The College of Nursing faculty and staff are excited to welcome you, our returning alumni, back to campus for Alumni Days, May 25-27, 2005.

We extend a warm invitation to you and your guests to join us at the CON breakfast and to take part in our Back to School Class, “Contemporary Topics in Nursing.” It is going to be a fun-filled weekend; we can’t wait to see you all!

All alumni are invited to attend; this year we will be honoring classes celebrating their 45th, 50th, 55th & 60th year reunions. We extend a special welcome to alumni who graduated in 1945, 1950, 1955, and 1960.

For a complete listing of events, please contact the UND Alumni Association at www.undalumni.org or (800) 543-8764.

Retirement reception to honor Diane Helgeson

A retirement reception will honor Diane Helgeson on Thursday, May 5, from 3 to 5 p.m. at the J. Lloyd Stone Alumni Center on the UND campus. Helgeson will retire following 38 years of service to the University and College of Nursing.

Appointed to the faculty in September 1967, she created and maintained rigorous courses in community health nursing at a time when community health was relatively less valued in the health care system compared to new fields of intensive care. Now that public health is experiencing a rebirth and community-based services are growing exponentially, Helgeson’s work can be seen as visionary.

Diane served her profession as a leader in many organizations, including the American Public Health Association, American Nurses Association, charter member of Sigma Theta Tau at the College, North Dakota Public Health association, and North Dakota Nurses Association. She was a member of the North Dakota Board of Nursing for four years, and President for one year.

– Elizabeth Tyree, chair, family and community nursing

UND President Charles Kupchella congratulates Diane Helgeson at the UND Founder’s Day dinner in February for her service to the College of Nursing.

2005 College of Nursing Research and Scholarship Colloquium

When: Friday, May 6, 2005, 8:30 AM-2:30 PM

Where: UND Memorial Union

Cost: $15.00 (includes break and lunch)

To register please contact Dr. Marcia Gragert at (701) 777-4549 or marciagragert@mail.und.nodak.edu

UND College of Nursing Alumni Newsletter, Spring 2005

Our students represented us well at NSAND this past January. We had several members who were elected to state office, as noted below:

Ashley Kvislen - 1st Vice President
Tiffany Baker - Director of Publicity/Communication
Katie Bubbers - Director of Funds
Jenna Kruger & Amy Solberg - Vital Issues Co-Editors

Please offer congrats to Amy Solberg, our current SNOY for the College of Nursing, who represented us very well at the state competition.

-Darlene Hanson, NSAND Faculty Advisor
Focus on Faculty

High quality faculty members are found throughout the College of Nursing. They are the cornerstones who provide the quality education students expect. Two faculty members are in a unique position; one is returning as another says goodbye. Dr. Mary Wright, returning after 15 years away, and Diane Helgeson, retiring after 38 years of service, are assets to the CON and have made a lasting impact on the student body. We thank both of them for their dedication and commitment to the nursing profession!

Dr. Mary Wright, PhD, RN, Assistant Professor

Dr. Mary Wright accepted the position of Clinical Associate Professor and began her employment at the UND College of Nursing in January of 2005. Although Dr. Wright is new this year, she is no stranger to UND. After completing her BSN at the College of St. Scholastica in Duluth, MN, she earned her MS from the University of Texas at Austin. She taught at UND from 1979-1990, and also completed her Doctorate in Education Administration in Nursing from the University of Texas at Austin. Dr. Wright left UND in 1990 for more clinical experience, which brought her to the University of Wisconsin at Eau Claire, the College of St. Catherine’s in St. Paul and back to Duluth to work in the corporate health industry.

Dr. Wright brings a wide array of experience back to UND. She has a political background from serving on the NDNA Board of Directors for Maternal/Child, in the Minnesota Nurses Association, and on the legislative board for the Medical Education & Research Committee at the Minnesota State Legislature. She has worked in the corporate health industry at St. Mary’s Duluth Clinic Health System in Duluth and has experience in grant writing, which she considers to be an invaluable educational experience.

Dr. Wright’s main area of interest is health related quality of life, those things nursing can do to help or influence patients in a positive way. Her belief is that each and every person deserves an opportunity for high quality care. It is Dr. Wright’s hope that her students make a commitment to continue learning after they graduate and to respect and appreciate the role of their patients and clients. We are glad to have Dr. Wright teaching in the Department of Family & Community Nursing; she states that values, quality of students and the changes in education are what brought her back to UND.

