

Summer
2016 Issue

Alumni Times

Clarkson College Alumni Magazine

Expanding our horizons
beyond health care





Your life's calling is not an accident. Somewhere along the way, health care made an impression on you and pulled you toward a path of serving others. This path is your cornerstone; it's where you've gained so much fulfillment in being alive. But life is not a one-way street. Paths converge and lead us to new treasures and wonders; possibilities and realizations. By veering off of the main road every once in a while, we are not changing directions—we are merely expanding our horizons.



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On the Cover

Alumna Lindsay Donovan showcases her musical talents. 10

PHOTOGRAPH BY Randy Edwards

We always hear the advice "expand your horizons" from older, influential figures in our lives, like family members, coaches, teachers or even from the patients we care for, but what does "expanding your horizons" really mean?

As we gain experience over the years, we may realize that this is one of the most important lessons in our lives. I know as I have cared for patients—young and old—the act of living life to the fullest and doing everything that you can while you are able seems to be the theme.

We would love to have you take a class or attend an alumni event to get re-connected.

The definition of expanding your horizons usually means learning or experiencing something you never have before, or opening yourself up to new cultures, locations, lifestyles, food, ideas and opinions. A reference to traveling is the most common way the phrase "expand your horizons" is used. While I do think that traveling is a very important part of one's life and that the experiences that come from traveling can create invaluable lessons, I also believe this metaphor can mean so much more.

Expanding your horizons requires courage to abandon your comfort zone and try something new. This can be terrifying in a society where many people like to follow the status quo. In the health care arena, expanding your horizons can mean traveling to a new city for treatment, learning about a new disease process, taking care of a family member or finding the inner strength that you never knew you had. We might not typically think of health care as a way to learn and grow, but I guarantee you that the ones we care for and who we come into contact with over the years will say that we "expanded their horizons!"

College is one way that we have expanded our horizons and made an impact on others in a caring, compassionate way. Clarkson College offers many different ways for students and alumni to become and stay engaged. Students and alumni can attend Clarkson College Academic Travel Abroad trips each December and May and/or attend the continuing educational events held each September during Alumni Weekend. The Clarkson College Alumni Association also hosts several social events throughout the year.

I know expanding your horizons and trying something new may seem scary and intimidating at first, but I also know from experience that taking the first step is worth it. We would love to have you take a class or attend an alumni event to get re-connected. It's one simple way to step out of your comfort zone among classmates and new friends. I hope to see you at an alumni event this year—you'll be glad you joined us.

Nicole Hardin



Nickki Hardin, M.S., R.T.(R)(M) (CIIP) ('95, '97), Alumni Association President

Noteworthy

Ready to expand your own horizons? Step out of your comfort zone by attending this year's Alumni Weekend. Sign up on page 5, and don't miss this great opportunity to reconnect and make new friends!



1 / An expansive view from the Soaring Wings Winery patio. 2 / Alumnae enjoying the scenery, company and Beatles tunes.

Strawberry Wine Fields Forever

Alumni were "All Together Now" during the Alumni Association-sponsored wine tasting event on June 24 at the Soaring Wings Winery outside of Springfield, Neb. Attendees were "Free as a Bird" enjoying the beautiful sights of "Strawberry (wine) Fields Forever" and listening to the "Rock and Roll Music" sounds of Come Together, a local Beatles tribute band. It was a wonderful evening to "Slow Down," "Act Naturally" and "Let it Be" a great time to socialize. Alumni enjoyed the winery's featured wine of the evening, snacks and reminiscing on "Yesterday," making the drive down "The Long and Winding Road" to Springfield well worth it.

Next up: Alumni Weekend this September

Celebrate with your alma mater as we honor the anniversary classes of 1966, 1976, 1986 and 1991 on Sept. 15-16 in Omaha, Neb. Alumni Weekend is a wonderful way to expand your horizons, reconnect with your classmates and participate in the annual brunch, alumni meeting, campus tour, Heritage Garden Walk, Omaha trolley tour, continuing educational event, and an evening of dinner and entertainment. If you have any questions or would like to participate in this year's festivities, contact Alumni Coordinator Rita VanFleet at 402.552.3516 or vanfleetrita@clarksoncollege.edu.

Register to Attend: Alumni Weekend

Whether to catch up with former classmates or network with others, take advantage of this opportunity to expand your horizons and connect. All alumni are invited to attend.

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

E-MAIL _____

CLASS(ES) OF _____

PROGRAM(S)/DEGREE(S) OF STUDY _____

Participation & Assistance

- ☐ I will assist with my class' activities.
- ☐ I am unable to attend this year.
- ☐ I want to donate to the Alumni Scholarship Fund.

Reserve a seat for Alumni Weekend

- I plan to attend the following events:
- ☐ Alumni Brunch: Sept. 15 at 10 a.m.
 - ☐ Alumni Meeting: Sept. 15 at noon
 - ☐ Heritage Garden Walk: Sept. 15 at 1 p.m.
 - ☐ Ollie the Trolley tour: Sept. 15 from 1:30 to 4:30 p.m.
 - ☐ Continuing Education Event: Sept. 16 from 8 a.m. to noon
 - ☐ Dinner: Sept. 16 at 6:30 p.m.

Payment Information

- Make checks payable to "Clarkson College Alumni Association."
- ☐ Continuing Education Event: \$20 for Nifty Fifty and paid Alumni Association members, and \$40 for all other health care providers. \$ _____
 - ☐ Dinner & Entertainment: \$45 per person, with _____ individuals attending. \$ _____
 - ☐ Alumni Scholarship Fund donation \$ _____
- Total amount enclosed \$ _____

Organ & Tissue Donation: Both Sides of the Equation

Continuing Educational Event

Friday, Sept. 16 from 8 a.m. to 12:45 p.m. in Howard Hall on the Clarkson College campus in Omaha, Neb.

Learning Outcome

The health care professional will indicate an increased awareness of the organ/tissue donation process and ramifications for the clients they serve.

Event Agenda

- 7:30 a.m. Check in and welcome
- 8 a.m. Current/Emerging Trends in Organ/Tissue Donation
Kyle Herber, CEO Nebraska Organ Recovery; John Stallbaum, Client Services Manager, Nebraska Organ Recovery; Kimber Bonner, M.S.N., R.N., CHI Health Good Samaritan Hospital
- 9:30 a.m. Break
- 9:45 a.m. Ethical and Legal Issues Surrounding Donation
Lee Morrow, M.D., Professor of Medicine, Creighton University; Mike Matukewicz, Esq., Liakos & Matukewicz Attorney and Partner, Clarkson College Affiliate Faculty
- 11:15 a.m. Break
- 11:30 a.m. Panel Discussion: Recipients and Donors
Sarah Prenosil, Recipient; Vanessa Hamil, Organ Donor
- 12:30 p.m. Q&A session, evaluation and wrap up

Continuing Education

Health Care Business and all others: 4.25 education hours awarded

Nursing: Clarkson College is an approved provider of continuing nursing education by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. 4.25 ANCC/MW MSD Nursing Contact Hours Awarded; MW MSD Approved Provider NE618-1. Clarkson College is approved Iowa provider #345. 5.1 Iowa BON Nursing Contact Hours

Radiologic Technology: This activity is approved for 4.75 Category A credits by ASRT.

Physical Therapy: 0.425 continuing education units corresponding to 4.25 contact hours approved by the Nebraska Chapter, American Physical Therapy Association

Requirements for Successful Completion

- › Attendance at the entire educational event is required for continuing education. Partial credit is not provided.
- › At the conclusion of the educational event, the learner will complete and turn in a evaluation form.

Registration

Please print clearly.

NAME

ADDRESS

CITY/STATE/ZIP

PHONE

E-MAIL

LICENSE NUMBER (REQUIRED FOR PROFESSIONAL CONTACT HOURS)

BIRTH MONTH AND DATE (REQUIRED FOR NON-LICENSED PROFESSIONALS & STUDENTS)

Payment Options

- ☐ Clarkson College paid Alumni Association member: \$20
- ☐ Clarkson College student: \$10
- ☐ Other health care provider: \$40

Checks or money orders should be made payable to “Alumni Association, Clarkson College.”

Phone & Online Registration

To make a credit card payment, call 402.552.6148, 402.552.3396 or 800.647.5500 or visit <http://bit.ly/29YIEBy>.

Mail Registration

Send your completed registration form and payment to Alumni Association, Clarkson College, 101 South 42 Street, Omaha, Neb. 68131.

Registration Deadline

Event registration deadline is Monday, Sept. 5.

