Alums in the Spotlight

We love spotlighting our alums for their accomplishments, but many do not receive the recognition they deserve because we just don’t know about them. Thanks to those alums who took the time to submit information about their classmates and friends! Share career highlights by contacting Denise Carlson, Director of Alumni Relations at (800) 793-3964, (402) 354-7256 or Denise.Carlson@methodistcollege.edu.

Methodist’s 2012 Nurse Excellence Award Winners were announced in May. Nominees must exemplify day-to-day demonstration of the core values: patient focus, honor and respect, excellence and teamwork, and service to community. They must demonstrate the characteristics of a 5-Star Nurse. Alums who received this award are: Jean Adair ’72 & ’10 (Learning Center), Suzette Collier ’02 (Health West, Wound Clinic and Pain Clinic), Nancy Legenza ’72 (Observation), Jeff O’Hern ’08 (Inpatient Surgical Services), Janice Raymond ’94 (Infusion Center), and Tracy Sautter ’94 (Imaging). They were nominated by peers on their unit and selected by the Professional Development Council members.

Liz Rogan ’98 & ’07 was recently published. Her 2009 publication (Preparation of nurses who precept baccalaureate nursing students: A descriptive study) was included in the NLN’s recent publication: NLN Task Group on Curriculum Innovation - Resources Section of Toolkit.

The American College of Healthcare Executives (ACHE), an international society of more than 40,000 members from 66 countries, has elected Di Smalley ’72, FACHE, as 2012-13 chairman-elect. As chairman of ACHE, Di will focus on the importance of access to health care as a basic right of all people. She will work to unite leaders from all walks of health care to set a clear vision of the industry’s future. During her three-year tenure, Smalley will meet with a variety of audiences to speak about the future of health care, including the U.S. Congress in Washington, D.C., in March 2013. Di serves as the president and CEO of Mercy’s services and hospitals in Oklahoma.

The DAISY Award is a nationwide program that rewards and celebrates extraordinary skill and compassionate care given by nurses every day. Nurses can be nominated by anyone, including patients, family members, physicians, supervisors or their peers. Dana Swanson ’10, RN, BSN, Critical Care Unit at Methodist Hospital, was honored as the April DAISY award winner. Nominated by a patient’s family, Dana orchestrated a plan to take a dying patient outside on a warm winter day. The patient was bedridden and on a vent with numerous IVs so this was something he had not experienced in over two months. “This seemingly small task and going outside and seeing the sunshine allowed this man to be at peace,” his family said.

The June recipient for the DAISY award was Deborah Post ’11, a graduate of our Accelerated BSN Program. She is an RN in Methodist’s Emergency Department. Her nominee, a 29-year-old patient wrote, “There was no doubt the emergency room was busy that evening, but Deborah was providing me with a level of care that made me feel like I was the only patient she was caring for that evening. She had the compassion and demeanor of an angel and the comfort only a mother could provide.”

Sue Weston ’85 is the Assistant Director of Campus Health Outreach at Creighton University. She was presented with the 2012 Ollie B. Moten award on May 30th at the American College Health Association’s annual Fellows and Award Banquet in Chicago. This award honors ACHA members who have made a significant impact on the institution of higher education in which they work. Her nomination was supported by more than ten colleagues from across Creighton schools and departments. Sue stated, “I am a student health nurse … just what I always wanted to be.”
Alums in the Spotlight

Ruthie Weyant ’86, ’92 & ’09 was featured in an article published in The American Nurse, the official publication of the American Nurses Association. “When staff nurse Ruthie Weyant, MSN, RN, CCRN-CMC, began exploring the use of restraints on ventilator-dependent patients in the cardiac ICU, she found some surprising results that ultimately led to a change in the critical care unit’s protocol. Now restraints are used less frequently, and instead nurses focus on improving pain management in patients who are intubated and mechanically ventilated.” Ruthie is a well-known nurse at the Medical Center of the Rockies in Loveland, Colorado. This research project was initiated to complete her Master’s program at NMC. Ruthie stated, “It really empowered me as a bedside nurse. Knowledge is power, because it can lead to change.”

NMC Nursing Department News

It is difficult to say goodbye! Dr. Marilyn Valerio ’02 Honorary, with the College for nearly 19 years, recently retired from her position as the Dean of Nursing. She is continuing with the Nebraska Action Coalition to address the recommendations in the Institute of Medicine report on the Future of Nursing. She is a co-lead for the Statewide Education Team. Marilyn states, “I am looking forward to relaxing and exploring new interests. Please know how special NMC is to me and how much it is a part of who I am.”

