

July &
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Alumni Times

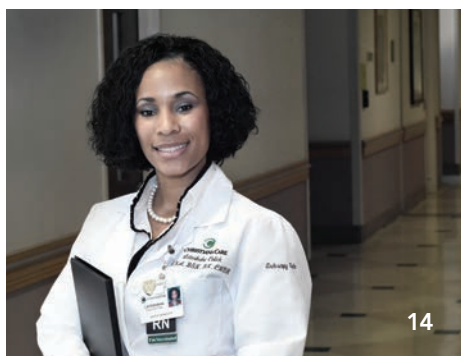
Clarkson College Alumni Magazine



Finding a purpose to go
the distance & beyond



Knowing your limitations takes more than a gust of intuition.
To be able to discern exactly how hard to push yourself and when
to pull back is learned through experience, persistence and reflection.
Nevertheless, however far you choose to go, keep tucked down deep
inside of you a promise to go with a purpose.



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The Alumni Times is a quarterly publication that is distributed by the Alumni Association of Clarkson College. Direct all story and photo submissions, changes of address or publication inquiries to Rita VanFleet, Alumni Coordinator, at vanfleetrta@clarksoncollege.edu, via phone at 402.552.3516 or via mail at 101 South 42nd Street, Omaha, Neb. 68131.



On the Cover

Alumna Lindsey Brezenski celebrates a completed charity run. 10

PHOTOGRAPH BY Jeff Cook, Quad-City Times/ZUMA Wire

From the Alumni President

When I think about Clarkson College, I think about high quality, ethical, compassionate, prepared, health care professionals.

In my role as the Radiology Director at Children's Hospital and Medical Center in Omaha, I can always pick out which health care workers were trained at Clarkson College. They're typically the ones willing to go the extra distance in taking care of patients and their families. For example, you might find a nurse singing to a patient who is struggling to eat his first meal after surgery; an X-ray tech with stickers on her lead apron to keep a child still and distracted as she conducts an exam; or a Clarkson College student on site for clinical rotations helping a family carry a bag of clothes to the car. No matter where you encounter Clarkson College prepared graduates, they always represent the core values of integrity, learning, caring and a commitment to reach for excellence.

My journey has been no different. I started college at the University of Nebraska–Omaha (UNO) with a full ride scholarship. I quickly learned that UNO did not offer the education I was seeking. After being accepted into the third Radiologic Technology class in 1993, I transferred to Clarkson College where I completed my Associate's degree in Radiologic Technology and Bachelor's degree in Medical Imaging.

I wanted to continue to push myself to learn and grow as much as possible and remember thinking that someday I could influence policies and procedures and lead a team. I reached for the stars,

and I am the only person in my family to complete graduate school. I returned to Clarkson College to earn a Master's degree in Healthcare Services Management in 1997.

I have learned so much working in health care over the past 20 years, but the biggest lesson I've learned is to always go back to the mission and values that are at the core of your education. These values will push you forward even when you don't think you have what you need to take the next steps.

I have four kids—one in grade school, and three in high school. As I research prospective colleges and universities for them to attend someday, it makes me appreciate the education I received that much more. Who knows, maybe one of my kids will earn three degrees from Clarkson College, too.

In my new role as President of the Alumni Association, I hope to encourage others to teach, mentor and, most of all, push to do more. We have a strong and successful base of graduates at Clarkson College, and I know that no matter how near or far we are from one another, we can come together to strengthen our impact.

Here's to the start of something new,

Nicole Hardin



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

Noteworthy

The Alumni Association Board welcomes our new and returning officers.

Meet the board members on pages 6 and 7.

Fall Reunion: 50 Years of Reminiscing

A message to the Alumni Weekend anniversary class of 1965

NOTE FROM Marcia Fitzgerald Weeks ('65)

Where did the last 50 years go? It was only a few years ago that the students of '65 were newbies, so fresh and excited. Then, we met Director Anne Anderson, and she gave us our first reality check. We had great teachers and dutifully soaked up all the learning. We studied hard and loved our clinical times. But there were Tuesday nights when "The Fugitive" was on TV (yes, we had TV in those days), and we all gathered in the lounge. We loved the engagement parties of our classmates and banquets showing off Miss Clarkson. Food at the cafeteria—I think we all lost weight. And remember the uniform checks—they actually measured the inches from the floor and checked the white shoes and laces.

It was funny watching our house mother, Mrs. B, try to keep track of us—curfew and all. And who was hiding that parrot in their room? Oh, the walks in the snow to

Omaha University. Car? None of us. We were lucky to date an Air Force military boy who might have a rich friend with a car. Finally, graduation—what a day. We all went to our respective nursing lives, and what a life it has been.

So many of my friends ask me if I had wished I had retired earlier so I could have enjoyed life. Here is my answer (and I give my Clarkson education much of the credit): I loved my nursing career! There was rarely a shift I did not want to be there caring for my patients and staff. I truly relished every challenge that came. While some of the staffing issues in a small rural hospital were daunting, the patients, co-workers, new equipment and—yes, even the computerized charting—were accepted. Thank you, Clarkson School of Nursing, for preparing me for that. I would love to hear from my classmates of 1965. Remember our reunion this fall.

Needed: Memory Book Submissions

Final call to submit announcements for September's Alumni Weekend

Information is requested from graduates of the classes of 1955, 1965, 1975, 1985, 1990 and the Radiologic Technology class of 1995. This information will be used to compile a remembrance booklet distributed to each reunion class member at the Alumni Brunch held on Thursday morning, Sept. 17 in Howard Hall at Clarkson College. These booklets will contain class rosters, pictures, miscellaneous information and announcements submitted by each graduate. Announcements may include engagements, marriages, births, career honors, work history, volunteer work, hobbies, travel, etc. Anything you would like to share with your fellow graduates is welcomed. A photo of yourself to accompany the information would also be appreciated and enjoyed by your former classmates.

Register for Alumni Weekend and complete the Memory Book Submission Form located in the "Staying connected with our alumni" booklet on page 18-19.





Alumni Association Board Ushers in New Era

ARTICLE BY Rita VanFleet
PHOTOGRAPH BY Nicole Bonk

Every June, the Clarkson College Alumni Association Board begins a new year of leadership. Armed with fresh ideas for the upcoming 2015-16 year, the new Board members assumed their roles on June 1, excited to represent the College alumni. This year, one nominee was appointed for each open position. No position was contested, negating the need for a voting ballot to be sent to paid Alumni Association members.

As the new Board members gear up for the year's planned activities, let's take a moment to learn about each member and her ties to Clarkson 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 of Science degree in Medical Imaging from Clarkson College in 1995. She earned her Master's degree in Healthcare Services Management from the College in 1997.

Nicki is 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 (B.S.N.) in 1993 and her Master of Science in Nursing (M.S.N.) in 2009. For the last three and a half years she has been Campus Manager for Methodist Physicians Clinics-Heart Consultants in Omaha, Neb.

SECRETARY

Kelly J. 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.

TREASURER

Carla Dirkschneider, M.S., RHIA

Carla graduated from Clarkson College with her Master of Science degree in Healthcare Business Leadership in 2007.

Pictured board members, front row from left, Kelly Eaton, Nickki Hardin and Jackie Parmenter. Back row from left, Jeanette Kassmeier, Katie Fulton, Carla Dirkschneider and Joan Blum.

She is the Director of the Health Care Business program at Clarkson College.

DIRECTOR

Joan Blum, M.S.N., APRN

Joan graduated from Clarkson School of Nursing's diploma program in 1981 and earned her B.S.N. 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. Joan teaches in the Undergraduate and Graduate Nursing programs at Clarkson College.

DIRECTOR

Katie Fulton, M.S., R.T.(R) (VI)

Katie graduated from the Clarkson College Radiologic Technology and Medical Imaging programs in 2004. In 2014, she earned a Master's degree in Instructional Technology from Fort Hays State University. Katie is an Assistant Professor for the Clarkson College Radiologic Technology and Medical Imaging programs.

DIRECTOR

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

Jeanette (JJ) graduated from Clarkson School of Nursing in 1972 with her diploma and from Clarkson College in 1986 with her B.S.N. degree. She is a Case Manager for the orthopedic and neurology specialty department at Nebraska Medicine in Omaha, Neb.

DIRECTOR

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

Sue graduated with her B.S.N. from the College in 1989 and with her M.S.N. in 2009. She is an Assistant Professor for the Undergraduate Nursing program at the College.

DIRECTOR

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

Chera graduated from Wayne State University with her Bachelor's degree in 2004. In 2008, she obtained her Associate's degree in Physical Therapist Assistant (PTA) from Clarkson College. She is the Academic Coordinator of Clinical Education and an instructor in the PTA program at Clarkson College.

EX OFFICIO

Rachel Thompson, M.S.N., R.N.

Rachel graduated from the Clarkson College B.S.N. program in 2004 and obtained her M.S.N. degree from the College in December 2012. She has been an Alumni Association Board member since 2010 and served as President from 2013 to 2015. She is currently employed by Select Specialty Hospital in Omaha as their Chief Nursing Officer.

THANK YOU

A special thank you is extended to Susan Bristol ('78) for her service on the Board from 2013 to 2015. She was instrumental in bringing new ideas forward and supporting many of the activities.

Alumni Association Board Updates

A look at the year's activities and celebrations thus far

Alumni Scholarship Recipients

Each year, a select number of students are awarded the Alumni Association Scholarship. This year, each recipient was awarded \$1,500 thanks to the generous donations of Clarkson College alumni.