Parking & Event Location

Howard Hall is located in the Student Center on the Clarkson College campus. Parking is available in any designated commuter student lot.

Questions

Contact the Clarkson College Professional Development office at professionaldevelopment@clarksoncollege.edu, 402.552.6148, 402.552.3396 or 800.647.5500.

Following in Family's Footsteps

Additional family ties

The growing family legacy of Clarkson College and Clarkson School of Nursing continues beyond those listed in the spring 2016 issue. Here are a few additional families with educational ties and traditions:

- › **Mother and daughter** Dorothy Benson Christensen (R.N., '65) and Kathryn Christensen Simone (B.S.N., '92)
- › **Siblings** Emily Remm Holstein (B.S.N., '09) and Austin Remm (B.S.N., '13)
- › **Siblings** Pamela Grantham Staal (R.N., '71) and Julie Grantham Bohnenkamp (R.N., '75)

We would love to hear how your education has influenced others, where your career has taken you or how you're making a difference in health care. Share your story with us by e-mailing vanfleetrita@clarksoncollege.edu.



Finals Week Goes to the Dogs

The Alumni Association once again sponsored two days of study halls during finals week. Light snacks were provided on April 25 and 26 in Howard Hall to assist students with their study time. Each day at 1 p.m., three therapy dogs and their handlers from Love on a Leash came for a visit. They all had a great time interacting with the students, who in return enjoyed the comfort of the dogs and being able to take a little break from their studies.

Alumni Association Board Begins a New Season

June's Alumni Association Board meeting marked the start of another exciting year for the College and its alumni. With strong leadership and fresh ideas, this year's Board is ready to host a full year of opportunities to connect with fellow alumni and keep the Alumni Association headed in the right direction. Take a moment to learn more about each member and her ties to the College.

PRESIDENT

Nicole Hardin, M.S., R.T.(R)(M) (CIIP)

Nicole (Nicki) graduated with her Associate's degree in Radiologic Technology and a Bachelor's degree in Medical Imaging from Clarkson College in 1995. She earned her Master's degree in Healthcare Services Management from the College in 1997. She is currently the manager of the Radiology department at

Children's Hospital and Medical Center in Omaha, Neb.

VICE PRESIDENT

Jackie Parmenter, M.S.N., R.N.

Jackie graduated from Clarkson College with her Bachelor of Science in Nursing (BSN) degree in 1993 and her Master of Science in Nursing (MSN) degree in 2009. She is currently the Director of Practice Operations for Methodist Physicians Clinic overseeing three clinics: Heart Consultants, Pulmonary Medicine Specialists and the Cardio Vascular Diagnostic Center.

SECRETARY

Kelly Eaton, B.S., R.T.(R) (CIIP)

Kelly graduated from Clarkson College in December 2006 with a Bachelor of Science degree in Medical Imaging. She is a Radiologic Technology and Medical Imaging Instructor at Clarkson College.

Pictured board members, front row from left, Jeanette Kassmeier, Nickki Hardin and Sue Leutzinger. Back row from left, Jennifer Anderson, Carla Dirkschneider and Kelly Eaton.

TREASURER

Carla Dirkschneider, M.S., RHIA

Carla graduated from Clarkson College with her Master of Science degree in Health Care Business Leadership in 2007. She is the Director of the Health Care Business program at the College.

DIRECTOR

Jennifer Anderson, M.H.A.

Jennifer (Jen) graduated with her Master's degree from the Health Care Business program in 2010. She currently works as the Service Leader for the Department of Health Information Management at Nebraska Methodist Hospital in Omaha, Neb.

DIRECTOR

Joan Blum, M.S.N., APRN

Joan graduate from Clarkson School of Nursing with her diploma in 1981 and earned her B.S.N. degree in 1986.

She received her Master's degree in Nursing Administration from Drake University. She obtained her certification as an Acute Care Nurse Practitioner in 2001 and currently teaches in the undergraduate and graduate Nursing programs at Clarkson College.

DIRECTOR

Jeanette Kassmeier, B.S.N., R.N., ONC

Jeanette (JJ) graduated from Clarkson School of Nursing in 1972 with her diploma and in 1986 with her BSN degree. She recently retired from Nebraska Medicine as Case Manager for the orthopedic and neurology specialty departments.

DIRECTOR

Sue Leutzinger, M.S.N., R.N.

Sue graduated with her B.S.N. degree from Clarkson College in 1989 and also obtained her M.S.N. degree at the College in 2009. She is an assistant professor for the undergraduate Nursing program at the College.

DIRECTOR

Chera Tremblay, P.T.A., B.S.

Chera obtained her B.S. degree in 2004 from Wayne State University and her Associate's degree in Physical Therapist Assistant (PTA) from Clarkson College in 2008.

Continue to Make a Difference

Explore volunteer opportunities with our educational partner, Nebraska Medicine

Alumni who have a lifetime of experience and the desire to give back are the kind of volunteers needed at our educational partner, Nebraska Medicine. Volunteers are committed to serving patients, their families, visitors and staff. Rock babies in the NICU, help patients and guests navigate the hospital campus, visit with or offer respite to patients, or catch up with old friends while lending a hand in the gift shops.

Volunteer opportunities are available at the main Nebraska Medicine campus, Bellevue, Village Pointe and multiple clinic locations. New volunteer service areas will begin soon in the Fred and Pamela Buffett Cancer Center and the Fritch Outpatient Surgical Center/ Lauritzen Outpatient Center.

For more information about how you can share your talents and time by caring for others through the Nebraska Medicine volunteer program, contact Volunteer Services at volunteering@nebraskamed.com or 402.559.4197 to continue making a positive impact in the lives of others.



Pursuing All Callings

Letting body,
mind & spirit
be her guide

Some know her as a dancer or a musician; others remember her as a crafter of specialty coffee drinks. Some would call her their therapist or instructor; others marvel over her accomplishments as an ultra-runner. As of late, many have come to know her as a classmate and fellow follower of Jesus Christ. The first thing most everyone came to know her as—was Lindsay.

Clarkson College alumna Lindsay Donovan takes life in strides, both literally and metaphorically. The 2011 graduate of the Physical Therapist Assistant (PTA) program has spent much of her young adult life pursuing her passions and discovering new ones along the way.

Lindsay's first love was music, which she says, "soothes the soul." She began playing the piano at age 8 and warmed up to singing in front of crowds as her young voice matured. The first time she picked up a guitar was in high school, and so followed the world of songwriting and the desire to share her music with others. At age 17, Lindsay released her first extended play and then a full album at age 19. She played shows regularly at music venues and coffee shops in Omaha and even went on a small tour throughout the Midwest. For much of her life, and separate from her own musical venture, she has been heavily

involved in various worship bands. "I love playing and writing and being able to connect with an audience," she says.

Lindsay's knack for performing transcended into her academic pursuits. She began taking dance lessons at a local studio during her senior year of high school and could see her future taking shape. In 2002, she enrolled at the University of Nebraska at Omaha and declared a major in Studio Art with an emphasis in Intermedia.

After receiving her bachelor's degree in spring 2008, she began researching graduate schools that offered advanced degrees in art or dance therapy, but she had some reservations. "The economy was poor, so I was a little nervous about going into this field and not being able to find a job," she says. Pondering her next step, she continued her job as a barista at a local coffee shop where she had worked for the last five years.

Questionable career outlook was not Lindsay's only deterrent in seeking a future in dance therapy. For some time, she was experiencing spells of lingering pain throughout her body. Unsure of the cause and the implications, she continued to dance and hoped all the unusual aches and twinges of pain she was feeling would dissipate over time.



Months went by, and, to her despair, the discomfort only worsened. It turns out the pain Lindsay was experiencing was chronic. "I tried taking medicine for a while to manage the pain, but I hated it because I was so tired all the time and couldn't function as a normal person," she says. "I wanted to try something more natural and holistic."

That's when Lindsay decided to undergo physical therapy and first met her clinician, Dr. Michelle Reilly. Dr. Reilly had just finished her residency program and was at the beginning stages of establishing her practice as a performing arts physical therapist. Much of her initial clientele, including Lindsay, came from peer referrals at the clinic where she worked. "Another therapist referred her to me to talk about how to manage her muscle pain in relationship to her interest in dancing," she shares. "Because exercise within tolerance is one of the best things a person experiencing chronic pain can do, I encouraged her to continue dancing."

In her physical therapy sessions, Lindsay talked about her aspirations to become a dance therapist with Dr. Reilly. "She could see how it could be very healing and could help people return to what they wanted to do. We talked about this some, and I mentioned that physical therapy would do exactly that—turn movement into healing—but for a wider population."

