

NURSING

UNIVERSITY OF ROCHESTER SCHOOL OF NURSING



Empowered & Entrepreneurial

Nurse-driven programs fuel rapid growth of Center for Employee Wellness

A Message from the Dean



Kathy H. Rideout, EdD, PPCNP-BC, FNP

Vice President

*University of Rochester Medical Center
Dean and Professor of Clinical Nursing
and Pediatrics, University of Rochester
School of Nursing*

Dear Friends,

I have often said that I have the best possible job. But that's not entirely true. The fact of the matter is, I have the *two* best jobs.

After more than 30 years of practice, I am still absolutely convinced that nursing is the greatest profession in the world. And I'm not alone in that assertion. Year after year, surveys of the most trusted professions list nursing at the very top. No other industry combines such an impressive breadth of knowledge with depths of compassion and empathy and the complete confidence of the people they serve.

I am also extremely proud to serve as dean of the University of Rochester School of Nursing, one of the country's best at educating the next generation of nurses, health care leaders, and scientists. Our school has a rich tradition of pioneering thinking and research and all of the collaborative strength that being a part of an academic medical center can offer.

But as fortunate as I feel every day to work in this environment, I'm even more excited about what's in store for the school. The last few months have seen a surge of momentum that is driving the school forward. Among the highlights:

- The Meliora Challenge campaign closed with more than 3,300 donors giving nearly \$22 million – THANK YOU to our wonderful friends and donors for your generous support!
- We launched a fresh new website, two new TV commercials and a digital marketing campaign
- New hires have bolstered the strength of our faculty and staff
- The Center for Employee Wellness has grown to 13 corporate clients
- We have returned to the top 25 among nursing schools receiving NIH funding
- Our student enrollment remains robust, attracting not only the most talented students from across the U.S., but from countries such as France, South Korea, Nigeria, India and Bosnia.

The future of the School of Nursing looks incredibly bright. And that could not be possible without the support of our friends, alumni, donors, students, faculty, staff, and others who contribute to the school in countless ways. Being a part of this community is incredibly rewarding and enriching – it's a big reason why I love my work so much. Thank you for all that you do to affect so many lives in a positive way.

Meliora!

A handwritten signature in black ink that reads "Kathy H. Rideout". The signature is written in a cursive, flowing style.

On the Cover...

Center for Employee Wellness nurse Marcie McMahon performs a biometric screening for School of Nursing payroll specialist Margaret Lubel.

Photo by Ken Huth

NURSING

UNIVERSITY OF ROCHESTER SCHOOL OF NURSING

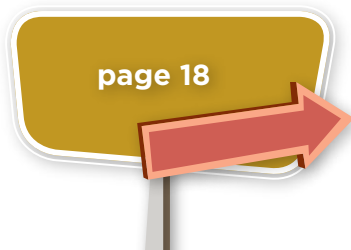
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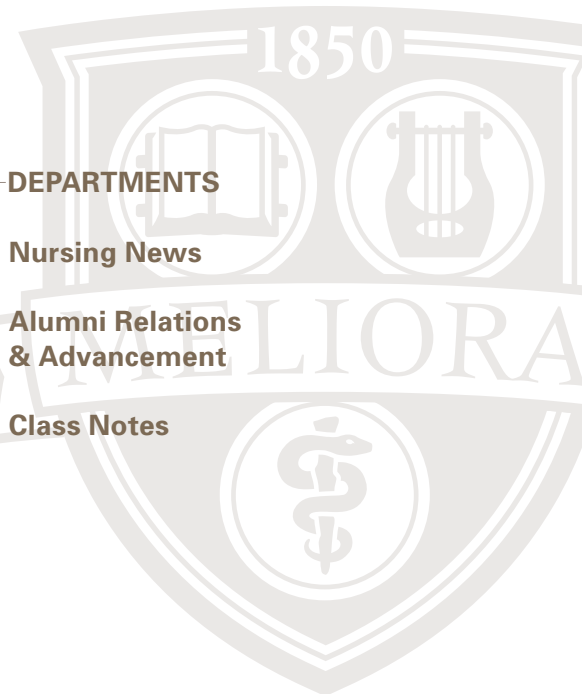
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University of Rochester School of Nursing
Kathy H. Rideout, EdD, PPCNP-BC, FNAP
Vice President, URM
Dean and Professor of Clinical Nursing and Pediatrics

University of Rochester Medical Center
Christopher DiFrancesco
Associate Vice President
Public Relations and Communications
University of Rochester Medical Center

Frank Interlichia
Senior Associate Vice President for Advancement
University of Rochester Medical Center

Andrea J. Allen
Director of Advancement and Alumni Relations
University of Rochester School of Nursing

Siri Baker, CFRE
Associate Director of Advancement
University of Rochester Medical Center

Editor
Patrick Broadwater
Senior Associate, Public Relations

Contributing Writers
Nora Hicks-Williamson
Web Communications Manager

Jessica O'Leary
Associate, Public Relations

Christine Scott-Miller
Communications Strategist/Writer,
Center for Employee Wellness

Art Director/Designer
Kathleen Mannix

Contributing Designer
Heather Deal

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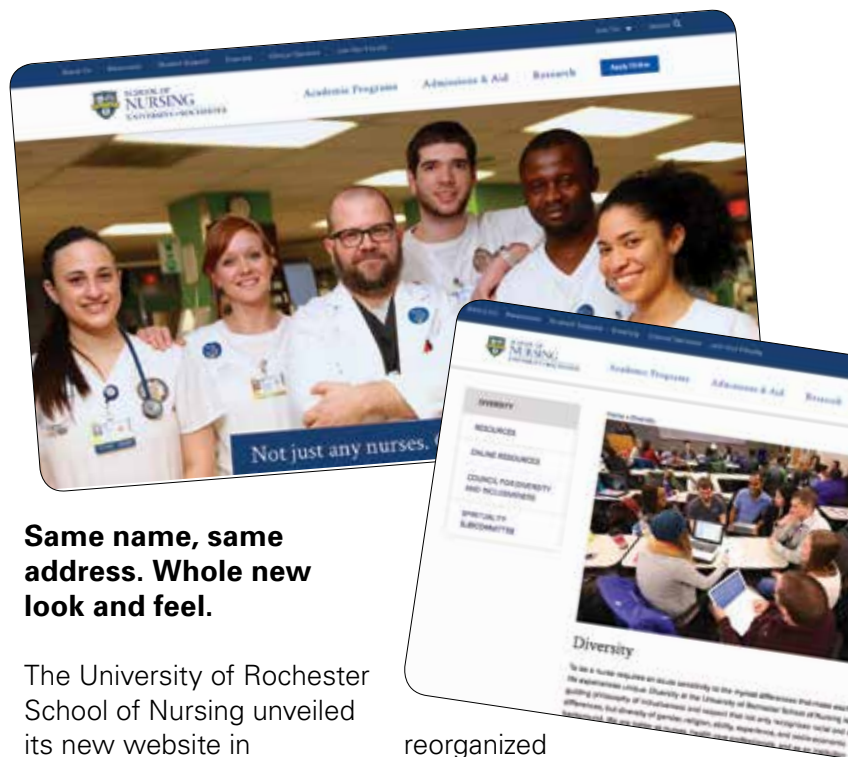
We welcome your letters and feedback concerning stories in the magazine or issues related to the University of Rochester School of Nursing. Send your comments to Editor, NURSING Magazine, 601 Elmwood Avenue, Box SON, Rochester, NY 14642 or via email to patrick_broadwater@urmc.rochester.edu.

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What's new in the School of Nursing?
Read on to see a roundup of recent media reports involving UR Nursing faculty, staff and students:

- In a *New York Times* article, **Matthew Klapetzky**, clinical director of Passport Health at the School of Nursing, shared his expertise on what to do if you get sick or injured while traveling abroad. Pack your own first aid kit and visit local health clinics for minor issues, Klapetzky says, but if you have an emergency health crisis, contact the local U.S. embassy for assistance.
- A WROC-TV report examined the research of two UR Nursing faculty members, **Vankee Lin** and **Kathi Heffner**. The story looked at how separate studies on computer-based brain fitness activities can help at-risk patients combat dementia and aid their caregivers in relieving stress.
- Assistant Professor of Nursing **LaRon Nelson** was co-moderator of a session at the International AIDS Conference in Durban, South Africa. He was quoted in two *MedPage Today* articles (see "In Their Words," bottom right) on studies presented at the event.
- Associate Professor of Nursing **Sue Groth** was quoted by NBC News and *MedPageToday* in stories discussing research findings suggesting that babies of mothers who drank diet drinks in pregnancy were more likely to be overweight.
- **Beth Palermo**, assistant professor of clinical nursing, wrote a heartfelt essay remembering Lucy, her former mentor and colleague for a special section in the Rochester *Democrat & Chronicle* spotlighting National Nurses Week.
- Hawaii Governor David Ige's plans to visit the mainland this spring to attend his daughters' commencement ceremonies were published in the *Honolulu Star Advertiser*. **Amy Ige** graduated from the UR Nursing Accelerated Bachelor's Program for Non-Nurses, while her sister Lauren graduated from Georgetown Law School.
- **Patrick Hopkins**, assistant professor of nursing and co-director of the Accelerated Program for Non-Nurses, was featured in "NICU Nurses: Caring for the Tiniest Patients," a story appearing in regional editions of *In Good Health* magazine.
- **Brian Harrington**, director of information technology for the School of Nursing, was featured in the Simon School alumni magazine for his inspiring commitment to obtaining a master's degree in business while losing his sight.
- URMIC dietician **Nellie Wixom** and RN **Heather Gostling** were quoted in a Rochester *Democrat & Chronicle* story on easy nutrition tips. Among their advice – stock your freezer with frozen fruits and veggies and switch to healthy items like edamame rather than chips or candy for midday grazing.
- **Mary Tantillo**, professor of nursing, wrote a *Democrat & Chronicle* blog post on how to recognize an eating disorder in your loved one. She also appeared on WHAM-TV, while **Michelle Morales**, parent peer partner at the WNY Comprehensive Care Center for Eating Disorders, was on WUHF-TV to help promote Eating Disorder Awareness Week events.

Check out UR Nursing's new online home www.son.rochester.edu



Same name, same address. Whole new look and feel.

The University of Rochester School of Nursing unveiled its new website in September – check it out at www.son.rochester.edu. The revised site has

reorganized and revamped content and a host of new features and capabilities, leading to

IN THEIR WORDS

“ *It seems that African countries are able to make advances even beyond that which we see in Western countries. If these countries with limited resources can achieve this, it gives the rest of the world hope that this can be done.* ”

LaRon Nelson, assistant professor of nursing, quoted in *MedPage Today* discussing study findings that showed rural communities in Kenya and Uganda were able to achieve key 90-90-90 United Nations benchmarks in HIV care: 90 percent of HIV-infected individuals aware of their status, 90 percent of those tested linked to treatment, and 90 percent of the treated group achieving undetectable viral loads.

a more interactive and user-friendly experience. The new look is both consistent with the tradition of the School of Nursing and new branding initiatives, which are being rolled out this fall. Among the upgrades to the site: new navigation, improved visual components (including video and animation), social media aggregation, and coming soon, a more robust newsroom dedicated to the latest School of Nursing updates and events.

More than a year in the making, the renovated site was created with the help of the team of higher education communication experts at mStoner.

Be sure to check back often for updates, and drop us a line to let us know what you think!



Nora Heils-Williamson

PICTURE THIS

We're ready for our close-up! The camera gets a good look at **Shanska Atis**, an MS-PhD student, in this behind-the-scenes photo taken this spring during filming of two television commercials promoting the UR School of Nursing. Atis was one of dozens of students, faculty and staff to appear in the ads, which highlight the impact of the school and its graduates on the well-being of patients, innovations in care delivery, and transforming the future of health care. The commercials began airing in select markets in September. You can view both ads, as well as two UR Nursing promotional videos created by the American Association of Colleges of Nursing, on our website at www.son.rochester.edu.

BY THE NUMBERS

100 Miles traveled through Monroe County by bike by **David Goede**, assistant professor of nursing, and **David Bynum**, a December 2015 Accelerated Program for Non-Nurses (APNN) grad, in the 16th annual Rochester Ride for Missing and Exploited Children on May 20. Nearly 300 riders took part in the event, which raised more than \$150,000 for the New York branch of the National Center for Missing and Exploited Children. It was Goede's 10th year riding in the event and Bynum's first.



268 Total number of UR Nursing graduates at the May 2016 Commencement ceremony.

511 Number of students enrolled at the School of Nursing across all programs for the fall 2016 semester.

18 Number of states represented in the three most recent cohorts admitted to the School of Nursing APNN program (January, May & August 2016).

12 Number of countries outside of the U.S. represented in the three most recent APNN cohorts.

21 Percentage of male students in the three most recent APNN cohorts.

9 Percentage of male nurses in the workforce, according to a 2013 U.S. Health Resources and Services Administration survey.

643 Number of West Genesee High School marching band alumni, including research administrative assistant **Marilyn Nickerson**, who marched in the Camillus, NY, Memorial Day parade. The band, celebrating its 50th anniversary of competition in 2016, stretched nearly a quarter-mile in length in its attempt to set a Guinness World Record.



Dean Kathy Rideout Reappointed to Five-Year Term

Kathy H. Rideout, EdD, PPCNP-BC, FNAP, who brought a steadying hand to the School of Nursing and emerged as an influential voice on federal issues impacting nursing, has been reappointed to a five-year term as dean.

URMC CEO **Mark Taubman, MD**, made the announcement after conducting a decanal review of faculty, staff, students and alumni. The results overwhelmingly supported another term for Rideout, who has been a member of the UR Nursing faculty for the past 30 years. She was named dean in 2012 after a one-year stint as interim dean and seven years as associate dean for academic affairs. The University Board of Trustees approved her reappointment, effective July 1, during their meeting in May.

"I don't think I've ever seen such strong support for someone system-wide. It was a pretty easy decision," Taubman said. "There is a sense of energy, and a lot of optimism about where the School of Nursing is going in all of its missions. And it's quite clear that people like to come to work. That's probably the best thing anyone can ever say. We heard loud and clear that people want to be here."

Rideout has presided over a period of substantial growth in the three



missions of the school. She has been a champion for diversity issues – both on the faculty and student level – and has taken on leadership roles in national discussions involving interprofessional education, nursing school leadership, and the future of nursing education.

This past spring, she was appointed to the American Association of Colleges of Nursing Government Affairs Committee and in 2015 chaired the Dean's Health Policy Coalition.

One of her biggest successes has been the creation and expansion of the current Center for Employee Wellness (CEW). Opened in 2013, the CEW partnered with the University of Rochester to provide employee wellness programming for all University employees. It has secured contracts to more than a dozen other local employers over the past three years, providing the school with a significant revenue source and opportunities for continued growth.