- › Amanda Eaton, Physical Therapist Assistant student. Anticipated graduation date: December 2015
- › Doug Raymond, Radiologic Technology student. Anticipated graduate date: December 2015
- › Sara Watson, Bachelor of Science in Nursing student. Anticipated graduation date: to be determined

Spring Event Recap

Our alumni have been busy taking part in this year's events by:

- › Having a great time at the Table Trivia event in March
- › Hosting study halls for students—including visits from Love on a Leash therapy dogs—two days in April
- › Welcoming our new Alumni Association Board members
- › Sipping wine at Soaring Wings for a wine tasting event in June

Membership & Event Registration

Looking to stay in touch with your classmates as an Alumni Association member? Refer to the "Staying connected with our alumni" booklet on page 18-19 for membership information and details on how to register for September's Alumni Weekend.



GOING THE DISTANCE



***FOUR STORIES OF ALUMNI
WHO REFUSED TO SETTLE FOR
ANYTHING LESS THAN THEIR BEST.***



Lindsey running in the 2015 Boston Marathon.

MAKING EVERY SECOND COUNT

When your greatest competitor is yourself,
you're relentless in the fight.

ARTICLE BY Mikaela Yeager

PHOTOGRAPHY COURTESY OF THE Brezenski family

On a typical weekday morning, Lindsey Brezenski's alarm buzzes at 4 a.m. She rises from bed, gets dressed and jets out the door for a 10-mile run with only the moonlight awake to greet her.

At 5:20 a.m., she takes a quick shower then gets dressed (again) to make it into work by 6:15 a.m. Nine hours later, she picks up her 1-year-old daughter, Elynn, from daycare, and they spend some quality mother-daughter time together.

Her husband, E.J., arrives home from work around 5 p.m., and mom, dad and baby gather for family time and dinner. Come 9 p.m., Lindsey heads to bed to ensure she gets ample rest before waking up at 4 a.m. to do it all over again the next day.

How does she do it? How does she stay motivated? Is she superhuman?

No, she's not superhuman, but she is active by nature. Growing up in Bettendorf, Iowa, Lindsey was always involved in sports. By the time she reached high school, her athleticism began to shine, particularly in soccer. She was a two-time Gatorade Circle of Champions State Player-of-the-Year; three-time First Team All-Iowa selection; and the Pleasant Valley High School Athlete of the Year and team MVP her senior season. Along with her soccer accomplishments, she was a three-year starter as a point guard for the basketball team and an honor student.

College recruits were eyeballing Lindsey for years. Upon graduating high school in 2000, she accepted an offer to play for the University of Nebraska at Lincoln. In her first season as a Husker, Lindsey was named the Big 12 Conference Newcomer of the Week. She played on the team for two seasons and then transferred to the University of Arizona (UA) to play for the Wildcats. After two outstanding seasons, Lindsey graduated from UA in 2005 with a degree in public health.

Lindsey's soccer career did not end at the collegiate level. Before even graduating, she entered the North American Women's Soccer League, playing for the Arizona Heatwave and later for the Colorado Rush. She loved the game, but, after about a year of semi-professional play, she was ready to take her life in a new direction. In fall 2005, she moved to Omaha to be with her boyfriend, E.J., who she began dating from a distance in 2004.

The start of a new chapter also facilitated Lindsey's desire to pursue a degree in nursing. She enrolled in the accelerated BSN program at Creighton University and graduated by 2007. That same year, she and E.J. exchanged "I do's."

**UNDETERRED BY THE DEMANDS
OF WORK AND SCHOOL, LINDSEY
DEVELOPED AN IMPETUOUS CRAZE
FOR HITTING THE PAVEMENT.**

She spent the next three years working as a staff nurse in the intensive care unit and operating room at Creighton Hospital. The experience triggered an impulse to take her career another step further, and in 2010 she became one of the first 10 students to be accepted into the newly incepted Nurse Anesthesia program at Clarkson College. The rigorous, full-time curriculum required Lindsey to pause her nursing career and focus on her studies. Immediately after graduating with her master's degree in 2013, Lindsey returned to Creighton Hospital, this time as a certified registered nurse anesthetist (CRNA).

Getting married, earning a second bachelor's degree, wetting her feet in the nursing field, returning to school for a specialized master's degree and reaching a pinnacle point in her career was a lot to accomplish in an eight-year period, but there was something more occupying Lindsey's time. "I played soccer my entire life and still wanted to be competitive in something. I enjoyed running so I decided to pursue that."

Undeterred by the demands of work and school, Lindsey developed an impetuous craze for hitting the pavement. Even while working toward her master's degree, she made time to run every day. She ran her first half marathon in 2008 and continued to sign up for various running events in and around Nebraska for the next several years.

When Lindsey became pregnant in late summer 2013, running had to take a backseat. "I had a difficult pregnancy, so I didn't run and could not workout from 20 weeks on." While a nine-month break in training might discourage many runners from reintroducing themselves to the sport, Lindsey was more motivated than ever to take her running to the next level.

Along with gradually increasing her weekly mileage, Lindsey decided to join Women Run Nebraska (WRN), a female running team formed in spring 2014. "I wanted to be a part of a group that had the same running goals as me," she says. "Most of the women involved in WRN are working and mothers, so we can relate on several levels."

Not just anyone can join WRN, though. Each member must have met a qualifying standard within the last two years, which range from running a mile in 5 minutes and 55 seconds or less to a full marathon in 3 hours and 35 minutes or less. These women are serious runners with some serious lung capacity.

As a team, WRN runners regularly participate in the Lincoln Marathon, the 10-K Born and Raced in Nebraska running series, and the Market to Market® Relay in Nebraska—a 78-mile running event that takes teams from midtown Omaha to downtown Lincoln.

While improving her speed and stamina always gives Lindsey something to work toward, all the effort she puts into running exceeds any personal goal she is trying to reach. "It's also a stress-reliever for me. All of us [in WRN] are so busy with our lives, and this is how we get to catch up and socialize."

Just in the last year, Lindsey has competed in a series of half marathons in Omaha, Lincoln and Des Moines. She also had the unique opportunity to participate in the 2015 Boston Marathon this past April. "I had always wanted to compete in that race due to the tradition and atmosphere," she shares. Weather conditions were not ideal, but that didn't trump the experience for Lindsey. "It was raining, 40 degrees and 30-mph headwinds the entire race. Despite all that, the streets were filled with people all 26.2 miles cheering you on. It was an unbelievable feeling."

Lindsey set a new personal record at the marathon, finishing in 3 hours, 17 minutes and 29 seconds. Two weeks later, she ran the Lincoln Half Marathon and finished in



The Brezenski family: Elynn, E.J. and Lindsey

1 hour, 31 minutes and 52 seconds—a time that placed her 24th out of 5,493 women. In May, Lindsey and her WRN teammates set an all-time women's record at the Market to Market® Relay in Iowa, finishing the 75-mile run from Jefferson to Des Moines in 8 hours, 14 minutes and 15 seconds.

Achieving such peak performances is the result of Lindsey's no-joke marathon training regimen. She typically runs 55–60 miles a week and designates her long runs for the weekend. "Since I'm busy during the week, my mileage ranges from 8–11 miles a day, and weekends consist of a long run on Saturday of 16–22 miles and 10 miles on Sunday." She couples her strict running schedule with a healthy diet. "I try to eat a lot of fruit, veggies and lean meat, but I have a sweet tooth, so I have dessert every night."

I HAD ALWAYS WANTED TO COMPETE IN THE BOSTON MARATHON DUE TO THE TRADITION AND ATMOSPHERE... IT WAS AN UNBELIEVABLE FEELING.

As Lindsey continues to progress in her running, she also maintains a forward-moving attitude in the professional realm of her life. In March, she left Creighton Hospital to assume a new CRNA position at Nebraska Orthopedic Hospital.

With every new challenge, chance and aspiration, Lindsey has proven her limitations have no boundaries. By making every second of every day count, she will only become a stronger runner, a more loving wife and mother, and a more gifted health care practitioner. It goes without saying that whatever goal she sets for herself next, the only place Lindsey is bound to end up is at the finish line.



Lindsey finished the Boston Marathon in 3 hours, 17 minutes and 29 seconds—a new personal record.




Lateshsha Collick,
MHA, B.S.N., R.N., CNOR

REACHING THE TOP BEGINS WITH A SOLID FOUNDATION

Sometimes, one accomplishment is enough.
Other times, it sets the tone for many to follow.

ARTICLE BY Rita VanFleet

PHOTOGRAPHY COURTESY OF THE Collick family and Scott Ellis



At age 16, most high school students are concerned about two main things: 1) their newly acquired luxury to legally drive a car; and 2) who they're going to ask to the next school dance. But for those like Lateshsha Collick, age 16 wasn't quite so typical. Rather than living it up one last summer before her senior year of high school, she was counting down the days before her first year of college.

When Lateshsha moved to Nebraska from Kansas in 2000, many of her sophomore course credits translated to a junior status. By simply doubling-up on her English courses, she was able to graduate from high school a year early. The following fall semester, she enrolled in the Clarkson College BSN program and was among the first group of Gateway to Success Minority Nursing Scholars, which granted her a full ride and an annual summer internship at The Nebraska Medical Center (now known as Nebraska Medicine).