During the time of Lindsay's treatment, Dr. Reilly accepted a position as an adjunct instructor in the Clarkson College PTA program. By that point, Lindsay had grown very interested in the profession. "I didn't even know a PTA position existed before I started going to therapy," she says. "I loved the direct patient care aspect of it."

Then, several months later in fall 2010, Lindsay and Dr. Reilly crossed paths once again, only this time not at the clinic. "I was very surprised when she showed up in my class!" says Dr. Reilly, who had transitioned into a part-time teaching position at Clarkson College. The two spent the next four semesters working together as student and instructor, and Lindsay successfully completed her PTA degree in December 2011. She dedicated the month following graduation to studying for her certification examination and passed on her first attempt. Before seeking a job, however, she had one other avenue to pursue first.

"This is more a personal journey than anything else but has opened my eyes to other possibilities"



Lindsay's talent and love for music fostered an outlet for her to share her personal stories, passions and beliefs with others.



Lindsay with friends and former worship bandmates Austin Brayton and Jacob Landers.

Not long after enrolling at Clarkson College, Lindsay attended a free yoga class near campus. Never having tried this form of therapeutic exercise before, she was amazed at how the combination of physical and mental elements yoga entails eased her body pains. It quickly became ingrained in her life, and by the time college graduation neared, she explored what it would take to become a certified instructor. What it took was 200 intensive hours of teacher training, which Lindsay began one week after completing her PTA licensure exam and completed in just four months.

After earning her yoga instructor certification, Lindsay accepted a fulltime PTA position in June 2012 at a skilled nursing facility in Omaha, Neb. She grew very fond of helping her geriatric clients recover from a wide range of circumstances, such as knee replacements, strokes and heart conditions.

So, here she was—a practicing PTA, certified yoga instructor, two-time college graduate, singer, songwriter and an acclaimed dancer. But that’s not all she was. About four years ago, around the time she began her PTA career, Lindsay decided to train for her first half marathon. Running 13.1 miles is a tenacious goal for most people, and

her battle with chronic pain only escalated the challenge. With great persistence, however, she trained her body to adjust to the more vigorous movements running requires and completed not one but several half marathons in a two-year period. In May 2014, she took her running about 26,000 steps farther and completed her first full marathon (26.2 miles).

It didn’t stop there, though. Hankering for a more extreme challenge, Lindsay submerged herself into what some would call a world of total insanity, also known as ultra-running. To be an ultra-marathoner, a runner must complete any footrace that exceeds the distance of a full marathon. Many first-timers opt for an approachable 30-mile run, but not Lindsay. In July 2015, she completed a 50-mile race in Leadville, Colo., fully embracing the high altitude levels and rugged terrain of the Rocky Mountains. The experience was life-changing. “Running has taught me that I am stronger than I think I am and can go farther than I ever thought I could,” she says. “It has given me confidence to face my fears and reach goals in all areas of my life.”

The ultra-marathon wasn’t the only life-altering plunge Lindsay took last summer. After more than three years of working at the rehab center,

she decided to put her PTA career on hold and enrolled as a full-time student at Bethel School of Supernatural Ministry in Redding, Calif. “The Lord was leading me to move to Redding for a reason,” Lindsay says. “I wanted to be immersed in a revival culture and to deepen my relationship with Him.”

The move to Redding did not come easy for Lindsay, who had never lived more than a 20-minute drive away from her parents. “It was scary to kind of pause everything I was doing in my life, move to an unknown land where I knew virtually no one and put my full trust in the Lord that I would be financially secure.” In time, she developed a close-knit group of friends and began working part-time as a retail associate at a local running store.

Now at the end of her first year as a ministry student, Lindsay has no regrets. Along with strengthening her relationship with God, ministry school has helped her blossom in ways she couldn’t have predicted. For most of her life, she has fought a fear of public speaking that many might not expect from a dancer and musician. “When I’m in front of crowds speaking, I can’t hide behind creativity or an instrument like I can when I’m performing,” she says. However, “In school, they’re very intentional about teaching us how to be vulnerable with people and learning how to really get to know people and letting them get to know you,” she says. “Now, I’m able to get on stage in front of 500 or 1,200 people and openly talk about what God is doing and what healing has happened with my body.”

Lindsay returned to Omaha for the summer to spend time with her family and to work pro re nata as a PTA for her former employer. She plans to return to Redding in September to start her second year of ministry school and is unsure whether she will continue on for the third-year internship component. “Right now, for me, this is more a personal journey than anything else but has opened my eyes to other possibilities.”

Considering her track record of diverse experiences and valiant pursuits, one can only guess what those possibilities might be for Lindsay. She, herself, doesn’t even know what exactly her future holds, but she’s ready to welcome it with open arms. “I’m just looking forward to the next year of school and all that God has in store for me.”

1 / Victoriously crossing the finish line at the Silver Rush 50 Run last summer. 2 / Visiting San Francisco earlier this year.



The background of the page is a detailed anatomical illustration of human internal organs, including the liver, stomach, and intestines, with various blood vessels and structures labeled with numbers. A large, semi-transparent white rectangular box is centered on the left side of the page, containing the main title. The title is written in a bold, black, sans-serif font. The first two lines are in a larger font size than the third line.

Treating the Whole Person *Not Just the Disease*

**Functional medicine is an evolution
in the practice of medicine not widely
known among the general public.**

To fully understand this alternative approach to medicine, it is important to first contrast it with conventional medicine. The use of drugs or hormones as therapeutic tools is the standard model of care and works well for dealing with acute diseases, trauma, infection and emergencies. While prescription drugs are often times necessary, functional medicine also incorporates a more patient-centered approach of medical practice that addresses the underlying causes of disease, using a systems-oriented approach (The Institute for Functional Medicine, 2016). This concept involves a therapeutic partnership that engages both the patient and the practitioner, aiming to support the unique expression of health and vitality for each individual.

Clarkson College alumna Michelle McCaslin ('06, '10) is a family nurse practitioner at Heartland Functional Medicine in Papillion, Neb. Indicative of functional medicine, she uses a comprehensive medical model that focuses on the individual person as a whole rather than simply the symptoms of his or her disease. "Each person has knowledge of their body that sometimes labs or diagnostics may miss," she says. "I find it important to review diet, stress levels and health goals in order to individually treat people. With many of my new patients, we start by utilizing various nutritional testing and common blood labs to determine how to support the body."

Once McCaslin understands the patient's health history, lifestyle and habits, medical condition, and disease origin she works alongside the patient to prescribe an appropriate treatment plan using natural healing mechanisms; such as an adjusted diet, exercise plan, botanical medicines, supplements and stress-management. "I believe the body has an inherent wisdom, and if you give the body the nutrients and basic support it needs it will function better," she says.

Source: *About Functional Medicine*. (2016). Retrieved from functionalmedicine.org/What_is_Functional_Medicine/AboutFM

McCaslin's interest in functional medicine developed through a series of life experiences. Originally, she attended the University of Nebraska at Omaha as a Liberal Arts major to set herself on a path toward a career in dental hygiene. All throughout college and several years after, she worked as a dental assistant in multiple states. After a move to Utah, however, she decided to go a new route and work toward a certificate in massage therapy.

"Going to massage school further opened my mind to how the body responds to stress, how lymph flow occurs and how the liver is a major organ of removal of waste," McCaslin says. "I also took a cadaver lab course at the University of Utah, which further assisted me in understanding anatomy and physiology."

After earning her massage therapist certification and gaining some professional experience, McCaslin relocated to California where she started her own massage therapy day spa. A few years later in 2003, she moved back to Nebraska where she planned to continue her career. Upon arriving, however, McCaslin found she needed additional anatomy and hydrotherapy credits to legally practice massage therapy in the state. She returned to school to complete the necessary coursework, and discovered something about

herself along the way. "I realized how much I loved anatomy and physiology," she says. "So, I changed my goals to become a nurse."

She learned that Clarkson College offered a fast-track Bachelor of Science in Nursing degree designed for transfer students. After two years of accelerated study, she graduated in 2006 and worked a few years as a R.N. before returning to the College and earning her Master of Science in Nursing degree with a Family Nurse Practitioner focus in 2010.

While studying for her master's degree, McCaslin began working as a nurse at the ENT Allergy clinic on the University of Nebraska Medical Center (UNMC) campus. She took note of how the physician she worked under would often prescribe dietary changes or vitamins—not solely medication—to treat patients with head, neck and upper aerodigestive tract disorders caused by allergies. McCaslin found the method, as well as the progress of the patients, fascinating, inspiring her to be an integral part of the "functional medicine movement."