Under Rideout's leadership, the school has responded to an evolving health care environment

“There is a sense of energy, and a lot of optimism about where the School of Nursing is going in all of its missions.”

– URMC CEO Mark Taubman, announcing the reappointment of Kathy Rideout to a five-year term as dean of the School of Nursing

by adopting curriculum changes to bolster nearly every one of its academic programs. The school also developed several new programs, such as the care manager education program and the master's degree in nursing education. It was granted accreditation in 2013 from the Collegiate Commission on Nursing Education for 10 years, the longest accreditation period offered, and placed in the top 40 in the best graduate nursing programs and best Doctor of Nursing Practice programs, according to rankings by *U.S. News & World Report*.

The UR School of Nursing also ranks high in attracting federal research dollars. The school jumped 10 spaces to No. 25 among all nursing schools in 2015, with \$1.6 million in funding received from the National Institutes of Health. Rideout oversaw an 18-month national search that recruited alumna **Kim Arcoleo, PhD, MPH**, from Ohio State University to become the new associate dean for research and has bolstered the roster of faculty researchers with

more than a half dozen new hires since 2012.

Earlier this year, Rideout was honored for her commitment to issues of diversity with a UR Presidential Diversity Award. Under her leadership, the Council on Diversity and Inclusiveness was redesigned to become the first elected council of faculty, staff, and student representatives with a designated budget. Rideout also played a key role in attracting Robert Wood Johnson New Careers in Nursing Scholarships to help attract students underrepresented in nursing. The School of Nursing was one of only five schools in the country to receive all seven years of the program's funding, receiving more than \$900,000 in scholarship money.

"I am very overwhelmed and also humbled by this opportunity," said Rideout, vice president of URMC and professor of clinical nursing and pediatrics. "I'm looking forward to serving the school for another five years."

Lydia Rotondo Officially Named Associate Dean

Lydia Rotondo, DNP, RN, CNS, officially took the helm as associate dean for education and student affairs at the UR School of Nursing in May.

"I am thrilled and honored to be asked to join the school's leadership team during a time of unprecedented opportunity for the nursing profession," Rotondo said.

Rotondo took on the role of interim associate dean last August while also serving as the Doctor of Nursing Practice (DNP) program director. She will continue to fill both roles at the school.

A graduate of the DNP program at Vanderbilt University, she has directed the school's DNP program since July 2014. In that role, she has focused on promoting collaborative scholarship among doctorally prepared nurses and encouraging interdisciplinary teams to employ evidence-based practice, information technology, and critical



Associate Dean for Education and Student Affairs Lydia Rotondo

quality and safety appraisals of the health care environment.

"Lydia has done an outstanding job as interim dean," said **Dean Kathy Rideout, EdD, PPCNP-BC, FNAP**. "She is the perfect person to lead our educational initiatives to meet the health care workforce demands of the future. I am so pleased she has accepted this position. Her enthusiasm for this role is palpable, and it's clear that she has already made a significant impact on our education mission."

Rhee Inducted as AAN Fellow

Hyekyun Rhee, PhD, RN, PNP, was inducted as an American Academy of Nursing (AAN) fellow this fall. She was among a class of 164 nurse leaders to be honored at the academy's annual meeting and conference in October in Washington, D.C.

Candidates for selection must provide evidence of significant contributions to nursing or health care, sponsorship of two current fellows, and be approved by a panel of elected and appointed fellows based on the impact of their career on health and well-being or health policy.

Rhee has worked with teens with asthma for more than a decade and has helped to develop several approaches to help them better manage their condition, including an award-winning wearable device that records symptoms around the clock. Data from the Automated

Device for Asthma Monitoring (ADAM) can be downloaded to a smartphone or computer and analyzed for patterns or triggers, leading to medication or behavioral adjustments.

Rhee is currently conducting a clinical trial evaluating a peer-led asthma self-management program for inner-city teens in Buffalo, Baltimore, and Memphis. The Peer-led Asthma Self-Management for Adolescents (PLASMA) program examines the effects of the training program in improving self-management and overall outcomes of asthma in teens.

She has also been developing a clinical study of an interactive text messaging system to help teens and their parents with daily asthma management and facilitate parent-teen partnerships through information sharing in a timely manner.

Norsen Named CEW's Chief Wellness Officer

Lisa Norsen, PhD, RN, ACNP, professor of clinical nursing, was recently named chief wellness officer for the Center for Employee Wellness (CEW).

In her new role she will develop, implement, and evaluate evidence-based clinical programs focused on health and wellness. She will also

oversee the clinical staff and work with the leadership team to expand the reach of the CEW's programs to local organizations and businesses.

"I am excited about the opportunity to work with a dynamic leadership team who understands the vision of workplace wellness and



Norsen

the essential role of nurses in achieving that vision," Norsen says.

"We have a great team of nurses who are already providing outstanding care to clients and, together, we are poised to develop and implement innovative programs that will bring new direction to workplace wellness."



**Rhee
celebrates
endowed
professorship
with 5 R's**

Friends, colleagues, and leadership from the School of Nursing celebrated Associate Professor Hyekyun Rhee's installation as the Endowed Chair of Nursing Science at a ceremony held at UR President Joel Seligman's home in March. The following is an excerpt of Rhee's acceptance speech.

I'm delighted and honored to be named Endowed Chair of Nursing Science. I thank President Seligman and his staff for organizing and hosting this special event celebrating the occasion. Now, I'd like to take this opportunity to do five things with you that all start with the letter "R."

Endowed Chair of Nursing Science Hyekyun Rhee and her research assistant Miss Emma.

REMEMBERING

Growing up in Korea in a devout Christian family, I was taught to remember and honor God in every situation. So, this is one of those occasions that I feel compelled to acknowledge Him and thank Him for this honor.

I also remember my parents who passed away many years ago. Without their instruction, support and prayers, I would not be standing here tonight. My father was a high school biology teacher who valued education more than anything else in life. He was my role model and friend. My mother was a woman of a strong faith who never lost her hopes and optimism even in the most impossible situations. They would have been so proud to see one of their daughters standing here today to receive this honor.

RECOGNIZING

I would be remiss if I failed to recognize those donors who brought this professorship to life. Their genuine concern for the health and well-being of children and their steadfast commitment to nursing science – as well as their generous contributions – have become the foundation of this professorship.

I wish to thank SON researchers and my multidisciplinary collaborators for generously sharing their expertise, advice and time with me. I thank Dean Kathy Rideout and her senior leadership for selecting me to receive this professorship. I'm humbled by the privilege bestowed to me, and I will endeavor to become more worthy of this honor and not to

disappoint your trust.

Last but not least, my little dog, Miss Emma, deserves special recognition. She has been my best friend, confidant and therapist for the past five years. She always makes sure that I take a break from work, regardless of the urgency of any deadlines or crises. Sometimes, she takes extreme measures to accomplish her goal. On one occasion, she vomited on my laptop, which caused the complete shutdown of the system for two weeks during which I was forced to take my evenings off from work!

REFLECTING

I chose asthma because of the "benign" nature of its condition that would not normally result in death or major life interruptions. Yet, it is the leading chronic health condition and the most common cause of missed school days in children and teens. Improperly managed asthma takes a toll on their overall quality of life due to limited activity, sleep disturbance and emotional vulnerability, and frequent school absenteeism undermines their academic achievement and limits the opportunity to experience normal and healthy adolescent life. What excites me most is that these are by no means hopeless situations. Although asthma cannot be cured completely, individuals can lead a healthy and normal life so long as symptoms are controlled and managed properly through patients' vigilant self-care combined with medical treatment.

RENEWING

This professorship is very important as it reminds me of my fundamental cause and passion for the well-being of teens with asthma and offers me the opportunity to renew my commitment to the discovery of new knowledge and ways to minimize the inconveniences and ill outcomes of the disease in these young people. This also enables me to renew and solidify my commitment to advancing the science in the field of asthma self-management and clinical practice.

REJOICING

For those of you who contributed to this professorship, you can rejoice knowing that the seeds of your generosity are growing and bearing fruits that will nourish nursing science, health care practice and the health of young people.

I am well aware of the tireless efforts that the school has been putting forth strengthening its endowment and the investment in its faculty who carry out its mission. This professorship is indeed a fruit of such endeavor, worthy of great celebration.

Perhaps, I'm the one who is to rejoice most. This signifies your validation of what I have accomplished thus far and your vote of confidence in me for what I could and would achieve for the future. I relish this moment and will treasure the memory of your generosity and trust for many years to come.

Nelson Receives International Honors for HIV Disparities Research

The Ontario HIV Treatment Network (OHTN) has selected University of Rochester Assistant Professor of Nursing and UR Center for AIDS Research Associate Director of International Research **LaRon E. Nelson, PhD, RN, FNP**, to be its inaugural OHTN Research Chair in HIV Program Science for African, Caribbean, and Black (ACB) Communities.

In order to better provide integrated health services for populations most affected by HIV, the OHTN has launched a new program to promote health service innovation, naming three new applied HIV research chairs.

"Each of these research leaders has a unique vision for improved HIV care," said Tony Di Pede, chair of the OHTN Board of Directors. "The review process identified leaders with the proven ability to work with people and communities across the health care system to investigate and implement solutions."

Nelson will be appointed as a scientist with the Centre for Urban Health Solutions in the Li Ka Shing Knowledge Institute at St. Michael's Hospital in Toronto, where he will build on his previous successful implementation of a self-determination-theory-based public health strategy to support HIV pre-exposure prophylaxis uptake and adherence among Black men



LaRon E. Nelson received a pair of international honors over the summer: He was named the Ontario HIV Treatment Network's inaugural OHTN Research Chair in Program Science for African, Caribbean, and Black Communities, and was selected to receive the ANAC Excellence in HIV Prevention Award from the Association of Nurses in AIDS Care.

who have sex with men in three U.S. cities (Los Angeles; Washington, D.C.; and Durham, N.C.). In Ontario, Nelson will lead research focused on reducing HIV disparities in ACB communities across the HIV continuum of care, from prevention to care outcomes, such as symptom management and viral suppression.

This is the second major honor for Nelson in Canada. In 2011, the Canadian government named him one of the nation's Rising Stars in Global Health.

"I am excited for the opportunity to continue applying my expertise in public health nursing and HIV research to reduce racial and ethnic disparities in HIV infection and care outcomes in communities outside of the United States," said Nelson.

Sixty percent of all African, Caribbean, and Black Canadians live in the province of Ontario, which is

home to Toronto, the fourth largest metropolitan area in North America. ACB communities in the province are disproportionately affected by HIV. Although these communities make up less than 5 percent of Ontario's population, they accounted for 25 percent of all new HIV diagnoses in 2015, according to the OHTN.

As the newly appointed OHTN Research Chair in HIV Program Science for African, Caribbean, and Black Communities, Nelson will lead program science

research on the design, evaluation, translation, and implementation of evidence-based interventions and public health strategies. He will work with regional health departments, community partners, policy makers, and an interdisciplinary team of scientists to implement multilevel prevention packages that are optimized to the needs of ACB communities in the Greater Toronto Area (GTA), which can then be replicated in other Ontario communities.

ANAC Cites Nelson for Excellence in HIV Prevention

The Association of Nurses in AIDS Care (ANAC), an international organization committed to supporting nurses and others involved in the care and support of people with HIV and/or AIDS, has selected Laron E. Nelson, PhD, RN, FNP, to receive its Excellence in HIV Prevention Award.

The award honors practicing

nurses who have demonstrated success and a consistent focus on the challenges of HIV prevention, as well as created a sustained record of presentations, publications and/or research to advance prevention efforts.

Nelson was presented with the award during the ANAC's annual conference on Nov. 12, 2016.

Lin Recognized as 'Brilliant New Investigator'

Honor-filled summer also included new NIH grant, UR Provost Award



University of Rochester Assistant Professor of Nursing **Feng (Vankee) Lin, PhD, RN**, capped an honor-filled summer by accepting the Brilliant New Investigator Award from the Council for the Advancement of Nursing Science (CANS) at the organization's 2016 State of the Science Congress on Nursing Research, Sept. 15-17 in Washington, D.C.

The award recognizes the contributions of scientists early in their research careers who show extraordinary potential to develop sustained programs of research certain to have significant impact on the science and practice of nursing and health care. Nominees must show a record of building research productivity in an area of major significance to nursing and health care,

Vankee Lin was honored with the Brilliant New Investigator Award from the Council for the Advancement of Nursing Science, capping a fruitful summer that also saw her receive the Furth Fund Award and a new NIH grant.

research dissemination and translation to practice and/or policy, and emerging leadership related to the advancement of nursing science.

CANS, an entity of the American Academy of Nursing, was formed in 2000 with the goals of developing, conducting, and utilizing nursing science, disseminating research findings in scientific and lay communities, and facilitating lifelong learning opportunities for nurse scientists.

Lin's research at the UR School of Nursing focuses

on cognitive decline in older populations and those at risk for developing Alzheimer's disease and other forms of dementia. She is the principal investigator on a \$2 million National Institute of Nursing Research grant examining how computer-based brain fitness activities may help slow cognitive and functional decline in older adults with mild cognitive impairment.

"This is well-deserved recognition for Vankee," said **Kathy Rideout, EdD, PPCNP-BC, FNAP**, dean of the University of Rochester School of Nursing. "She has already accomplished so much in her career, and this competitive national award is a testament to the quality and importance of her ongoing research efforts and the bright future that no doubt lies ahead of her."

The CANS award was the latest in a string of accomplishments for Lin over the past few months.

Earlier this year, Lin was the School of Nursing's first recipient of the University of Rochester's Valerie and Frank Furth Fund Award to support her research into examining how "super normals" – older adults who have maintained their memory capacity substantially better than their peers – preserve their cognitive health as they age.

The award promotes the research activities of promising scientists in the natural and biological sciences by supporting post-doctoral or graduate students or funding new equipment purchases.

Lin was one of just two faculty members to receive the \$10,000 award.

In July, Lin received notice that she had been awarded a two-year National Institutes of Health research grant. The \$421K project, "Applying a neuroeconomics paradigm in the assessment of central fatigability in aging population," will continue her study of fatigability in older populations.

Lin received bachelor's degrees in English and medicine at Jilin University in China and an MS and PhD in nursing and geriatrics at the University of Wisconsin-Madison. She received postdoctoral education in the UR departments of neurology and psychiatry and joined the UR School of Nursing faculty in 2013. She currently carries joint appointments as an assistant professor in nursing, the Department of Psychiatry, and the Department of Brain and Cognitive Science. She is also director of the CogT Laboratory, which focuses on preventing cognitive decline and promotes successful cognitive aging.



Sarah Peyre and **Lynne Massaro**, key players in the new NP residency program collaboration between UR/ Highland Family Medicine and the School of Nursing, were on hand to accept recognition at the 2016 National Center for Interprofessional Practice and Education Summit in Minneapolis, Aug. 21-23. The UR/Highland Hospital team received an Honorable Mention Nexus Award, honoring team-based interprofessional groups who think and act differently to connect higher education to health care.