“Each and every person deserves an opportunity for high quality care.”

Diane Helgeson, MS, RN, Associate Professor

After 38 dedicated years of service, the College of Nursing is sad to say goodbye to Diane Helgeson, Associate Professor in the Department of Family & Community Nursing, who will be retiring after the spring 2005 semester.

Diane is credited with many things in her years at the CON, including developing a policy and procedure manual under Dean Inez Hinzvark, preserving the history of the CON through oral histories, and salvaging photos and memorabilia when the program moved into its present building. However, the most important contribution is a true dedication to integrating life experiences with her teaching techniques to better prepare our students for life after graduation. Whether it is her consulting with the Alzheimer’s Support Group, the challenges and rewards of being a foster parent, or her involvement in numerous professional organizations, Diane weaves a piece of herself into her teaching.

As you may imagine, many things have changed in the nursing profession and in the educational setting over the past 38 years. Technology has become a mainstay in hospitals and other health facilities. According to Diane, “this is a wonderful advancement, but we must not lose the important interpersonal skills; the power of the human touch. Take time to visit with patients, listen to their concerns and fears. Time is the best gift you can give to someone.” The level of skills required of the students has also increased as a result of advanced techniques and technology. The student body itself has also changed. “Students now have families and jobs to juggle with their heavy school schedule. They are from a different generation, but if you are willing to listen you will learn a lot.”

Diane has enjoyed her time at the College of Nursing immensely and will miss working with her students. “Interacting with students keeps me young and it is a joy to watch them grow and develop.”

There will be no sitting still in her post-teaching years; she and her husband plan on traveling to see children and grandchildren, she will be performing volunteer work in the community and spending time working on quilting and other crafts.

“Time is the best gift you can give someone.”
Interim Dean’s Message

You’re maybe thinking that Connections looks different, and you’re correct—it’s sort of had a face-lift! That’s to the credit of our new Alumni and Development Coordinator, Becky Cournia. Becky joined the staff of the College in late January and is already making a significant impact. Her role is to tell the College of Nursing’s story to you, our alumni and friends, helping you understand our needs and how you can best play a role in assisting us to meet those needs. I hope you will welcome Becky and seriously consider what you can do to strengthen your support for the College.

A significant undertaking this fall was the development of a five-year strategic plan for the College. Our goals are consistent with the seven major goals of the university which refer to a quality curriculum, commitment to research, service to the people of North Dakota and beyond, improved campus climate, enrollment management, optimized information technology, and revenue enhancement. Two areas that I’m particularly excited about are the areas of quality curriculum and commitment to research.

In the research arena, our plan states that we will strengthen the research culture in the college. We are going to implement a variety of strategies to do this such as involving more students in scholarly activities, establishing an endowed chair and endowed professorship, obtaining increased support for faculty research, and seeking additional research space. We plan to establish a “community of scholarship” that will create an environment more focused and supportive of research.

There are many more exciting goals and objectives in our strategic plan. As we use this plan to guide our work, we will keep you informed of our activities and accomplishments. We invite your support and involvement in any way that works for you. I look forward to visiting with you more about what we are doing and what we plan to do in the future.

Helen Melland, Interim Dean

“We plan to establish a ‘community of scholarship’ that will create an environment more focused and supportive of research.”

College of Nursing
Contacts

Interim Dean
Helen Melland

Student & Alumni Affairs Director
Marlys Escobar

Alumni & Development Coordinator
Becky Cournia

Department Chairs

Practice & Role Development
Roxanne Hurley (Interim)

Family & Community Nursing
Elizabeth Tyree

Nutrition & Dietetics
Judy Hall

Main Phone: (701) 777-4174
Fax: (701) 777-4096

Milestone Anniversary
Ahead…

The College of Nursing will be celebrating its 100th Anniversary in 2009-2010 and we want you to be a part of the events!

A steering committee is being formed to plan and organize events. We will keep you updated on details as they become available.

Be sure to visit our website, www.und.edu/dept/nursing for breaking news.