In 2009, she took the experience she gained at UNMC and began to work with a holistic medicine practitioner at a health clinic in Omaha called Alternatives, later named Whole Health Omaha.



Michelle and her team at Heartland Functional Medicine collaborate regularly and hold a close-knit relationship. Pictured left to right: Michelle Lyons, Patient Advocate; Michelle McCaslin, Family Nurse Practitioner & Medical Director; Sharon Ray, Registered Nurse; Terry Chandler, Clinic Manager; and Noah Wester, IT Consultant.

"Once I got to her practice, I learned more about functional medicine and felt like I was able to utilize my life health experience, education and beliefs," says McCaslin. She started as a R.N. at the center and transitioned into a nurse practitioner position after earning her M.S.N. degree. In February 2015, McCaslin was appointed medical director of the center. In this role, she oversaw the rebranding of the center as it became Whole Health Omaha just a few months later.

In fall 2015, McCaslin started her own functional medicine practice, Heartland Functional Medicine. "As I continue to practice, I find the need for functional medicine continues to grow as the public becomes more aware of what functional medicine is," she says. "I know the benefits of diet and how to help the body. Nutrition is the information and fuel to our cells," she says.

The growth is apparent in the five to six patients McCaslin sees each day, on average. She perceives this as a positive sign that the public is becoming more and more accepting, so there is a need for a more holistic approach to patient care. "I don't have to convince my patients of what I do. As time passes, I believe more people will be aware of this type of practice and find it is not as out of the ordinary as they believe."

Optimistic in the future of functional medicine, McCaslin remains focused on her practice and the healing potential she can offer. She is currently seeking certification with the Institute for Functional Medicine and says she "will continue to learn and never stop asking why" as she follows her passion for helping people achieve optimal health through proper nutrition, lifestyle changes and prescriptions when needed.



Michelle is passionate about educating her patients and equipping them with the knowledge on the physiology of how their bodies function.



McCaslin acknowledges that running her own practice would not be possible without the team of talented individuals who work alongside her and support the mission of Heartland Functional Medicine. Interestingly, Sharon Ray ('10), the R.N. at her clinic graduated from Clarkson College the same day as McCaslin. "She sat in front of me at the ceremony and—though I did not know her—I fixed her tassel, and she turned to thank me. Eventually, we would meet again and work together."

ALUMNI SPOTLIGHT

JOAN KILLINGER

SEEKING THE PERFECT FIT HAS GIVEN JOAN KILLINGER AN ENTIRE CAREER FULL OF NEW EXPERIENCES AND THE ABILITY TO GIVE BACK TO OTHERS.

As a young woman two years into her education at the University of Nebraska at Lincoln, she made the decision to transfer to Clarkson College (known then as Clarkson School of Nursing) to achieve her goal of becoming a nurse. It was smaller, it was more hands-on, and according to the class of '64 alumna, "it turned out to be the perfect fit."

"My parents raised us with a keen awareness of the needs of others," Joan shares. "Clarkson [School of Nursing] reinforced that value of caring."

After graduating with her Nursing diploma, Joan joined her husband, Jim, who was stationed in Boston with the Navy. She hoped to secure a job on a general medical-surgical floor in order to gain experience. She ended up at New England Sanitarium, a Seventh Day Adventist hospital that averted standard drug therapy. There, she utilized water therapy treatments, herbs and "The Eight Laws of Health," which include pure air, sunlight, abstemiousness, rest, exercise, proper diet, water and trust in Divine Power.

Given the philosophy practiced at New England Sanitarium, Joan learned all sorts of holistic treatments—including flaxseed poultices—and came to appreciate the importance of mind-body connection in healing. She also found that she really enjoyed pediatrics, which lead to her eventual career in obstetrics and pediatrics.

Later, as a staff nurse in obstetrics, Joan became increasingly involved with teenage mothers and eventually helped establish a teen pregnancy program that incorporated all aspects—physical, emotional and educational—of the young women's lives. She recalls one single mother, in particular, who had two children by the time she was 14 years old. Despite the adversities in raising children at such a young age, she was able to finish high school and eventually earned a business degree from the University of Wisconsin–Oshkosh (UW). The partnership between the teen pregnancy program and the school systems enabled this young mother, as well as many other teen moms and mothers-to-be, to earn credit toward graduation.

Joan's experience in the teen pregnancy program inspired her to pursue a second career in counseling. After obtaining her master's degree, she began working in the Oshkosh Counseling Center at UW.

Joan's helping journey led to her latest adventure. For several years, she was involved with a group called Empowerment, Solidarity, Truth, Hope and Equality (ESTHER), an interfaith social-justice organization that aims to raise awareness about the disparities surrounding human dignity and equality. Focusing their work in the Fox Valley Region in Wisconsin—specifically in Oshkosh, the group identified a need for those who do not have a place to seek shelter during the coldest times of the year.

In 2009, the ESTHER group began exploring solutions to meet the needs of those who did not qualify for the emergency shelters. The following summer and fall, the group gathered community support to establish a warming shelter in Oshkosh. Warming shelters are run during inclement weather seasons to protect those who are homeless or in circumstantial need from exposure to the elements that could result in injury or death.

"I HAVE ALWAYS FELT THE NEED TO HELP OTHERS...AND EXPLORE THE AREAS IN WHICH I CAN BEST SERVE."

Joan and her fellow group members consulted with local police, the clergy, and other agencies, including medical facilities, who all agreed there was a desperate need for a warming shelter. However, finding a suitable space was a major challenge for the ESTHER group. "There can be a stigma attached to the homeless, and people were unwilling to provide facilities," says Joan.

Finally, a priest offered the basement of a local Catholic school, and the Day by Day Warming Shelter opened in Oshkosh with a mission to provide temporary overnight shelter. The basement of the school is unique. Operating from mid-October to mid-April, the space

We would love to hear how you've expanded your horizons and cared for others over the years. Reach out to Rita VanFleet at 402.552.3516 and learn how to share your unique story with others.



Joan (Davis) Killinger

can accommodate around 25 people and usually stays quite full. It also provides an evening meal and breakfast for its guests and has mattresses that are moved up against the walls during the day and then put into place in the evening.

Joan relayed an amazing act of compassion and kindness on a particularly cold night at the shelter when the quota of 25 had been filled, leaving an older woman with no place to go. "A young man stepped forward offering his spot, saying he was used to the cold and would be okay," shares Joan. "I have found this population to be very thoughtful and generous with one another and extremely appreciative of the help given to them."

Through her experience as a nurse and therapist, Joan recognized a pattern of struggle among the homeless population to navigate the social services available to them. The Day by Day Warming Shelter addressed this problem by informing the clients of such services and how to go about utilizing them.

Joan continues her work at the shelter today, assisting with meal preparation several times during the year, along with financial contributions. She states, "Rather than categorizing the mentally ill, the homeless or teen moms into faceless groups, I have learned the importance of seeing each person as an individual and appreciating his/her unique strengths and struggles."



Joan has lived in Oshkosh, Wisc. with her husband of 53 years since September 1967. They have two sons and five grandchildren. Their oldest son works at the Mayo Clinic in the Cancer Clinical trials division as an administrator. Their younger son is an industrial designer and has been involved in designing medical equipment.

Oshkosh is an urban city of about 67,000 people located where the Fox River enters Lake Winnebago. It is the home of Oshkosh B'Gosh overalls and children's clothing. It is also the place where Joan took her Clarkson School of Nursing education and gave so much of herself for the betterment of those in her city.

April Capstone Project Summary

Graduate students in their final semester at Clarkson College presented their Capstone projects on May 6. As has become a tradition, the Alumni Association subcommittee evaluated the abstracts following an established rubric, awarding three with a certificate from the Alumni Association.

Natalie Valencia earned first place for her abstract *ICU Multidisciplinary Rounds: An Opportunity for Family?* (advisor Dr. Layna Himmelberg). Nichole Cosgrove was awarded second place for her abstract *Evaluating the Impact of the Nebraska Health Care Provider Protection Laws on Nurse Assault Rates* (advisor Dr. Layna Himmelberg). Ann Yager received third place for her abstract *Feasibility and Value of a Proton Therapy Center at the Fred and Pamela Buffett Cancer Center* (advisor Carla Dirkschneider).

