

REFLECTIONS

Resurrection University Alumni Magazine
Winter 2018-19



It's amazing
to be needed

*Our new marketing campaign puts
the people of ResU in the spotlight!*



According to the Harvard Business Review, a set of principles collectively known as design thinking — empathy with users, a discipline of prototyping and tolerance for failure — is the best tool for creating and developing a responsive, flexible organizational culture.

ResU has been 'design thinking' since its inception when the West Suburban Hospital School for Nurses (now known as Resurrection University) was founded on February 17, 1914, in the suburb of Oak Park, Illinois, with just four students.

Today, 105 years later, ResU continues to transform and transcend, purposefully using emotional language such as 'It's Amazing to Be Needed' for its most recent marketing campaign, and 'Aspirational Plan' instead of the conventional 'strategic plan' for ResU's new five-year plan. This speaks to the core of who we are — intentional with our words and our actions.

I hope you enjoy this issue of *Reflections*, which features our dynamic alumni, such as Professor Christopher Galloway, who is a trailblazer in Illinois and opened a nurse-led clinic in his community, and Jennifer Beese, a radiography graduate who now works in a morgue after realizing that a marketing career was not the right fit. We also feature stories about Inter-Professional Education, our Simulation Learning Center, and our collaboration with organizations that allow our students to practice community health in new and innovative ways.

I encourage you to continue with us on this journey as we venture into new ways to create a healthier tomorrow by establishing unique partnerships, driving program innovation, reimagining education and revealing new ways to deliver it.

A handwritten signature in black ink that reads "Therese A. Scanlan". The script is fluid and cursive, with a large, stylized 'T' and 'S'.

Therese A. Scanlan, EdD
President, Resurrection University

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RESURRECTION UNIVERSITY

NURSING & HEALTH SCIENCES

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Resurrection University.*

Jeri Bingham – Senior Managing Editor
Vice President, Marketing & Enrollment
Management, Resurrection University

Kelsey Farkvam – Managing Editor
Director, Marketing & Communications,
Resurrection University

Jose Fernandez – Art Direction and Design

Mike Ryan – Copywriting

Allen Bourgeois – Photography



It's amazing to be needed!

**Our new
marketing
campaign
celebrates our
students, alumni
and faculty!**

Who better to tell the ResU story than the people who have written the latest chapters? By now you've probably noticed that students and alumni were the stars of new recruitment materials and a brand-new Resurrection University website.

Before any work was developed, we conducted exhaustive research about the University, current students and prospective students. How was our University being perceived? Why did students choose us? What were their key motivators?

Student feedback powered everything from the overall theme, to the message, to the imagery itself.

The result? "It's amazing to be needed."

A photoshoot and video session captured each student/alumni story. While the videographer recorded, the photographer captured candid photos. You can find these "profiles" on our website — there's a link right on our homepage. You can also see ResU people in all of our new recruiting materials — from billboards to newspaper ads to online advertising.

Recently, we added ResU faculty to our "Amazing" campaign — Reem Azhari, PhD, RN, Endowed Chair of Inter-Professional Education; Desiree' Hilborn, MSN, RN, Instructor, College of Nursing; Susan Schaub, MS, RN, Director of the Simulation Center; Eric Fugate, MSHA, RT (R), Associate Director, Saint Francis School of Radiography; Ursula Canli, DNP, ANP-C, Assistant Professor, College of Nursing; and Crandall Ross, MSN, MPA, RN, Assistant Professor, College of Nursing.





When Chris Galloway became a Nurse Practitioner, he became a healthcare pioneer.

For Nurse Practitioners in Illinois, when the law changed, everything changed. Chris Galloway '15, MSN, APRN, FNP-BC, realized that the passage of the Sunset of the Nurse Practice Act was an opportunity to do more to help patients in his own community. He also knew it was the chance to help future Nurse Practitioners make an even greater impact on patients everywhere.

Chris earned his MSN at ResU (Family Nurse Practitioner), and in fall 2017, when he was ready to start his Doctor of Nursing Practice, Chris once again returned to ResU. According to Chris, "The small class sizes were a big part of my decision when I chose ResU for my Master's. I loved my experience in the Master's program so much, when it was time to earn my DNP, ResU was an easy choice."

As a Nurse Practitioner, Chris wanted to make an impact on his profession as well as his patients. With those goals in mind, he decided to start a Family Practice that was 100% independently owned and operated by Nurse Practitioners in his hometown of Crest Hill. "We wanted to be pioneers," Chris explained. "The location of our clinic — The Elemental Care Health and Wellness Center — was near home, and it offered care to an underserved

area. We told ourselves that we can do this. We can pave the way. My patients can see me, and I can basically do it all."

The clinic offers a full range of primary care services, including laboratory and diagnostic testing. In addition, patients have access to esthetician and weight loss management services. The clinic also offers a Direct Primary Care option that covers most services and procedures for a simple monthly payment.