Assuming the position, Dr. Lin Hughes ’11 Honorary, writes, “As the new Dean of Nursing, I am very excited to begin the leadership journey with our excellent faculty and staff! Nebraska Methodist College has been my career home for over twenty years. I look forward to a bright future within the Department of Nursing – it is always exciting teaching, creating, problem-solving, and planning with the bright and creative minds at the College. I also want to congratulate the Nursing Department leadership team of Dr. Karen Johnson, Director of Traditional BSN Nursing, Dr. Susie Ward ’00 Honorary, Director of Special Programs (ACE, RN to BSN, LPN Transition, CNA), and Dr. Linda Foley ’02 Honorary, Director of Graduate Nursing Programs (MSN Educator and Executive tracks).”

Dr. Jane Hawks, Professor in NMC’s Nursing Department, has been selected to be inducted as an American Academy of Nursing Fellow during the Academy’s 39th Annual Meeting and Conference on October 13, 2012, in Washington, DC. Selection for membership in the Academy is one of the most prestigious honors in the field of nursing.

Make a Dream Come True

Walt Disney once said, “All our dreams can come true, if we have the courage to pursue them.”

Heather’s dream is to be a nurse. After working in criminal justice for a few years, she realized that nursing is her true calling. However, when the time came to pay for her tuition, Heather was on her own. At 27, her parents were no longer financially supporting her, and the government’s recent cut-back on student aid made her financial resources minimal. This is a reality for many students today and without the help of scholarships, their dreams stay a dream.

The good news is YOU can help students, like Heather, with a gift designated to scholarships. Methodist helped you with your education – now you have a chance to pay it forward and help other students pursue their dreams, just like you did.

You don’t need to be a millionaire to make a difference today. There are many ways to help a student become a health care professional that don’t involve having a large amount of immediate cash. From life insurance to IRAs, multi-year pledges to bequests – please call and I can discuss many of these options with you.

You may contact Elizabeth at 402-354-4825 or visit the Foundation at www.MethodistHospitalFoundation.org for more information about how you can make a difference at Nebraska Methodist College – The Josie Harper Campus.
Plan Now to Attend Our Fall / Winter Events

You are Cordially Invited to the 2012 Christmas Coffee & Connections

Save the date for our 7th Christmas Coffee & Connections gathering on Saturday, December 1st, from 10 a.m. until Noon at the Josie Harper Campus, 720 North 87th Street.

Join us for casual conversation, a complimentary catered brunch, and musical entertainment. This popular event draws alums from all decades and serves as an opportunity to share in the onset of the holiday season.

In keeping with tradition, Angel Tree donations will benefit our Student Crisis Fund. If you are unable to attend, but wish to contribute, send gifts to Denise Carlson, NMC, 720 North 87th Street, Omaha, NE 68114. Please write “Angel Tree Donation” on the memo line.

To assure that we have adequate gifts and goodies, kindly register by calling Denise at (402) 354-7256 or (800) 793-3964 or by e-mail at Denise.Carlson@methodistcollege.edu

Congratulations to our Alumni Spirit of Caring Scholarship Recipients

The third recipients of our alumni scholarships were selected early this spring. After reviewing all applications and interviewing finalists, the Awards Committee, chaired by Zoy Blair ’59, awarded $5,000 scholarships to Drew Deras and Areial Thompson. They were recognized at the Reunion Dinner.

Both Drew and Areial will graduate with their BSN in May 2013. Watch for our soon-to-be fellow alums as you will be immediately attracted to these bright, enthusiastic, vibrant individuals!
CLASS NOTES

Go to www.methodistcollege.edu/alumniinfo.asp to submit your news, change of address, etc. Or call Denise Carlson, Director of Alumni Relations at 402-354-7256 or 800-793-3964. She would enjoy hearing from you!

Congratulations to Micaela Hirsch ’05 - our winner of this issue’s $50 gift card! Send in your Class Note update and be entered in the next drawing! The lucky recipient will be announced in the winter newsletter!