ICU Multidisciplinary Rounds: An Opportunity for Family? by Natalie Valencia

Lack of communication between family members and health care professionals has been shown to be the largest cause of family stress due to an unknown prognosis and/or treatment plan (Ladak et al., 2013). Daily multidisciplinary rounds have been implemented in numerous ICUs across the nation to improve delivery of quality patient care through collaboration and communication. Unfortunately, the collaborative teamwork occurring during multidisciplinary rounds frequently does not include family involvement. Family presence during multidisciplinary rounds has the potential to give family members an opportunity to be involved in a partnership with the critical care team. The purpose of the research study was to determine if family presence during multidisciplinary rounds in the adult ICU will increase overall family satisfaction.

David Kolb's experiential learning theory was used as a foundation and framework to guide the context of the study. A quasi-experimental research design was utilized for this study, implementing a change in practice geared towards family involvement during multidisciplinary rounds. A questionnaire was completed before and after implementation of family involvement during rounds to compare the effects of the intervention. The results of the study supported a positive correlation of average ratings and a strong strength of relationship between the variables. The research calls for further exploration of factors influencing family satisfaction to examine a direct significance or causality of family presence during multidisciplinary rounds.

Evaluating the Impact of the Nebraska Health Care Provider Protection Laws on Nurse Assault Rates by Nichole Cosgrove

Physical violence perpetrated against nurses threatens the future of the nursing profession and the health care industry. Nurses, patients, employers and health care delivery have endured serious ramifications due to incidents of workplace violence, as substantiated by personal experience and the literature (Chapman, Styles, Perry, & Combs, 2010a; Gates, Gillespie, & Succop, 2011). Innovative solutions are needed to neutralize these violent acts. Consistent underreporting of these crimes only compounds the problem and hinders prevention-based research efforts. State legislative efforts were enacted to deter health care consumers by imposing stricter penalties for assaulting health care workers, but the effectiveness of these laws have yet to be explored. The purpose of this study was to evaluate whether the Nebraska felony protection laws had a positive impact on subsequent

physical assaults experienced by nursing and nursing support staff. A retrospective audit of Nebraska workers' compensation occupational injury reports from January 2009–July 31, 2015 revealed 2,273 qualifying physical assaults. Assault rates and frequency counts were analyzed to evaluate trends between the pre and post enactment periods. Multiple paired t-tests revealed a statistically significant decrease in physical assaults between the pre and post-law periods. This study provides additional evidence that state legislation may be a viable prevention strategy to thwart future acts of workplace violence directed against health care workers; therefore, the 18 holdout states should consider adopting health care provider protection laws. Recommendations for future study include state to state comparisons to determine if certain penalties and/or fines deter offenders better than others.

Feasibility and Value of a Proton Therapy Center at the Fred and Pamela Buffett Cancer Center by Ann Yager

Rising health care costs attributed, at least in part, to the high cost of technology, require health care leaders to carefully scrutinize capital expenditures. Proton therapy is a form of radiation therapy used to treat specific types of malignant tumors. This business plan explores the financial viability and value of adding a proton therapy center at the Fred and Pamela Buffett Cancer Center. Historically, the \$200M cost of constructing a proton therapy center, as well as the limited application of proton therapy, have made this technology prohibitive for most hospitals; resulting in a limited number of proton therapy centers available to patients in the United States (Winslow, 2013).

continued on page 24

APRIL 2016 Graduate Capstone Projects

REGINA ANTONIO *Reduction of Department Triage Times at Children's Hospital & Medical Center Emergency Department*, advisor Carla Dirkschneider

LINDSEY BOHATY *Alternative Patient & Provider Scheduling Techniques*, advisor Dr. Janet Hendriksen

CONSTANCE BRIDGES *An Exploration of Registered Nurses' Perceptions of Shift Work Experiences*, advisor Dr. Janet Hendriksen

OLIVIA CHAPMAN *Effects of Goal Setting in the Pre-Diabetic Population*, advisor Dr. Layna Himmelberg

JESSICA DUGGER *Lunch & Learn: An Opportunity for Breastfeeding Awareness among American Indian Women*, advisor Dr. Jane Langemeier

NATALIE DURAN *Medical/Surgical Cardiology Nurses' Perceptions on Left Ventricular Assist Device Education*, advisor Dr. Stephen Hardiman

ERIN EIDE *Managing Acute Otitis Media: An Antibiotic Assessment Tool*, advisor Dr. Patricia Coyle-Rogers

JESSE GABRIEL *Exploring the Perceived Barriers to Exercise in Rural Midwestern Adults*, advisor Dr. Sue Haddock

DEANNA GOFF *Perceptions of an Educational Pamphlet: Handling Non-Emergent Conditions Outside of the Emergency Room*, advisor Dr. Layna Himmelberg

SHANNON GREEN *Effects of IV Acetaminophen on Adult Patients Post Shoulder Arthroscopy*, advisor Dr. Janet Hendriksen

April Capstone Project Summary

continued from page 23

Although recent changes in technology has made proton therapy more affordable, the cost of building and operating a proton therapy facility remains significant.

Three financial proformas were drafted to determine the most favorable option to finance the upfront capital and make the project financially viable. This plan also considers the value of this technology by determining the projected population incidence of the particular cancer diagnosis that benefit from

proton therapy in the defined market region as well as any market advantages or alignment this project has with the overall mission and guiding principles of the organization. With limited space and financial resources, this business plan carefully evaluates the options, risks and benefits of providing proton therapy services at the Fred and Pamela Buffett Cancer Center.

Learn more and read up
Interested in reading an unpublished

abstract from this or a previous semester? Simply visit the Clarkson Service League Library online at <http://bit.ly/1mfiVI3>. In the search box, type the author’s name or a few keywords and hit enter. The Power Search link can be used to conduct a more advanced search.

Questions may be directed to the Clarkson Service League Library by calling 402.552.3387 or sending an e-mail to library@clarksoncollege.edu.

Six Years of Creativity on Campus

A recap of the annual Writing and Creative Arts Celebration

The sixth annual Writing and Creative Arts Celebration was a wonderful success. Each year, the Celebration displays the many creative talents of Clarkson College students and employees. Submissions this year included paintings, sketches, photography, short stories, poems, textiles and multimedia pieces.

The event’s all-digital video format allows for distance students and faculty to participate. The Celebration’s Executive Producer, Alana Willand, photographed submissions, recorded each submitter’s voice describing their medium, inspiration and favorite aspect of the piece. Willand then merged photos with voice recordings to create a video of each submission.

computers and mobile devices. The video submissions are available to view at <http://bit.ly/29zr7Ne>.

The Alumni Association generously donated \$200, \$100 and \$50 educational grants for the top three student submissions: First place, Physical Therapist Assistant student Casie Haley for her photograph “The Grove;” second place, Radiologic Technology and Medical Imaging student Kellanie Salyer for her painting “On the Wire;” and third place, Radiologic Technology and Medical Imaging student Mahriah Plugge for her painting “Imagine.”

For employee submissions, Human Resources donated gift cards to the top three submissions: First place, Undergraduate Nursing Associate Professor Nancy McMahon for her textile “Cathedral Window Runner;” second place, Clinical Education Compliance Coordinator Sharon Mantz for her photograph “Family Reflection;” and third place, Library Director Nancy Ralston for her painting “Sunflowers.”

This event would not be possible without the kind support of the Alumni Association of Clarkson College, Human Resources and everyone who donated their time to help organize and judge the event.

This event would not be possible without the kind support of the Alumni Association of Clarkson College.

The videos were then placed on the Clarkson College YouTube profile as a featured playlist, so everyone could access the playlist from their



Brooke Clements introduces new students to the new My Path guidebook they received on the June 1 Advising & Registration Day.

Student Success Position Created

Former staff member returns to fill new role

Brooke Clements joined Clarkson College in May as the Coordinator of Student Success, a new role created to focus additional attention on fostering student success and building stronger connections between students and the College community.

For the last seven years, Clements assisted with academic advising, career services, first-year experience curriculum/teaching and orientation at the University of Nebraska at Omaha. Prior to that, she worked in the Clarkson College Admissions office from 2007–09. When an opportunity to return to the College arose this past spring, she jumped at the chance. “I have missed the small, student-centered atmosphere here,” she says. “This is truly a place where students come first, and their educational opportunities are the main priority.”

Now in the thick of the summer semester, Clements is busy coordinating advising and registration days and planning for the upcoming fall orientation and welcome week activities. “I’m so happy to be back,” she says. “It feels like coming home.”