After graduating from the Clarkson College BSN program in 2005, Lateshsha began her pursuit of a Master of Healthcare Administration degree from Bellevue University. She graduated in 2008 with Academic Honors. Lateshsha credits her accomplishments to the valuable lessons learned at Clarkson College. "Determination, motivation, focus and dedication will pay off in the end if you stay the course and remain steadfast."

Lateshsha began her journey in health care in 2001 working as a Certified Nursing Assistant at The Nebraska Medical Center. Upon graduation, she transitioned to her Staff Nurse role in 2005 and worked in the operating room as a circulating nurse supporting surgical procedures for general and trauma surgical cases. Her next nursing role in Omaha was at Boys Town National Research Hospital in the surgical area.

Lateshsha moved to Delaware in 2008 to pursue her nursing career in the operating room at Christiana Care Health System. There, her accomplishments were many. She was promoted from a Staff Nurse to Patient Care

Coordinator in less than a year. She served on several committees to improve the efficiency of her work area. Most recently, she was promoted to the Endoscopy Suite Nurse Manager for the Health System. She earned CNOR certification, the gold standard and only accredited credentialing program for perioperative registered nurses, and is a member of the Association of Perioperative Registered Nurses.

Not only does Lateshsha give her all at work; she also gives back to the teens and young adults of her community by providing professional and casual mentoring that encourages their efforts to attend college. Her goal is to increase their knowledge and awareness about the importance of personal appearance, resume writing and interviewing skills. In addition to her volunteerism, she also keeps busy with two rental properties that she owns and manages.

Lateshsha attributes much of her success to the Gateway to Success Minority Nursing Scholarship program and is forever grateful for the impact it had on her professional journey. "I believe the name of the scholarship—Gateway to Success—is perfect," she says. "I did not come from a family that could afford to send me to college. Without God and this scholarship, I do not know where I would be. This program not only prepared me to be a good nurse and professional, it helped me learn valuable lessons that have shaped my life."

**DETERMINATION, MOTIVATION, FOCUS
AND DEDICATION WILL PAY OFF IN
THE END IF YOU STAY THE COURSE.**

Lateshsha says some of her fondest memories at Clarkson College are those spent under Dr. Aubray Orduña's [former Nursing faculty and current Dean of Nursing] mentorship. "She was the first professional woman who



Lateshsha attributes her family as inspiration for her educational pursuits.



She currently serves as the Endoscopy Suite Nurse Manager for the Christiana Care Health System.

took the time to speak and teach me like a mother would teach her daughter.” Dr. Orduña’s example was a key influence in the time Lateshsha currently enjoys spending mentoring new graduates. “I love their enthusiasm and eagerness to learn,” she says. “It keeps me grounded having been in their shoes years ago [and] shows me that while I have come so far, I still have a long way to go. Regardless of how much experience and education I gain, I must find the value in the ability to learn from all the players on the team.”

Within Lateshsha’s story lies another critical layer of foundation—her family. She has a 16-year-old son who she considers to be the primary mode of inspiration behind earning her BSN degree; and a 9-year-old daughter who influenced her decision to further advance her education and earn a Master of Healthcare Administration degree. She also has a 2-year-old daughter and a 1-year-old son. “I guess they will be the inspiration for me to earn my doctorate,” she says with glee. “I am very happily married to a wonderful man who encourages me and supports me in my journey to internal peace and happiness,” she adds. Keeping busy with work and her four children does not allow for many leisure activities, but Lateshsha says she savors every moment she has with her husband and children.

Looking long-term, Lateshsha would like to be the VP of Perioperative Services or a surveyor for the Joint Commission. Standing by her commitment to lifelong learning, she plans to earn her leadership certification within the next year. Once her husband completes his graduate program, she will begin working on her doctorate.

Lateshsha’s words of advice for students at any level of their educational journey are to “have the courage to dream big, regardless of your current circumstances. Once you have envisioned the dream in your mind, make attainable goals that will help your reach it. Never give up, and it is not too late to try or try again!”

EMBRACING HER FIRST CHANCE TO BE SOMEONE ELSE'S LAST HOPE

The beginning of one alumna's career
and how her journey lead to the Mayo Clinic.

ARTICLE BY Mikaela Yeager

PHOTOGRAPHY BY Andrew Marinkovich and Clarkson College



Shalyse Ahl, B.S.N.

Shalyse Ahl doesn't take the easy way out if she can help it. For her, the best thrills in life come with the tough challenges, unfamiliar experiences and unthinkable moments. She stands by the mantra that there's a first time for everything, and she's about to embrace that saying to its fullest.

Shalyse graduated from Clarkson College this past spring with a Bachelor of Science in Nursing degree and will soon begin her journey as a registered nurse at the acclaimed Mayo Clinic in Rochester, Minn. As the 21-year-old continues the countdown to her end-of-July start date, she takes in how different life soon will be. "It will be my first time living on my own, my first time living in a different state, and my first 'real' job. Oh, I won't know anyone, either," she says with amusement.

THE DRAW TO MAYO

For multiple reasons, applying for a nursing job at the Mayo Clinic was a no-brainer for Shalyse. First, she has an emotional connection to the hospital, as both of her grandparents were treated there. Every time she would visit them, she was amazed by the professionalism and prowess of the medical staff and the facility as a whole. "It's a place full of opportunities, especially for beginning nurses," she says. "You get to see such a wide variety of patients, and the scenarios you experience allow you to build your basic nursing foundations that much faster." But there was more to it than that. "You constantly hear all these stories about how Mayo is everyone's last hope," she adds. "I want to be that for someone." And soon, that she will be.

Shalyse's emotional ties to nursing heightened during her second semester in the BSN program. At this time, she started clinical rotations and was able to experience numerous aspects of nursing and patient scenarios. Eventually, she began observing patients on the cardiac progressive care unit at Nebraska Medicine, one of whom was a middle-aged male suffering from congenital heart failure. His condition was grave, and he was in dire need of a transplant. And then came a day Shalyse will never forget. She witnessed the surgeon enter the room to tell the patient his wait was over; that the hospital had found a heart for the transplant and would schedule an emergency surgery.

Immediately, the patient called his family to share the great news. "It was an incredibly emotional moment I will never forget," she says.

The next day, Shalyse sat in on the heart transplant. "The surgery team let me stand at the head of the surgery table so I could look down into the chest cavity and see the whole procedure take place. I watched them remove the defected heart, put in the new one and see it beat for the first time." Shalyse did not want the dreamlike experience to be her last. When she inquired with Mayo, she made sure to discuss her experience in the cardiac progressive care unit, hoping she would land a similar position. Hope no more. Official on July 27, Shalyse will be an RN on Mayo's vascular/surgical progressive care unit.

DIGGING DOWN TO HER ROOTS

Arriving at this point stems from Shalyse's humble beginnings. Before moving to Omaha for college in August 2012, she lived her entire life in Fairbury, Neb., an erstwhile railroad town in the southeastern part of the state with a population of about 4,000. She is the daughter of Dennis, an IT director at an area hospital, and Janet, a former stay-at-home mom who recently returned to the workforce as a P.E. teacher. Age-wise, she falls in the middle of five children and is the only girl.

Gender may pose indifferences for some siblings but not for the Ahl's. Shalyse is extremely close with her brothers, who also happen to share her giving spirit. Jordan, 24, is an emergency medical technician (EMT) in Lincoln and recently applied to medical school. Logan, 23, graduated this past December from Southeast Community College in Lincoln with an associate's degree in radiologic technology and is working at the Pawnee City hospital. Kitrik, 20, is also an EMT in Lincoln where he is training to become a firefighter. Her youngest brother, Bladen, is 17 years old and just beginning to contemplate college plans.

She says her parents have been pivotal in helping her make big life decisions over the years. "They raised me to put my whole heart into everything I do, which is why they were so supportive of my choice to attend Clarkson College."

Her parents knew their daughter was headed in the right direction. During high school, Shalyse landed a job as a certified nurse assistant and developed an emotional connection to her work. "I noticed there were so many patients who never had visitors, and it pained me to see that. I wanted to become a nurse so everyone would always know they had someone around who cared about them."

IMMERSING HERSELF IN COLLEGE

Shalyse learned about Clarkson College at a career fair she attended in Fairbury during high school. She was impressed by the reputation of the Nursing program and the ability to begin clinical rotations in her first year. She and her parents made the trip to Omaha for a campus tour, and that day marked the end of her college search.

The minute she was accepted into the BSN program, Shalyse got busy mapping out her next few years at Clarkson College. She applied to become a student ambassador; completed the paperwork to live on campus; and explored every which way she could get involved on campus. By the time she graduated, Shalyse had served as an officer for Student Government Association (SGA), Residence Hall Council member, resident advisor, a member of the Omicron Epsilon chapter of the Sigma Theta Tau International Honor Society of Nursing, a member of the Sigma Alpha Pi chapter of the National Society of Leadership and Success, Campus Crusade member and student ambassador. She was a student worker in the J.W. Upright Success Center on campus and an avid participant of intramural volleyball. Scholarships she received include the President's Bronze Scholarship and the Alumni Association Endowed Scholarship.

All of Shalyse's involvement didn't interfere with her dedication to her academics. In fact, she is one of very few students who, right out of high school, take the ambitious plunge of completing their BSN degree in three years versus the typical four. How did she do it?

I WANTED TO BECOME A NURSE SO EVERYONE WOULD ALWAYS KNOW THEY HAD SOMEONE AROUND WHO CARED ABOUT THEM.