URMC, VA Collaboration Seeks to Improve At-Home Veteran Care

Researchers from the University of Rochester Medical Center welcomed administrators, researchers, and clinicians from the Department of Veterans Affairs (VA) for a two-day research meeting at the UR School of Nursing to discuss ways to improve home-based care for veterans.

The collaboration focused on reviewing progress and planning for the remaining two years of the study, "Heroes@ Home: Factors Associated with Institutional Use by Veterans in Home Based Primary Care," led by **Tobie Olsan, PhD, RN, CNL, FNAP**, professor of clinical nursing at the UR School of Nursing and a VA research health science specialist.

The Home Based Primary Care (HBPC) program is a vital component of VA's strategy to shift care from institutional to home and community care settings. Along with comprehensive primary care delivered in veterans' homes by an interdisciplinary team, HBPC focuses on maximizing veterans'



Dr. Thomas Edes (left) makes a point during a two-day research meeting focused on reviewing progress of a study aimed at improving home-based care for veterans led by Tobie Olsan (right), a UR professor of clinical nursing.

independence, function, and quality of life.

The program began in the early 1970s and has served a growing number of veterans – 34,000 daily in 2014, up from 7,000 in 2000. But there are more veterans who could take advantage of these at-home services, especially as growing older populations require complex types of care.

Olsan's study, backed by a collaborative 10-member team of investigators from the UR School of Nursing, the URMC departments of public health sciences and biostatistics and computational biology, and VA centers in Canandaigua, Denver, Miami, and Philadelphia, is designed to

identify organizational characteristics and team-based best practices across HBPC programs to help support veterans at home and to most effectively and appropriately use institutional care services.

"This study will contribute new information about how the highly regarded HBPC program can achieve even higher levels of quality and ultimately best serve our veterans in their own homes," Olsan said.

It builds on the previous research conducted by Thomas Edes, MD, executive director of geriatrics and extended care operations for VA, and Bruce Kinosian, MD, staff physician with the HBPC out of the

Philadelphia VA Medical Center, and is funded by VA's Health Services Research and Development Service.

"This study is timely and urgently needed," said Edes. "It's the type of research we need to meet VA's transformative strategic plan to shape the future of health care not only for veterans, but for all Americans.

"Changes in structures, services, communication, and information systems are integral to HBPC keeping pace with the changing needs of the growing numbers of veterans with multiple complex chronic disabling diseases."

National Grant to Support Innovative Interprofessional Home Visit Program for Older Adults with Behavioral Health Needs

Older adults in the Rochester and surrounding Finger Lakes area report more “poor mental health” days than their peers across New York, a fact compounded by a shortage of behavioral health providers in the region. But a new interprofessional collaborative program has the potential to better address seniors’ complex health needs.

A grant from the National Center for Interprofessional Practice and Education provides the initial start-up funding for an innovative geriatric home visit (GHV) initiative which will pair local nurse practitioner and medical students with social workers to provide in-home behavioral screenings to older adults, leading to the development of an integrated physical, behavioral, and social support care plan.

The project broadens access to behavioral health assessments among vulnerable older adults while building a workforce of health professionals better able to identify and collaboratively manage the population’s health needs using new models of care delivery.

“This is a very special opportunity to partner with older adults and their family members and collaborate across professions and organizations to break down silos and improve the integration of community-based care,” said

Tobie H. Olsan, PhD, RN, CNL, FNAP, professor of clinical nursing at the University of Rochester School of Nursing and principal investigator on the grant. “Interprofessional teams are the key to safe, high-quality, patient-centered care. Our focus has been in the hospital. This initiative is about learning and working together to accelerate the use of best team practices in the home, which is increasingly where we are caring for older adults.”



A new interprofessional pilot program led by UR Nursing’s Tobie Olsan will pair nurse practitioner and medical students with social workers to provide in-home behavioral health screenings and develop integrated physical, behavioral and social care plans to better address the complex health needs of older adults.

The GHV initiative brings together nurse practitioner students from the UR School of Nursing, third-year medical students from the University of Rochester School of Medicine and Dentistry, and community-based professional social workers from Lifespan, a local aging services agency for an in-home, interprofessional, team-based learning

experience. The four-week cohort experience consists of five components: preliminary online training modules, in-home visiting, collaborative assessment and development of integrated care recommendations, follow-up contact, and a debriefing with supervising medicine and nursing faculty from the University of Rochester and social work faculty from SUNY Brockport’s College of Education and Human Development.

As many as 40 interpro-

fessional teams will have the opportunity to participate over the course of the two-year project, which includes a \$50,000 grant from the National Center and \$200,000 in total funding, including matching resources from the partner organizations.

“This grant creates a wonderful opportunity for us to extend our previous

work in interprofessional education – largely anchored in Strong Memorial Hospital and within the schools of medicine and nursing – to the community,” said **Sarah Peyre, EdD**, assistant dean for interprofessional education at URM. “This is a novel, innovative program that will change, and determine, the course of interprofessional study for both our nursing and medical students moving forward.”

The Rochester team was one of 16 chosen nationally by an advisory council of leaders to receive funding for the Accelerating Interprofessional Community-Based Education and Practice program. Each recipient team is led by a graduate nursing program and includes one or more professional schools and a community partner.

Unmet behavioral health needs of older adults impose significant health, social and financial costs to communities. A 2016 report by the Finger Lakes Health Systems Agency noted that mental health and substance abuse disorders are associated with 45 percent of the region’s hospital admissions, and suicide ranks as the leading cause of years of potential life lost. Adults age 65 and older account for 15 percent of the region’s population with projections indicating that the number could reach 22 percent by 2025.

SON Student Worker Awarded Grant from Global Peace Initiative

More than two decades after Rwanda's 1994 genocide, **Ian Manzi** is helping to ensure that future generations never forget the lessons of that horrific event.

Manzi, a student data analyst in the Research Facilitation Group at the School of Nursing, was one of two UR students to be awarded Davis Projects for

Peace grants to implement a summer peace camp for Rwandan high school students. Manzi, a junior data science major from Kigali, and Derrick Murekezi, a sophomore geology major from Nyagatare, were chosen to receive \$10,000 from Davis Projects for Peace, a highly competitive national program that promotes peace and

intercultural understanding, for their project, "Critical Thinking for Peace: Sustaining Peace in Post-Conflict Regions."

The week-long camp, set in Eastern Rwanda, welcomed 30 high school students from across the country for educational programming and lectures reflecting on the genocide, which resulted in approxi-

mately 800,000 deaths.

The Projects for Peace initiative was created by philanthropist Kathryn W. Davis as she approached her 100th birthday in 2007. She sought to advance the cause of peace and motivate tomorrow's promising leaders by challenging them to find ways to "prepare for peace."

Master's Student Presented with RBJ Health Care Achievement Award

Ann Brennan Cott, RN, BS, who graduated in May from the UR Nursing health care organization management and leadership master's (HCOM) program, was named a winner of *Rochester Business Journal's* 2016 Health Care Achievement Award in the Nurse category.

The Health Care Achievement Awards recognize excellence, promote innovation, and honor the efforts of individuals and organizations making a significant



Cott

impact on the quality of health care in Rochester. Cott, who supervises more than 120 nurses in residen-

tial and community-based programs as director of nursing at the Hillside Family of Agencies, was one of 23 recipients honored at the annual awards luncheon in March.

"This nursing award is well-deserved," said **Maria Marconi, EdD, MS, RN, CNE**, assistant professor of clinical nursing and specialty director of the HCOM master's program. "Ann has been a stellar student and supporter of the School of Nursing. She served as

a preceptor for many UR Nursing students in her role at Hillside. It's exciting to watch her grow as a leader and mentor."

Cott has been a member of the Hillside family for 21 years. She is a member of Hillside's Services Overview Committee and helping to lead the organization in the integration of electronic medical records and its movement toward a managed-care model of health services.

Two MNE Students Awarded McGee Scholarships

Two UR School of Nursing master's students have been awarded Senator Patricia K. McGee Nursing Faculty Scholarships.

Michael Rosario-McCabe '14N and **Holly Moynihan '07N**, both pursuing master's

degrees in nursing education, were selected to receive this New York State scholarship aimed at preparing nurse educators.

Scholarship awards are offered on a competitive basis to applicants who are registered professional

nurses enrolling in graduate programs that qualify them as nursing faculty. Recipients can receive scholarship funding for up to three years of graduate study and agree to serve as nursing faculty in New York for four years after

completing their degree.

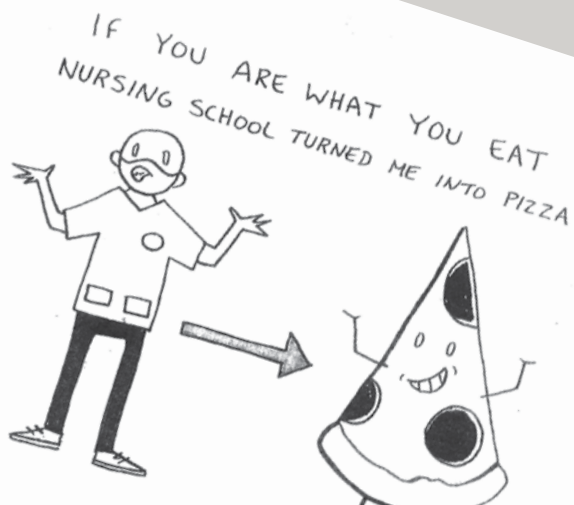
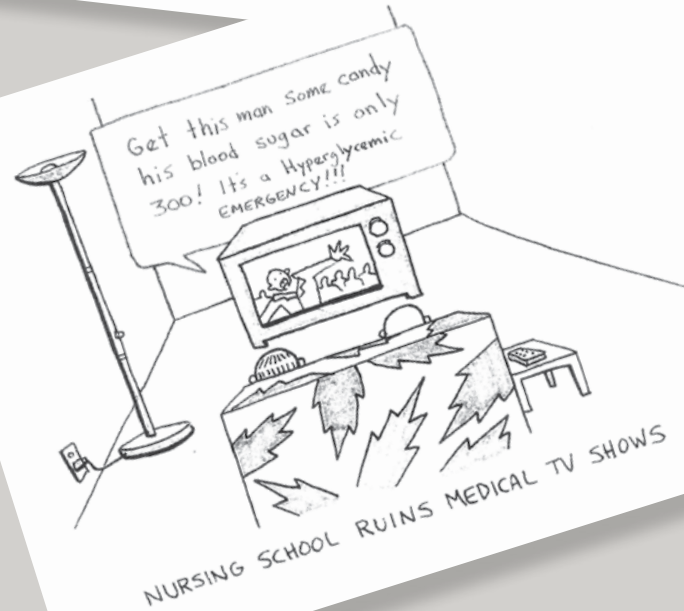
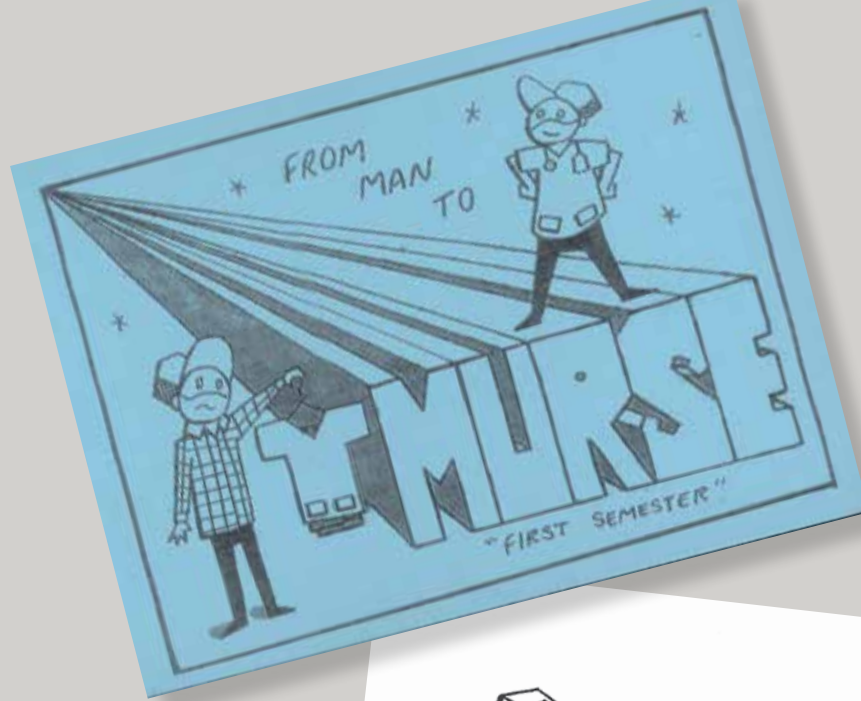
Moynihan is a senior Level III RN at Strong Hospital's Burn Trauma ICU; McCabe is clinical reporting coordinator for the Rochester region for MVP Health Care.

McGee Scholarship winners Michael Rosario-McCabe and Holly Moynihan



From Man to Nurse

Sean Bray knew that an intense year of preparation to be a nurse required some sacrifice. But there was one thing he just couldn't give up: drawing. Bray, who graduated with the August 2016 cohort, documented his impressions and experiences in the UR Accelerated Bachelor's Program for Non-Nurses in three issues of a graphic novel, "From Man to Nurse," illustrating just what a whirlwind, life-changing adventure nursing school can be.



SON SNAPSHOTS



1 APNN students on their pediatric rotation took a tour of Strong Hospital’s rooftop helipad in June. Pictured are instructor and ED nurse Elise Muoio and students Melanie Keltz, Meghan Weldon, Dayana Mullen, Amanda Gouger, Christopher Dimock, and Daniel Mensel. **2** On even your worst day, just remember: You could always be this guy. This is one of two new SimMans the school welcomed this fall. The high-tech mannequins can simulate real-life conditions, giving students the opportunity to practice in a low-stakes environment before caring for patients. **3** Instant cure for a dreary fall Monday: An ice cream social outside the Helen Wood Hall auditorium! **4** When there’s ribs in the Skills Lab, but you don’t get to eat them. 🙄 Acute care NP students such as Shauna Curry used the cuts of pork as a safe and fun way to simulate chest tube placements. **5** When it’s National Dog Day and you get to work with your best buddy. 🐶 UR Nursing’s Kyle Zess, a system quality manager supporting the Center for Employee Wellness, and Brody take a break on the front lawn of Helen Wood Hall. **6** Kathy Rideout is joined by her husband, Jeff, at an all-school meeting announcing Kathy’s reappointment as dean. **7** Who’s excited for class photo day? That would be the entire APNN August cohort.

Photos by Jessica O’Leary, Patrick Broadwater, Nora Hicks-Williamson and Philip Frey

Where the Wilde Things Are

Researcher found a home for her pioneering work at the UR School of Nursing

Mary Wilde '99N (PhD) finally found her professional home at the University of Rochester School of Nursing.