APRIL 2016
Capstone Projects

BRENDON GROEN Nurse Perceptions of Barriers to Early Patient Mobility in the Intensive Care Unit, advisor Dr. Janet Hendriksen

BRIANNA HAMMILLER Factors Influencing the Readmission Rate of the Chronic Obstructive Pulmonary Disease (COPD) Population at Methodist Jennie Edmundson Hospital, advisor Gretchen Jopp

CORINNA HANSEN Perceptions of Specialty Care Registered Nurses of Alarm Fatigue Associated with Alarm Settings & Management, advisor Dr. Janet Hendriksen

ALES HAUSLER Effects of a Simulated Emergency on the Undergraduate Nurse’s Confidence During Phone Communication with Health Care Providers, advisor Dr. Jane Langemeier

CHAD HIMMELBERG Early Intervention of Palliative Care for Adult Oncology Patients with Advanced Cancer, advisor Dr. George Rogers

HEATHER HOLETON Implementing Alternative Therapies to Reduce the Use of Seclusion & Restraint, advisor Dr. Patricia Coyle-Rogers

SUE HOLLIDAY Assessing the Impact of Shift Work on Sleep & Fatigue, advisor Dr. Sue Haddock

LAURA LOGA Effects of Screen Time & Play Time on BMI in 5 to 12 Year-Old Children, advisor Dr. Nina Wardell

XIANGYING LUO Application of Continuous Passive Motion on Knee Range of Motion after Total Knee Arthroplasty, advisor Dr. Patricia Coyle-Rogers

ELIZABETH NEISES Lactation Consultants in Primary Care to Increase Exclusive

Breastfeeding Duration, advisor Dr. Sue Haddock

STEPHANIE NESEMEYER A Multidisciplinary Approach to Treating Urinary Tract Infections, advisor Dr. Layna Himmelberg

SAMANTHA RAMBO The Impact of Physical Activity Information Provided to Diabetics Enrolled in a Diabetes Management Program, advisor Dr. Sue Haddock

BRITNI REIFSCHNEIDER Health Care Provider Communication Strategies Effect of Warfarin Therapy Compliance in Outpatients, advisor Dr. Jane Langemeier

SAMANTHA RILEY A Phenomenological Study of Rural Hospital Administrators’ Experiences with Economic Challenges & Hospital Closures, advisor Dr. Amy Clark

PAUL STAMP Investigating Post-Operative Pain in Total Shoulder Arthroplasties: A Study Comparing Exparel to Interscalen Blocks, advisor Dr. Aubray Orduña

MEGAN TESNOHLIDEK Identifying Perceptions of Transitioning from Curative Care to Palliative Care among ICU Nurses, advisor Dr. Amy Clark

MELISSA TSCHETTER Nurse Retention: What Nurses Perceive as Important Management Strategies, advisor Dr. Aubray Orduña

DEBRA WAGERS A Feasibility Study for ONE VOICE, advisor Carla Dirkschneider

ANDREA ZURCHER Influence of Preoperative Education on State of Anxiety & Expectations for Total Joint Arthroplasty Patients, advisor Dr. Layna Himmelberg



Teacher's Light Shone in Classroom & Beyond

Remembering Mary Balken,
General Education faculty

Mary Balken had a scientific mind and artistic talent, and she used both to help her anatomy students.

Balken reached into her toolbox and used pipe cleaners, clay and an abundance of passion to teach her students at Clarkson College.

The professor was so dedicated that she refused to leave the classroom after her cancer diagnosis. Most of her students didn't know she was sick.

"Ninety-nine percent did not know," said Kenneth Balken, Mary's husband of nearly 23 years. "That's how well she hid it."

She finished the semester at Clarkson College on May 11. She died May 15. She was 60.

Originally from Kansas, Balken came from a medical family. She taught at Creighton University and was a program director at College of St. Mary before beginning at Clarkson College.

Co-workers Pat Brennan and Lori Bachle said she was a humble, passionate and dedicated professor who would spend untold hours helping students one-on-one.

"She never let me down, and I knew her for 16 years," Brennan said. "And how many people can you say that about?"

Outside the classroom, she was an artist who painted watercolor landscapes, made jewelry for her friends, was a fantastic cook and was very stubborn in the best way, her co-workers said.

She had a gift for physical comedy and never took herself too seriously.

Inside the classroom, Balken said, his wife had an ability to read her students, then shift her methods to help them understand the material.

"She used to joke that even I could take her anatomy class," he said. "If they didn't understand one way, she'd change her teaching habits and come in with another

way. I wish I had the skill. It was incredible to watch her do it."

She held Sunday sessions to help her students learn the material.

During her last Sunday session, the scheduled two hours was over but Balken was still working with a student. Her husband peeked around the corner, wondering whether it was time to head home. He was just in time to see the student finally grasp the idea—and to see his wife smile.

"Her biggest joy was seeing the light bulb going off," Balken said. "They got it. They understood. I think that's what she enjoyed most."

In addition to her husband, survivors include her children, Jessica Miller and James Balken; and her brother, John Martin III.

Reprinted with permission by the Omaha World-Herald

A More Interactive & Intuitive Online Space for Clarkson College Alumni

Revisiting the newly revamped alumni section at ClarksonCollege.edu

In early June, Clarkson College rolled out a new and improved Alumni & Friends section on the website. The objective behind the more interactive and easy-to-navigate space, along with its fresh look and feel, is to increase engagement and involvement with and among Clarkson College alumni.

Previously, the webpage was mostly an information hub where alumni could access the latest version of the Alumni Times magazine or learn how to sign up for a paid membership. Digital and Website Designer Adam Hardy says the new platform will enable alumni to more easily register for events and access resources, while also instilling a strong sense of community and pride.

"We really wanted to create a place where alumni can go to get everything they need and to help keep them connected to the College and other alumni," Hardy says. "The section has its own navigation, and we feature alumni news and events prominently on the landing page."

"We want to make it the best possible resource for alumni."

While the majority of the content is regurgitated from the former Alumni & Friends section, the new layout, navigation and presentation of that content is hopeful to drive more interest and interaction. Entirely new additions to the section include a Class Notes online submission form and a "Find Your Classmates" option.

Clarkson College alumni are learning about the redesign via social media and targeted e-blasts. "We welcome feedback and hope to continue building on what we started," says Hardy. "We want to make it the best possible resource for alumni."

Take a look at the new and improved Alumni & Friends section by visiting ClarksonCollege.edu/alumni.

Academic Honors

Academic honors are conferred on Bachelor of Science and Associate of Science degree candidates who, upon graduation, distinguish themselves by maintaining a high cumulative grade point average. To qualify for academic honors, a student must have completed the minimum required residency hours. Honors are distinguished as follows:

- **** Summa Cum Laude 3.85 and above
- *** Magna Cum Laude 3.75 through 3.84
- ** Cum Laude 3.65 through 3.74
- * With Distinction 3.50 through 3.64

Honor Societies

Honor societies at Clarkson College include:

- λ Member of Delta Chapter Lambda Nu National Honor Society for the Radiologic and Imaging Sciences
- † Member of Omicron Epsilon Chapter Sigma Theta Tau International Honor Society of Nursing
- Σ Member of National Society of Leadership and Success Sigma Alpha Pi Interdisciplinary Honor Society

Note: Honors designations were based upon current information at press time. Clarkson College apologizes for any errors or omissions.

Certificate in Imaging Informatics

Matthew Tomlinson Crill
Tiffany Rose Papandrew

Diploma in Practical Nursing

Ryan Lee Anders *
Shelby Lyn Anderson
Curtis J. Clowe *
Michelle Catherine Epp ***
Rachel Jeanne Griffin ***
Denesha Daniell McGhee
Carolyn Mae Olechoski *
Kimberly Annette Salkeld
Danielle L. Smith
Erica VanDerHart ****

Associate of Science in Health Care Business in Health Information Technology

Jennifer M. Cupak
Steven J. Murphy

Bachelor of Science in Health Care Business in Management

Christina Kay Livengood Σ***
Nicole McLellan Toombs *

Bachelor of Science in Medical Imaging

Alyssa C. Beiermann
Matthew Tomlinson Crill
Brian R. Juhl
Emily Jean Oster λΣ****
Lindsey Ann Rollins ****

Bachelor of Science in Nursing

Brent Brewer
Amanda Irene Brightweiser
Macy Ann Clark Σ***
Denise Marie Coleman ****
Elisha Marie Davis
Ryan Michael Drews
Lisa Anne Dyrda
Sarah Ann Engelkamp †Σ**
Deanna D. Gibson Σ
Cynthia L. Guggenmos Σ***
Jennifer Joyce Hass ***
Stephanie Grace Herrera
Kaylene Richelle Hrabik Σ
Ashley Nickole Hughes Σ
Candice Charise Jackson