The concept of a Nurse Practitioner is new to some patients, but as Chris noted, "When we explain what a Nurse Practitioner can do...patients love it. We tell them that we can provide an incredible level of care that's affordable and available to our community. The reaction of our patients has been amazing. We don't even advertise. People find us by word of mouth — referrals — and social media. So far all of our reviews are 100% positive."

Chris realizes that being one of the first Family Practices in Illinois that is owned and operated by Nurse Practitioners puts his practice in a spotlight. He's ready for the challenge. "We come from a background of caring. Doctors come from a background of curing. That's not a knock; it's just our training as nurses. I really think the sky is the limit for Nurse Practitioners, and if I can do anything to help someone get started out, I'll do my best."

He continued, "Students find us. They like what we're doing here. They hear about us, and they want to be a part of it. I think our success and the reaction of our patients really helps validate Nurse Practitioners."

For students pursuing careers as Nurse Practitioners, Chris says his door is always open. "I would love to help students with advice. I can tell you that if this is your passion, you can do it. I brought what was needed to my community, and it was the best career decision I ever made."





From Marketing to the Morgue, Jennifer Beese's career journey is quite a journey.

After starting a career as a Marketer, Jennifer Beese '17 knew it just wasn't the right fit. "The fun part of the job quickly disappeared," she explained. Jennifer's next career move brought her closer to healthcare — she became a Licensed Massage Therapist. But even though she "loved the science behind it," it wasn't her calling.

Then Jennifer heard about the Saint Francis School of Radiography (SFSOR).

"Don Chun and Jackie Cvikota were so excited and enthusiastic at the info sessions. It was obvious they loved what they were doing. I attended more sessions, bombarded them with questions, and they never lost a beat. Every answer pulled me in more and more to Radiography. I kept joking that they would never get rid of me, and they never have. I am now a tutor for the Radiography program."

Jennifer is a perfect example of how you can take your degree and really pursue your interests and passions. She explained, "I wanted to be a Medical Examiner — a Pathologist — because I really like breaking apart challenging concepts and seeing how things work. As a Radiographer, I can see inside of you. I can see how life and disease impact the body. I had no idea I could combine my two areas of interest."

Jennifer knew what her next career move would be.

"I was fascinated, overwhelmed actually, by the idea of it."

Jennifer continued, "I was so interested in becoming a pathologist that I thought about Medical School, but the cost and the time involved were just too much. I had been reading books about autopsies and the stories around the people who perform them, and it was just fascinating. Then I discovered that my Radiography career could actually open that door for me. I didn't know that I could work in a morgue as a Radiographer. Forensic Radiography isn't a very popular career choice, for obvious reasons. I was about to interview for a job in a Cath Lab when I heard about the Forensic Radiographer opening at Cook County Morgue. Opportunities like that don't pop up often, so I jumped on it."

"There's a lot to learn when working in a forensic setting. You're telling the person's story about what happened, and you have to be careful not to interfere with investigations."

Her role at Cook County is truly unique. Jennifer explains, "Your role as a Radiographer in a hospital is very different from that of a Forensic Radiographer. In a hospital, you're assigned cases and told what the doctor wants. At the morgue, the Radiographer is one of the first people to see the patient. We decide who gets x-rays and which protocols to follow. And of course, the challenges between a living and deceased patient are different too. There's a lot to learn when working in a forensic setting. You're telling the person's story about what happened, and you have to be careful not to interfere with investigations. Families rely on us to find answers."

Jennifer realizes that her specialty isn't for everyone. "It's an emotional job, but you need to separate yourself from the sadness and really focus on the science. Accuracy is vital, and you have to do whatever it takes to get the job done. Just make sure you have plenty of self-care options available outside of work. SFSOR does a great job of teaching students about different opportunities for Radiographers. But for those interested in forensics, do your research. You can't learn about this job by watching *CSI* or *Bones*. You have to talk to people who actually do it, and if you have the opportunity, shadow someone. I'm always happy to talk with interested students or techs. There are so many different ways to build your career as a Radiographer. I'm just so happy that I found the path that was perfect for me."



Jennal Johnson's nursing career shows what's possible when you follow your passion.

Jennal Johnson, third from left front row, and West Sub classmates at their 40-year reunion.

If you ask Jennal, being part of the Resurrection University family really is a family affair. Her mother is a West Suburban grad. So is her sister-in-law. So is Jennal. She graduated in 1978 with her BSN and went on to earn her MSN in Community Health Nursing at Arizona State.

As it turns out, Jennal was just getting started.

Jennal explains, "There are so many opportunities in nursing. I've been a staff nurse, a nurse practitioner, a researcher and an educator. Along the way, I discovered that my passion is helping people with diabetes, and I've dedicated my life to doing just that."