After earning her nursing diploma from the Lenox Hill Hospital School of Nursing in 1968, she traversed the East Coast and Midwest over the next three and a half decades, working in community health nursing while following her husband John in his work with the Presbyterian Church. In the mid-1980s, she pursued a master's degree in community health nursing at the University of Michigan. Her advisor there was **Carol Brink '56N, '62N, MPH, RN**, who was collaborating with Thelma Wells on opening the first continence clinic in the country.

Her association with Brink and Wells and their groundbreaking work on urinary incontinence would have a lasting effect on Wilde, drawing her to the University of Rochester and ultimately launching her as an international expert in research focused on improving the self-management of people using long-term catheters.

A 1992 Loretta Ford Fellow, Wilde completed her PhD in 1999, then left for teaching positions at Syracuse University and University of Massachusetts-Amherst before turning to Rochester once again. Wilde had a self-management pilot study all ready to go at UMass in 2004, but the faculty research grant she needed to complete the work was not available. Recalling her experiences as a doctoral student, Wilde left to join the faculty at the UR School of Nursing and promptly

received a grant that jump-started more than a decade of prolific research.

Within three years, Wilde had four research studies funded, including a \$1.7 million, five-year NIH grant that studied self-management of urine flow in people using long-term indwelling urinary catheters.

"This school helped me to do that," said Wilde. "I've been the luckiest person in the world."

Though she retired as a faculty member at the close of the 2016 academic year, Wilde has barely

slowed down. She is continuing to disseminate the results of her studies, and remains a consultant with a team of researchers in the United Kingdom. She is also collaborating with a group of UR Nursing faculty members on a paper looking at the concept of self-monitoring in different clinical contexts.

And, Wilde is serving as a mentor to other researchers pursuing lines of study similar to her own. Her research is so distinct, that there are few, if any, scholars in the world who have tackled the subject as comprehensively as Wilde has over the past 30 years. For her work to be sustained, it's critical that she link to a new generation of researchers. To that end, she's serving on the PhD committee of a nursing student at the University of Nebraska-Lincoln. She has also created online learning modules which she shared at the International Continence Society meeting in Tokyo this past September to promote dissemination and use of her research materials.

"I can't think of anyone in the U.S. working on anything close to mine," said Wilde, who was named professor emerita by the UR Board of Trustees in October. "Really, nobody's working on self-management, nobody's looking at catheter issues at the level and complexity that I have. I know that I can support researchers. I feel like I've done the work."

"It was hard to retire, because in some ways this was the perfect job for me," she said. "This is the best job I've ever had. It's just time to shift into another direction."



New Additions Boost Faculty Roster

The UR School of Nursing bolstered its faculty, opening the fall semester with new professors, postdocs

The School of Nursing welcomed two new full-time tenure track faculty in July: **Kim Arcoleo, PhD, MPH,** and **Kathi Heffner, PhD.**

Arcoleo returns to Rochester as the associate dean for research and director of the Center for Research and Evidence-Based Practice. An associate professor and accomplished researcher specializing in health disparities in children with asthma, she has received Outstanding Researcher

awards from both Ohio State University and Arizona State University. Arcoleo previously worked at the UR School of Nursing from 1989 to 2006.

Heffner joined the School of Nursing as an associate professor after eight years as a faculty member in the Department of Psychiatry, where she still holds a secondary appointment. Her research contributes to the understanding of basic mechanisms of stress and

health, with the potential for immediate translation to clinical intervention. Her current NIH-funded projects include: mindfulness-based stress reduction for family caregivers of dementia patients, and cognitive training to protect immune systems in older caregivers.

The school has also added two new postdoctoral fellows with plans to promote them to an assistant professor faculty appointment in two years:

Jennifer Mammen, PhD, NP-C, and **Natalie Leblanc, RN, MPH, PhD.**

Mammen, a 2016 graduate of the UR PhD program, successfully defended her dissertation titled “Teens’ experiences of asthma self-management.”

Leblanc earned her PhD from the University of Miami, where her research focused on infectious diseases and public health.



Arcoleo



Heffner



Leblanc



Mammen

UR School of Nursing Cracks Top 25 in NIH Funding

The University of Rochester School of Nursing climbed 10 spots to No. 25 in the annual rankings of research funding from the National Institutes of Health (NIH).

UR Nursing received more than \$1.6 million in funding from the NIH in the 2015 fiscal year, earning a spot in the top 25 among U.S. nursing schools for the seventh time in the past 10 years. The school also ranked No. 8 in funding among private colleges and universities, according to NIH data compiled by



the Blue Ridge Institute for Medical Research.

The NIH is the largest public funding source for biomedical research in the world, investing more than \$30 billion to enhance health, increase life spans, and reduce illness and disability. The process

for securing funding is extremely competitive, and awards are often associated with projects with the potential for major scientific breakthroughs.

UR Nursing received funding for four NIH grants during the 2015 fiscal year, running Oct. 1, 2014, to Sept. 30, 2015. The awards covered research in:

- Teen and adolescent asthma self-management
- HIV PrEP implementation among serodiscordant couples
- Vision-based speed of

processing cognitive training in older adults with mild cognitive impairment

“UR Nursing researchers are breaking new ground every day, and our discoveries have real-world implications that reach far beyond our campus borders,” said **Dean Kathy Rideout.**

“I’m extremely pleased and grateful to see the outstanding work done by our research faculty and staff be reflected in these competitive rankings.”

Faculty Accomplishments



Hopkins



Norton



Xue

A look at some of the awards, appointments and special recognition our faculty have received over the past few months:

- Dean **Kathy Rideout, EdD, PPCNP-BC, FNAP**, was invited to serve on the Association of American Colleges of Nursing Government Affairs Committee. She will serve a two-year term through March 2018.
- Assistant Professor **Patrick Hopkins, DNP, APRN, C-PNP, NNP**, was elected to serve as secretary of the Rochester Academy of Medicine.
- Associate Professor **Sally Norton, PhD, RN, FNAP, FPCN, FAAN**, was named a member of the Partnerships and Collaboration Working Group

of the National Quality Forum Measure Incubator Program. She was also part of the Strong Memorial Hospital Palliative Care Program that received the Rochester Academy of Medicine's Team Award during the annual RAOM conference.

- Associate Professor **Ying Xue, DNSc, RN**, is now a senior fellow of the Center for Health Outcomes and Policy Research at the University of Pennsylvania. She was also accepted into the URM/ Susan B. Anthony Center Women's Faculty Development Program and was granted tenure by President **Joel Seligman** and the UR Board of Trustees.
- Professor **Margaret-Ann Carno, PhD, RN, D, ABSM, PNP, FAAN**, is contributing a new chapter on the bidirectional interaction between sleep and medical/surgical conditions for *Medical-Surgical Nursing: Clinical Reasoning in Patient Care, 7th ed*, scheduled to be published in 2017.
- Associate Professor **Laurie Kopin, EdD, RN, ANP**, was one of three URM/ Susan B. Anthony Center faculty presented with the Trooper William H. Barfoot Award at the New York State Troopers Police Benevolent Association Awards dinner. The award is presented to individuals who make a significant impact on the lives of PBA members.
- Professor **Tobie Olsan, PhD, RN, CNL, FNAP**, has been appointed to

serve on the Commission on Nurse Certification, Board of Commissioners, which manages the clinical nurse leader certification exam. She will serve a three-year term through June 2019.

- Assistant Professor **LaRon Nelson, PhD, RN, FNP**, received an R21 NIH grant for his study, "Exploring stigmas and HIV diagnosis delay, linkage, and retention for MSM in Ghana."
- Assistant Professor **Holly Brown, DNP, RN, NPP, PMHCS-BC**, was selected to participate in the 2016 Healthcare Business Academy Fellowship Program, a year-long intensive leadership development program.
- Assistant Professor **Dianne Liebel, PhD, RN**, participated in the first International Summer School on Integrated Care at the University of Oxford, a week-long conference focused on the theory and practice of integrated care.

Sepsis Alliance Honors UR Alumna

Julie Albright Gottfried '00N, '11N (MS), '15N (DNP) was honored by the Sepsis Alliance for her work fighting sepsis in children.

Gottfried, a pediatric educator at Rochester Regional Health, was one of two nurses to be awarded the Erin Kay Flatley Pediatric Sepsis Nursing Award at the 2016

Sepsis Heroes event held in New York City on Sept. 15.

The award was created to recognize and reward excellence in the area of pediatric sepsis prevention, care, and education. The honor is named after Erin Kay Flatley, a 23-year-old aspiring teacher who died suddenly and unexpectedly from sepsis. Caroline

Nightingale Riker from Boston Children's Hospital was also a recipient of the honor.

"These two outstanding individuals are true champions in our fight against sepsis," said Thomas Heymann, executive director of Sepsis Alliance. "Sepsis Alliance is proud to provide recognition

to those who are working to solve this devastating problem, and congratulates and thanks Caroline and Julie for their hard work."

Gottfried previously served as pediatric service educator at Golisano Children's Hospital from 2011 to 2015.



The

Road

to

**For some, the path
to a career in nursing
is paved with a lifetime
of experience**

*Stories by Patrick Broadwater
and Jessica O'Leary*

Nursing

Photos by John Schlia

Alexander Lee: All-In for Mental Health



“It’s been a wild journey.”

– Alexander Lee

Alexander Lee has never been what you’d call a toe-dipper.

At 15, an age when most kids are just starting to probe the limits of their independence, he dropped out of school and left his home in Manhattan. Once he got his driver’s license, he took off for the West Coast because he wanted to see the country. He returned to finish high school, then enrolled at New York University. At age 18, he took a job on the mental health ward at Bellevue, one of the oldest, most famous, and busiest hospitals in the nation. In five years as a psychiatric technician there, he helped manage the constant deluge of incoming patients and even fended off a Rikers Island prisoner who tried to attack him with the sharp end of a broken PVC pipe.

Following graduation, he worked as a psych tech at Blue Mountain Recovery Center adjacent to the Eastern Oregon Correctional Institute

in Pendleton, an institution referenced several times in Ken Kesey’s novel, *One Flew Over the Cuckoo’s Nest*. When that facility closed, Lee went further west to Anchorage, where he worked with Native juveniles for the Alaska Department of Corrections.

“It’s been a wild journey,” said Lee.

More than a decade of experience and adventure only reaffirmed Lee’s ambition to help patients suffering from poor mental health, a commitment that stemmed in part from losing his father and two uncles to suicide.

“For some kids, they’re fixated on the military or something. For me, I always wanted to see what it was like to work in a psychiatric facility,” he said. “It’s a role that I always knew I wanted.”

While he loved the pristine surroundings and the rugged individualism of Alaska, Lee knew he would have to leave to advance his

career. He wanted to make the jump to psych nurse, but the only nursing degrees available in the state were four-year programs. So, he returned to New York to pursue an accelerated program for non-nurses, choosing the University of Rochester over NYU and Columbia.

“I came here and I was really drawn in by the facilities,” Lee said. “Strong Hospital really caught me off guard. I didn’t expect it that it would be as good if not better than the hospitals I’d seen in New York City. This hospital can stand alone anywhere. And I loved that it was so intertwined with the nursing school.

“All of my adult life, all I’ve done is psych and care for people. There are very few jobs where you can leave work and say, ‘I made a difference in someone’s life today.’ Nursing was really a no-brainer for me.” –PB

Elizabeth Gifford: Discovering a World of Difference

“I feel like I’m at the tip of the iceberg of understanding what diversity really means.”

– Elizabeth Gifford



Elizabeth Gifford’s path to the University of Rochester School of Nursing covered a lot of miles and stopped in at least 30 countries. But it’s the next international experience that she’s looking forward to the most.

This past summer just before she started the UR Nursing accelerated bachelor’s program, Gifford had planned to make a mission trip to Peru. But with no prior experience treating patients, she decided to postpone her visit until after she had completed her degree.

“After I become a nurse, I’ll have a better skill set and more experience,” she said. “Once I become an RN, I plan on going back and giving my time and service to help create sustainable projects, so when I leave they have a better foundation of knowledge that they can apply to be healthier and prevent diseases.”

Using her skills and knowledge to

impact others abroad would seem to be the perfect marriage of Gifford’s longstanding passions in travel and science. A native of California, she first discovered her interest in health care as a high school volunteer at the Red Cross, teaching CPR and first aid classes. She went on to earn a degree in biology from Xavier University in New Orleans in 2010 with a minor in chemistry then took a job as a scribe at CityMD, an urgent care clinic in Brooklyn.

“I’ve always liked teaching and health and emergency care. I guess it’s something I thought I would come back to in the end,” said Gifford. “I want to be a family nurse practitioner because they see all age groups, and I can be that connector provider and help coordinate their care.”

Gifford’s travels stem from a conscious decision to expose herself to as many different cultures as possible so as to better understand

the people that she meets – whether that means moving from the West Coast to the East Coast, staying in hostels as she trekked across Europe, or building bee farms at a camp for boys and girls in the Dominican Republic.

“There’s a lot of diversity out there and it’s not just as simple as white and black. I feel like I’m at the tip of the iceberg of understanding what diversity really means. Traveling and going to different countries and going beyond the resort is how I get to understand what that means,” she said.

“All their different experiences have made each person and helped create the way they think and who they are, and if I can understand their experience or where they came from, maybe I can help treat them and make their life better.” –PB

Sergio Amador Perez: Following His American Dream

**“I wanted to come here
for a very long time
– since I can remember.”**

– Sergio Amador Perez



Sergio Amador Perez can't pinpoint when he began thinking about leaving his home country of Cuba and moving to the United States.

“I wanted to come here for a very long time – since I can remember,” he said. “The opportunity of freedom, being able to say whatever you want, the freedom of religion... it's pretty much the opposite of what I experienced in Cuba.”

Perez grew up in Havana in the 1990s, after the collapse of the Soviet Union and during one of the most crippling economic crises Cuba has experienced.

“There were 12-hour blackouts when the government was trying to conserve power,” he said. “There wasn't much food to go around, and I remember when I was 9 or 10 years old, walking blocks and blocks to fill up containers of water for my family.”

Despite the hardships he encountered, Perez's mother and grandmother helped him make the most out of his childhood. His

mom, a teacher, encouraged him to study, and he received high grades that allowed him to get into medical school.

After graduating as a physician, completing a residency, and beginning to treat patients, Perez received his visa as part of a program that offers American residency to Cuban medical professionals. The U.S. government gave him the choice of three cities to live in: Phoenix, Albuquerque, and Rochester.

“I knew the winters were going to be tough, but I wanted to live in Rochester because I knew it would force me to become fluent in English. If I chose one of the other two cities, I could get by speaking Spanish,” said Perez.

When he arrived in the U.S. in 2011, he focused his efforts on learning English and volunteered in several doctors' offices so he could practice the language.