We know that the success of our program is a direct result of each of your accomplishments…we couldn’t have made it 100 years with you!

Plan now to be back on campus in 2009-2010 to help us celebrate our centennial anniversary.
Faculty News & Notes

The administration, faculty and staff of the College of Nursing are proud to announce the hard-earned promotions, awards, presentations, and grants bestowed upon our faculty. Keep up the amazing work!

PROMOTIONS

Michelle Cooley to Clinical Assistant Professor

Colleen Holzwarth to Clinical Associate Professor

Darla Adams has been appointed as the Interim Director of the Anesthesia program. Darla previously was the Assistant Director of the program.

Patty Vari to Clinical Associate Professor

AWARDS

Cindy Anderson has been designated the “2004 Midwest Nursing Research Society Scholar” by the American Nurses Foundation.

Dr. Loretta Heuer has been given the “Excellence in Research Award” from the Midwest Clinicians Network.

Donna Morris has been awarded a Summer Graduate Research Professorship by the University of North Dakota.

Dr. Tracy Evanson has been awarded the New Faculty Scholar Award by the UND Senate Scholarly Activities Committee. The award is for her project “Domestic Violence Victim’s Perspectives of Public Health Nurses’ Care.”

PUBLICATIONS


PRESENTATIONS

Cindy Anderson, “In-Utero Stress Induces Hypertension and Vasoconstrictor Hyper responsiveness in Offspring.” Accepted for presentation at the 35th International Congress of Physiological Sciences, San Diego, CA. March 2005.


Izetta Lattergrass and Eleanor Yurkovich, “Research on Health in Diverse Populations” has been accepted for presentation at two different conferences! The 38th annual Communicating Nursing Research Conference/19th annual WIN Assembly, San Francisco, CA, April 2005. The National Association for Rural Mental Health annual conference in Honolulu, HI, August 4-6, 2005.

POSTER PRESENTATIONS


Donna Morris, “A Descriptive Study of Carbohydrate Intake and Menopausal Symptoms,” accepted for presentation at the Sigma Theta Tau International 38th Biennial Convention - Scientific Sessions in Indianapolis, IN. The conference title this year is “Create the Future through Renewal” and will be held November 12-16, 2005.

Becky Rudel, had her abstract, “Nontraditional Students in Associate Degree Nursing,” accepted for presentation at the Sigma Theta Tau International 38th Biennial Convention - Scientific Sessions, Indianapolis, IN, November 12-16, 2005.

EXTERNAL RESEARCH GRANTS FUNDED

Cindy Anderson, had her proposal, “Fetal Growth Restriction: Consequences for Future Development of Hypertension,” funded by the American Nurses Foundation.

Eleanor Yurkovich, is the recipient of $31,795 from the Otto Bremer Foundation in her pursuit to develop “culturally specific mental health programs that effectively serve the Native American Community.”
Generous support to the CON improves student learning experiences

Dakota Medical Foundation Grant
The Dakota Medical Foundation in Fargo, ND has awarded the College of Nursing $9,711 for equipment additions to the Learning Resource Center. The gift is in honor of Tom Clifford, past President of the University of North Dakota.

The funds will be used to purchase an examination table, two hospital beds, a patient mannequin and a baby VitalSim mannequin. This equipment will help the CON to provide high quality simulated and actual learning experiences for students so they can be better prepared. Thank you to Pat Traynor and the Dakota Medical Foundation for their generous contribution!

Max Bartlett Memorial Scholarship Established
Michael Bartlett, wishing to recognize and pay tribute to his beloved brother, Max, has generously established the Max Bartlett Memorial Scholarship for American Indian Nursing Students. Allocations from this endowment shall be used to fund scholarships for one American Indian student who is actively pursuing a degree in nursing and is involved in the RAIN program at UND. The recipient of the scholarship will be a dedicated and hard-working sophomore, junior or senior Bachelor of Science in Nursing student who plans to return to the reservation following graduation.

It is through the continued generosity of alumni and friends that the College of Nursing is able to offer such wonderful scholarship opportunities to its deserving students.

Altru Hospital Auxiliary Scholarships Available
The College of Nursing is pleased to announce the continued support our students receive from the Altru Auxiliary. Yet again, the auxiliary is generously donating funds to support eight (8) $1,000 scholarships for our hard working students. Thank you to the Altru Auxiliary for your generous support!