1940s
Conrad, Betty (Kelly) ’47 – resides in Rockaway Beach, Oregon, with her dog. She writes, “I have been widowed for 10 years, have a daughter, 2 grandchildren, and 2 greats, and another on the way. In 1948, I moved to Portland, Oregon, to take Anesthesia training at St. Vincent Hospital in Portland. I did Anesthesia until 1983, when I decided to do other nursing experiences. Was an assistant to the Dir. of Nurses, worked in a Doctor’s office, and was an I.V. nurse for several years, when I finally decided to retire from nursing to try something a little less strenuous. Have kept busy with many things, and am still enjoying life as a retired nurse, having a part-time job with the Port of Nehalem as their only office person. Very interesting and am learning a lot I had never heard of before.” Betty would love to hear from classmates!

1970s
Greco, Jeannie (Langer) ’72 – and her husband, Chuck, live in Omaha. As an RN, her area of practice is in pain management.

Arcese, Susan (Koch Johnson) ’74 – and her husband, Joseph, live in Broomfield, Colorado. Previously an OR nurse, Susan is now retired.

Richards, Cheryl (Siebken) ’77 – writes, “Currently, and for the past nine years, I have worked at the VA as a case manager. Prior to that I worked for Midlands Choice for six years, as a quality improvement specialist and developed the company’s quality improvement program. My 30 year-old son and grandchildren ages 8 and 6 live in Omaha as well. I am currently launching a healthcare business and have started a photography side business/hobby called Mirror Image Artography.

1980s
Grimes, Deb (Roholf) ’82 – writes, “I worked in Pediatrics for 13 years – part of that was at Good Samaritan Hospital in Kearney, and the rest at Bryan LGH in Lincoln. Also while at Bryan LGH, I worked in Outpatient Surgery, Memory Clinic, and Information Technology. I currently work as the triage nurse in a busy Ophthalmology office in Lincoln. I have been there for 6½ years.”

1990s
Estill, Angie (Johansen) ’95 – lives in Elkhorn, Nebraska, and practices as an RN.

Nelson, Ryan ’99 – is a firefighter and paramedic. He resides in Papillion, Nebraska.

2000s
Csipo, Dawn (Bertschinger) ’03 – previously a Travel Nurse, she now is a Clinical Nurse Manager in the ER. Dawn and husband, Ken, reside in Chicago, Illinois.

Ham, Chelle ’03 – MS in Health Promotion, writes, “We welcomed a son, Declan Ryan, on May 24th. He joins siblings Delaney, Brady, and Asher. I am currently living in Holdrege, Nebraska, and work (remotely) for the Gallup Organization as a Talent Management Consultant.”

Hirsch, Micaela (Hagen) ’05 – writes, “I am still working at Madison County Hospital in Winterset, Iowa, as a Radiology Technologist. Love my job!! We just moved into our house that we built and have two boys Cael (4) and Clayn (2) and expecting another baby in September.”

Lute, Shirley ’05 & ’08 – graduated from our LPN to BSN program and then received her MSN. She writes, “My husband and I previously lived in York, where I had to drive up to 90 miles a day to work. We now live in La Vista, Nebraska. I do private duty nursing in the Omaha Metro. We have one daughter, Courtney, left at home and the other three children have grown and started their own families. We have three granddaughters, ages 1, 2, and 3.”
CLASS NOTES

Wise, Alison (Lev) ’06 – is an Oncology/Surgery RN at Methodist Hospital. She and her husband, Matt, live in Omaha. Alison writes, “We have a new addition to our family; our son, Brecken Matthew Wise, was born on January 10th, 2012. He is truly a bundle of joy!”

Demuth, Jennifer (Conley) ’08 & ’11 – graduated in December with her BS in Healthcare Administration. She writes, “I am still employed as a Certified Surgical Technologist at Methodist Women’s Hospital. I recently started a new adventure. I am an Independent Pampered Chef Consultant. Contact me for more information. My family and I plan on going to Disney World next spring with my commission!”

Bowman, Annie (McMillan) ’09 – and her husband, Kyle, welcomed their first child, Brady Michael, born on November 18, 2011. Annie is a school nurse. She and her family live in Gretna, Nebraska.

Frerichs, Kayla (Linn) ’09 – writes, “I got married June 11, 2011, to Joseph Frerichs. We bought a house May 2011, and honeymooned in March. Joe works at Union Pacific and this May will be my 2-year anniversary at Methodist Hospital on 4S Ace/Rehab Unit.”