“I didn't immediately know whether I wanted to go through the

process to be able to practice as a doctor in the United States,” said Perez. “But after volunteering, I knew that nursing was a better fit. I wanted to have a closer relationship with my patients and have more time to spend with them.”

Perez enrolled in the school's accelerated program in May. After graduating in 2017, he will enter the family nurse practitioner program with a goal to work with Hispanic patients and address many of the health disparities within the population.

He also hopes to earn U.S. citizenship – an accomplishment that will allow him to bring his mother to Rochester to visit. Although they've been apart for five years, the lessons she taught him have followed him to his new home.

“She always told me that you don't know what your path is going to be, and to be open to any opportunities,” said Perez. “I'm really glad that I listened to her.” –JO

Laura Callens: From Caterer to Caregiver

“I’m going to help my patients like my husband’s nurses helped us.”

– Laura Callens



Laura Callens thought she was too old to go back to nursing school. She was sure she wasn’t smart enough – and she was positive she’d never be accepted.

She was wrong.

At the age of 50, after a career in the catering business and serving as an admissions director for a local high school, Callens embarked on her “second act” by applying – and being accepted – to the school’s accelerated program.

Like many who come into nursing later in life, Callens’ journey to the profession started while she was caring for a loved one with an illness – her husband, Eddy, who was diagnosed with advanced brain cancer in 2005.

“The nurses my husband had were really inspirational. They really connected with both Eddy and me,” said Callens, who is originally from California. “At the time, I didn’t realize that was what I needed, but now, looking

back on it, it was.”

After undergoing six surgeries and radiation, Eddy passed away at home in hospice care in 2011.

“Eddy passing away really changed my whole perspective on life,” said Callens. “I had always felt the urge and the need to find a career that was truly fulfilling, and the whole experience really nudged me in that direction. That’s when I began thinking about becoming a hospice nurse.”

But Callens was understandably hesitant about leaving her established career at Our Lady of Mercy School for Young Women, where she had worked her way up from textbook coordinator to admissions director.

The tipping point finally came in 2015, when she was visiting a friend in the hospital.

“I began talking to one of the nurses, who had herself gotten into nursing as a second career and completed the one-year accelerated program,”

said Callens. “That’s when I realized that I could do it. I enrolled shortly after that visit.”

When the time came to do her first clinical rotation, Callens was assigned to neurosurgery, the hospital floor where her husband was a patient and spent a large portion of the last years of his life.

She was prepared for the rotation to be emotionally difficult, but to her surprise, she fell in love with the field. Following graduation, she hopes to become a neurosurgical nurse.

“When I saw my husband’s brain scan, and there was a tumor, it was terrifying,” said Callens. “But, when I’m looking at a patient’s scan, I’m able to think about it from a whole other point of view. It’s interesting, instead of scary, and I’m able to think about how I’m going to help my patients like my husband’s nurses helped us.” –JO



Praise & Pageantry

At the completion of its 90th academic year, the University of Rochester School of Nursing rolled out the red carpet for its newest graduates, celebrated the successes of its faculty and staff, and made a strong impression on the president of the American Association of Colleges of Nursing. Highlights from those milestone events can be found on the following pages.

Commencement 2016

The School of Nursing conferred degrees on 268 graduates at its Commencement ceremony on May 13 at Kodak Hall. **President Joel Seligman** presided over the ceremony, with welcome remarks from **URMC CEO Mark Taubman**, **Dean Kathy Rideout**, and **Danny Wegman**, chair of the Board of Trustees. **Deborah Trautman**, president and CEO of the American Association of Colleges of Nursing, capped her two-day tour of the school by delivering the Commencement address (*see story, page 26*).

Photos by Jim Dolan and Nora Hicks-Williamson



"From day 1, we were taught that we will have patients' lives in our hands. What an honor it is to serve them," said Corey Mammen, a May 2016 APNN graduate and the ceremony's undergraduate student speaker.



Ann Zimmerman and Dean Kathy Rideout share an emotional moment during the awarding of the RN to BS degrees.



Associate Professor of Clinical Nursing Marianne Chiafery offered remarks on behalf of the school's graduate students. A pediatric nurse practitioner, Chiafery was one of five graduates to be presented with the Doctor of Nursing Practice degree.



Jose Perpignan, chair of the LIFT program as an APNN student, was selected by his classmates to receive the Student Nursing Association Recognition Award. The award is presented to the graduating baccalaureate student who has contributed with interest and enthusiasm to the quality of student life at the School of Nursing.



UR Nursing graduates wore their biggest smiles for the big day.



Luis Rosario-McCabe, a clinical faculty member who primarily teaches women's health courses to APNN students, makes his way to the podium to accept the Dean's Award for Excellence in Teaching.



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AACN CEO Visits UR School of Nursing, Offers Words of Wisdom to New Grads



Deborah Trautman, president and CEO of the American Association of Colleges of Nursing, encouraged nursing grads to seek out opportunities to lead and create improvements in health care during her Commencement address.

As part of her visit during National Nurses Week, Deborah Trautman met with nurses at Golisano Children's Hospital.

Deborah Trautman, PhD, RN, FAAN, president and CEO of the American Association of Colleges of Nursing (AACN), visited the School of Nursing campus during National Nurses Week, taking time to meet with faculty and nurses before delivering an inspiring Commencement address to the school's newest graduates.

Trautman's two-day visit to Rochester included meetings with School of Nursing and Medical Center leadership, a meet-and-greet with UPMC nurses, and a dinner with **Dean Kathy Rideout** and members of the School of Nursing's tenure track faculty.

In her Commencement speech, Trautman urged graduates to seek out opportunities to lead and create new solutions to improve health and health care.

Citing an African proverb, "If you want to go fast, go

alone. If you want to go far, go together," Trautman emphasized the importance of having a strong personal and professional support system. And she invoked the words of President John F. Kennedy, noting that learning and leading go hand-in-hand.

"Don't be constricted by the world as you know it," she said. "Make your own way."

"Pursue lifelong learning and apply what you learn to make our health care system, that we're already proud of, even better."

A few hours earlier, Trautman sat down with the school's communication officers for a discussion about what she learned on her visit to the school and where nursing education is headed. Please see the opposite page for an edited transcript of the conversation.

How has your visit gone so far?

I was impressed with the School of Nursing faculty and their great work. Some of the research that's happening here is absolutely cutting edge and addresses what needs to happen to improve nursing practice. I love that the faculty are diverse in their research interests and expertise.

Last evening, I had the chance to meet with some faculty, and in every single interaction, you could see this spark of excitement and interest in moving the profession forward. It was visible, it was clear. I thought to myself as they were talking: If only we could have future nurse scientists – or those who are not considering a career as a nurse scientist – hear this conversation, it would have been fabulous.

Why is that?

In the nursing profession, with absolute certainty, the caring that the profession brings to the work we do is well understood. But nursing's generation of new knowledge, new technology, and new discoveries may not be as well understood across the larger community.

Several of the examples shared by School of Nursing faculty yesterday will have an impact on policy, at an organizational, and even federal, level. The conversations I was privileged to have were reflective of the depth and breadth of what the nursing profession, and in particular the faculty here,

is doing to improve health and health care. It's important for people to understand this broad contribution and how it impacts education, practice, research, and policy.

So, what can we do to share those stories and increase awareness about the nursing profession and education?

We – all of nursing and we at AACN – have to continue to be a major part of sharing stories about what researchers do, how they got to where they are, and the trials and tribulations that come with being a nurse scientist. It's one thing to say the nursing profession makes a difference, it's another to hear specific examples of how that's occurring through new developments in nursing science.

We need to share the extraordinary contributions that each of these nurse researchers/faculty members are making in the larger health care arena.

The UR School of Nursing was recently recognized in an AACN report on academic nursing's expanding role. (Advancing Healthcare Transformation: A New Era for Academic Nursing) Can you talk about that?

The University of Rochester has been a role model in establishing partnerships that bring leaders in both academia and practice together, including those within nursing and other health professions. This

"Some of the research that's happening here is absolutely cutting edge and addresses what needs to happen to improve nursing practice. I love that the faculty are diverse in their research interests and expertise."

-AACN President and CEO Deborah Trautman, on meeting with UR School of Nursing tenure-track faculty.

type of collaborative engagement is critical to shaping the future of health care. Practicing in silos like we used to do is becoming less and less of a desired approach.

Teams are so important, and not just in the delivery of care, but also to advancing the goals and objectives of an organization. Rochester is a leader in this regard. I've witnessed that firsthand on my visit.

What opportunities lie ahead for nursing education?

I believe there is a national consensus that despite our best examples – and this is an institution that continues to role model leadership and high-quality clinical care – we still must do better as a nation in terms of health care delivery.

Where we don't yet have consensus is what those solutions are. A one-size-fits-all solution is not feasible; different strategies are needed.

Certainly one of those strategies for improving

health care is interprofessional education and practice. Bringing health professionals together to learn and practice as a team will help to leverage the unique contribution that all health care providers bring to patient care and lead to better outcomes. It's an important foundation that we can build a better future upon.

Demographics of the student population are also changing, creating more opportunities for those who want to enter the nursing profession. We have individuals coming into nursing who have had previous careers, and more individuals are entering higher education as older adults. This new wave of future nurses is helping to increase the diversity of the student population, adding an element of richness to the profession.

The University of Rochester is an institution that continues to grow and evolve, meeting the needs of the community and adjusting and managing the needs of the workforce. The support for continued academic pursuit is fabulous here. By investing in continuing education of employees, it sends the message that lifelong learning is important. I look forward to watching the School of Nursing's continued growth and leadership in advancing nursing science.



APNN program co-director Elaine Andolina improvises with her phone's flashlight to keep the ceremony moving despite a technical glitch that knocked out the lights.



Sean Bray was selected to serve as class speaker. An accomplished artist, he added some visuals to his speech at the request of his classmates.



New grads brighten school's August APNN pinning ceremony

Photos by Jeff Witherow

Although the lights went out briefly during the ceremony, nothing could dim the excitement of the newest grads of UR Nursing's Accelerated Bachelor's Program for Non-Nurses. At its traditional pinning ceremony on Aug. 24, the school welcomed family and friends to recognize a cohort of 66 outstanding students who completed the intensive year-long program in preparation for a nursing career.

School of Nursing Celebrates Faculty, Staff at Award Ceremony

The UR School of Nursing honored faculty and staff members' accomplishments with several awards and recognitions at a luncheon in Evarts Lounge on May 10. "Year-end celebrations are always special – they're a great opportunity to take stock of all that we accomplished and recognize our faculty and staff for their hard work over the past 12 months," said **Dean Kathy Rideout, EdD, PPCNP-BC, FNAP**. Those awarded include:

Andrew Wolf, MS, RN, ACNP, coordinator for educational initiatives, received the Outstanding Faculty Colleague Award for his tireless work to improve the learning experience at the school through developing high-quality online and hybrid programs, as well as interprofessional educational activities.

Shannon Moreland, DNP, MS, RN, FNP, CEN, assistant professor of clinical nursing, received the Outstanding Scholarly Practitioner Award for her work to develop and implement evidence-based practice projects in Strong's Emergency Department.

Maria LaFaro, DNP, MS, ANP-BC, assistant professor of clinical nursing, received the Mary Dombek Diversity Award for promoting faculty and student recognition of diversity and inclusion issues, especially the issues faced by transgender persons.



David Goede, DNP, RN, CCRN, ACNP, assistant professor of clinical nursing, was awarded the Professional Advancement Award for his work in promoting the

School of Nursing as president of the Greater Rochester Chapter of the Nurse Practitioner Association.

Mina Atten, PhD, RN, assistant professor, was awarded Most Promising New Investigator for her strong record of success in both clinical and



experimental research on cardiac arrhythmias and improving the quality of care for patients who experience cardiac arrest.

Brenda Evarts, senior accountant, received the Outstanding Staff Member Award, for her dedication and hard work in the past year, taking on an additional role and learning a new accounting system.

Mike Fisher, MBA, associate director of IT Services, won the Outstanding Staff Colleague Award, for his role in leading the IT service team in resolving 5,000 tickets per year and for always lending a helping hand.

Teresa Burritt, with the School's Center of Research and Evidence-Based Practice, received the Mary Dombek Diversity Enhancement Staff Award for her work with the Council for Diversity and Inclusiveness.

Laurie Chiumento, director of federal relations at the University of Rochester, and **Andrea Allen**, director of advancement, received the Dean's Appreciation Award.

Special recognition was also given to:

Craig Sellers, PhD, RN, ANP-BC, GNP-BC, FNAP, professor of clinical nursing, was awarded the Josephine Craytor Nursing Faculty Award. The award recognizes outstanding nurse educators and helps further the professional development and research efforts of exceptional nursing faculty.

Dianne Liebel, PhD, RN, assistant professor, was awarded the Terry Family Research Endowed Fund Award, to support her research and projects related to patient safety, specifically fall



prevention and patient assessment in the older population.

Beth Palermo, DNP, MS, RN, ANP-BC, ACNP-BC, assistant professor

of clinical nursing, and **Marie Flannery, PhD, RN, AOCN**, research associate, won the Elaine C. Hubbard Center for Nursing Research on Aging Endowed Award, which furthers the research, education and evidence-based practice in the School of Nursing relating to nursing research for the aging population and their caretakers.

Lynne Massaro, DNP, ANP-BC, assistant professor of clinical nursing and **Vankee Lin, PhD, RN**, assistant professor, received the Dr. Jeremy A. Klainer Entrepreneurship Fund which provides them with financial support for a project that corresponds to the school's strategic priorities.

Elizabeth Kellogg Walker, PhD, RN, was also recognized for her official retirement. Walker was a member of the UR School of Nursing family for more than 50 years – as a student, alumna and faculty member.

A master educator and innovative researcher, she was formerly chair of the school's Division of Health Care Systems and was director of the start-up joint MSN/ MBA program with Simon School in the late '80s and early '90s. She went to serve as dean of nursing at SUNY Institute of Technology, retiring as dean emeritus in 2000. She rejoined the UR School of Nursing a few years later and was most recently working as an assistant professor of clinical nursing and writing mentor in the Center for Academic and Professional Success.

Empowered & Entrepreneurial

Nurse-driven programs fuel rapid growth of Center for Employee Wellness

By Patrick Broadwater

A blueprint for the future of nursing calls for nurses to have the ability to practice to the full extent of their education and knowledge.

For nurses in the UR Medicine Center for Employee Wellness (CEW), the future is already here.

From performing biometric screenings to developing interventions and providing wellness coaching, nurses in the CEW have the opportunity to build relationships with clients and work closely with them to set and meet goals related to their health. The client-centered, nurse-directed approach allows nurses to give a comprehensive assessment of a client's health, and, increasingly, a lead role in designing a plan of care to help the client manage a chronic condition or even prevent the onset of disease.