Jay Mitchell Jevne †**
Alexander W. Jones †Σ****
Cassandra Garrett Kaczmarek †*
Kalen Mark Knight
Janelle Christine Kozeny **
Olivia Grace Larsen †****
Miranda R. Leslie Σ
Shauna Sue Lewis *
Fayrina Gale Lindberg †Σ**
Kelsey M. Lulow
Rebecca Marie Mackey
Lilian Yvette Marmolejo
Kelsey Ann McGill Σ
Jennifer Marie Minchew
Kristin Sue Molina
Carlisa RayVonne Moore
Elizabeth Anne Murphy
Uzoaru Mary Onyegbulem †*
Daniela Padilla
Dana Sarai Russell
Emily Zee Sallach
Krista Louise Schardt †Σ*
Jamie Schmeits
Rachel Schwery †Σ****
Samantha Jill Sinclair
Kelsey Olive Sorlien *
Caitlin Smith Walter
Joyeon Wang
Delton Werth *
Melody Ann Yahnke *

Bachelor of Science in Health Care Business in Health Information Administration

Bethany Bossard **

Post-Baccalaureate Certificate in Health Information Administration

Lanette Sue Morgan Σ****

Master in Health Care Administration

Lindsay Ann Bohaty Σ
Brianna Hammiller
Samantha Soo Riley Σ
Debra L. Wagers Σ

Master of Science in Nursing

Dawn Michelle Allsman †
Constance Lynn Bridges
Nichole Lynn Cosgrove †Σ
Jessica Nicole Dugger †
Natalie Sonja Duran

Erin Marie Eide
Jesse Gabriel
DeAnna Lynn Goff
Shannon M. Green †
Brendon Kim Groen
Corinna Lea Hansen
Alesa Jeanne Haussler Σ
Chad Allen Himmelberg Σ
Heather Ann Holeton
Sue Eileen Holliday
Nicole Lynn Livesay
Laura Ann Loga
Elizabeth M. Neises †
Stephanie Ann Nesemeyer
Samantha Rambo
Brittni Lee Reifschneider Σ
Paul Robert Stamp
Megan Leigh Tesnohldek
Melissa Sue Tschetter
Natalie Jean Valencia
Scott D. Vignal †
Andrea Jean Zurcher †Σ

Post-Master's Certificate in Nursing

Rebecca Leigh Anderson
Jason Thomas Carey
Lindsey Portsche Cox
Edilyn P. Naidas
Anne M. Peterson
Jed Christian Sanders †
Samantha Marie Stephany

Doctor in Health Care Education and Leadership

Jody L. Scebold †

Mystery Photo

A snapshot of the people, ideas and events shaping our history

This summer tradition expands the Omaha community's horizons by bringing people together. Whoever recognizes this royal alumna hits a home run.

Send your responses to Rita VanFleet at vanfleetrita@clarksoncollege.edu.



MYSTERY PHOTO REVEALED

Valuing Education

There were no identifying responses to the spring edition's mystery photo, so it continues to remain a mystery.

Know more than we do? Let's hear it!

If you recognize either star captured in this image, let us know! Your insight helps us to keep the Clarkson College historical and alumni records current. Each moment is a key piece to our history, and we don't want to lose it.

Keep in Touch

We want to celebrate your life experiences and news.

The Clarkson College Alumni Association and your classmates want to hear about your career achievements, family updates and any personal or community pursuits. Class notes are published two times annually, and photographs accompanying submitted updates are always welcome.

Submit your note to:
Rita VanFleet
101 South 42nd Street
Omaha, Neb. 68131
vanfleetrita@clarksoncollege.edu

1960s

Karen Teply Sander ('66)

I spent my working career at Baylor Scott & White working a few different positions within the Solid Organ Transplant Program. Most recently, I worked pro re nata in the Solid Organ Abdominal Transplant Clinic. This program was a joy and gift to work within. I am currently a six-year breast cancer survivor. We have

one daughter and son-in-law and two beautiful granddaughters. Al and I travel frequently to visit them. We also travel both within the U.S. and internationally. In our spare time, we are involved with our church, exercise, cooking, reading and keep busy.

1970s

Cheryl Neuroth Olomon ('71)

I am so excited to be retiring from nursing this year. The past eight years I have been school nursing with the Parkway School System in St. Louis County. My goal is to continue to have as much fun as we (my husband Wayne and I) can and to write down some of the many directions nursing has provided.

Shirley Gerweck Travis ('71)

Retired this last summer after 44 years at Bryan Health. Her final position held there was Vice President Clinical Services, President Bryan Physician Network.

Debbie Foreani ('75)

Those of us from the class of 1975 had a great time at the 40th class reunion. Can't wait till the next one—50th? Thanks, Rita, for all you do for the Alumni Association.

1980s

Jean Voegel ('81, '84, '94)

Since completing my MSN in Nursing Education in 1994, I have taught in four associate degree nursing programs, including Metropolitan Community College in Omaha, Neb.; Northwest College in Powell, Wyo. and Lane Community College in Eugene, Ore. Since August 2007, I have served as the Nursing Program Campus Coordinator

at the Carroll, Iowa campus of Des Moines Area Community College. In this role, I have both faculty and administrative responsibilities. I have served on the Board of Directors of Manning Regional Healthcare Center in my home town of Manning, Iowa since 2014.

1980s

Carole Engquist ('83)

Retired but still working part-time at Ivy Tech Community College in Fort Wayne, Ind. as an adjunct instructor.

Diane Milani Kuncl ('87, '15)

Thank you Clarkson College for a wonderful education that prepared me to be the best nurse throughout my 28 years of practice. I am proud to say, "I am a Clarkson [College] graduate." This status has assisted me in attaining many of my professional goals.

1990s

Donna Bader ('93)

I volunteer for Lincoln Police Department in fingerprinting using my Forensic Nursing/Science knowledge.

2000s

Emily Remm Holstein ('09)

I'm currently a student working on my Master's degree in Nursing (FNP) and plan to graduate in December 2016. Clarkson College has been a large influence to

both my brother Austin [Remm ('13)] and I, and we are happy where we choose to receive our education there.

2010s

Christine Lee ('11)

The Journal of American Health Information Management Association (AHIMA) published an article written by Christine Lee, MHA, RHIA, CCS, CPC and graduate of the Clarkson College Master of Science in Health Care Administration program, in its April 2016 issue. Lee's article, "Bringing Physician Practices into the HIM Fold," discusses the versatility endured by private practices—specifically those with HIM departments—that are acquired by hospitals or health systems and how to make the transition as seamless as possible.

Tiffany Mohs ('15)

I passed NCLEX and have accepted a job at St. Elizabeth's working in postpartum/OBGYN and pediatrics! Clarkson College really set us up for success.

Kalen Knight ('16)

I just graduated in May 2016 and was hired as a Fellowship Staff Nurse in the Emergency Department at Nebraska Medicine.

In Memoriam

Lois Lerece Bates Lloyd ('47)

Died in Arizona on April 28, 2016.

Marjorie Benson Schimonitz ('50)

Died on June 24, 2016 peacefully at her home in Lincoln, Nebraska after a long illness.

Pauline Elizabeth Dickey ('67)

Died in Omaha, Neb. on May 6, 2016.

Winifred L. Dolph ('01)

Died Oct. 14, 2015.

Mary Balken

Clarkson College General Education faculty, died in Omaha, Neb. on May 15, 2016.



Gretchen Jopp
and Beckie Humanik

Faculty of the Year & Distinguished Service Award Recipients Announced

Each year at the May Community meeting, the College presents the Distinguished Service Award and the Dr. Patricia Book Perry Faculty of the Year Award to two deserving employees who received nominations from their colleagues. This year's honorable recipients were Assistant to the Student Accounts Manager Beckie Humanik and Health Care Business instructor Gretchen Jopp.

The Distinguished Service Award

The Distinguished Service Award recognizes a member of the support or administrative/professional staff who exhibits leadership and outstanding service to Clarkson College.

Humanik joined Clarkson College in 2010 and has proven her ability to handle challenges with confidence and grace. Her primary work responsibilities include maintenance of student receivables and the coordination and provision of financial services to students, faculty, staff and the Student Accounts Manager. The following comments were submitted about Humanik in her nomination forms:

- › Beckie has been an important, valued member of the team for over five years.
- › She is instrumental in the organized and efficient functionality of the

department, holding a high standard of accuracy and professionalism with a keen eye for detail.

- › Although her job can be difficult and awkward at times, she is cheerful and respectful and a positive role model.
- › She is a mentor, volunteer for College events and goes out of her way to develop solutions and processes where needed.
- › Words used to describe her are compassionate, understanding, friendly, graceful and solution-oriented.