Shalyse says her parents, Janet and Dennis, have been pivotal in helping her make big life decisions.

A combination of preparedness and discipline go a long way. To start, she shaved off more than a semester's-worth of study by transferring in 20 credit hours of accelerated community college courses she completed in high school. She also committed to summer classes and averaged about 16 credit hours per semester—a hefty load for a rigorous program.

MAINTAINING THE BALANCE

Despite her demanding schedule, Shalyse did not allow her social life and time spent with family to suffer. "I always had a to do list and worked really hard during the week to make sure I could fit in time with friends and going to watch my brothers' sporting events back in Fairbury." Even as a year-round student she managed to fit in several out-of-state getaways. In fall 2013, she hiked the Grand Canyon rim-to-rim with her dad. The following March, she took a trip with her grandparents to visit her aunt, uncle and cousins in North Dakota. Last Fourth of July weekend, she, her roommate, and several of her cousins traveled to Canada for a leisurely trip of camping, fishing and canoeing.

Shalyse's move to Minnesota will undoubtedly be an emotional change for everyone in the Ahl family. Her trips home will be less frequent, as will the visits to the family farm in Louisville, just south of Omaha. She will be on her own in a new city, with a new job, surrounded by new faces. None of the changes will come easy, but Shalyse has no fear. "God has a special journey mapped out for me," she says, "and I'm eager to start this new endeavor."

ATTRIBUTING HIS NEW CAREER TO HIS LATEST DEGREE

Proving your career aspirations become possible
with experience and education.

ARTICLE BY Rita VanFleet PHOTOGRAPHY BY West Holt Marketing



Bradley oversees West Holt Memorial
Hospital and West Holt Medical Clinic.

When it comes to his career and credentials, Bradley Pfeifer, MHA, FACHE, means business. Along with earning his Bachelor of Science in Business Administration degree from the University of Nebraska–Lincoln in 1991, Brad moved on to complete his Master’s degree in Healthcare Administration at Clarkson College in 2011. He served nearly five years as the Marketing and Business Development Manager at Nebraska Orthopaedic Hospital in Omaha. On June 1, he embarked on a new career journey as the Chief Executive Officer for West Holt Medical Services in Atkinson, Neb., located in the north central part of the state. In this role, Brad oversees West Holt Memorial Hospital, a 17-bed critical access hospital, and West Holt Medical Clinic.

Brad was introduced to the CEO position via B.E. Smith, a health care executive search firm that conducts searches for leadership positions nationwide. He brings his ability and success in planning, strategy and growth orientation to West Holt Medical Services and looks forward to fostering positive relations with physicians, staff and the community. “Education, experience, work history and a personal interest in making a difference in the lives that I serve have all been factors that have prepared me for this new role,” he says.

The responsibilities expected of Brad in his new position will initially focus on provider relations and recruiting, strategic planning, and staff development. “West Holt Medical Services provides well-rounded family health care with respect and understanding for the physical and emotional needs of our North Central Nebraska communities,” Brad says. “I am excited to get started!”

Brad accredits his education at Clarkson College for helping assume his CEO position. “Clarkson College provided me the education needed to obtain a position of this nature in the health care field,” he says. “To advance to the senior leadership level, a master’s degree is expected. Furthermore, a master’s degree is required to become eligible to apply for and become Board Certified in Healthcare

Management as a Fellow of the American College of Healthcare Executives (FACHE). Clarkson College provided me the quality education needed to achieve both of these personal goals.”

Brad is Board Certified in Healthcare Management as a FACHE. He is currently serving on the board for the Nebraska Self-Insurers Association (NSIA) and also is a member of the Society for Healthcare Strategy and Market Development (SHSMD). Brad earned his professional certified marketer (PCMP) designation from the American Marketing Association and is a member of a group for Chief Marketing Officers called the CMO Project. He continues his relationship with Clarkson College by serving as an adjunct faculty member, where he provides instruction at both the graduate and undergraduate level. In addition, he leads a life group at his church and plays drums on occasion.

When he’s not busy working or advancing his education, Brad enjoys spending time with his family and friends, University of Nebraska Athletics, golfing, music and pheasant hunting—all of which he looks forward to in Atkinson. Brad says his family and wife, Susan, have been extremely supportive of his new opportunity at West Holt Medical Services. He relays that moving from Omaha to Atkinson will require an adjustment; however, he says, “I am familiar with rural living and believe that technology has made the world a lot smaller, making the adjustment a little easier. The people of Atkinson have made a big difference in making this transition very smooth already. Atkinson is a progressive community that has done a great job keeping up with its schools, library, businesses, golf course, etc. I am excited about the future that lies ahead!”



Bradley Pfeifer,
MHA, FACHE





Simulation Lab Two Ready for Use

ARTICLE BY Mikaela Yeager
PHOTOGRAPHY BY Nicole Bonk

Striving for extraordinary quality in education is engrained in the culture at Clarkson College. One of the latest examples of such commitment is the inception of a second simulation lab on campus. The new space features a labor and delivery birthing simulator called Victoria and a neonatal simulator representing a 40-week gestation baby known as Newborn Hal.

While Victoria's primary function is to give birth, Simulation Lab Coordinator Erin Jordan said students can also use the tetherless manikin for basic and critical care scenarios, such as seizing, IV insertion and maintenance, assessment and more. Newborn Hal is able to show cyanosis, head movement and crying, which will allow students to complete one-minute and five-minute Apgar scores. He also has the ability to move his arms to show muscle tone and movement.

To Jordan's knowledge, no other college or university in the state has a Victoria simulator. "Many institutions have a Noelle, the older version of Victoria," Jordan said. "Victoria is the newest

version of Gaumard's Noelle birthing simulator but is updated enough to be given her own name."

Utilizing the new birthing simulator, students will learn to care for pregnant/birthing mothers with both vaginal breech and cephalic (head) baby presentations, as well as how to treat postpartum hemorrhaging from the uterus and/or vaginal area. With Newborn Hal, BSN and PN pediatric nursing students will learn basic care and assessment of a newborn baby, as well as how to respond to complications.

In addition to the tetherless manikins, Simulation Lab 2 includes a real fetal monitor, two monitors for vital signs and fetal monitoring, an infant bassinet, infant warmer and tablets in an adjacent control room for viewing and programming the simulators.

Not long after the first Simulation Lab opened on campus in fall 2012, it became apparent how beneficial the space was in challenging students to think critically and enhance their overall practice. Due to the high-demand of the

1 / Undergraduate Nursing Director Marsha Cravens instructs during a Victoria birthing simulation.

2 / A close-up of Newborn Hal.

3 / Simulation Lab Coordinator Erin Jordan discusses Newborn Hal's capabilities with a student.



original space and simulation hours with Hal and Pediatric Hal eventually reaching a maximum, the College approved the proposal of a Critical Success Factor team to construct an additional simulation space.

Construction of Simulation Lab 2 began in mid-February 2015 and took two months to complete. Between hiring a general contractor, purchasing the simulators and installing the technology, furniture and other miscellaneous items, the total cost for the space was approximately \$193,000.

"Not only does the new lab give us the ability to double our simulation hours,"

No other college or university in the state has a Victoria simulator.

said Jordan; "it also gives us the opportunity to practice on obstetric and newborn simulators. Students will be able to practice handling situations they may not see in the clinical area before practicing [as professionals]."

Nursing students enrolled for the summer semester will be the first to use the new simulators. Along with BSN and PN pediatric/obstetric nursing students utilizing the manikins for birthing simulations, Victoria can also serve as a non-pregnant patient for medical-surgical courses. Beginning this fall, Nurse Anesthesia students will use Victoria to practice spinal catheter insertions.

"As simulation continues to grow at Clarkson College, I foresee the use of our simulation labs to prepare students to enter practice at time of graduation and for opportunities in interprofessional practice," Jordan said. "These are just two examples of the potential of simulation at a nursing and allied health institution."

Career Services for Our Alumni

ARTICLE BY Stefanie Skrdla

This spring, Clarkson College hosted its second annual on-campus Career Fair for Health Professions. More than 40 employers visited campus to share information about their organizations and their open positions with students. A résumé writing workshop and LinkedIn Photo Day were added this year to help students prepare a professional representation of themselves in print and online. In total, nearly 90 students took advantage of these opportunities.

Hosting the Career Fair for Health Professions is one part of a College-wide initiative to support students and alumni in their professional paths. Another facet of this effort is our Career Services webpage, which provides a listing of open health care positions via an online job board. Health care employers, as well as alumni, are encouraged to post vacant positions at no cost to their organization. Currently, openings range from entry-level to management positions and span the country, with a lengthy list available in our home state.

Employers frequently express a preference for Clarkson College students and graduates, and the Career Services webpage quickly and conveniently connects them to a professionally prepared group of potential applicants. As a jobseeker or a hiring manager, we hope you take advantage of this service as a means to drive your professional growth and further your organization's success.

See potential opportunities by visiting ClarksonCollege.edu/career-services.

Gateway Scholarship Program Honors 15 Scholars & Celebrates 15 Years

ARTICLE BY Mikaela Yeager PHOTOGRAPH BY Alana Willand

The Gateway Scholarship program originated from a vision helmed by Dr. Burgher during his tenure as president and chief executive officer at Nebraska Health Systems (known presently as Nebraska Medicine). He, along with Clarkson College Dean of Nursing Dr. Aubray Orduña and a coalition of other key stakeholders on the medical campus, formed a proposal for a scholarship program that would offer tuition assistance and a summer internship opportunity for minority students who demonstrated strong financial need, as well as a will to achieve in their academics.