After working as a Nurse Practitioner in an endocrinology practice, Jennal pursued diabetes research by partnering with an endocrinologist. Her commitment eventually brought her to Eli Lilly as a Senior Clinical

Research Scientist in the diabetes business unit. Today Jennal is a Principal Research Scientist at Lilly, and her work takes her all over the world for clinical trials involving new treatments and therapies. She also travels to present research at global conferences focused on diabetes. "Through industry, my work can reach more people," Jennal stated.

She sees a bright future for Nurse Practitioners. "Nurse Practitioners will play a significant role in primary care in the future. In diabetes, there just aren't enough specialists. As a result, type II diabetes is almost always treated by a Nurse Practitioner. It really is a career path for nurses that is filled with opportunities."

In addition to helping Diabetes patients worldwide, Jennal is the proud mom of nine children. Will the family tradition continue? Stay tuned...

New public health film series created for ResU students.



Some of our very best ideas come from our students and alumni. Naturally when Aric Shimek '14, BSN, RN, proposed a new film series designed to educate students about important Public Health issues, the response from ResU leadership was a resounding "yes!"

The series — a partnership between the Alumni Association and Student Services — is focused on broadening awareness of issues and situations that students will likely face during their careers.

In addition to a short film, each event will be hosted by a Resurrection University alum, and a subject matter expert will be on hand to provide more information about the topic and to answer questions from students.

The new film series opened with a presentation and discussion of human trafficking that was led by Laura Ng, Executive Director of Traffick Free (traffickfree.org).

Ms. Ng described the features of human trafficking, including which populations are most vulnerable to being trafficked, assumptions commonly made about its victims, and consumer and lifestyle practices that perpetuate labor exploitation. Describing the ways in which Chicago acts as a hub of human trafficking, Ms. Ng also informed attendees about signs and symptoms often exhibited by victims and discussed potential ways healthcare professionals can provide assistance.

The impact on students was remarkable. According to ResU instructor Debbie Allen, "They all felt they learned from the lecture. [It] was an eye opener to most students in the mental health clinical I led." Allen reported that after the presentation, one student even expressed interest in volunteering with Traffick Free.

For information about future film series events, contact Vickie Thornley at Vickie.thornley@resu.edu.



ResU Speaker Series

Our events continue to share some amazing thinking.



Men in Nursing

Last Spring's Thinking Out Loud event brought together a panel of experts to share their experiences as "Men in Nursing." From why they chose nursing as a career to their personal journeys to become nurses to their unique perspectives on the future of nursing, it was an amazing experience for everyone. Over 40 people attended, including many prospective and current male nursing students.

The panelists included alumni and men in the field:

- Ian Bonador '09 & '14, MSN, RN, Weiss Memorial Hospital, Program Director, Psychiatric Services
- Fount Hankle '16, BSN, RN, State of Illinois Department of Veteran Affairs - Manteno, Shift Charge Nurse
- James Kerridge, MS, RN, NE-BC, Presence St. Joseph Hospital Chicago, Director, Nursing - Emergency Services, Procedural Services, Critical Care, Nursing Resource Management
- Fredrich Francis Raz, BSN, RN, CCRN, NorthShore University HealthSystem, Nurse Anesthesia - DNP student
- Aric Shimek '14, BSN, RN, CCRN, CPN, Ann & Robert H. Lurie Children's Hospital of Chicago
- Kenneth Williams, RN, MSN, MHA, Advocate Trinity Hospital (SICU), Franciscan Alliance Health System (Pain Clinic) Registry

This year's Men in Nursing is Saturday, April 6. For more information visit resu.edu/meninnursing



The Future of Healthcare.

Dr. Jeff Bauer was our special guest speaker at our Thinking Out Loud event: The Future of Healthcare. Dr. Bauer is an internationally recognized thought leader who forecasts the evolution of healthcare and develops practical approaches to improving the medical marketplace. Needless to say, his presentation had everyone thinking — and talking — about the future of healthcare.

University leadership, alumni and friends of ResU were on hand to hear Jeff give his perspective on what's next for the industry, our University, and how what's coming may have far-reaching career implications.

Food and the Brain

October 11 was the date of a special Thinking Out Loud event at Taste 222. Dr. Kristine Tohtz, DC, DABCA, LAC, CACCP, was the speaker, and the science she shared was amazing. Guests learned how food can impact how you think and much more. Dr. Tohtz presented information about how diet and lifestyle can affect brain degradation, promote repair and actually stop or slow down how the brain ages. It was an eye-opening, lifestyle-changing event for all who attended.



Thanks to the Foglia Family Foundation, things are getting “real” in our Sim Center.

It's about as real as you can get. Between January and April 2018 alone, the Foglia Family Foundation Inter-Professional Education Simulation Learning Center was used by faculty and students for over 10,000 student hours — 7,959 contact hours and 2,497 clinical hours. The key to the realistic nature of the Sim Center is patient simulators. They provide students with safe, risk-free training that is about as realistic as you can get without an actual patient.