"It is a great honor receiving this important recognition," says Humanik of being selected for the 2015-2016 Distinguished Service Award. "My inspiration—Marty Povondra, Student Accounts Manager—is a motivating factor for me and always shares her valuable knowledge. I am very thankful to my manager, my colleagues and all the staff who support me. Thank you very much for this invaluable award!"

The Dr. Patricia Book Perry Faculty of the Year Award

The Dr. Patricia Book Perry Faculty of the Year Award recognizes individuals who have made substantial contributions to education at Clarkson College. Nominees for this award must hold a faculty rank in

an academic or professional development program and have at least three years of teaching experience at Clarkson College.

The College welcomed Jopp to campus in spring 2010 as an instructor in the Health Care Business program. In her role, she has taught medical coding, pharmacology for allied health, electronic health records, professional practice experience and internship courses for the Health Information Management (HIM) program. In 2014, when the former Faculty Senate President unexpectedly left the College, Jopp stepped up and very successfully carried out this role for most of the remainder of the year. Just last year, in spring 2015, Faculty Senate selected her as a recipient of the Excellence in Teaching Award. The following comments were submitted about Jopp in her nomination for the Faculty of the Year Award:

- › Gretchen is an impressive teacher who models what it is to be an excellent educator and continuously models a positive attitude toward learning.
- › She has truly dedicated her professional life to developing and promoting the academic growth of our students and is deeply committed to the Clarkson College Values. She continually not only creates valuable teaching moments for herself, but also fosters learning opportunities for her students.
- › She has made the time to serve in a variety of roles. Among them, she has served on the Faculty Senate executive team, chaired the Faculty Development committee and served on a number of critical success factor teams.
- › She is an avid learner, which she demonstrates by attending many of the Center for Teaching Excellence (CTE) workshop sessions in person and online whenever possible.

Jopp extends a humble thank you to those who nominated her for the award. "It is such a tremendous honor to be recognized this way, she says. "I hope that I am someone that Dr. Patricia Book Perry would like and admire and be proud to have as part of her beloved Clarkson College."



Graduate Programs Receive National Rankings

Affordable Colleges (AC) Online, a leading education and industry resource for online education information, ranked Clarkson College third in the category of Best Online Master's in Health Administration degrees for 2015 and third in the category of Best Online Master's degrees in Nursing for 2015.

All colleges, universities and online programs included in AC Online's Affordable Colleges Rankings List passed the following criteria:

- › Public colleges (Carnegie classified) or private, non-profit colleges (Carnegie classified)
- › Offered at least one degree program fully online
- › 4-year degree-granting, full accreditation
- › Net price below \$15,000
- › U.S. colleges only

The Clarkson College Master of Science in Nursing degree program scored 97 out of a possible 100 points, and the Master's degree in Health Administration program scored 93.75 points. Scores were calculated based on the following metrics:

- › Count of online master's degrees available
- › Graduate tuition + fees
- › Academic and career counseling services
- › Job placement for graduates
- › AC Online Peer-Based Value (PBV)*

**PBV: A proprietary metric that compares the cost of a program to the cost of other programs with the same (or a similar) qualitative score. It also compares the qualitative score of the program to the score of other programs with the same (or a similar cost). In short, the PBV calculation denotes the overall value or "bang for your buck" of an online master's degree.*



Grateful: Scholarship Donations Make a Difference

Many thanks to those who contribute to the Endowed Alumni Scholarship

Each fall issue of the Alumni Times highlights those who donated to the Alumni Scholarship Fund during Sept. 1 through Aug. 31. Total annual donations from College alumni and friends typically range from \$2,500–\$3,500. These funds are handled through an investment program under the direction of the Controller for the College.

The Endowed Alumni Scholarship recipients are selected annually when the other Endowed Scholarships are determined—usually during the month of February. Prior to selecting the recipients, a review of the investment fund is carried out to determine the amount available for distribution.

“I feel very fortunate... to be at a school where the alumni are so involved and caring to current students.”

This year, \$5,000 was available for distribution and divided among three scholarships—one for \$2,000 and two for \$1,500. Last year \$4,500 was available and divided into three \$1,500 scholarships.

As part of their endowed scholarship applications, students who qualify must submit a written personal statement and a reference letter from an instructor. Along with the required application materials, academic merit and level of financial need are considered. This year’s recipients were Bachelor of Science in Nursing (BSN) student Erin Shiffermiller, Radiologic Technology student Brianna Polt and Physical Therapist Assistant student, Alecia Steed. Their notes of appreciation are below.

“I am writing to express my deepest gratitude for the generous scholarship that I was awarded for this upcoming year. This scholarship will be extremely beneficial to my financial needs as I continue on my path towards my BSN. I feel very fortunate to have been selected for this award and to be at a school where the alumni are so involved and caring to current students and their needs. I look forward to being a

Clarkson College alum myself, in order to give back in such great ways and make a difference for a student like you have with this scholarship, so that they too, may fulfill their educational goals at such a wonderful school. Thanks again!”
– Erin Shiffermiller

“Thank you for your generous donation of the Alumni Scholarship. I will be putting the money towards my tuition. Someday, I hope to be as generous as you have been to me. Your generosity is very appreciated.” – Brianna Polt

“Thank you for awarding me with the Endowed Scholarship. I plan to be successful in my time here at Clarkson College. I really appreciate the reward in giving me the opportunity to continue my education. Without this scholarship, it would have been difficult for me to work to pay for college and be a full-time student. I will continue to put in my best effort to leave providing patients some of the best care that they’ve had. Again, thank you.” – Alecia Steed

The College is very pleased to have such an active Alumni Association with donors who are dedicated to assisting those students in need. A special thank you is extended to all.

Clarkson College Online MHA Program Ranks 18th in U.S.

Top Master’s in Healthcare Administration ranked Clarkson College 18th in the nation in the category of 20 Best Online Master’s in Health Administration (MHA) Degree Programs.

Top Master’s in Healthcare Administration is an online resource that routinely researches and reports information on national MHA programs. The company gathered a list of all colleges in the U.S. that offer an online MHA degree and evaluated each program in the categories of accreditation, related programs, peer assessment, and affordability. Final scores were based on a 100-point scale.

Clarkson College is accredited by the Higher Learning Commission. All programs offered at the College are health care-specific, and many have received their own national recognitions.

Top Master’s in Healthcare Administration also examined the *U.S. News & World Report* Best Health Schools rankings to gather data for its peer assessment metric. One component used for the Best Health Schools rankings was surveys provided by higher education administrators and faculty that exhibited academic quality. Clarkson College also prides itself for being the second most affordable private college in the state of Nebraska.

“We are very proud of the high quality and flexibility of our MHA program, said Carla Dirkschneider, Clarkson College Health Care Business Program Director. The program offers full- and part-time options, as well as accelerated courses, which allows working professionals to customize their course load in a way that conveniently fits into their lives.

Dirkschneider added that MHA graduates regularly praise the applicability of the courses to their current or future positions. “Obtaining this degree has really helped them propel their careers in their desired direction” she said.

Citing reports from the Bureau of Labor Statistics, Top Master’s in Healthcare Administration states that the nationwide average salary for health administrators is nearly \$95,000 and that between 2014 and 2024 the demand for health services managers will grow by 17 percent—“much faster” than the average occupation.



Current scholarship recipients during the spring event.

Gateway Scholar Spring Celebration

Twenty students honored

Family members, loved ones, honorary scholarship alumni, faculty, staff and administration members filled Howard Hall on the Clarkson College campus on Friday, April 15 for the 16th annual Gateway Scholar Spring Celebration. Eighteen of the 20 Gateway to Success Minority Nursing Scholarship recipients were able to attend and receive recognition for their accomplishments thus far in the BSN program.

The Gateway to Success Minority Nursing Scholarship program is funded by Clarkson Regional Health Services and Nebraska Medicine to support a select number of qualified, undergraduate minority nursing students each year. Each scholarship is worth \$10,000 per academic year and is awarded for four years, provided recipients continue to meet the scholarship requirements.

A summer internship at Nebraska Medicine, which provides \$5,000 in additional funds, is also offered upon successful completion of the scholarship recipient’s first academic year in the Bachelor of Science in Nursing program.

To date, 51 Clarkson College graduates have benefitted from the Gateway to Success Minority Nursing Scholarship program.



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Celebrate with us!
Alumni Weekend:
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Step out of your normal fall routine and join your classmates for Alumni Weekend Sept. 15-16 in Omaha, Neb. Full event details and registration can be found on page 5 or by visiting ClarksonCollege.edu/alumni.