Now, more than 15 years later, Clarkson College, Nebraska Medicine and Clarkson Regional Health Services continue to provide financial support that make the minority scholarship program possible. To date, 49 minority nursing students have graduated as Gateway scholars, and 15 are currently benefitting from the scholarship program. To honor these students and graduates, the program held its fifth annual Gateway Spring Celebration in Howard Hall on April 17.

This year's guest speaker, 2006 alumna Andrea Faulkner, shared about her own nursing journey, tracing all the way back to her Gateway scholarship interview. She noted how impressed she was to see the same scholarship committee members from her time as a student still at the College and supporting the current Gateway students.

In her highlights, Faulkner credited Dr. Aubray Orduña as the "Queen Mother," who has been instrumental in the initiation of the Gateway program, individually supporting students for years, as well as helping serve in an advisory and supporting role to this day. "Dr. Orduña's leadership and role modeling speak louder than any words we can say, and having that as a constant foundation makes this program strong," added Gateway liaison Monica White. "We hope our roles with the current students provide a similar impact as they complete their degrees and lead in their own ways in the career paths they choose."

In celebration of the scholarship program reaching its 15-year milestone, White and fellow Gateway faculty liaison Marilyn

Russell sought to connect with as many Gateway alumni as they could to invite them to the spring celebration. "We had eight alumni join us and were able to share a PowerPoint in the celebration highlighting 21 alumni, which enabled us to share about nearly 50 percent of our graduates and their encouraging words of wisdom," White said. "It was amazing to watch them reconnect with each other and illustrate to the current students that 'if I can do this, so can you.'"

With spouses, significant others and parents watching from their seats, the current scholarship recipients each received a certificate that acknowledged their success in the BSN program over the last academic year. Personal notes and goals of each recipient were read aloud as they received their certificates.

Though pleased with how far the Gateway program has come over the last decade-and-a-half, Russell and White hope to only further strengthen the ties between the current scholars and graduates. Their goal is to build a strong Gateway alumni network to keep them connected to one another, and also to serve as

community mentors and contacts for the current Gateway students. With 49 graduates working in various states, medical systems and specialties, this network will provide a rich resource for current students. "Our hope is to also encourage and motivate our students to further their education and pursue graduate degrees," Russell added.



Past and present Gateway scholars who attended the April 17 event.

Cravens Appointed Undergraduate Nursing Director

ARTICLE BY Mikaela Yeager PHOTOGRAPH BY Nicole Bonk

Early May, Clarkson College announced Marsha Cravens, M.Ed., M.S.N., R.N., was appointed the new Director of the Undergraduate Nursing program. Ms. Cravens formerly served as an Associate Professor of Undergraduate Nursing at Clarkson College and boasts more than 30 years of practice in the clinical setting and 25 years of higher education pedagogy.

Ms. Cravens brings unique perspective and versatile experience to her new leadership role. "I believe in a holistic approach to preparing health care professionals who are aware of all physiological and humanistic needs of their patients and families," she says. "My holistic philosophy was emphasized in my nursing classes and will be intertwined with students and faculty in my leadership role."

Ms. Cravens practiced as a registered nurse in the clinical setting from 1977 to 2008. Her primary area of care was with medical-surgical and oncology patients in the acute care and home health settings. From 1990 to 2008, she continued to practice in the clinical setting while also balancing a teaching career.

She boasts more than 30 years of practice in the clinical setting and 25 years of higher education pedagogy.

Along with an extensive career history, Ms. Cravens has a very broad educational background. She received a Bachelor of Arts degree in Sociology from Northeast Missouri State University in 1973. Taking her career path in a new direction, she returned to the university and earned a Bachelor of Science degree in Nursing in 1977. While practicing, Ms. Cravens completed her Master's degree in Educational Counseling Psychology in 1988 and then her Master of Science in Nursing degree in 2000, both from the University of Missouri.

Ms. Cravens landed her first teaching job in 1990 at Central Methodist College in Fayette, Mo. where she taught medical-surgical theory and clinical courses for 13 years. She moved to Omaha in 2003 to begin her teaching career at Clarkson College. The following year, she became coordinator of the Undergraduate Nursing preceptorship program and expanded the number of clinical hours for BSN students from 90 to 180. In 2010, her rank advanced to Associate Professor.

For the past several years, Ms. Cravens has taught and coordinated an introductory professional concepts theory course and a fourth-level medical-surgical theory course that includes a preceptorship. She also assisted with a professional transitions class. Through the duration of the summer, Ms. Cravens will continue to fulfill such duties as she transitions into her new role.

Ms. Cravens is a very accomplished and active entity on the Clarkson



Marsha Cravens, M.Ed., M.S.N., R.N.

College campus. She has received a number of awards in recent years, including the Clarkson Factor Award and the Faculty Senate Leading in Excellence Award in 2006, the Nebraska Nurses Association Positive Image of Nursing Award in 2009, and the Dr. Patricia Pat Book Perry Faculty of the Year Award in 2011.

Ms. Cravens is the President of the Clarkson College Omicron Epsilon chapter of the Sigma Theta Tau International Honor Society of Nursing. She joined the organization in 2004 and has served on the Board of Directors since 2006.

As Undergraduate Nursing Director, Ms. Cravens says she is hopeful to "uphold and elevate the esteemed reputation the BSN program has established in the community by transforming knowledgeable and compassionate professionals for the complex health care system of today." She is eager to work with other dedicated faculty and students, become more involved in policy-making decisions, and move forward concept-based curriculum design.

Dr. Andreia Nebel Assumes Role as Interim Vice President of Academic Affairs

ARTICLE BY Mikaela Yeager

PHOTOGRAPH BY Chris VanKat

Effective April 2015, Dr. Andreia Nebel assumed the role of interim Vice President of Academic Affairs (VPAA) at Clarkson College. Dr. Nebel joined Clarkson College in 2003 as an Associate Professor in the Physical Therapist Assistant (PTA) program. In 2007, she was appointed Director of the PTA program, a role she continues to fulfill in conjunction with her interim position.

As interim VPAA, Dr. Nebel is responsible for all academic program plans and educational activities related to the education and retention of students. She views this role as an opportunity to finalize pending projects and introduce new processes to better serve students and employees. "I think it is important that the tasks we ask of others be meaningful, that our expectations remain high for our students and that the organization of our academic affairs branch remains productive," Dr. Nebel said. She and Vice President of Operations Dr. Tony Damewood are currently updating the strategic planning process. "I have what I call a top 10 list, which is actually 15

She views this role as an opportunity...to better serve students and employees.

items long, so I am hoping to cross off the items on that list," she added. Many of those items revolve around topics that faculty, staff and students have requested review of in the past.

By simultaneously maintaining her role as director of the PTA program, Dr. Nebel is able to stay connected to students and faculty in a didactic manner. Faculty members in the PTA department have also assumed additional responsibilities as Dr. Nebel balances her two roles.

Dr. Nebel grew up in Casper, Wyo. and earned her Bachelor of Science degree in Health and Human Development from Montana State University–Bozeman. In 2002, she earned her Doctorate in Physical Therapy from Creighton University. After graduation, she also earned certification in functional capacity evaluations and is a certified American Physical Therapy Association (APTA) Clinical Instructor.

In 2010, Clarkson College awarded Dr. Nebel the Dr. Patricia Book Perry Faculty of the Year Award for her dedication to high standards of education at the College. In 2011, her alma mater, Creighton University, selected her for the Young Alumni Appreciation Award in recognition of her exceptional leadership and devoted service to the profession of physical therapy. She was the Nebraska Physical Therapy Association (NPTA) Achievement in Education Award recipient in 2012, and, in recognition of her dedication to health care-related community service activities, she received the Clarkson



Dr. Andreia Nebel, P.T., D.P.T.

College Maltese Cross Award in 2014. The Alumni Association of Clarkson College awarded Dr. Nebel the 2014 Honorary Alumni Award for her continued support of the organization.

Dr. Nebel's clinical background includes pediatrics, outpatient orthopedics and industrial wellness and geriatrics. During her career, she has had the opportunity to work with a wide range of patient populations and has always had a passion for teaching.

Dr. Nebel is an active member of the APTA and the Education and Geriatric Sections. Additionally, she is the Nebraska Student Special Interest Group liaison for the NPTA, a Commission on Accreditation in Physical Therapy Education (CAPTE) site reviewer and a PTA Board Exam Preparation course instructor for Therapy Ed. She is involved continually with outreach programs to fight childhood obesity, such as Healthy Families, fall prevention and balance assessment screening in a variety of geriatric settings, and participates annually with the Special Olympics and a variety of other service events.