The Sage SimMan,™ “SimMan Essential” and “Nursing Anne” continue to offer students training in our adult health classes. The Center also features a birthing bed and pediatric crib complete with “Nursing Baby,” two “Nursing Kids” and “SimMom,” who delivered more than 22 healthy babies in 2018.

The pediatrics simulators have been joined by “SimJunior.” This child-sized high-fidelity simulator helps students recognize and treat dehydration/ fluid and electrolyte imbalance. It also helps students learn how to identify symptoms of child neglect and/or abuse.

Radiography students and faculty also use the Sim Center for advanced training. Available technology includes a non-ionized x-ray table, PAC stations, a portable x-ray machine, phantoms of numerous body parts for realistic x-ray viewing, and a radiography DR scanner.

Last year the center added a new C-arm, which helps Radiography students master surgical/ interventional fluoroscopy procedures. This machine allows for greater familiarity with and understanding of manipulation capabilities, of basic surgical cases and of the technologist's role in surgery. The equipment has been especially valuable for inter-professional education,



which allows nursing and HIM students to become familiar with the work of radiologic technologists.

Thanks to the continued support of the Foglia Family Foundation, the Center will continue to provide one of the most advanced learning environments for today's ResU students...and tomorrow's!



The Sim Center now features new assessment, management and concept stations.

New wound assessment and management stations were added to help students assess, care for and develop a better general understanding of wounds and wound care. Students are able to measure wounds and engage in documentation, care and treatment of different wounds using a number of model body parts.

A new respiratory concept station was introduced to teach students how to differentiate between distinct oxygen delivery methods and suction principles, as well as how to assemble suction equipment. Sessions are videotaped and reviewed to assist students in evaluating their performance. This manner of debriefing has resulted in students recognizing their own need to improve eye contact with the patient, as well as to smile more, in order to help the patient feel more comfortable and at ease.



The School of Radiography purchased additional phantoms, as well as digital test tools for the radiography DR scanner. These tools will measure the brightness, contrast and resolution on digital x-ray images. The ability to perform such measurements will ensure that students have an understanding of the performance metrics unique to the operating equipment in both our lab and their clinical sites. Students are tested on their understanding of these metrics on their certification exam.

IPE Scholars experience mock trauma simulation.



According to the World Health Organization, the definition of Inter-Professional Education (IPE) is to learn from, about and with each other.

That's exactly what our IPE Scholars accomplished during a remarkably realistic trauma simulation that was held in the Foglia Family Foundation Inter-Professional Education Simulation Learning Center. According to Reem Azhari, PhD, RN, Endowed Chair of Inter-Professional Education, "We acted out everything to make it as real as possible. Some of the students actually became emotional."

The simulation involved a trauma event. The patient in this case was involved in a motor vehicle accident (MVA) and was brought to the emergency room. In the scenario, the patient ends up needing surgery, which then set the stage for part two of the simulation to take place in the Operating Room, at a later date.

Dr. Azhari added, "Each person had a script, and each person from IPE had a role. Students went through the process of evaluating the patient from the moment they arrived in the ER right to transport to the OR. We had an EMT/Respiratory Therapist as a guest to help add to the realism. We were surprised, but Mission

and Ministry actually sent a priest to provide support to the patient and their family. Yes, we had people there acting as family members. Getting students in controlled environments to learn how to communicate and learn from each other is vital. We want to show IPE students the entire process — from being admitted to the ER to being sent to the operating room to dealing with family."

The reaction of students has been remarkably positive.

"They said this one was exciting because it felt real," Azhari stated. "IPE is the future. It's so important to learn what each profession does."

The IPE Scholar Program begins in March and runs through December each year, with two to three simulations during the year. To learn more, visit resu.edu/academics/undergraduate-programs/ipe

Simulation Center helps nursing students learn how to deal with death and dying.



Death and dying is a topic most students aren't familiar with. But it's something all of us will face eventually — professionally and personally.

To help students better prepare to deal with this uncomfortable topic, Susan Schaub, MS, RN, Director of the Simulation Center and Assistant Professor, created two unique scenarios and brought death and dying to life in the Foglia Family Foundation Inter-Professional Education Simulation Learning Center.

Schaub stated, "A lot of people haven't processed how they feel about death and dying. There are misconceptions about it, and there are misconceptions about hospice. Students aren't exposed to this and aren't comfortable, so we need to show them what happens when the inevitable happens."

Schaub created two unique scenarios by drawing on her experience as an instructor. She added, "I taught an ethics course and a spirituality nurse elective. It was really important to me that students experience end of life from a spiritual perspective."

Denise Delves, EdD, MS, CNM, RN, Assistant Professor, implemented this simulation with all of her Ethics courses and strongly feels that it should be a required part of the curriculum.

Students had the opportunity to watch actors following remarkably realistic scripts. The first scenario involved a woman in her 50s who had been diagnosed with cancer. There were no treatment options. The woman expressed typical spiritual concerns such as "Why did God do this to me?" A priest was there to offer support and spiritual guidance to the patient and her family.