"It's a different kind of nursing," said **Marcie McMahon, BSN, RN**, a certified health and wellness coach with the CEW. "We get the opportunity to apply a holistic approach that is inherent to the field of nursing – we consider the biological, the psychological, and social influences that can be impacting someone's functioning. You really can't address someone's health issues without considering each of those influences. Here, we get the opportunity to do that, which is very rewarding.

"You feel like you're leading people in a positive direction

for lifelong health, not just reacting to their current health problems."

Putting nurses in a position to lead and use their skills to the fullest extent were key takeaways from a 2010 report from the Institute of Medicine examining the future nursing. With more than 3 million members, the nursing profession is the largest segment of the nation's health care workforce, and the IOM's report stressed that nurses must play a fundamental role in the transformation of the health care system set forth by the Affordable Care Act.

"There was recognition that we needed to shift the focus from taking care of sick people exclusively to focusing on prevention," said **Lisa Norsen, PhD, RN, ACNP**, a professor of clinical nursing at the UR School of Nursing and the CEW's chief wellness officer. "There is a lot of low-hanging fruit that corporations can do on their own, like offering access to fitness facilities and hosting wellness awareness programs. The more sophisticated and more prescriptive programs really require a background in health care. The fact that this is a nursing program speaks

volumes to the recognition that nurses are the providers who can best deliver health and wellness services.

"Nurses are best at building relationships with patients or clients and then developing interventions and programs that are based on what is important to the person," Norsen said. "And, they're very good at putting together a personalized plan of care and then coaching, guiding, and supporting the person as they achieve those goals."

Wellness coaching is an essential component of the CEW programs and is one of the aspects that sets the CEW apart from other corporate wellness programs.

CEW clients fill out a personal health assessment form and meet with a nurse for a biometric screening, where they get real-time results of clinical measurements such as blood pressure and weight, as well as cholesterol and glucose levels. During the 20-minute screening, nurses also ask questions about the client's eating and sleeping habits and stress levels to help understand their lifestyle and get a fuller picture of the client's overall health. They can then work with the client to discuss goals for improvement in a particular area, and when appropriate, direct the individual to one of the CEW's intervention programs for condition management in areas such as asthma, diabetes, or lower back pain, or link the client up



Number of corporate contracts:
13

Total number of lives served:
25,000+

Marcie McMahon, a nurse in the UR Medicine Center for Employee Wellness, helped to build the Wellness Factor, a new individualized nurse-driven lifestyle program debuting this year for external corporate clients.

Program features:

- Biometric screenings provided by registered nurses in the workplace
- An online personal health assessment
- One-on-one condition management programs with registered nurses to help individuals manage their disease effectively
- Lifestyle management programs (one-on-one and group sessions) to help individuals manage an aspect of their life or build a healthy lifestyle

Condition management programs:

- Asthma
- Atrial fibrillation
- Chronic obstructive pulmonary disease (COPD)
- Congestive heart failure
- Coronary artery disease
- Diabetes
- High blood pressure
- High cholesterol
- Lower back pain
- Stroke

Condition management wellness coaching is available:

- In person
- By phone
- Via telehealth - secure web-based video conferencing, accessible via your smartphone, tablet, or any computer with a webcam
- Any combination of these methods

Lifestyle management programs:

- Cholesterol management
- High blood pressure management
- Nutritional counseling
- Stress reduction
- Tobacco cessation
- Weight loss and diabetes prevention
- Weight maintenance



with group programs focused on weight loss, stress reduction or other lifestyle-related programs through a partnership with the Healthy Living Center.

The School of Nursing developed a comprehensive employee wellness program for the University of Rochester and its 20,000-plus employees in 2012, replacing a national provider that offered a technical platform and services that were subcontracted by various providers. Although it used the services of UR nurses for biometric screenings, the program was primarily driven by technology and lacked personal engagement with clients.

"It was very generic and not customized to the individual. It was really a wasted opportunity," said **Renu Singh, MS**, senior associate dean of operations at the School of Nursing and CEO of the Center for Employee Wellness.

After months of work preparing a proposal, the School of Nursing called on researchers, clinicians, and other wellness experts to help build a comprehensive program that included a robust web-based presence but also put power in the hands of nurses to use the face-to-face time with the client to better assess their health needs and steer to them to appropriate follow-up programs.

"If we're going to have direct time with a client to draw blood, we might as well use that," Singh said. "Even if it's just 20 minutes, you can get a lot going in that time."

"That's why this model is different," said **Patricia Chiverton, EdD, RN, FNAP**, who helped conceive the idea of a wellness program during her term as dean of the school. "When you look at great roles for nurses, well, a nurse is a coach. They understand medications, they can identify illnesses, and once they identify them, they can identify the most



Singh

appropriate resources to meet their goals. A nurse is really the perfect person to be in that role."

The CEW endured a rocky first year building a comprehensive program for the University, Rochester's largest employer, but continuous fine-tuning of the clinical and technical aspects allowed the program to find its legs in its second year. By 2014, word of mouth had helped attract a second client, Thompson Health. Today, the CEW has 13 employers under contract, a 99 percent satisfaction rate for its services, and is on the precipice of turning a positive contribution margin for the first time.

"The School of Nursing wants to own wellness, and I think we should," Singh said. "We are fully invested in a results-driven program. We have

developed exceptional clinical programs and well-demonstrated outcomes. I want to make sure that our contributions are recognized in the marketplace and taken advantage of. We can help organizations play a key role in helping our community be healthy.

"We're certainly not the first to build a comprehensive wellness program, but I like to consider us as being leaders taking it to the next level. We have perfected the biometric screening process so that when nurses do point-of-care testing, they can provide immediate and meaningful coaching to the individuals."

The CEW is the only Rochester area wellness program to facilitate real-time coaching from nurses by integrating results from lifestyle assessments and biometric screenings, and that has certainly been a huge selling point, especially because the support of nurse-coaches has fueled the success of individual clients, who have seen objective successes in their individual biomarkers.

(See "Wellness Coaching Helps UR Administrator Reach New Lows" on page 33.)

"Mindfulness is really the foundation. It's about being present right now and making a healthy decision because you're being thoughtful, reflective, and knowledgeable about the choice you're making," Norsen said. "But



Wellness Coaching Helps UR Administrator Reach New Lows

When **Stephen Marfione** thinks back to where he was two years ago, it's as fresh as yesterday. He remembers all of it – the denial, the despair, and of course, the breaking point when he could no longer ignore that his health

the hardest – admitting he needed help, and going to his first coaching session. "I'll be honest," he said. "I had a lot of apprehension." Since he didn't know anything about condition management or wellness coaching,

person, not one condition. We help you define and set goals – not just around your condition, but around all the health challenges you face like nutrition, exercise, stress and more."

From that day forward, Marfione has never looked back. For him, the condition management program has been an environment of encouragement, support, and a safe place where he can be himself. "They accept you as you are, where you are, and work with you from there. If you fall, your coach helps you get right back up and move on," he said.

Today, Marfione is re-enrolled in the condition management program, and his health is on the mend. His blood sugar is under better control, he is losing weight, and he's learned coping methods to handle the stress in his life.

"Condition Management showed me how everything is connected. Once my coach taught me how to manage my diabetes and stress, my blood sugar readings and eating habits improved, and I began to lose weight. It all started to come together," he said. "The program worked on my entire being and strengthened me physically, emotionally, and mentally."

Condition management helped him learn more about his diabetes and his health in general. And what sticks out in his mind most is that wellness is a journey with no final destination. "Am I there?" Marfione asks. "No. But we're taking steps, and my health is improving. With my coach, we're a team working together towards better health." --Christine Scott-Miller



With the help of his wellness coach, Suzanne Armstrong, and the UR's Center for Employee Wellness, Eastman dental schedule coordinator Stephen Marfione has regained control of his health.

was spiraling out of control.

"My blood sugar and my weight were on the rise, and I was extremely stressed," said Marfione, scheduling coordinator for Eastman Dental. He knew he had to do something, and more importantly, he knew he couldn't do it alone. He needed help. "I started learning about what was available through the University, and I took advantage of it," he said. That's when he enrolled in a condition management program sponsored by the University's employee wellness program.

For Marfione, the first steps were

he had no idea what to expect. "But once I started talking with my coach and we created goals, I was so excited. Things were moving, and I had a path to follow," he said.

Although he initially enrolled in condition management for diabetes, he also wanted to lose weight and reduce his stress. His wellness coach, **Suzanne Armstrong, RN, MS**, showed him how to better manage his diabetes while also helping him address his weight and stress. "Our condition management program uses a whole-person approach," said Armstrong. "We treat the whole



John Schilla

Center for Employee Wellness nurses such as Dorothy Smith use their knowledge and experience to provide coaching for clients.

the reason we're successful is it's the client's vision and the client's goals. We're there to support their journey."

"I don't think most people are used to that type of approach in the medical field," McMahan said. "If there's one thing that clients

focused on lifestyle issues, such as weight loss, fitness and diet. Like condition management programs, which focus on chronic conditions, the Wellness Factor puts the nurse and client at the center of the program, where they can pinpoint areas of need and set goals for improvement. The nurse can then direct the client to other professionals, such as an on-staff nutritionist or fitness coach, to help meet goals.

McMahan, who has been a nurse for the CEW for four years, helped build the Wellness Factor based on her experience of seeing clients for biometric screenings who didn't yet qualify for a condition management program but were likely heading down that path.

be at risk for a chronic condition – based on data collected in the personal health assessment and biometric screening – and gives them an opportunity to make improvements to stave it off. Unlike group programs, such as Weight Watchers, the client works one-on-one with the nurse-directed team for 12 weeks and checks in regularly over a six-month period on the road to making reasonable and sustainable lifestyle changes.

The lifestyle program, which was piloted over the past year, is the next big step for a wellness program that has proven to be a win-win-win scenario for all involved – it's a positive for companies, who are saving money and boast healthier and happier employees; it's beneficial for individuals, who are learning new skills and strategies to take control of their own health; and, it's a boon to nurses, who have an opportunity to use all of their skills and knowledge to help lead clients to better health outcomes.

"I've had a number of people mention that it was important to them to have someone to check in with who was cheering them on and supporting them every week," McMahan said. "To be a part of that, to help pull them out of the muck, and to get them thinking more positively can be a very powerful and rewarding experience."

"People leave our programs unquestionably with more information, more knowledge, better insight," Norsen said. "Our nurses enhance people's self-efficacy. They establish a relationship with clients so that they have the support they need to do everything they need to do be happy and healthy."

“ We have perfected the biometric screening process so that when nurses do point-of-care testing, they can provide immediate and meaningful coaching to the individuals.”

– Renu Singh, CEO of the Center for Employee Wellness

appreciate with coaches it's that this is a judgement-free zone. We want to meet them where they're at. You're human. So let's just talk about how we can capitalize on what you're doing well and not dwell on those things that maybe didn't go the way you wanted."

The refining of the CEW has continued with a new primary prevention program for clients outside the University. The Wellness Factor, launched earlier this year, is an individualized nurse-driven program

"We wanted to reach people who haven't yet been diagnosed with a specific chronic condition, but who we could identify needed some assistance in improving more global aspects of their health, so we could prevent that slide down into a chronic condition," she said. "Wouldn't it be great if we could capture those people and work with them on a longer term than just a biometric screening?"

The Wellness Factor allows just that. It catches those clients who may

Patrick Broadwater is a senior public relations associate in the School of Nursing and editor of NURSING magazine.

UR Nursing Supporters Honored at Dean's Diamond Circle Dinner

The annual Dean's Diamond Circle dinner, held Oct. 5 at Monroe Golf Club, presented UR School of Nursing leaders, supporters, and students with the opportunity to reflect on the previous year's accomplishments and recognize individuals who have made an impact on the school and community.

Each year at the event, the school presents awards to faculty, alumni, and supporters who have made a significant contribution to the school or its mission.

This year, the Dean's Medal, an award that recognizes extraordinary service, philanthropy, and leadership, was presented to Professor Emerita **Madeline Hubbard Schmitt '65N, '70 (MA), PhD, RN, FAAN, FNAP**. Schmitt, a nurse-sociologist, is considered a national leader in advancing interprofessional collaborative practice and interprofessional education, a commitment that has spanned nearly 45 years.

While accepting the award, Schmitt thanked the individuals who helped shape her approach to nursing and interprofessional practice – including an attending physician who allowed her to work collaboratively with him when she was just a nursing student. "My professional journey has taught me that in health



Dean Kathy Rideout with Dean's Diamond Circle honorees Jack Schottmiller, Cynthia Connolly and Madeline Schmitt

care, we need each other to succeed," she said.

Schmitt was a faculty member at the school from 1972 until 2005, and now serves as professor emerita. She was an integral figure in the emergence of the school as an autonomous institution and held numerous leadership posts in administration, teaching, and funded research.

She currently serves as ambassador and community moderator for the National Center for Interprofessional Practice and Education, and she has continued to co-publish seminal articles, conduct collaborative research, and deliver more than 80 local, national, and international presentations.

The Distinguished Alumna Award was presented to **Cynthia A. "Cyndi" Connolly '87N (MS), PhD, RN, FAAN**, an associate professor of nursing at the University of Pennsylvania School of Nursing, where she is one of four faculty directors at The Field Center for Children's Policy, Practice,

and Research. Connolly, who also holds senior fellow posts at Penn, is highly respected for her contributions to children's health policy and nursing education.

Connolly has focused her scholarly work on the forces that have shaped children's health care delivery and family policy in the United States. Her National Library of Medicine-funded research on children and tuberculosis was published in her award-winning book, *Saving Sickly Children: The Tuberculosis Preventorium in American Life, 1909–1970*. Her forthcoming book, *No Drug Left Behind? Children, Drug Therapy, and Pharmaceutical Policy in the United States 1933-1979*, will soon be published by Rutgers University Press.

Connolly, who delivered this year's Clare Dennison Lecture, was the recipient of the University of Pennsylvania's highest teaching award, The Lindback Award for Distinguished Teaching, and one of three nurses to receive a Robert Wood

Johnson Foundation Investigator Award in Health Policy Research.

John C. "Jack" Schottmiller '53, PhD, a dedicated advocate for the School of Nursing, received the Legacy Award. Schottmiller, along with his wife, Anne, established an endowed scholarship fund at the school in memory of their daughter, **Julia Anne Schottmiller-Koestner '84N**, who was tragically killed in 1990 during a visit to Prague.

A native of Rochester, Schottmiller earned his bachelor's degree in general science from the University of Rochester in 1953. He remains an active alumnus, regularly attending Rochester events. He has served as a volunteer on the Arts, Sciences and Engineering Reunion Committee for his 50th, 55th, and 60th class reunions.

Schottmiller is the former president of RM Consulting, Inc., a quality training business serving Fortune 500 clients across the United States and Canada. Prior to launching his firm, Schottmiller had a highly successful 27-year career at Xerox Corporation, where he pioneered studies in photoconductivity, was awarded several patents, and served as a leader in manufacturing and development.