Ruth Burrage memorial service to be held
The College of Nursing will be holding a memorial service for Ruth Burrage, Professor Emeritus. The service will be held in conjunction with Homecoming, Sept 28-Oct 1, 2005. Details of the event are not available at this time, but if you would like further information please contact us. We also welcome any photos or memories you have of Ruth.

Contact persons:
Becky Cournia - beckycournia@mail.und.nodak.edu
Cec Volden - cecvolden@mail.und.nodak.edu

Robert (Mac Rae) Brede Memorial Scholarship
The Class of 1956 has joined together to establish a one-time scholarship at the CON in honor of their great friend and classmate, Roberta “Bobbie” (Mac Rae) Brede, who passed away November 9, 2004.

The CON would like to thank the Class of ’56 for their generosity; we know the deserving student receiving this scholarship will be most appreciative. The scholarship will be awarded in the spring of 2006. Thank you to the following classmates for their contributions: Barbara (Melville) Anderson, Gail (Brocopp) DuLac, Katherine J. (Thomas) Engel, Sharon (Nelson) Erickson, Gwendolyn (Letnes) Gooselaw, Marian (Doyle) Gruenfelder, Winnie (Bergem) Hankla, Marlene (Smith) Ivy, Sonja (Schmid) Lee, Janet (Harris) Livingston, Sharon (Hoffman) Mann, Bertha Magsam, JoClaire (Kobberdahl) Paulson, Jean (Nielson) Vogel

In Memoriam

Roberta (Mac Rae) Brede, ‘56
Roberta “Bobbie” Brede, 70, passed away on November 9, 2004. She was born August 19, 1934 in Crookston, MN. She attended school in Crookston and graduated in August 1956 from the University of North Dakota, Grand Forks, ND with a BSN degree. She worked as an RN in Chicago and Minneapolis before moving to the San Francisco bay area in 1958. Her many interests included alternative medicine and volunteer work. Jean (Nielson) Vogel (‘56), a fellow classmate, notes “regarding Bobbie’s interest in alternative medicine, she was a Reike Master and had incredible hands!”

Front: Marlene (Smith) Ivy, Gwen (Letnes) Gooselaw, Winnie (Bergem) Hankla, Bobbie (Mac Rae) Brede
Back: Barbara (Melvilli) Anderson, JoClaire (Kobberdahl) Paulson, Jean (Nielson) Vogel, Sonja (Schmid) Lee, Sharon (Hoffman) Mann, Marion (Doyle) Gruenfelder, Sharon (Nelson) Erickson, Gail (Brocopp) DuLac.
Alumni News & Notes

1950’s

Marilyn J. (McIntyre) Johnson, ’58 BS in Nursing, is an APRN staff nurse at Crosby Good Samaritan Center in Crosby, ND, where she and her husband, James live. Marilyn shares that she is a cancer survivor. Since chemotherapy and recovery. She is back working part time about twice a week. Marilyn’s email address: mjmejohn@hotmail.com

Janice L. (Berg) Moore, ’58 BS in Nursing, works part-time at the Boulder Community Hospital in Boulder, CO, as a medical language specialist and patient safety aide for the past 19 years. Janice enjoys quilting and biking. She shares they do a fair amount of traveling in their RV and plans to retire in 2005.

1970’s

Deborah S. (Draxton) Euren, ’73 BS in Nursing, IBCLC, has been a staff RN at Crosby Good Samaritan Center in Crosby, ND, where she and her husband, Dave, have two children. Deborah S. (Draxton) Euren, ’73 BS in Nursing, has joined the staff in Fergus Falls, MN. Marie and her husband, Robert, live in Orange Park, FL.

Duane C. Jaeger, ’84 BS in Nursing, MS, APRN, BC, is employed as Director, Behavioral Health Services with the Robert J. Dole VA Medical Center, Department of Veteran’s Affairs in Wichita, KS. Duane works with clients with substance abuse, mental health, and the homeless. Duane’s email address: duanejaeger@med.va.gov

Angela (Lex) Burch Virgin, ’87 BS in Nursing, works as a school nurse. She and her husband, John, live in Iowa Park, TX.