The scenario unfolds to the point where the woman is now at home in hospice. The priest delivered the

Sacrament for the Sick (Last Rites). Actors played the roles of family members, and some questioned the patient's will to die, which raised ethical issues.

Schaub stated, "We used volunteer actors. We also had someone play the role of a Social Worker. John DiMucci, Director of Mission and Ministry, was our Music Therapist. Students really loved the music therapy, they found it very touching. Students mostly observed, but we had a few play roles in each scenario."

The feedback has been overwhelmingly positive. One student commented in the after-simulation survey, "I think this simulation was great. I think it would be awesome to include more about the ethical dilemmas associated with EOL [End of Life], including the decision to stop life-sustaining treatment, talking to the family about decisions when the patient doesn't have advance directives, etc."

According to Schaub, "These simulations allowed students to process their emotions, so when the time does come, they'll be able to function in a real clinical setting. A lot of students were afraid of breaking down emotionally. Students were afraid they would have to face death and dying alone, and when they saw that an entire team is involved it was very reassuring. A key part of each scenario was having a nurse there to model how to be empathetic without getting emotional. As a nurse, you have to be patient-centered and family-centered. Students saw death as a very peaceful, natural event."

More simulations will be held, and the goal is to eventually offer a course that is focused on death and dying.

Students discover amazing people and incredible experiences at Search!



For Deborah Allen, MSN, APRN, IBCLC, Community Health rotations are the perfect opportunity to allow students to experience something new. “Community health nursing is any care provided outside the hospital environment; however, students often believe community health nursing takes place only in community and public health centers. Students need to be exposed to more than that, so Search was a perfect opportunity,” Allen stated. Search was started by moms with children who were intellectually disabled. Allen continued, “Search serves clients who function at different cognitive levels. Some clients work jobs. Search owns a store, and clients make products they then sell at the store. Clients are paid for their work. It’s a real job.”

The goal of Search is to make clients as independent as possible. Clients come in by 10 a.m. and start modules, or they do arts and crafts or go on field trips. The Search center is in a converted warehouse and features five different environments. According to Allen, “Each environment has a leader who manages their group, and with all of those people and all of that energy it can get quite loud.”

When students learned their rotation would involve working with intellectually disabled clients, there was some hesitation. Allen explains, “Students weren’t very happy at first — they didn’t think it was “real” nursing work. I had to encourage students. We listened to podcasts from NPR about intellectually disabled clients. Again and again I stressed that this is important work. You will work with this population of patients at some point in your nursing career. As a nurse, you have to be able to work with all patient populations. In the end, I know there was real growth for our students.”

As part of the clinical rotation, students were asked to complete a project that was unique to their site. “We went to the Director of Search and discovered that communication is

a real barrier for clients. For intellectually disabled people, there is a disparity of care that is often caused by communication challenges." Allen added, "Our students confirmed that communication was a challenge, so we set out to find a solution. After conducting evidence-based research, we created a communications tool. The project was evidence-based, and students read supporting literature prior to starting their project."

Students discovered that in the UK, "passports" are used to help intellectually disabled people communicate with care providers. These client-centric tools are basically books clients can share with providers or with almost anyone, resulting in improved communication and outcomes. Allen explains the process: "The first step was to assign a nursing student to a client so the student could get to know absolutely everything about them. Students didn't know what they were getting themselves into. The more students worked, the more they realized the project was a challenge."

The Director of Search paid for photo albums for each client, and students filled the album with information. Allen added, "The books have an ancillary staff focus. They tell staff how the client takes medications, how they respond to stress, how to work with them as individuals, what their favorite foods are, colors, sign language and what signs the client will use. They even cover the clothing and music the client likes. It's basically a book that is all about the client." The books feature photos of the client as well as a photo of the client with their assigned nursing student. Each student completed a written portion of their book with information that would be valuable to care providers.

The experience was beyond valuable. "Students had a greater understanding of intellectually disabled students and will use their experiences as RNs." Allen added, "Students became protective of their clients. They didn't like when they were out in public and people stared. It was a real eye-opener. Search has a full-time nurse on staff, and I think it let students see that there are career options beyond traditional nursing roles. You don't have to be in a hospital to be the nurse you always wanted to be."

More about Search.

Search is a community-based nonprofit with programs that serve more than 600 people and their families annually at locations stretching from the southwest side of Chicago to the northern suburbs of Waukegan and Mount Prospect. Search has provided high-quality services and supports for individuals with intellectual and developmental disabilities for over 45 years.

Mission

Search empowers individuals with intellectual disabilities to achieve their full potential, accept a valued role in their community and lead rich, rewarding lives. Search provides a wide range of flexible, personalized services and supports for persons with intellectual and developmental disabilities. These include supported living arrangements, adult learning and employment programs, as well as medical, behavioral, therapy and home-based services.

