 814-863-8180 or sik2@psu.edu.

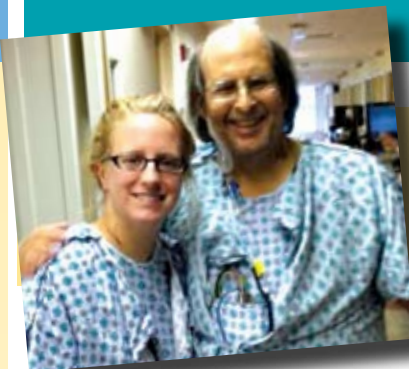
50th Anniversary Scholarship Leaders

Mrs. Susan Woodhead Durham '70
Ms. Wendy Forrest Edgar '92
Mr. and Mrs. Carl A. and Theresa Hoffman
Dr. Nancy A. Johnston '05g
Mr. Paul Navarro '06
Ms. Sandra L. Offutt '08
PrimeCare Medical, Inc.
Mr. and Mrs. Ernest '69 and Kay '69 Salvino
Ms. Lisa Clauser Sokoloff '85
Ms. Kathryn A. Terlinsky '94
Ms. Lauren Thumm '08

CON Establishes Dedicated Development and Alumni Relations Office

Earlier this year, the College of Nursing established a new office for development and alumni relations, making it easier than ever for alumni to keep in touch.

Susan Kukic, director of development and alumni relations, has been joined by **Stacey Focht**, our new development and alumni relations coordinator. Both Susan and Stacey are eager to help you establish or maintain your relationship with the college, or identify meaningful ways to contribute financially to the future of the college and its students. Contact Susan at 814-863-8180 or sik2@psu.edu; Stacey at 814-867-5534 or sxd182@psu.edu.



Nursing Graduate Gives Back in a Unique Way

By Brooke E. Stegkamper '13, B.S., RN

"I was given a unique opportunity to serve my family greatly this past year. My father was diagnosed with nonalcoholic steatohepatitis (NASH) three years ago. This past year, his doctors decided his condition had worsened enough to add him to the liver transplant list. My younger sister began the review process to become a live donor, but was ruled out after a month of testing. My college career was coming to a close, and after much thought, I decided to also go through the live donation process.

"On May 23, 2013, at UPMC Montefiore in Pittsburgh, I went through a surgery that saved my father's life. Doctors took 60 percent of my liver, literally reassembled it into my father's abdominal cavity, and connected it to his bile ducts and arteries. Through many prayers, we spent only a week in the hospital and both healed with considerable timing!

"But what an experience it has been. What I learned about the importance of nursing from the patient's perspective is incredible. The pain, the nausea, the way the time passes—not to mention the uncomfortable feeling of having a central line, arterial line, an NG tube, and a Foley catheter! I couldn't help but think about my academic career and the patients I took care of. In that hospital bed, I vowed that I would become the absolute best patient advocate that I can for those in my care. Coincidentally, I was hired on a medical/surgical/telemetry floor, so I will be able to relate well. I am so thankful for the skills and knowledge that Penn State taught me. But even more, my instructors taught me how to be compassionate and listen well. And a nurse who listens well and can relate, in my opinion, makes the best healer."

Stegkamper works at Sharon Regional Health System in Sharon, Pennsylvania.

Adamshick Receives 2013 Novosel Award



Pamela Zenz Adamshick, associate professor of nursing at Moravian College in Bethlehem, Pennsylvania, received the 2013 Shirley Novosel Distinguished Nursing Alumni Award, presented by the Penn State Nursing Affiliate Program Group, at the College of Nursing's third annual Homecoming brunch on Oct. 13.

Adamshick received her doctorate in nursing from Penn State in 2006. Her dissertation was titled "The Lived Experience of Girl-to-Girl Aggression." Adamshick's specialty is adult psychiatric/mental health nursing, with a focus on the needs of vulnerable populations.

She has received numerous accolades for nursing excellence, most recently from the Upsilon Alpha Chapter of Sigma Theta Tau. In addition to her teaching and research activities, Adamshick is involved in many community projects, including the RICHES program,

a support group for at-risk teen girls in the Bethlehem Area School District, and the Choices program of the Lehigh Valley Coalition to Prevent Teen Pregnancy.

ALUMNI NOTES

- **Mark Crider '88** is assistant professor and chair of undergraduate programs at Duquesne University.
 - **Joanne Dauer '73, '80g** received her D.N.P. from the University of Miami in December 2013. Dauer is a lecturer at the University of Miami School of Nursing.
 - **Donna Hart Gage '10g** was appointed as chief nursing officer for the Veterans Health Administration, a division of the U.S. Department of Veterans Affairs in Washington, D.C.
- **Ellen Weaver Hollars '04, '08g** was promoted to chief operations officer for VNA Health System in State College, Pennsylvania, in October 2013.
- **Eden Zabat Kan '89** is an assistant professor in the Department of Health Sciences at the College of Southern Maryland. She co-authored *Fast Facts for the Clinical Instructor: Clinical Teaching in a Nutshell*, 2nd edition (2013, Springer Publishing Company).
- **Elizabeth King '11** was chosen as one of Delaware's 2014 Top Nurses by the Delaware Nurses Association. Liz tied for first place in the Clinical Nursing Inpatient category.
- **Jill Medaska Nocella '02** completed her Ph.D. in nursing research at New York University in May 2013. Her dissertation was titled "Structure, Process, and Outcomes of Care in a Telehealth Program for Patients with Type 2 Diabetes." She is an assistant professor of nursing at William Paterson University.
- **Keith Palm '95** is a lieutenant colonel in the U.S. Army and deputy commander of nursing at the U.S. Army Health Center in Vicenza, Italy.
- **Mary Ellen Berley Roy '79** is an adjunct faculty member in the nursing program at Delaware County Community College in Media, Pennsylvania.
- Three Nursing alumni—**Neda Jallah '09**, **Jodi Michel '99**, and **Raquel Wiker '07**—received master's degrees from the Villanova University College of Nursing in June. All three are employed as nurse anesthetists.