Petrini, Adrienne (Klahn) ’09 – writes, “My husband and I just bought a new home this past November in Lee’s Summit, Missouri. We have a 1½ year old daughter, Charlotte. I work full time in the Progressive Care Unit/Intensive Care Unit at Centerpoint Medical Center and I am involved in Shared Governance as chair for our division Staff Development Council. I also volunteer as an ultrasound nurse at Rachel House (pregnancy center) every Thursday. I love my job and feel privileged every day working as a nurse. I have the honor of precepting many new employees and students. I had many instructors who influenced my life/career and I hope to pay that forward some day by getting my Masters as a Nurse Educator.”

Magill, Kaylee ’10 – writes, “Proud to announce the birth of Kinley Ava Wilcox born March 30th, 2012! Kinley joins older sister, Trista Wilcox.” Residing in Tekamah, Nebraska, Kaylee is a geriatric RN.

Harrington, Nicole ’11 – and her husband, Ernest, live in Omaha. She is an RN currently working as a pediatric home health nurse with Craig HomeCare. Nicole and her family are relocating to Colorado at the end of the summer.

McCarthy, Amber ’11 – resides in Elk Horn, Iowa, with her husband, James. December 16 was to be Amber’s graduation day, but Ayzlee Maeliana chose it as her birthday! Amber received her MS in Health Promotion Management and is currently a registered respiratory therapist.

Pruett, Lauren (Numberger) ’11 – received her Master’s in Health Promotion Management. She and husband, Justin, reside in Los Angeles, California, where Lauren works in Corporate Health Promotion.

Terpstra, Danielle ’11 – is another Health Promotion grad. She and husband, Todd, live in Coopersville, Michigan, where she is a corporate wellness coach. She writes, “Big brother Tate welcomed baby boy Kolbe Daniel Terpstra on March 28, 2012.”

Crunk, Jillian ’12 – is a May graduate of our Physical Therapist Assistant Program. She resides in Nebraska City.

Smith, Blake ’12 – graduated in May from our Accelerated Nursing program. He resides in Omaha and is a general medical RN for Methodist.

In Loving Memory

The Alumni Association makes a $25 donation to the Methodist Hospital Foundation in memory of each deceased alum. Please notify Denise Carlson, Director of Alumni Relations, by phone at (800) 793-3964 or (402) 354-7256 or e-mail at Denise.Carlson@methodistcollege.edu. You may also send obituary notices to her at Nebraska Methodist College – The Josie Harper Campus, 720 North 87th Street, Omaha, NE 68114.

Nany (Hosick) Dealey ’50
Glenda (Boller) Boyd’58
Pamela (Ward) Turner ’80

Joan (Miller) McCorkle ’51
Joyce (Avery Mendenhall) Hall ’67
Grace Riley-Leinart ’05 Honorary

Brady Bowman
Joe and Kayla Frerichs ’09
Trista and Kinley Wilcox

5
NMC’s Good News

I am happy to share with you a portion of the ‘good news’ that abounds at NMC as we prepare for the start of the 2012-2013 school year. Earlier this summer, NMC was notified that our continuation grant for our Upward Bound Program was funded. This means that the important work with our partners at the St. Luke Church Teen Center and Burke High School will continue for another five years. The program is full with a waiting list and the support that the program has provided to first generation, low income students has been nothing short of phenomenal.

I am also pleased to share with you that NMC was awarded the President’s Award for Community Service for the fourth consecutive year. This year, NMC received recognition at the ‘Distinction’ level and was one of only three colleges/universities in the state of NE at this level. The integration of community service and service learning is central to our mission of promoting the health and well being of our community. We are honored with this prestigious recognition.

Please remember that you are always welcome to stop by the campus when you are in the area. We would love to have the opportunity to give you a tour so you can see what is new on campus and to reconnect with faculty and staff. Thank you for your continued support of Nebraska Methodist College. Your efforts and support are appreciated — you are making a difference!

2012 Reunion

The 2012 Reunion theme of “Boots in the Ballroom” inspired alums to come in casual fare for a BBQ dinner. Everyone seemed to enjoy returning to the “old campus,” wearing their jeans – or their finer duds – and the $15 registration cost for a too-big-for-the-plate dinner by Texas Roadhouse!

Our annual silent auction, truly huge and the best to date, afforded us record proceeds. All earnings support our Alumni Spirit of Caring Scholarships.

Along with honoring our 50-Year Class of ’62 we paid special tribute to our award recipients. A rousing standing ovation was given to all.

Feedback was overwhelmingly positive and the following are just a few of the comments received from fellow alums:

“Our class is not going to wait another five years! The annual reunion is a great opportunity to get together and remember old times. We plan to attend every year!”