Community Health rotations bring ResU nursing students to Aspire.



As a leading nonprofit, Aspire's mission is to support the successes of children and adults with disabilities, strengthen their families and build embracing communities, which makes it the perfect opportunity for a community health clinical rotation. For over a year, ResU has partnered with Aspire, and students have definitely benefited from the relationship. According to Karla Smith, MSN, FNP-BC, "Aspire is a wonderful program with facilities in Chicago and elsewhere. It's a vulnerable population, so we have to earn the trust of the staff every time we start a new rotation. The staff is very protective of their clients, and they want to make sure our students really care. Every time, our students prove themselves by going above and beyond."

While perceptions of people with disabilities have changed — and continue to change — for the better, there are still challenges. Smith recognizes the challenge with each new group of students. "Student perceptions are often wrong going in," she stated. "We work with adults with disabilities and cognitive delays. Students are challenged to learn how to help. Some

are hesitant, and we hear lots of questions about what to expect, how to interact, how to communicate...but with any new experience in nursing we have to be compassionate."

Smith added, "There are so many educational opportunities for our students at Aspire. One of the biggest lessons is, you can't put people in boxes and think only one way about them — you have to get to know people as individuals. You have to be open to learn, and Aspire is the perfect place to do just that."

As an example of the impact that Aspire makes on students during their community health rotation, Smith noted that two students joined Aspire's Associate Board. "Our students showed that they're there to help. I'm proud of the work we've done and the work we will continue to do with Aspire."

More about Aspire

Aspire was founded in 1960 and is recognized throughout Illinois as a leader in providing bold, pioneering and uncompromising services to children and adults with developmental disabilities, their families and the Chicagoland community. With a dedicated team of more than 200, Aspire serves nearly 1,000 kids and adults every year.

From their website aspirechicago.com: "We are not only passionate about what we do, but perhaps more importantly, how we do it. We are here to make a positive and lasting difference in the lives of the children, adults and families we touch, as well as in all facets of the community. We are focused, we are driven and we are confident in the services, programs, opportunities and partnerships we have to offer. This is our life's work and we are proud of what we do."

ResU students made it a summer to remember at Camp One Step.

What did you do last summer? Thirty-eight Resurrection University nursing students had the chance to “empower kids who have cancer, encouraging them to take on the world.”

That's the goal of Camp One Step. Located on beautiful Lake Geneva in Williams Bay, Wisconsin, the camp lets children who have cancer experience all of the things that make camp amazing. Swimming, boating, hiking, arts and crafts, nature studies, cookouts, movies, sing-a-longs, s'mores, campfires and more. It's all about fun and friendship, and our students had the opportunity to experience all of it.

Camp One Step is offered as a community health clinical rotation. Because they stay on-site for the week, students basically complete a traditional seven-week rotation in a single week.

According to Karla Smith, MSN, FNP-BC, “The rotation begins with a one-day orientation. It really meant the world to the families that our students were there. When you think about all of the doctors and the hospitals that these kids have to go to, this is a great experience.”

Students worked as counselors — many one-on-one with a camper — from morning until night. Smith added, “Students get to see the different settings for nursing, and they discovered what it's like to work with a child with a chronic illness. They can actually see how chronic illnesses affect families and siblings. Community health is about health education and promotion, and that's what we did.”



The Camp One Step rotation was a pilot program, so it is being evaluated to determine the educational value for ResU students. Smith feels it's sure to be continued. “Two students said that working at the camp actually changed their lives. I think that shows impact, and I think everyone who was there knows that it's worth continuing.”

More about Camp One Step.

Camp One Step is a leader in providing empowering, supportive, educational and fun experiences for children (5-19) who have been diagnosed with cancer. They are the only local organization to offer 11 different programs throughout the year serving children and families who live in Illinois, Wisconsin and throughout the Midwest. Over the last 39 years Camp One Step has served more than 14,000 campers.

For ResU alumni, 2018 was a truly remarkable year.

Past Alumni Events and Activities



The ResU Alumni Association celebrated Nurses Week by attending Nurses Appreciation Day with the Chicago White Sox. The alumni and their guests participated in a parade before the game. Thanks to all the alumni

who participated.

The Alumni Association hosted their second EKG Skills Day, facilitated by Dr. Osowski. There were over 20 attendees at this skills day.

The Alumni Association celebrated Healthcare Professionals Day at Wrigley Field. We had over 125 attendees at this year's game.



The ResU Alumni Association hosted a Wine & Cheese Boat Cruise. Alumni and faculty enjoyed wine and cheese from Pastoral while taking in the views of the beautiful night skyline from the Chicago River.

> **Future Events:** visit resu.edu/alumnievents for details and to register.

Alumni News

Meet the NEW Alumni Association Executive Board.