May 2015 Clarkson College Graduates

Diploma in Practical Nursing

Jabria Elizabeth Beninato
Elizabeth Brooks
Ioana D. Cehan
Mary Beth Clouser
Amber Diane Eggers****
Maribel Rodriguez Mendieta
Laurie Ann Pearson
Emily Kathryn Prichard****
Bethany Sutton
Ariana Wascher

Bachelor of Science in Nursing

Shalyse Morgan Ahl †Σ****
Shelby Ann Amos Σ****
Stacey Lynne Amouzou***
Shasta Ashcraft****
Rachel Ann Barnes Σ
Amanda Lynette Beckner Σ
Jessica Lynn Biodrowski
Andrea Beth Boardman †Σ*
Beverly Mae Casarez
Elizabeth Erin Chloupek
Jessie Marie Clere †Σ**
Heather Renae Correa †Σ*
Crystal Gayle Dailey
Misti Marie Davenport Σ*
Meaghan E. Deboodt Σ
Caitlin Jo Draper Σ
Miranda Rose Dust †Σ*
Jennifer Lynne Engel †Σ****
Lindsey Ann Esterbrooks
Catherine Marian Faust †Σ****
Angela T. Gorham Σ
Breanne Leigh Hammond
Amanda Hantouli Σ
Stacy Marie Hart Σ
MaKayla Jean Harvey †Σ****
Tara Lynn Huls †Σ*
Allyson Jayne Jensen
Gretchen Mutterspaugh
Jones
Kimberlee Kay Jones
Sarah Jane Kirke †Σ****
Diane Marie Kuncel †Σ***
Rachel Ann Kunkle Σ
Shelly Lynn Lautenbaugh***
Elma G. Loza

Melissa Morgan Mattison
Kristin Lynn McCracken †Σ*
Deann Kay McGeorge
Jessica Marie Meyer †Σ****
Rhonda Lynn Meyer
Anthony Robert Miller †Σ*
Kimberly L. Moss
Abbie Marie Neighbours †*
Winstone O. Onderi Σ
Maria Cristina Ramirez Σ***
Maryann L. Renner
Shelby Lynn Roman †Σ*
Beatriz Sanchez
Ashley Michele Schmit****
Hannah Rose Schnell*
Allison Marie Schwieters Σ****
Lindsey Michelle Sheriff
Clare Ellen Smith Σ
Kaitlyn Nicole Sopcich †*
Elizabeth Ann South**
Kelly Stillmock*
Briana Delise Stone Σ
Alexa Dawn Teel †Σ*
Sheila Sue Wiebelhaus Σ
Olivia Nicole Wiese †Σ*

Bachelor of Science in Health Care Business in Health Information Administration

April Jean Williams

Bachelor of Science in Health Care Business in Health Information Management

Kathryn Kay Fiscus

Bachelor of Science in Health Care Business in Management

Katelyn Thrumer *

Bachelor of Science in Medical Imaging

Julie A. Bartman *
Jaime Lynn Hoge ****
Amanda Faye Jarchow
Joshua Ryan Patterson λ

Master in Health Care Administration

Mark E. Longacre
Andy Marking
Tierra DaShawn Murphy Σ

Master of Science in Nursing

Catherine Jane Alexander Σ
Bridget Boeckman
Donna Faye Caulfield †
Donna Jean Donabedian †
Erin Friest †
Molly Ann Garber
Alyssa Anastasia Garth †
Kristin Leigh Glaubke
Marsha Kay Haar †
Daniele Marie Heyn
Kyana Rebecca Holder Σ
Kyla Genea Jerrick
Stacie Renee Johnson
Sarah Alice Kent †
David Wright McMillan
Lea LaRae Murrell
Tessa D. O'Neill
Mary Cassandra Owens
Joslyn Elizabeth Pond
Gina Renae Rahaman
October Raye Riddle
Chelsey Schiefelbein
Nichole Jean Schroeder Σ
Heather Marie Sheppard
Jill Renee Shugart †
Emi Spivey
Tracey Lynn Williams

Post-Master's Certificate in Nursing: Family Nurse Practitioner

Anenye P. Aloziem
Jerrus Micheal Harris
Tammi Ann Hemje
Michelle Jo Pearson

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.

Spring Semester Capstone Project Summary

Master's degree-seeking students presented their Capstone projects on May 1 in the Storz Pavilion on the Nebraska Medicine campus. Each semester, the Alumni Association subcommittee evaluates the Capstone abstracts, awarding three with a certificate from the Alumni Association. This semester, first place was awarded to Donna Caulfield (advisor Dr. Jane Langemeier), second place was awarded to Tracey Williams (advisor Dr. Pat Coyle-Rogers) and Catherine Alexander received third place (advisor Dr. Linda Jensen).

Post-Partum Hemorrhage Education: Effects on Nursing Awareness and Management of Risk Prevention of Post-Partum Hemorrhage by Donna Caulfield

Obstetrical hemorrhage is the major cause of maternal death worldwide. The American College of Gynecologist and Obstetricians [ACOG] (2012) reports 140,000 women die each year—one

every four minutes from post-partum hemorrhage. The problem is half of the maternal deaths due to hemorrhaging occur without warning within 24 hours after the birth of the baby. The purpose of this project was to develop a training session in congruence with the ACOG supported California Maternal Quality Care Collaborative [CMQCC] (2010) recommendations on post-partum hemorrhage. After synthesizing the literature on the etiology, risk, preparedness and management of post-partum hemorrhage, the researcher designed a 60-minute educational session for the obstetrical staff of a southern U.S. hospital. Neuman's (2010) System Model emphasizes the obstetrical patient and the obstetrical nurse's response to their physiological needs during and after childbirth. The System Model underpins the necessity for safe facilities, proper equipment and clinical guidelines for timely identification and intervention by obstetrical staff to avoid post-partum complications. A dependent two-sample t-test was

significant in supporting the effectiveness of the educational session on the nursing care, preparedness and management of a patient experiencing a post-partum hemorrhage. Recommendations for future research include simulated patient care experiences and management of post-partum hemorrhages to add to the body of nursing practice.

Exclusive Breastfeeding: A Change in Practice by Tracey Williams

In 2013, *The Breastfeeding Report Card* for the United States shows Missouri missing the mark on each of the Healthy People 2020 objectives related to breastfeeding (CDC, 2013). When comparing breastfeeding rates at 6 months of age, the national rate is 49.0, and Missouri is significantly behind at 39.3. The Healthy People 2020 Objectives target is significantly higher at 60.6 (CDC, 2013). Often, maternity care practices present obstacles for breastfeeding mothers, which decreases

MAY 2015 Capstone Projects

BRIDGET BOECKMAN *Eye Protection in Health Care*, advisor Dr. Patricia Coyle-Rogers

MAGGIE CONLEY *An Assessment of the Knowledge Base of Registered Nurses Related to Palliative Care Needs and Referral in the Acute Care Setting*, advisor Dr. Cathy Messinger

DONNA DONABEDIAN *Intervention to Increase Breastfeeding Durations after Hospital Discharge*, advisor Dr. Jane Langemeier

STACIE ETHINGTON *Measuring the Success of a Newly Implemented Mentorship Program*, advisor Dr. Aubray Orduña

ERIN FRIEST *Effects of the Use of Ofirmev for Total Knee Arthroplasty Patients Post-Operative*, advisor Dr. Jane Langemeier

MOLLY GARBER *A Nursing Perspective on the Nurse-Physician Relationship*, advisor Dr. Cathy Messinger

ALYSSA GARTH *Impacting Patient Satisfaction with Nurse Navigation*, advisor Dr. Linda Jensen

KRISTIN GLAUBKE *Analyzing Patient Satisfaction with Primary Care Visits*, advisor Dr. Deb Boucher-Payne

ABBY GREENLEE *Pick Up the Phone: Strategies to Reduce Readmission Rates*, advisor Dr. Jane Langemeier

MARSHA HAAR *Acute Stroke Ready Hospital Program Implementation: Door to Imaging Times*, advisor Dr. Patricia Coyle-Rogers

DANIELE HEYN *Nursing Perceptions of a Novel Withdrawal Protocol Scale in the PICU*, advisor Dr. Deb Boucher-Payne

KYANA HOLDER *Cardiac Surgical Patients, Incentive Spirometry and Early Ambulation: What is the Rate of Returns to the ICU Setting?*, advisor Dr. Layna Himmelberg

STACIE JOHNSON *Maternal Nutrition Knowledge of Breastfeeding Mothers*, advisor Dr. Cathy Messinger

SARAH KENT *Outpatient Palliative Care: Impact on Congestive Heart Failure Exacerbations*, advisor Dr. Deb Boucher-Payne

MARK LONGACRE *The Role of a Medical Hotel in Decreasing Costs Associated with Total*

odds for success. A standardized evidence-based approach supporting breastfeeding is necessary to improve exclusive breastfeeding rates. This research-based project explores if the implementation of a breastfeeding policy that supports the Missouri "Show-Me 5" breastfeeding initiatives improves exclusive breastfeeding rates at time of hospital discharge and two to four day's post discharge when comparing rates prior to implementation. Utilizing a quasi-experimental design, baseline data and post-intervention data were collected. The post-intervention group consisted of 20 mother/baby dyads. Comparatively, the post-intervention data shows higher compliance of exclusive breastfeeding rates at discharge (85 percent) than the baseline data (68 percent). Exclusive breastfeeding rates two to four days post discharge in the post-intervention group is 85 percent compared to baseline group at 64 percent. The data presented demonstrates positive results overall. Future research is recommended on a larger scale. An opportunity exists

prenatally regarding breastfeeding education. Birth to discharge is a critical time for breastfeeding support.