MELIORA WEEKEND 2016



Alumni from the classes of 1946 through 2011 gathered at the school to reunite and reminisce during Meliora Weekend, held Oct. 5-9.

Classes celebrating their reunions wore pins featuring their yearbook photos. Pictured: Gail Tozier Richeson '66N.



The Class of 1966 celebrated their 50th reunion.



The Class of '59 presented a scholarship to Katarina Tripodi, a student in the APNN program who served as a reservist in the Marine Corps and graduated from RIT with a degree in biomedical sciences before enrolling at the School of Nursing.



Guests at the Dean's Diamond Circle dinner share some laughs at the reception preceding the awards ceremony.

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Ying Xue, DNSc, RN
Researcher and Associate Professor,
UR School of Nursing

Dr. Xue's research interests are nursing care processes, work environment, and the nature of the nursing workforce, as they impact organizational and quality of health care delivery and outcomes.



On October 21, 2011 we publicly launched *The Meliora Challenge*,
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Celebrating the Meliora Challenge and the Difference It Has Made

The University of Rochester's five-year fundraising campaign, the Meliora Challenge, concluded at the end of June. Over the course of the initiative, numerous individuals generously gave back to the School of Nursing, allowing researchers to embark on new projects and students to take the next step in their nursing careers. Here are just two of their stories illustrating the campaign's impact on the school, its students, and its faculty.

Stories by Jessica O'Leary

Bolstered by Donor's Generosity, Researcher Aims to Combat Depression

Older adults are at an increased risk of depression, and up to 13.5 percent of seniors receiving home health care suffer from the disease.

But some nurses – and even the patients themselves – believe that depression is a “normal reaction” to aging. As a result, many older adults with the disease don't receive adequate treatment or care.

Assistant Professor Dianne Liebel, PhD, RN, hopes to change that.

Liebel, who has researched issues in home health care for 15 years, is working on an initiative to help visiting nurses better detect and manage depression in their patients. A gift from an anonymous donor made during the Meliora Challenge is making Liebel's work in this area possible.

“The donor herself had received home health care, and she wasn't satisfied with some of the care she received,” said Liebel. “But she didn't just get upset. She was proactive. She said, ‘I want to be a part of making this better.’ That really let me know that what I was trying to do was worthwhile.”

As part of her research, Liebel conducted interviews with home



Liebel

health care nurses to gauge their perceptions about disability and depression among older adults. As she expected, many nurses were comfortable dealing with disability, but often considered depression to be part of the aging process. Next, Liebel observed the nurses during their home visits to study their interactions.

“We found that both the nurses and their patients were frustrated with the connections they were making with each other, and in many cases, depression was not addressed. It was

like the ‘elephant in the room,’” she said.

Providing mental health care as a visiting nurse poses unique obstacles, Liebel said.

“Visiting nurses often don't know what kind of environment they're walking into, there may be distractions from the family in the home, or the nurses could feel unsafe in the environment they're working in.”

To better arm them with the education and skills they need to tackle the complex issue of depression in these challenging environments, Liebel created a hybrid online course specifically for visiting nurses. The course, coupled with on-site classes led by mental health specialists, teaches nurses about disability, depression, and how to provide integrated nursing care to older adults in order to improve their overall quality of life.

“I hope that this project will impact the lives of older adults in our community and will help our nurses be more satisfied with the work that they are doing,” said Liebel. “The fact that someone wanted to support my research gives the project even more meaning. I'm still taken aback by it.”

Donations Allow Nurse to Achieve a Lifelong Dream

Since **Jane Wood** entered the nursing field 30 years ago, she's worked in a coronary care unit, the VA, and a nursing home. She's performed public health research and earned her master's degree in nursing education. And, on top of all that, she's also raised two successful sons.

But, one accomplishment still remained on her to-do list: to become a nurse practitioner.

"It was always in the back of my mind," said Wood. "I really wanted to stay on the top of my field, and I wanted to be able to make a bigger impact in the lives of my patients."

Wood took the first step to achieving that goal in 2012, when she reached out to a faculty member at the School of Nursing for more information. When she found out that the nurse practitioner program offered a specialty in geriatrics, she knew it was the perfect fit.

"After working at a nursing home and the VA, I knew that caring for older adults is where my heart was," she said. "I wanted to do it so badly, and I hoped I would be able to find a way. But, I was also trying to educate my two boys, who are both at private colleges, and I knew I wouldn't be able to do it without some help."

Wood took a leap of faith and applied to the program, hoping she would receive financial assistance to make going back to school possible. Shortly after receiving her acceptance letter, Wood got the news she was hoping for – she had been selected to receive two scholarships established during the Meliora Challenge by **T.C. and Pam Lewis**, graduates of the University of Rochester, and **Jack Schottmiller**, whose daughter graduated from the School of Nursing.

"I wanted to give to the school because I believe when you give

back to education, you are making a long-term investment that's going to build on itself. You are educating someone who, one day, will educate someone else," said Schottmiller. "And, with there being such an increasing demand for nurse practitioners, I'm happy I am able to support scholarships like the one Jane received."

Thanks to those donations, Wood was able to enroll in the nurse practitioner program and achieve what she viewed as her lifelong goal. As an older adult learner re-entering school, the journey wasn't without a few bumps in the road – but Wood knew she had the support she needed to succeed.

"Apart from the scholarship money, I knew the donors believed in me and had faith in me that I could do it," she said. "It is hard to even thank them appropriately, and the words, 'thank you,' don't even begin to describe how I feel. Their generosity really changed my life and allowed me to do what I had always dreamed about doing."

After years of hard work, Wood graduated in May, and this fall, she transitioned to a new position as a nurse practitioner in the Canandaigua VA Medical Center's primary care clinic, where she will help provide care for 1,200 veterans in the region.

For the donors who established the scholarships, seeing Wood succeed in the program, graduate, and advance her career was extremely rewarding.

"It was truly thrilling to be able to help her achieve her goal," said Pam Lewis. "When my husband and I decided to start giving to the school, we knew we wanted to give the scholarship to someone dedicated to caring for older adults. Jane was the perfect match. She was already

working at the VA, but she wanted to learn more and go further."

Now, that's exactly what Wood is able to do. As she puts her education to use and strives to become the best NP she can be, she says the life lessons she learned at the school – and from the donors who supported her endeavors – will continue to guide her.



When Jane Wood (left) graduated from the UR School of Nursing in May, she fulfilled her dream of becoming a nurse practitioner. Wood knew she couldn't do it alone, though, and she didn't have to, receiving support from new scholarships created during the University's Meliora Challenge.

"I may have taken the path that was a little longer and a little harder, but in the end, it was more rewarding, and I believe I became a better person through it all," said Wood. "I hope that I can pay forward what I have received and turn it into a domino effect so that we can continue to help other students down the road."



SCHOOL OF
NURSING
UNIVERSITY of ROCHESTER

The
MELIORA
CHALLENGE

Nearly \$22 million raised!

Who Gave:



More than
3,300 donors



46 states
and D.C. represented



69% of \$
from friends & alumni

How They Gave:




Faculty Support:
\$6.6 million



Student Support:
\$9.1 million



Program Support:
\$2.2 million

 **86% growth**
in endowed scholarships
and fellowships

2X
Doubled the endowment
with new commitments

FROM THE ARCHIVES



University Libraries/Department of Rare Books, Special Collections and Preservation

Patio Pose University of Rochester nursing students share a smile on the patio outside of Evarts Lounge in this undated photo. If you can identify anyone in the photo or when it was taken, let us know! Pass along the details in the comments of this post on our Facebook page (www.facebook.com/UofRSchoolofNursing).

Spring photo update:

Nancy Harter Bowman '54 identified one of the students in the photo from our last issue. "The nurse holding the baby arms is classmate Helen Jane Powell from Elmira, New York," she writes. "Helen graduated in 1954."



From Wall Street to Medical Missionary

Nursing education helped Loyd Stephen '14 find meaning, fulfillment far afield



For three weeks this spring, **Loyd Stephen '14N** helped set up mobile clinics in rural Haiti, co-leading a group of nursing and pre-medical students providing basic health care and community health education to the impoverished residents of Lower Artibonite.

To Stephen, a medical mission trip to one of the world's poorest countries seemed like the next logical step in a career that began on Wall Street.

"A lot of what I learned at Rochester was focused on what you're going to do with your education," said Stephen, who graduated from the Accelerated Bachelor's Program for Non-Nurses in December 2014. "I thought, why not go to Haiti and serve the community there and get to teach other nursing students.

"I have this education. That's what it's all about – using it to change the world and help other people."

Stephen, a registered nurse in San Diego, had heard about the mission trip from a friend who participated two years earlier. He joined the LoveWorks team from Point Loma Nazarene University, which offers aid to challenging and remote portions of the world, and with a local nurse practitioner, served as co-leader of the expedition. The group departed in May after five months of training focused on cultural sensitivity and being well-prepared to meet the medical needs of the local community.

Once in Haiti, the group roomed on the upper floor of a four-room schoolhouse and held open houses and set up free clinics in schools and churches for residents who don't have access or can't afford health care.

"When mission trips come it is a real blessing for the community," said Stephen. "It's an opportunity for them to get care they wouldn't



Just three years ago, Loyd Stephen (back row, far left) was a financial analyst on Wall Street. This past spring, the San Diego-based registered nurse followed up his UR Nursing education by leading a medical missionary trip to poverty-stricken Haiti.

normally get."

For Stephen, serving as an instructor to a new generation of nursing students felt like an opportunity to repay others who helped him launch a new career. A business administration major at Northeastern University, he worked as a financial analyst in Manhattan for five years before enrolling at the UR School of Nursing.

He was in a recovery room after a tonsillectomy when he became fascinated by the nurses contributing to his care.

"I knew what they were doing for me, but I was also seeing their interactions with other patients and staff," he said. "It was an a-ha moment, a calling. This is what I'm meant to do – be a bedside nurse and care for others.

"Best decision of my life so far."

Soon after he was discharged, he shadowed nurses to get a feel for the job and enrolled in night classes in Queens to fulfill his prerequisites. He looked at schools all over the country

before quitting his job and enrolling in the UR School of Nursing's accelerated program.

"The reputation of the school appealed to me," he said. "It was no contest when compared to others. The duration, the support of faculty and staff, the resources were all there. The clinical hours are more than the state requires. A program that exceeds expectations, that's the program you want to be in."

Traveling to Haiti to share his expertise was one way for Stephen to use his UR education. His next step is to build on that foundation. This summer he was accepted into the family nurse practitioner master's program at Azusa Pacific University, a three-year part-time program.

"There's little doubt that I'll be able to handle it," he said. "Going through the accelerated program was the hardest, most difficult, and intensive thing I've ever done. If I can be successful in that, I can do any other nursing program." – PB

1950s

Shirley (Crane) Schrank '54N, '59W, '60W (MS) writes: "Dear School of Nursing, I was included in the Marquis *Who's Who in the World*, 17th edition in 2000. On the certificate it states that 'inclusion in which is limited to those individuals who have demonstrated outstanding achievement in their own fields of endeavor and who have, thereby, contributed significantly to the betterment of contemporary society.'

I graduated from UR School of Nursing in the diploma program in 1954. I earned my BS in nursing science in 1960 and was offered a federal traineeship in nursing education by Miss Esther Thompson to get an MS in nursing education. The federal government wanted to increase the number of nursing educators needed at that time as more nurses were needed after WWII. I began teaching at Genesee Hospital School of Nursing in Rochester, first in Fundamentals of Nursing and then was promoted to a pediatric nursing instructor. When I moved to California, I first took care of eye patients at the Children's Hospital of San Francisco; next, specializing in open heart surgery patients at Presbyterian Medical Center; then, I taught medical-surgical nursing at Samuel Merritt

Hospital School of Nursing in Oakland.

I retired to raise a family and in my spare time took art classes at Diablo Valley College in Pleasant Hill, California. I became an artist, painting portraits and landscapes and doing sculpture of heads and figure sculpture, showing in various art galleries in the Bay Area and doing some teaching of sculpture in the area. I worked in clay and bronze. I was included in *The California Art Review: An illustrated survey of the state's museums, galleries, and leading artists*, by Les Krantz, 1989.

I have used my knowledge and experience as a nurse in becoming a Stephen Minister and leader and neighborhood nurse resource. I am thankful for my nursing education at the UR School of Nursing in not only bringing up my own family but as a resource in both church and neighborhood."

1960s

Ann (Powell) Rugar Dow '66N retired in 2008 after 41 years working as a nurse in many capacities. The last 17 years she worked for an HMO as a nurse-midwife and gynecology practitioner and "loved almost every minute!"



Campbell-Heider Named IAAAN Fellow

Nancy Campbell-Heider '78N (MS), '88N (PhD), associate professor at the University at Buffalo School of Nursing, was named a fellow of the International Academy of Addictions Nursing last fall.

An advanced practice certified addictions registered nurse, she is chair of the Department of Family, Community and Health Systems Sciences at UB and a member of the editorial board of the *Journal of Addictions Nursing*. The fellowship in the International Nurses Society on Addictions recognizes professionals for their contributions to the field of addictions nursing.

Campbell-Heider's research focuses on high-risk adolescent behavior.

1970s

June 2016 marked two major milestones for **Martha E. Ball-Pignataro '73N**. The first marked 20 years with her employer, Lake Shore Pediatrics in Barrington, Illinois, where she is the only nurse practitioner in a group of nine pediatricians. The second, and even bigger, milestone: she has been a PNP for 40 years, thanks to the excellent program at the University of Rochester School of Nursing!

Christine Thurber Ervin '74N, '76W (MA)

retired as a pediatric nurse practitioner a few years ago. After moving to Florida she is now a volunteer RN in clinics serving the homeless. This past year she re-took the Water Safety Instructor course, a course she originally took 50 years ago in the UR pool. Teaching children to swim at the local YMCA, Christine writes: "It is gratifying to see the happiness on the faces of the children as they are able to independently float and swim."

1980s

In February 2016, **Susan Cyrulik Cattalani '86N, '92N (MS)** opened her own independent practice in Rochester as a psychiatric nurse practitioner/psychotherapist. Having

previously worked with a physician, she is learning to be her own business manager. She specializes in working with adults with eating disorders, PTSD, anxiety and depression, as well as many stressed-out teachers, women with postpartum depression, and individuals in master's programs learning to become therapists.

Nina Gaby '86N, '90N (MS) works full time as a psychiatric APRN at a clinic in central Vermont, where she authors blog pieces for Central Vermont Medical Center. Her medical narrative non-fiction has recently appeared on *The Intima*, *Kevin MD* and in an anthology from Seal Press, *How Does That Make You Feel?* (<http://sealpress.com/books/how-does-that-make-you-feel/>) She was also a finalist in The Diagram's annual experimental essay contest.