“Thanks so much for the lower cost! And it was great not having to go out and buy a new outfit. Loved wearing our jeans!”

“Being back at the old campus really brought back fond memories.”

“Tell everyone they don’t know what they are missing if they skip a reunion!”

For 2013, we will continue offering the lower price for the Reunion Dinner! We will be “back in the ballroom” and Texas Roadhouse will return by popular demand to cater the event.

Save the date! Next Year’s Reunion: Friday, May 31, 2013

Class of ’62 gathers for a photo after their 50-Year Honor Breakfast
2012 Reunion Award Recipients

The following are excerpts from the nomination letters of each recipient.

Horizon Award – Educator
Barbara Karnes ’62

Barbara was an active clinician in the early volunteer hospice movement. She recognized the needs of the professional and lay caregivers dealing first hand with end of life issues. Having been at the bedside of hundreds upon hundreds of those experiencing death, she observed a general process by which people leave their earthly bodies. She also learned that sharing these signs of approaching death with the caregivers neutralized some of their anxiety and fear. This knowledge enabled people to transform a frightening experience into a sacred one.

In 1986, Barbara wrote Gone From My Sight: The Dying Experience, the first publication printed specifically for families on the signs of approaching death. Translated into seven languages, research has shown that it remains the most widely used patient/family end of life education resource. She went on to author other publications.

Barbara is a renowned speaker and has presented countless presentations and seminars across the country. She may well go down in history as one of the most distinguished educators from Methodist.

Horizon Award – Clinical Excellence
Donna Pechnik ’65

Donna recently retired from Alegent Health Immanuel Medical Center after 40 plus years as a direct care provider to some of the most critically ill cardiovascular patients and their families. As a preceptor and mentor to well over one hundred nurses during her career at Immanuel, it is mind-boggling to comprehend the profound impact Donna had on each of these new nurses. Lacey Baumann ’08 was one of the many and she was delighted to present Donna with her award.

Grandfathered in after Alegent adopted navy scrubs, Donna proudly wore her all-white dress uniform and white hose. Donna viewed nursing not just as a vocation, but literally assimilated this into her life and thus was the recipient of the Alegent’s highest award, the Spirit of Mission Award.

Donna’s accolades are simply too numerous to include. Her supervisor summed it up by stating, “She taught me what it means to be a nurse that can step into people’s lives and make a difference.”

Service Award
Sue Wulf ’74

Sue demonstrates all of our established criteria associated with this honor. She has exhibited tireless commitment to our Association. A regular attendee of all meetings, Sue also serves on the Alumni Advisory Council and is a member of the Awards Committee and Finance Committee. She has not only given countless hours of her time to help in preparation for the Silent Auction, she donates numerous themed baskets and her own crafted items. Sue helps with Pumpkin Patch events, Reunion Dinners, Golf Tournaments, the annual Christmas Brunches, as well as events to support students. Sue is a steadfast volunteer!

Honorary Alumna
Dr. Mary Lee Lusby

Dr. Lusby has been a faculty member at NMC since 1995. In 2004, Mary Lee became department chair for General Education and in 2006, was promoted to Dean of General Education, now the Division of Art & Sciences. During her tenure at NMC, Dr. Lusby has devoted both time and talent to the ongoing development of the College as a whole as well as the Division of Arts & Sciences. Always supportive of our organization, Mary Lee attends alumni events and she is a faithful contributor to our annual silent auctions. Through her collaborative spirit, Mary Lee has fully embraced NMC as her alma mater. Now it is official – she is one of our own!

Even though the evening before brought endless rain showers, and the weather predictions for the day were precarious, our loyal golfers turned out in force for the tourney! Blue Bunny returned with our tourney-tradition ice cream treats and golfers won door prizes, raffles, and pin prizes. Our heartfelt thanks to Vintage Financial for their support as our naming sponsor. All proceeds from this popular event benefit our Alumni Spirit of Caring Scholarships for current NMC students.

See more photos on our facebook page, Nebraska Methodist College Alumni! Join us!

Congratulations to Our Winning Teams:

Women's Team
6 Under Par – 66
Donna Bilyeu
Jean Kline '03
Janet McAdams
Arlys Rearick

Men's Team
19 Under Par – 53
Brandon Eaves
Steve Goltl
Tim Schultz
Howard Weitzman

Mixed Team
7 Under Par – 65
Sara Cordes
Bill Lambrecht
Mac McKown
Pam Nelson

Save the date! Next Year’s Tourney: Friday, June 14, 2013