Comparison of Patient Outcomes for Hospitalized Type 2 Diabetic with Basal Insulin versus Non-Basal Insulin Regimens by Catherine Alexander

Twenty-nine million Americans have diabetes mellitus (DM); up to 38 percent of hospitalized patients have DM (Center for Disease Control [CDC], 2014; Talley, Hill, Steadman, & Hess, 2012). There is extensive evidence documenting hyperglycemia of hospitalized patients with poorer outcomes, and longer length of stay (LOS) [Magaji & Johnston, 2011]. Umpierrez et al. (2013) found treating hospitalized DMs with a combination of long-acting insulin analog for basal blood glucose (BG) and rapid-acting insulin analog for nutritional and BG spikes was more effective than bolus-only with rapid-acting insulin analog. A retrospective chart review was performed to compare

62 patient outcomes using basal-bolus (36) versus bolus-only insulin (26) on hospitalized Type 2 DMs. Clinical quality measures (CQM) diabetes-glycated hemoglobin (HbA1c), low-density lipoprotein (LDL) and blood pressure (BP) management were also analyzed (Meaningful Use, 2011). Eighty-seven percent of patients had HbA1c results, with 59 percent < 8.0 percent. Patients receiving basal-bolus had higher HbA1c ($p = .077$) and higher admission BG ($p = .005$). Basal-bolus reduced admission BG superior to bolus-only ($p = .026$), but the mean daily BG of basal-bolus remained higher ($p = .011$) and LOS longer ($p = .041$), contradicting prior studies. Basal-bolus insulin was not effective in keeping mean daily BG between targets of 140-180 mg/dL. Future studies with larger sample size, including medical patients only, may add to the evidence-based knowledge of BG management for DMs. To evaluate CQMs, access to HbA1c and LDL from patients' primary care clinic and BP measurements from a less stressful environment would be advantageous.

Joint Replacements, advisor Ms. Julia Anderson

ANDY MARKING *Analyzing Patient Extubation Times Utilizing the Awakening-Breathing, Coordination, Delirium Monitoring/Management and Early Mobility Bundle*, advisor Dr. Jody Woodworth

DAVID MCMILLAN *Nursing Knowledge and Awareness of Patient Marijuana Usage*, advisor Dr. Jane Langemeier

TESSA O'NEILL *Transplant Patients' Perceptions of Text Message Reminders*

for Medication Compliance, advisor Dr. Layna Himmelberg

MARY OWENS *Sexually Transmitted Disease Education and Prevention: Do Students Understand the Message?*, advisor Dr. Layna Himmelberg

JOSLYN POND *The Effects of Sublingual Immunotherapy on Quality of Life in Pediatric Patients*, advisor Dr. Aubray Orduña

GINA RAHAMAN *Improving Catheter Associated Urinary Tract Infections in the Adult Intensive Care Unit Through Staff Education*, advisor Dr. Patricia Coyle-Rogers

OCTOBER RIDDLE *Impact of a Nurse Residency Program on New Registered Nurses' Ability to Communicate with Physicians in Acute Care Settings*, advisor Dr. Layna Himmelberg

CHELSEY SCHIEFELBEIN *Critical Care Nurses' Perception of the Quality of Care at the End-of-Life in the Intensive Care Setting*, advisor Dr. Linda Jensen

NICHOLE SCHROEDER *Improving Patient Congestive Heart Failure Education: Nurse-led Discharge Follow-up Phone Calls*, advisor Dr. Jane Langemeier

HEATHER SHEPPARD *Standardization of the Home Care Following Total Joint Replacement*, advisor Dr. Layna Himmelberg

JILL SHUGART *Uninterrupted Skin-to-Skin Contact Immediately After Birth: Educating Maternity Nurses*, advisor Dr. Layna Himmelberg

EMI SPIVEY *Nursing Perspectives of Pain Education in Operationalizing Knowledge Through Quality Care and Patient Satisfaction*, advisor Dr. Layna Himmelberg



Mary Dishman, B.S.N., R.N. (’85, ’90)

Dishman Transitions Back into Assistant Director of Undergraduate Nursing

ARTICLE BY Mikaela Yeager PHOTOGRAPH BY Nicole Bonk

Mary Dishman is a prime example of how patience and persistence can glean rewarding results. Thirty years ago, she was a newly declared graduate of the Clarkson College Practical Nursing program. Over the next two decades, she continued to build her relationship with Clarkson College as both a student and an instructor. Now, she will oversee the very program that led her to the Undergraduate Nursing Assistant Director role she holds today—a transition not entirely foreign to her.

Dishman graduated from the Clarkson College Registered Nurse diploma program in 1985 and then from the BSN program in 1990. She accepted her first teaching job at Clarkson College in 2006 as an adjunct faculty for the Bachelor of Science in Nursing program and shortly thereafter came on board as a full-time instructor. She proved to be an integral force for the program, and in early 2011 she advanced her rank to Assistant Director of the Undergraduate Nursing program. As time passed, she questioned her readiness to leave the classroom setting, and in August 2012 she stepped down from her Assistant Director role.

“I missed teaching students and the patient contact at that time,” Dishman said of her first-time role as Assistant Director. “I wanted to have an impact on students’ nursing careers on an individual level and missed the critical patients my students cared for in the acute care settings. Now, I want to impact more than just individual students—I want to impact the nursing body of students as a whole.”

Dishman will spend the summer gradually transitioning into her new position. Currently, she teaches theory and clinical application components of the Concepts of Complex Multisystem Clients course for fourth-level Undergraduate Nursing students. “This course focuses on caring for patients in the acute care setting that have multiple health issues and the transitioning of care from the hospital,” she said.

With her role change now in effect, Dishman has even higher hopes for the Undergraduate Nursing program. “I want to continue to ensure that we graduate quality students to care for patients/families in the community,” she shared. “And I am looking forward to working with the Undergraduate Nursing Director, Marsha Cravens, and the undergraduate faculty.”

As she transitions into her new role, Dishman is also pursuing her LMHP degree at Grace University, which will give her the credentials needed to work with her church’s counseling department.



Mystery Photo

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

When it comes to caring for others, our alumni go the extra mile. Care to step out and venture a guess as to who these smiling assistants are?

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



MYSTERY PHOTO REVEALED

Royal Wisdom

Take a seat on the throne, Maria Munro Moore ('47).
Your spot-on noble knowledge is to be jovially celebrated.

Maria Munro Moore ('47)

The April/May mystery photo is the class of 1947. The girls from left to right are Dorothy Sand Farner; Betty Gleason Menck; Lois Bates Lloyd, Miss Clarkson; Pat Wood Smock; Agnes Mikulecky Grabow; Barbara Schiebur Free; and Kathy Broderson.

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

Marcia Fitzgerald Weeks ('65)

I was the only student from California in our class, and all of the mothers took care of me when I went for weekend visits. I returned to California, met a Navy boy and we adopted a child. I just finished my nursing career, which was mostly ER, ICU, Management and Education. My official retirement date was May 1, 2015—almost 50 years (to the day!) after graduation. My last day of work was in October 2014, and I was diagnosed with ovarian cancer three days later. I finished my chemo in February 2015 with full remission thanks to my faith and the support of my family and friends.

Paul and I have been able to travel a lot, and we have seven acres in Northern

California near the ocean (with a cottage garden room for any of my classmates that want to visit). We have 7-year-old twin granddaughters that we enjoy so much. I am recovering well and would love to hear from my classmates.

Jane Zimmerman Stier ('69)

Jane retired from The Nebraska Medical Center in July 2013 after 44 years of working there. She is married and has two children and four grandsons. She is busy with family, golf and volunteering with her church. Jane currently sits on the Board of Directors for Clarkson College.

1970s

Shawn Sharman Shields ('76)

My husband and I will be moving to Bellevue, Neb. to be closer to family. We already bought a house there! I will continue to work and look forward to being closer to the alumni activities next year.

Deb Whitman ('77)

Deb is a staff nurse in the Neuroscience Intensive Care Unit at Nebraska Medicine (formerly The Nebraska Medical Center) in Omaha, Neb. She was honored during Nurses' Week by receiving the Spirit of Nursing Award. Each year, one nurse

is selected from all of the registered and licensed practical nurses on staff. Nominees are judged on how they met criteria surrounding the provision of exemplary and holistic patient care; being a leader in promoting and improving the quality of care; contributing to a positive work environment and fostering a learning environment for students and peers. As a recipient of this award, Deb will receive financial support to attend a professional nursing conference of her choice.

In Memoriam

Agnes O. (Mickey) Mikulecky Grabow ('47)

Died April 22, 2015.

Regina Marie Dixon ('08)

Died June 7, 2015 in a car accident in California.

Kathryn (Kate) A. Arris Higgins ('54)

Died on Mother's Day, May 10, 2015, at her home in Omaha, Neb.