Julie Milner '17, Vice President, Karena Brown '14, President; Jennifer Beese '17, Secretary; and Jacinta Staples '13, Treasurer.



We are grateful for the ResU Alumni Association Executive Board's commitment to ResU, and we look forward to working with them for the next three years.



Carmen Froman is "notable" twice over.

Carmen Froman '05 was recognized as one of Crain's Chicago's Notable Women, and in 2018, she was promoted to Chief Operating Officer at Weiss Memorial Hospital. Congrats to Carmen on both of these wonderful achievements!



Alumni Panels for Students

Thank you to all of the alumni who continue to come back and share their career experience, advice, stories and tips with our new and soon-to-be-graduating students.



Distinguished Alumni Award 2018

Susan Groenald '70 received the 2018 Distinguished Alumni Award. Nominees included Christopher Galloway '15, Mary Grace Garcia '10, Jennal Hettema Johnson

'78, KimYon Lewis '11, Maria Martinez '09 and Stephany Pawling '12.

Past Outstanding Alumni Awards were given to Betty Johnsen '52, Andrea Propst '69, Grace Tazelaar '70, Shelley McGhee '84, Tamara Bland '10, Adrienne Kajmowicz '10 and Alice Teisan '84.

Alumni Giving Back

Alumni help make ResU the vibrant place it is by leading Skills Days, participating in service learning trips and making invaluable contributions to the success of students and alumni by advising and sharing opportunities. Alumni also provide generous financial support that allows this unique and vital community to endure. Here is a note from a student about the true impact of financial support...

I am truly thankful and honored to be receiving the Distinguished Nursing Alumni Scholarship. I am grateful to accept this scholarship, and I will put a greater effort into my academics and clinical experiences. This scholarship is very important to me not just to support me financially, but it is also an eye-opener that hard work and diligence does pay off in the end. I will continue to delve into what it means to care and "lose myself in the service to others."

If you are interested in making a donation, please contact Vickie Thornley at 773.252.5137 or vickie.thornley@resu.edu. You can also donate online at resu.edu/alumni-friends/give-a-gift

Development Dollars in Action.

vSim, an online learning tool, is possible thanks to the Fogelson Family Foundation.

vSim for Nursing provides a unique learning opportunity for nursing students to interact with a patient in a safe, realistic environment that is available anytime, anywhere. vSim is based on the theory of deliberate practice and thus engages students with the opportunity to repeat an activity until mastery has been achieved. Relevant literature indicates that simulation-based education with deliberate practice is effective in achieving specific clinical goals (McGaghie, Issenberg, Cohen, Barsuk, & Wayne, 2011).

Virtual simulation is an increasingly common part of teaching strategy in nursing education. Its use allows students to develop clinical reasoning and judgment skills, which they are then able to apply in simulation and practice settings. ResU aims to integrate the use of vSim throughout its undergraduate nursing curriculum as a means of supporting learning throughout the program and enhancing clinical education.

Resurrection University is grateful to the Fogelson Family Foundation for supporting this second pilot project with vSim, which follows nursing students throughout the entirety of their coursework.

Alumni Artifacts

We've begun to explore the treasure trove of artifacts from ResU's history, and we asked you to help us tell the stories behind these objects. We've been regularly featuring an item or two from the vault in the monthly Alumni Newsletter — and below are some of the stories you shared.



"Choir was one of the highlights of my time at WSH School of Nursing 1967 to 1970. I am forever thankful."

Ruby Salzman Miller
'70



"I was in the WSH Class of 1973 and played the piano for the choir for several years. (My Maiden name was Stepaniuk.) I recognize the doll, but it was definitely after we came."

Joyce Howard '73

"West Suburban was the first school in Illinois to have a pant uniform. It was at my request because students were shortening their uniforms so that they revealed too much when they leaned over beds in the clinical areas!

I became Director of the program in 1969, and it was right after that, in the early 70s, that we went to a pant uniform option. We asked the students to design it, and they could wear either the dress version or the pant version, or both, if they desired. It was made by the Marvin-Neitzel Uniform Company out of Troy, New York, and the fabric was a very nice poly/cotton. That company went out of business in 2002.

At the time we initiated the pant uniform, I recall that we were looked at a little askance by some of the older directors of schools in the state, thinking it was not appropriate professional wear. I knew this because all of the directors of schools met together several times a year, and I was the recipient of not just a little criticism for letting the students dress this way. However, it was not very long after that that the trend caught on and other schools began to follow suit."

Sharon Bolin '57

"I read with interest your note in the recent Alumni News...with accompanying pictures of a West Sub Choir record and a picture of one of the "uniform" dolls. I was in the choir from 1968-71 and also enjoyed their music when I taught at West Sub 1973-76.