Rieker Named Outstanding Scholar Alumnus

Michael Rieker '90, director of the nurse anesthesia program at Wake Forest Baptist Medical Center and adjunct assistant professor of anesthesiology at Wake Forest University, received the 2013 Outstanding Scholar Alumnus Award from Penn State's Schreyer Honors College. Rieker was also inducted as a Fellow of the American Academy of Nursing in October 2013.

LET'S STAY CONNECTED!

We have launched our new College of Nursing e-newsletter and the feedback has been great. Our goal is to keep you updated on new and exciting alumni activities, events, and news, and to get some career updates from you. Unfortunately, we do not have current contact information for far too many of you. To stay "in the know" about Penn State Nursing, please take a moment to send us your updated information.

Full name (including your name while at Penn State)

Mailing address

E-mail

Phone number(s)

Employer name

Position/Title

Years you attended Penn State

Graduation Year

Degree/Program

E-mail to: conalumni@psu.edu

Or mail to: Stacey Focht • College of Nursing • The Pennsylvania State University
• 201 Health and Human Development East Building • University Park, PA 16802-6501

Dear Friends,

It's hard to believe that a year has passed since my last letter. This has been a busy year for the Nursing APG board. Three members fulfilled their board term limits: **Dort Foglia** '78; **Sandra Offutt** '05, '08; and **Pam Spigelmyer** '06g. Thank you for your support! We welcomed three new members: **Brenda Carles** '07, **Mike Evans** '03, and **Molly Ritter** '10.

Dr. Pamela Zenz Adamshick '06g, associate professor of nursing at Moravian College, received the 2013 Shirley Novosel Distinguished Nursing Alumni award at the third annual Homecoming Brunch. Thirty alums, including board members, attended the brunch and awards presentation. That same weekend, twenty nursing alums attended the College of Health and Human Development alumni tailgate and had an enjoyable time prior to the football game. And in February, forty-five nursing students and alums (including board members) had a great time at the Pink Zone events. We hope to see you at these activities during the 2014-15 academic year.

The executive committee of the Health and Human Development Alumni Society board presented the Nursing APG with the MACS Award. This award is presented each year to one APG for outstanding accomplishments related to the MACS (Mentoring, Awards, Communication, and Social/Professional) framework. We were thrilled to receive this award!

Nursing alums continue to participate in the mentoring program. We currently have eighteen matches of nursing students and alums. Thank you for your leadership!

Board members once again submitted nominees for the Health and Human Development awards. The Nursing APG Student Service Award was presented to **Maxine Parmer** during the May 10 College of Nursing commencement ceremony.

Since the School of Nursing became a College of Nursing last fall, we will become an alumni society separate from the Health and Human Development affiliate program groups (APGs). The transition will take place during the upcoming year. **Lauren Thumm** '08, who became our president in July, will lead the APG board in this transition.

Thank you to the alums and friends who generously pledged \$50,000 to establish the first-ever Penn State Nursing Alumni Trustee Scholarship. We hope to build the fund to \$100,000 during our 50th anniversary year.



The 50th anniversary weekend events were a great blend of scholarship and fellowship. The gala was a wonderful evening. **Gail Latimer** '83, **Wendy Edgar** '92, and Lauren Thumm talked about their experiences as Penn State nursing students and alumni. We also enjoyed the Vallance Lecture, the "Improving Lives: Critical Discussions" luncheon, and Beta Sigma Research Day. APG board members Mike Evans and **Peggy Shipley** '81, '89, '11g gave research presentations at the Beta Sigma program. The Nursing APG business cards were circulated to board members and distributed at the gala.

As my term as president comes to an end, I want to thank the Nursing APG board, Health and Human Development Alumni Society board, and especially Dean Paula for their continued guidance and support. This has been a memorable and worthwhile experience for me!

Best wishes to Lauren Thumm, our next APG president!

For the Glory,

Kathryn Terlinsky

Kathryn Terlinsky '94

Past President, Penn State Nursing Affiliate Program Group

P.S. Join our Facebook group! Search for "Penn State Nursing Alumni Group."



What's Going On?

- September 27, 2014** Homecoming Tailgate
- September 28** Shirley Novosel Award Brunch
- October 10-12** Parents and Families Weekend
- November 9** Beta Sigma New Member Induction
- December 20** Fall Commencement
- February 2015** Pink Zone Reception and Game
- March 28** Mentoring Program Luncheon
- April 10-12** Jean Vallance Lecture in Nursing Innovation
"Improving Lives: Critical Discussions" Luncheon
Beta Sigma Research Day
Hartford Center Alumni and Friends Brunch
Alumni Outings
- April 18** Blue-White Game
- May 8-10** Spring Commencement
- June** Traditional Reunion Weekend
- July 8-12** Central Pennsylvania Festival of the Arts
- August 15** Summer Commencement



October 4-6, 2013

Parents and Families Weekend

Each fall semester, Penn State holds a Parents and Families Weekend full of special programs and events to give parents an opportunity to visit campus, spend time with their students, and learn more about Penn State. The College of Nursing holds a Saturday open house as part of the weekend's activities. Students give tours of the sim lab, do blood pressure and osteoporosis screenings, serve refreshments, and hand out information about staying healthy. Here, Jillian Phillips and Kelsey Hovanec take time to pose with one of their favorite "teaching assistants."

For more information, visit: www.nursing.psu.edu/calendar