1980’s

Kimberly (Anderson) Haug, ’83 BS in Nursing, lives in Grand Forks, ND, with her husband, Forrest, and their 18-year-old daughter (who is considering UND for college). Kimberly is employed with Altru Health System as a neonatal nurse practitioner and patient care supervisor in the NICU. She graduated from SDSU in 2004 with a MS and NNP specialization. She worked in the NICU for 21 years as a staff nurse and neonatal transport nurse before returning to school.

Gwynn (Allen) Sorenson, ’83 BS in Nursing, is a senior community health nurse in Florida. She and her husband, Robert, live in Orange Park, FL.

Laurel Kappedal, ’94 BSN, ’04 MS (FNP from Oregon Health and Sciences University in Portland, OR). Laurel works in Trauma and Orthopedics at Oregon Health and Science University Hospital. She is also assigned to the USAR 396th Combat Support Hospital at Vancouver, WA as an Army Reserve Nurse Corps Captain and serves as the Company Commander for Bravo Company.

Nicole (Rhen) Riley, ’95 BS in Nursing, is a NNP with the HealthEast Care System. Nicole received her advanced degree from the College of St. Catherine, St. Paul, MN. She and her husband, John, live in Hugo, MN, with their two children: Molly, 6 years, and Sullivan, 4 years. Nicole’s email address: nicnjohnriley@yahoo.com

Lea (Hummel) Floberg, ’96 BS in Nursing, ‘03 MS, is a family nurse practitioner at the Richardson Memorial Hospital and Health Center in Richardson, ND. The facility is a 25-bed critical access hospital and emergency room. The medical staff consists of one physician and herself. Lea shares that working in a rural area can be challenging at times, but always very rewarding. She and her husband, Bryan, have three children: Spencer age 8, Preston age 3, and Shelby age 4. Lea’s email address is: bliflogebra@gmail.com

Jeannie Bessett, ’97 BS in Nursing, is an RN with the Scottsdale HealthCare, Shea campus. She and her husband, James, live in Gilbert, AZ. Jeannie’s email address: jmbessett@cox.net

Chris, ’98 BS in Nursing, and Kelli (Jelsing) Erickson, ’98 BS in Nursing, ’02 FNP, live in Milwaukee, WI. Kelli is working as a FNP for the Milwaukee County Jail. Chris is in his fourth year at Marquette Dental School. He formally worked at Abbott Northwestern Hospital ICU in Minneapolis, MN. Chris and Kelly were married in 2002 and are looking forward to moving back to Minnesota after dental school. Kelli’s email address: algo121275@yahoo.com

Jill (Lerfald) Muth, ’99 BS in Nursing, is working as a CNP with Queen City Medical Center in Spearfish, SD. Jill received a MS in Nursing in 2002 from Vanderbilt University in Nashville, TN. She and her husband, Justin, were expecting their first baby this past January.

2000’s

Mary R. (McGreevy) Lynn, ’00 BS in Nursing, is a RN at Altru Hospital, Grand Forks, ND where she specializes in general and heart surgery. Mary’s email address: mlynn@althru.org

Amy R. (Tubridy) Fankhanel, ’02 BS in Nursing, is a staff nurse with Hospice of the Red River Valley in Fargo, ND. She and her husband, J.J., are proud parents of a new baby and are moving into a new home they built.

Andrea Athmann-Luksik, ’02 BS in Nursing, is a RN, PHN, with the White Earth Home Health Agency in White Earth, MN. She and her husband, Jason, have an 18-month-old son, Gavin. Andrea’s email address is: andreaa@whiteearth.com

Laura Kelsven, ’03 BS in Nursing, is a registered nurse with Merit Care Orthopedics in Fargo, ND. She and her fiancé, Chad DeSmith, will be married this July. Laura’s email address: lkelsven@hotmail.com
A note from the UND Foundation

Building on the tradition and history of the UND College of Nursing and its departments is a common goal that we all share. The College and the UND Foundation have partnered to help ensure it is reached. The Foundation currently houses several named endowments, lectureships, scholarship accounts and deferred arrangements for the continued support of the College of Nursing. This partnership has grown to include hiring an alumni and development coordinator, Becky Cournia, for the College. She is responsible for alumni relations, special events, and communication. My role as a development officer with the UND Foundation, is to serve as a liaison to the Dean and Becky and assist you in making gifts to benefit the College and its programs.