I have some stories to tell and/or information about the uniform pictured on the doll. In the 1960s, the uniform consisted of a blue denim dress plus starched white bib and apron...these were washed and starched and sent through the "mangle" (iron) at the hospital laundry. Starting with the Class of 1970, a peacock blue wash-and-wear dress with built-in bib plus white apron was the uniform. Our class of 1971 had the same uniform, but the bib had tiny, sewn-in pleats. The peacock blue "pants uniform" shown on the doll came to be around 1972 or so, as an option for the student nurses. However, the tunic top had to reach the lower hip-line and be worn outside the pants (not tucked in). BTW, starting with the Class of 1970 we had to launder & iron our own uniforms. "LOL"...I had not really learned to do laundry, as my mom used an old wringer washer at home, so it took almost a semester for me to figure it out!"

Sarah Delaware '71



"I believe we carried these "Florence Nightingale" lamps during our graduation ceremony when we wore our white uniforms for the first time. The ceremony was in

Edman Chapel at Wheaton College."

Anne Balinski Mueller '80

In Memoriam

Alyce Kieft Grant



Alyce Kieft Grant, age 73, a longtime resident of Villa Park, died at home, surrounded by family, on Wednesday, June 20, 2018. She was the loving wife of William Grant; beloved mother of Brian (Shonah) and Melissa (Brook Enger) Grant; cherished grandmother to Ewan, Anwen, Esuyawkal, Sandia Grant and Fiona Enger; fond sister of Thomas (Kathy) and the late William Kieft; and aunt to William P. (Rachel) Kieft.

Alyce had a distinguished career in both nursing and nurse-midwifery. She graduated from West Suburban Hospital School of Nursing in 1966. Continuing her education at the University of Illinois, Alyce received her bachelor's degree in nursing in 1970 and completed her master's degree in 1978. She was professionally licensed as a nurse-midwife in 1976 by the American College of Nurse-Midwives. During her career, Alyce worked all over the Chicago area. She served in both public health and private institutions, delivering babies both in homes and in hospitals.

Over her career, she delivered more than 2,000 babies and touched the lives of countless women. In addition to her career, Alyce was also passionate about education. She taught hundreds of students through the Chicago Board of Health, Northern Illinois University, Illinois Benedictine College, the University of Illinois at Chicago, and the Northwestern Medical Faculty Foundation.

Her impact on the professional world of nursing and nurse-midwifery reached far and wide.

Matthew O'Brien



It is with great sadness that we share the passing of Matthew O'Brien, a 2016 graduate of ResU.

Matthew T. O'Brien – RN Caregiver, SICU at Mount Sinai Hospital.
Devoted son of John and Marlene O'Brien.

Dear brother of John William and Michael Patrick O'Brien.
Beloved nephew and cousin of many.

Mission & Ministry



Helping students form a better future is the most rewarding aspect of my job.

I like to look back on all that we accomplished.

For us, 2018 really began with our Multi-faith/Inter-faith Prayer Service. This beautiful tradition always starts the year perfectly.

In January, May and September of last year, we were proud to sponsor service opportunities for students during our Week of Welcome Service Days. And prouder still of just how committed our students are to making a difference in the community.

Students volunteered at Su Casa — a House of Hospitality for Women and Children escaping poverty and domestic violence. They prepared and bagged over 60 dinners for The Night Ministry — a Chicago-based organization that works to provide housing, healthcare and human connection to members of our community

struggling with poverty or homelessness. They helped residents of Misericordia Home prepare for the summer's Special Olympics. They organized food and clothing donations for Casa Catalina — a program of Catholic Charities. And somehow, students still found time to work in Saint Mary's Community Garden.

Last Spring, we celebrated "National Sisters Week" to honor the religious women who have served in healthcare, education and other ministries. Sisters from five religious orders gathered for Mass, which was followed by a lunch and panel discussion about Religious Life.

There were several Multi-faith Educational Installments this year: March 20: "What is Passover and What is Holy Week?" May 24th: "Prayer and Fasting: Why Do Christians, Muslim and Jews Fast? What is Shabbat? What is Communion? What is Ramadan?" In the fall, we looked at the Jewish High Holidays and shared Apples and Honey to welcome the Jewish New Year.

Starting with Ash Wednesday and continuing each Tuesday at 11:30 and 4:30 p.m. during Lent and into the first week after Easter, we gathered for a Weekly Prayer Experience. Experiences included: A Scriptural Guided Meditation; Lectio Divina; Songs and Meditation in the style of Taizé Prayer; The Rosary; A Contemporary Stations of the Cross; Eucharistic Adoration; and Easter Songs of Praise.

In August, the ResU Choir sang for the first time during Mass in honor of the Assumption of Mary.

We celebrated the Feast of Saint Francis in October with Mass and a blessing for our School of Radiography, followed by a panel discussion with six people who live out Franciscan Spirituality in their work and lives.

2018 was a remarkably busy, incredibly rewarding year — and we look forward to what 2019 will bring.

John DiMucci
Director of Mission and Ministry

Resurrection University
1431 N. Claremont Ave.
Chicago, IL 60622

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