RT Students Hold on to Championship Title at Statewide Quiz Bowl

ARTICLE BY Mikaela Yeager

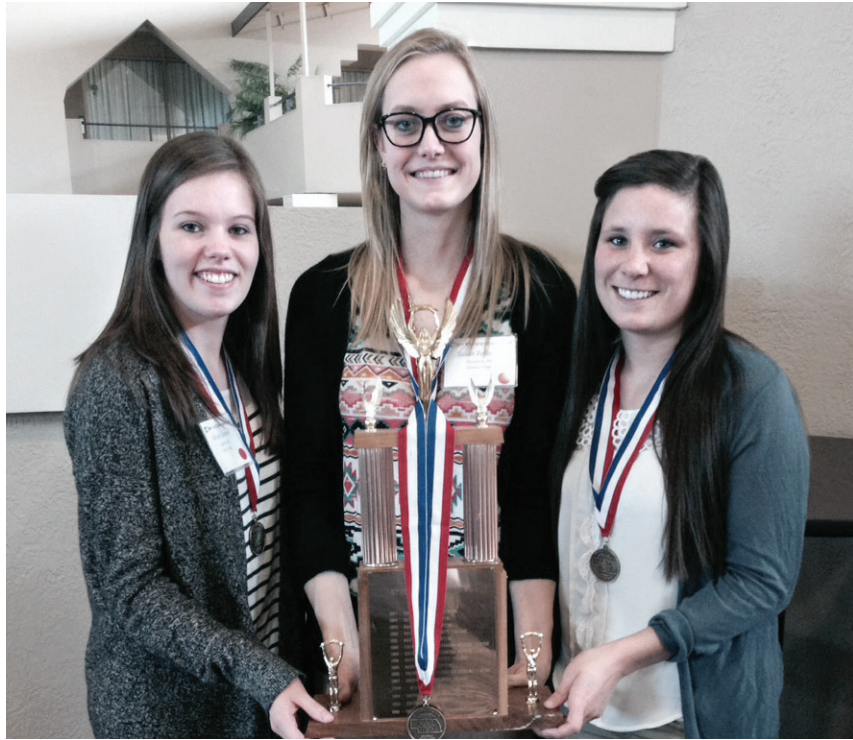
PHOTOGRAPH BY Stefanie Skrdla

The trophy won at last year's Nebraska Society of Radiologic Technologists (NSRT) student quiz bowl will remain in its post in the lower level at Clarkson College for another year. After 11 rounds of radiology-specific questions and intense play, the Radiologic Technology (RT) students made their way back from Grand Island, Neb. as defending champions.

The final round was a sheer déjà vu moment for coaches Trish Weber and Kelly Eaton. Like last year, the two final teams were neck-and-neck on the scoreboard. If UNMC beat Clarkson College to the buzzer and answered the last question correctly, the teams would go into a five-question tie-breaker round. But Clarkson College was too quick—and too smart—to give their neighbors down the street a final chance at snagging the victory.

"It was a nail biting round!" Weber said of the back and forth action of the last match. "We were on the edge of our seats when they answered the last question correctly. We all jumped up and started cheering."

Two teams from Clarkson College, UNMC, Regional West Health Center, CHI Health Creighton University Medical Center, Mary Lanning and Lincoln Southeast Community College participated in the student quiz bowl. As returning champions, the Clarkson College teams entered the competition with a distinct advantage: winning the first round would grant them an automatic advancement to the semi-finals. Using a bracket system, the team with the most points proceeded on to the next round, while the losing team was eliminated. The first Clarkson College team did not advance, but members stuck around to root on their classmates fight to the finish. In total, the winning team played three rounds, each comprised of 21 questions.



RT students Nicole Carlson, Susan Rollman and Randi Grandgenett grasp another victory at the 2015 NSRT Student Bowl.

Along with reclaiming the trophy, which has been travelling to the winning school since 1977, each student and coach also received a medal. Winning team members included Randi Grandgenett, Nicole Carlson and Susan Rollman with alternates Ashley Paulson, Emily Oster and Jamie Miller. Cristina Weaver, Abbie Boyda and Kaelia Carlson with alternates Natalia Lewicki, Taylor Niemann and Kaylee Dewald made up the other team.

From January until the week of the quiz bowl, the students completed online review sessions conducted by Weber and Eaton. "Starting in March, we had the students come onto campus for intense buzzer training," Weber said. "It's all about buzzing in so we can get the point!" The conference training also served as good preparation for their upcoming board exams.

Along with the quiz bowl, students at the NSRT conference attended a symposium where they had the opportunity to meet students from the other programs throughout the state and listen to presentations.

"We were on the edge of our seats."

Faculty of the Year & Distinguished Service Award Recipients Announced

ARTICLE & PHOTOGRAPH BY Mikaela Yeager

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. This year's honorable recipients were Digital and Website Designer Adam Hardy and General Education Assistant Professor Sarah Flanagan.

The Distinguished Service Award

This award recognizes a member of the support or administrative/professional staff who exhibits leadership and outstanding service to Clarkson College.

Adam joined Clarkson College in March 2013 and has established himself as an approachable and reliable resource for any web-related requests. His expertise

in web design was fundamental in building a refined website for the College, developing a variety of exclusive microsites and landing pages, creating a virtual campus tour and much more. According to recent surveys, his talents have generated an increasingly satisfied user experience from both an employee and student standpoint. The following comments were submitted about Adam in his nomination forms:

- › This employee is a talented individual with a quiet-like leadership.
- › He works with many different areas across the College to offer solutions and ideas to communicate with current students, prospective students, alumni, employees and the public.
- › He is proactive, thinking ahead to make his work better for the College and to positively impact overall outcomes.
- › He often receives encouraging feedback, as he quickly responds to requests, problem-solves ways to better communicate and is commended on his quality work.

Adam says he enjoys the opportunity to work with different departments and people throughout the College, as well as developing new ways to communicate and reach prospective students, current students and alumni. Adam was humbled to be nominated and selected as this year's Staff of the Year recipient. "It's a huge honor and was not something I was expecting," he says. "It is always nice to be recognized for your hard work."

The Dr. Patricia Book Perry Faculty of the Year Award

This award recognizes individuals who have made substantial contributions to education at Clarkson College. Nominees



Adam Hardy and Sarah Flanagan each received a plaque and monetary reward for being selected as this year's award recipients.

Honor Society Updates: Sigma Alpha Pi & Omicron Epsilon

Sigma Alpha Pi Induction Ceremony

After completing a semester's-worth of membership eligibility requirements, 85 students became official members of the Clarkson College chapter of the National Society of Leadership and Success (NSLS) Sigma Alpha Pi Interdisciplinary Honor Society. An estimated 62 students, six honorary guests and a host of friends and family members attended the induction ceremony on April 21 in Howard Hall.

The keynote speaker was Mark Emodi, Surgical Services Director at Nebraska Medicine. Emodi shared his perspective on essential leadership skills to have in order to be an effective leader in health care and what steps to take to acquire such skills. Ralph (Kodjovi) Abalo, Sigma Alpha Pi board member and 2012 graduate of the Clarkson College Radiologic Technology program, delivered the inductee address. He spoke of how Sigma Alpha Pi and Clarkson College have helped him get to where he is today in meeting his life goals.

Officers of the NSLS executive board presented Excellence in Teaching and Excellence in Service to Students Awards to elected faculty and staff. Recipients of the awards were Kelly Eaton, Brandon Jordan, Mary Jo Jelinek and Ken Zeiger. An honorary member decree was also given to Becky Wolf, X-Ray Tech and Clinical Liaison at Nebraska Medicine, for exemplifying the mission of Sigma Alpha Pi. The ceremony concluded with member inductions and a reception.

The NSLS Sigma Alpha Pi honor society is the first and only organization at Clarkson College to welcome eligible students from all undergraduate and graduate academic programs, as well as faculty members. Since its inception in 2012, the chapter has inducted 343 members.

Omicron Epsilon Annual Meeting

The Clarkson College Omicron Epsilon chapter of the Sigma Theta Tau International Honor Society of Nursing held its annual meeting in Howard Hall on April 13. The keynote speakers were Jeffrey Peters, B.S.N., R.N., and current Graduate Nursing student John Swanhorst, B.S.N., R.N., both members of the volunteer staff for the Biocontainment Unit at Nebraska Medicine. In their presentation, titled "Nebraska Medicine Biocontainment Unit: Setting the Standard," they discussed the history of the Biocontainment Unit and the extensive training they underwent to be members of the team. They also discussed their involvement in the care of the recent ebola patients treated in the unit.

In fall 2014, 286 undergraduate and graduate nursing students were eligible and invited to join the Clarkson College Omicron Epsilon chapter; 84 accepted. The chapter currently has 202 active members and 682 inactive members. Undergraduate Nursing Director Marsha Cravens continues to serve as chapter President, and Judi Dunn, Director of Professional Development, continues in her role as the chapter liaison for the College.

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.

Sarah joined the College in summer 2010 and was promoted to the rank of Assistant Professor in 2014. In her time at the College, she has developed innovative lessons and spent many hours collaborating with other faculty members to ensure the courses are relevant and have an obvious health care orientation. The following comments were submitted about Sarah:

- › She is a caring, intelligent and a productive faculty member who is truly committed to her students and constantly strives to make her courses relevant and informative.
- › She is very aware of those around her and can usually help groups to work well together by showing respect and empathy and by communicating clearly and directly.
- › She is dedicated to serving the College through committee work and passionate in her service to the community at large through her volunteer work.

Sarah says she loves the opportunity to build meaningful relationships with her students and coworkers and is passionate about creating positive social change, community outreach and taking time to personalize patient care. "It may sound idealistic, but I truly believe we can each change the world for the better."



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Join your classmates for this fall's Alumni Weekend

Thursday, Sept. 17

Brunch at 10 a.m. followed by the annual alumni meeting at noon. Heritage Garden Walk at 1 p.m. and an Ollie the Trolley tour from 1:30 to 4:30 p.m.

Friday, Sept. 18

CEU event "Are the Bugs Winning?" from 8 a.m. to noon. Dinner and entertainment at the Player's Club at 6 p.m.

Cost and registration information included within the miniature booklet on pages 18-19.