Remember as you make your gifts to the UND Foundation, please designate them to the College of Nursing. My goal is to help you meet your charitable goals while advancing the mission of the College.

You made a difference...thank you!

Thanks to your generosity, there are two strong endowments at work within the College of Nursing. Through the continued support of loyal alumni the College is able to award scholarships and programming opportunities to its students. Here are a few updates of how your support has helped strengthen the College of Nursing.

Eta Upsilon Chapter Endowment

In November 2003, the Eta Upsilon Chapter of Sigma Theta Tau International began an endowment campaign with proceeds to be used to fund and reward research and other scholarly endeavors. Our initial goal of $10,000 was reached in November 2004. THANK YOU to our many contributors! Contributions to this fund will continue to impact the quality of nursing practice over the years. Additional contributions are welcome with the goal of rewarding and funding even more scholarly work. We greatly appreciate your interest and support of these endeavors!

Heyse Cory Lectureship Endowment

The Margaret Heyse Cory Lectureship was established in 1985, one year after the Eta Upsilon Chapter of Sigma Theta Tau International was founded, through funds contributed by Nadine Nelson, a 1966 BSN graduate of the College of Nursing.

Nadine challenged the membership of Sigma Theta Tau to contribute to the fund to ensure that the Lectureship would live on in honor of Dean Heyse Cory. Various contributions, including money from Dean Emeritus Margaret (Peg) Heyse Cory, have been added to the fund.

In August 2004, 19 years after the lectureship was begun, sufficient funds were available to convert it to an endowment. We will now begin to earn interest on this money and ensure that the lectureship will continue to be funded in the future. Many excellent speakers have already shared their experience and expertise with our chapter members, area nurses and students. Additional funding for this lectureship are welcome and encouraged.

For more information on contributing to either of these endowments, or to support the College of Nursing in another way, please contact the UND Alumni Association & Foundation at (800) 543-8764.

Technology improvements are just around the corner

The main floor of the Nursing building may soon look different. There are plans to increase the size of the student computer lab, this will be accomplished by moving it into the current student lounge and moving the lounge to the existing computer lab. There are several reasons for the change, the most notable being increased computer access.

Heavy use of lab

The computer lab in the College of Nursing building is heavily used. In addition to the 450 undergraduate and graduate nursing majors who use this space, hundreds of additional students are in the building for classes offered by other departments and also have access to the lab. In many instances all computers are in use, with students waiting. Students have even proposed that one or two computers be designated as “express lane” usage only – limited to 10 minutes per user.

Increased student assessment

Another need for increased technology is the ATI Assessment program, to be implemented across the full curriculum in the fall of 2005. The assessment program consists of a series of 12 exams to help the students identify their strengths and assist them to improve upon any areas in which they may be vulnerable. At the same time, the nursing program will receive feedback vital to improving future student achievement. Ideally, these exams are administered online to mimic the RN licensure exams which the students take following graduation. Given the current computer lab capabilities, it would be necessary to administer each of the 12 exams a minimum of five times in order to accommodate a class of 50+ students (each semester).

If you are interested in helping to fund this technology improvement project contact the UND Alumni Association & Foundation at (800) 543-8764. Please earmark your contribution for technology improvements at the College of Nursing. Thank you for your continued support of the College!
Tell us all about you!

We welcome comments from our alumni and friends regarding CONNECTIONS. We look forward to hearing about your activities and sharing that news in upcoming issues.

Name ____________________________________________

Graduation date (month, year, & degree) ____________________________

Name when at UND________________________________________ Spouse’s name________________________

Business address__________________________________________ Business phone ( )

Home address____________________________________________ Home phone ( )

E-mail address____________________________________________

Employer________________________________________________

Job title_________________________________________________

Other information you would like to share about yourself________________________

☐ I would be willing to participate in a mentoring or recruiting activity

☐ Please publish my email address

Mail to: Alumni & Development Coordinator, CONNECTIONS, College of Nursing, PO Box 9025, Grand Forks, ND 58202-9025

Email to: beckycournia@mail.und.nodak.edu