Fran (Panzella) London '86N, '91N (MS) was selected to deliver the keynote presentation at TeleHealth Services' Tigr-Con 2016 user conference, Nov. 16-18 in New Orleans. London's presentation was titled "The Everyday Magic of Tech and Touch in Patient Education and Engagement." London was most recently the



health education specialist at Phoenix Children's Hospital and received the hospital's Nursing Excellence Legacy Award last year. Her 2010 book, *No Time to Teach: The essence of patient and family education for health care providers*, was recognized as Book of the Year by the *American Journal of Nursing*.

Beth (Wagner) Burbach '89N (MS) completed her PhD at University of Nebraska Medical Center in 2013 and received an INACSL (International Nursing Association for Clinical Simulation and Learning) Research Fellowship this past March. She is a nurse researcher at UNMC College of Nursing, with a focus on improving development, delivery, and evaluation of undergraduate nursing education practices using simulation.

1990s

Sister Mary Louise Mitchell '94N (PhD) was named director of pastoral care at St. Ann's Community in Rochester. She recently served as president of the congregation of the Sisters of St. Joseph of Rochester. She is a former board member of St. Ann's Community, Nazareth College and Aquinas Institute and currently serves on the board of Arnot Health in Elmira.

Uletha Jones named to Genesee Community College Hall of Fame

Uletha Jones '94N, a nursing educator and lieutenant commander in the Navy Reserve, was inducted into the Genesee Community College Hall of Fame in March.

Jones performed two tours of active duty as a trauma and intensive care nurse, including a deployment to Afghanistan in 2011. She works in the intensive care unit at Highland Hospital and also serves on the



nursing faculty at Kaplan Test Prep.

After graduating from GCC, she earned her bachelor's degree from the UR School of Nursing, her master's in health care education from the University of Phoenix, and her doctor of nursing practice degree from Duquesne University.

Kathleen Culhane Guyette '95N (MS), senior vice president of patient services for Mission Health Systems in Asheville, North Carolina, was promoted to president of the regional member hospitals for Mission Health in 2014.

2010s

Sally Ellis Fletcher '10N (PhD) has been named associate dean for students at the University of Missouri-Kansas City.

Janice Campbell-Loss '10N, '13N (MS) has been named to the St. John Fisher College board of trustees. She is president and director of operations at Dermatology Associates of Rochester.

Nicholas Arcieri '12N (MS) has been accepted in the Warner School of Education at the University of Rochester. He is pursuing an accelerated EdD in higher education.

Amanda Kamarck '13N has been accepted into Cornell University's Johnson School of Business. She will pursue her MBA as a Roy H. Park Leadership Fellow. She writes: "I hope to work to improve health care delivery systems, and in turn, assist the nursing workforce and improve patient care."

East Carolina University Vice Chancellor Honored for Meritorious Service

Phyllis N. Horns, East Carolina University's vice chancellor for health sciences, was named a recipient of the North Carolina Hospital Association's 2016 Meritorious Service Award at the group's summer membership meeting in Pinehurst, North Carolina.

Horns, who earned her pediatric nurse practitioner certificate from the University of Rochester, is just the second nurse to have received the award. She was lauded for her work at ECU over the past three decades.

Horns has been vice chancellor at the school since 2009. She previously served 19 years as dean of the ECU College of Nursing, the longest-tenured dean in the history of the college.

Your classmates *want* to know your news! Did you receive a promotion? Move to a new city? Publish your research findings? Email us at sonalumni@admin.rochester.edu or visit son.rochester.edu/alumni/class-notes.html to share your news and get it published in NURSING magazine.

Word has reached us of the passing of the following alumni and friends.

The School of Nursing expresses its sympathy to their loved ones.

Berdan (Dobmeier), Dorothy D. '49N
Dec. 31, 2015, Fayetteville, NY

Blossom (Hughes), Pauline H. '56, '57N
Dec. 1, 2015, Fairport, NY

Coggi (Magill), Carol Lee '58N
Jan. 27, 2016, Williamsburg, VA

Davis (Weltman), Miriam '40N
Dec. 3, 2015, Rochester, NY

Esposito (Capecelatro), Joan E. '54, '55N
Feb. 6, 2016, Washington, DC

Hutchison (Curtis), Joan '50N
March 1, 2016, Clinton, NY

Jewell (Follet), Joan L. '47N
Jan. 20, 2016, Binghamton, NY

Joslin (Rowland), Patricia M. '60, '61N
March 7, 2016, Ashville, NC

Kindling (Hendrikx), Nancy '55N
Feb. 19, 2016, Topeka, KS

McCabe, Patricia A. '85N
April 28, 2016, Honeoye Falls, NY

Monks (Cooper), June '44N
June 1, 2016, Fairport, NY

Morgan (Arfmann), Joan '53, '54N
Dec. 7, 2015, Webster, NY

Nelson (Williams), Mary '52N
June 6, 2016, Boise, ID

Olszewski (Russell), Beverly E. '60N
April 19, 2016, Buffalo, NY

Parker (Kozlowski), Helen '47N
April 14, 2016, Rochester, NY

Rehner (Rhodes), Nancy R. '66N
Dec. 14, 2015, Elmira, NY

Rice (Reed), Sallyann E. '55N, '58
Jan. 9, 2016, Webster, NY

Rockwell (Tyler), Virginia '58 (MS)
June 20, 2016, Clifton Springs, NY

Rohrer (Wunder), Muriel '46, '47N
Feb. 2, 2016, Naples, FL

Ryan, Dennis William '73N
Nov. 22, 2015, Summerfield, FL

Saffran (Rood), Dorothy '54, '60W (MS)
March 6, 2016, Houston, TX

Sears (Bowles), Yvonne '61W (MS)
March 24, 2016, Summerfield, FL

Smith (Miller), Loretta '48DPL, '53
May 29, 2016, Angelica, NY

Smullen (Gibson), Barbara L. '66N, '69N, '83W
Dec. 29, 2015, Rochester, NY

Sylvester (Oherron), Barbara J. '45N
Jan. 1, 2016, Austin, TX

Tiffany, Shirley G. '87N
June 24, 2016, Nichols, NY

Washington (Griffith), Elinore '46N
March 7, 2016, Charlotte, NC

Young (Walike), Helen A. '42N
Feb. 18, 2016, Lakewood, WA

Zartman (Labela), Donata M. '53N
May 20, 2016, Anchorage, AK

Zentis (Bauer), Mary '57 (MS)
Feb. 24, 2016, Framingham, MA



Thank You THANK YOU thank you
Thank You Thank You
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Thank You

Your Gifts Make an Impact on the School of Nursing

Annual Giving

Every gift, every year makes an exceptional nursing education possible. Annual Fund gifts from alumni are essential to providing the very best faculty, facilities, and research opportunities.

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If your business or company has a matching gift program, you can multiply the size of your gift. Be

sure to include your company's matching gift form with your donation. To find out if your company matches gifts, contact your human resources office or visit www.rochester.edu/advancement/annual-giving/how-to-give/matching-gifts.

Make a gift with securities or stocks

If you are interested in making a gift of securities, please contact (or have your broker contact) Debra Rossi in Gift and Donor Records at 585-275-3903.

Legacy Giving

A planned gift to the School of Nursing can help you integrate your personal and family financial goals with your desire to make an impact on the program you care about.

Bequests

Making provisions for the School of Nursing in your estate plans today will help ensure the future

of the school. Gifts may also qualify you for membership in the Dean's Diamond Circle.

Charitable gift annuities

Charitable gift annuities may be a viable alternative for you if you are looking for a steady stream of income, have CDs coming due or have low-interest savings accounts. Call us today at 800-

333-4428 for more information.

IRA rollover

Retirement-plan benefits left to heirs are often more highly taxed than other assets. Consider giving them to the School of Nursing instead to make a meaningful gift and leave other assets to heirs.

Life insurance

An important but frequently overlooked role of life insurance is the one it can play in charitable gift planning. Life insurance itself can be the direct funding medium permitting the donor to make a substantial gift (face value of the policy) for a relatively modest annual outlay (i.e., the premium payment).

Giving Societies

We delight in recognizing our alumni and friends who have made the School of Nursing a philanthropic priority.

Dean's Diamond Circle

Diamond Circle members play an integral role in sustaining the School of Nursing and paving

the way for its future. With the generous support of dedicated alumni and friends, the school is preparing the next generation of health care providers, educators, researchers, and leaders. Membership starts at \$1,000 annually.

George Eastman Circle

The George Eastman Circle is the University of Rochester's most impactful leadership giving society, recognizing five-year Annual Fund commitments of \$1,500 and above to many areas of the University, including the School of Nursing.

Wilson Society

The Wilson Society illuminates the philanthropic legacy of Joe '31 and Peggy Wilson and celebrates those individuals who have established a gift plan or included the University in their estate.

Questions? Contact us

For more information about making a gift to support the School of Nursing, please contact Andrea J. Allen, Director of Advancement and Alumni Relations, at 800-333-4428, 585-276-4336 or andrea.allen@rochester.edu.

Longtime supporter Aldo Fioravanti passes away at age 93



“ Aldo was a dear friend of the school for many years, and we’re so grateful for his steadfast dedication and support. He will be greatly missed.”

– Kathy Rideout, EdD, PPCNP-BC, FNAP

*Dean and Professor of Clinical Nursing and Pediatrics,
University of Rochester School of Nursing*

Aldo Fioravanti, a longtime friend of the School of Nursing, died July 29, 2016. He was 93.

Retired assistant director for the physical plant at the University of Rochester Medical Center, Fioravanti left an impression on the School of Nursing in more ways than one. He worked on many construction projects for the school, helping to shape the physical presence of the campus. But he also left a legacy of support in memory of his wife, Annie, who died in 2007 at age 82 after working in radiology at Strong Memorial Hospital for many years, and in honor of his daughter, **Joanne Fioravanti Makielski '75N, '78N (MS)**, who was director of pediatric nursing and a nurse practitioner in pediatric cardiology at Golisano Children’s Hospital.

The Anne J. and Joanne L. Fioravanti Scholarship fund supports promising nursing students who would not be able to afford tuition without financial assistance.

For his dedication and commitment to the School of Nursing, he was honored with the school’s prestigious Legacy Award in 2014.

Born in 1923 in Woonsocket, Rhode Island, Fioravanti was raised in Connecticut and drafted into the U.S. Army in 1943 during World War II, serving 22 months. He attended Massachusetts Institute of Technology on the G.I. Bill, graduating in 1948 as a civil engineer. He married Annie the same year.

He began his four-decade career in the construction industry in New York City, working on such landmark projects as Idlewild Airport (now JFK), the United

Nations Plaza apartment complex, Philharmonic Hall (now David Geffen Hall) at Lincoln Center, and the Port Authority Bus Terminal.

He moved the family to Rochester and joined URM as a construction engineer in 1965. During his 22 years at the University of Rochester, the square footage of the Medical Center doubled. He was instrumental in the construction of several campus buildings in the 1970s and '80s, including the Medical Education building, the original Cancer Center, and various School of Nursing projects before retiring in 1987.

In retirement, he split time between homes in Canandaigua and Fort Myers, Florida. He stayed active as regional vice chair and Rochester chapter president of the American Society of Heating, Refrigeration and

Air Conditioning Engineers and was a member of the Rotary Clubs of Rochester, Fort Myers, and Canandaigua. He taught classes for AARP, drove the tram at Sonnenberg Gardens, sang baritone for a number local choruses, and was even on Facebook.

Survivors include four children, Richard (Ginny Casper) Fioravanti, Joanne (Tom) Makielski, Patricia (Steve) Barresi and Mary (Rick) Spiegel; daughter-in-law Irene Dutko-Fioravanti; seven grandchildren; two step-grandchildren; three great-grandchildren; as well as many nieces and nephews.

In lieu of flowers donations may be sent to ALS Association, Gift Processing Center, PO Box 6051, Albert Lea, MN 56007 in Aldo’s memory.

Eliza Ketchum '13N



July 8, 2016 in Brockport.
Eliza was an RN at
Strong Memorial Hospital

and was enrolled in the adult gerontological acute care nurse practitioner program at the UR School of Nursing. A graduate of SUNY Brockport with a bachelor's degree in biology, Eliza joined UR Nursing's Accelerated Bachelor's Program for Non-Nurses in January 2013, graduating in December of that year with honors. She was a talented pianist and beloved piano teacher.

A celebration of her life

was held July 16 at the Morgan Manning House in Brockport. She is survived by her parents Greg and Pam Ketchum; her siblings, Miles Hollis (Katherine) and Elliott Stewart Ketchum; grandparents Sally Hale and Stan (Helen) Burg and many aunts, uncles, cousins, friends and colleagues.

The University of Rochester School of Nursing held a memorial service for Eliza in Evarts Lounge on Oct. 10.

Dozens of family

members, friends, nurses, faculty and students attended the ceremony to pay their respects and share their remembrances.

Gifts in Eliza's memory may be directed to the accelerated RN program and the General Nursing Scholarship Fund at the University of Rochester; 300 East River Rd, Rochester, NY 14627.

Information Update

Have you moved, changed email address, or have news you want to share with School of Nursing alumni and friends? Fill out the form below and mail it back to us at School of Nursing Office of Advancement and Alumni Relations, Larry and Cindy Bloch Alumni and Advancement Center, P.O. Box 278996, Rochester, NY 14627-8996. Or submit your news online at son.rochester.edu/alumni/class-notes.html.

Today's date __/__/20__

Name _____ Class Year _____

(include maiden name, if applicable)

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Phone (____) ____ - _____ Cell Phone (____) ____ - _____

Occupation _____

Employer _____

Location (city/state)

Family information (Spouse, children names) _____

Here is my news _____

A Legacy of Caring

JANE CURTISS WATKIN '44, '45N was not yet 18 years old when she arrived on campus in 1940 to pursue her dream of becoming a nurse. Today, at 93 years old, she credits her Rochester training for a successful 40-year career of caring for others and serving as an administrator at Strong Memorial Hospital.

Honoring this long relationship was important to her. "Every year I'd get a request to make a gift and wished I could do more. Then I learned about the charitable gift annuity," said Jane, whose 2002 gift provides her guaranteed income for life, while enabling her to make a larger gift than she thought possible to the School of Nursing. "As it turned out, I have more than gotten my money back over the years. It was a good financial and philanthropic decision."

In 2013, Jane underwent aortic valve replacement surgery at Strong Memorial Hospital. "I saw how much more sophisticated nursing care is today. I am proud to know my gift will help further advance the profession in years to come."

Jane served as a nurse and an administrator at Strong Memorial Hospital from 1945 until her retirement in 1985. She is pictured with School of Nursing student Shakira Sebastian '17N in the Jane Ladd Gilman '42 Nursing Skills Lab in Helen Wood Hall. Jane is a member of the Wilson Society.



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Parting Shot

This cap says it all – congratulations to our accomplished Class of 2016 UR School of Nursing grads and a big THANK YOU! to all the families and friends who supported them!

