

# CONNECTIONS

## **Breaking Ground at UND**

Some of the biggest obstacles to improving health care revolve around behavior, including life-style issues, nutrition and other habits such as smoking and lack of exercise. On August 29, 2006, UND broke ground on the Northern Plains Center for Behavioral Research, a building designed for studying such behaviors.

UND President Charles Kupchella presided over the groundbreaking which included remarks from Bill Goetz, Chief of Staff for Governor Hoeven, Peter Alfonso, Vice President of Research at UND and faculty researchers Dr. Glenda Lindseth (nursing) and Dr. Jeff Weatherly (psychology). Over 200 individuals were in attendance, including UND Vice Presidents and Deans; nursing and psychology faculty, staff and students; Grand Forks City Council members; and interested members of the campus and community.

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## **Globalization of Healthcare: College of Nursing Students Experience International Nursing in Toledo, Spain**

The College of Nursing (CON) at UND is addressing the globalization of healthcare through a new program for undergraduate and graduate nursing students in Toledo, Spain. The CON recognizes the need to broaden students' knowledge of global nursing issues while acknowledging the importance of providing opportunities for nursing students in a bi-lingual format and in a multi-cultural context.

Through a partnership with the Universidad de Castilla-La Mancha (UCLM), in Toledo, Spain, courses are designed to improve the health promotion and primary care knowledge and skills of nursing students working in an international setting with Spanish speaking populations. The program was launched in May of 2006 and involved study by both undergraduate and graduate nursing students. Assistant Professor Julie Anderson directs the program.

### *Undergraduate Program*

Undergraduate nursing students with at least two years of college Spanish took part in international service learning through clinical experiences in Toledo's healthcare facilities and through pedagogy at UCLM. Students were housed with Spanish families or in a residence hall. The program included: a) intensive Spanish language and culture immersion, b) engagement in supervised nursing clinical, c) participation in a joint undergraduate/graduate project on the Spanish healthcare system, d) tours of local cultural and historical sites, e) enrollment in a Spanish conversation course with the

*(continued on page 2)*

## **National Institutes of Health ranks CON 11th nationwide!**

The National Institutes of Health (NIH) recently ranked the UND College of Nursing 11th among the country's top 100 nursing programs in terms of research funding. It's the first time for UND on this list, which includes leading schools such as Johns Hopkins University, the University of California and Yale University. "We are absolutely thrilled with this ranking," says Glenda Lindseth, the College's associate dean of research.

These rankings are based on the amount of research grant dollars awarded by NIH to each school; UND scored the 11th spot with nearly \$4 million in NIH funding over the 2004-2005 fiscal year. The top school--the University of California-San Francisco--got about \$12 million. These competitive grants are reviewed by experts at NIH--the single largest supporter of medical research in the nation--for their scientific merit and program relevance. UND nursing dean Chandice Covington emphasizes that research is a top priority at the College.

"It's nice to see the fruits of our labor," says Covington, who, in addition to her administrative responsibilities, is still directly involved in research. "Now we must continue those efforts to maintain our position and to rise even higher."

The CON's advancement to top-rated status is a big coup for UND as a whole, says Greg Weisenstein, UND vice president for academic affairs and provost, and underscores the University's ongoing commitment to research.

"We are delighted with the progress that nursing has made in developing a research agenda that places it among the most prestigious programs in the nation," Weisenstein says. "Our recent NIH ranking is an indication of the tremendous value that our research in the College brings to health services throughout the state and nation."

*(Globalization of Healthcare, continued from page 1)*

emphasis on medical terminology and healthcare, and f) touring healthcare facilities and attending lectures on the Spanish healthcare system.

Cultural experiences outside of healthcare are an important element of the program. Students visited several cities including Madrid, Segovia, Cordoba, Granada, and Alicante. In the city of Segovia they saw the marvel of the Roman Aqueduct, built nearly 2,000 years ago by the Romans. In Alicante they enjoyed a respite on the white sandy beaches, breathtaking views and historical Castell de Santa Barbara, which literally towers over the bay and provincial capital.

A total of five undergraduate students participated in the Summer 2006 program. Three students had clinical assignments at the Virgen Hospital de Salud (health) working in the Emergency Department, Neonatology and Cardiac Surgery. Two additional students were placed in the public health arena at the Atencion Primaria (clinic) where they provided primary health care during clinic and home visits.

#### *Graduate Program*

The graduate portion of the program was designed for graduate students seeking to begin or refine Spanish language skills and learn about Spanish healthcare and culture first hand. Students retain a degree of autonomy to experience the language and culture in the format that matches their personal learning style and needs. Graduate students participated a) as mentors to undergraduate students in researching a public health concern, b) presenting a lecture on a nursing related topic in an international setting, c) fieldtrips to local cultural and historical sites, and d) touring healthcare facilities and attending lectures on the Spanish healthcare system.

Through the program, students had the opportunity to explore the cities of Madrid, Toledo, Segovia, and the mythical Don Quixote Trail. Some students also made excursions to Madrid, Aranjuez and Alicante. Five graduate and post-graduate students participated in the Summer 2006 program.

Studying abroad for nursing students opens the door to a host of new career options. It is reported to accelerate skill building while strengthening strategic relationships. The CON undergraduate and graduate nursing in Spain program offers a new cultural opportunity that links study abroad, nursing education and community service. Participants became familiar with Spain's model of universal healthcare, enhancing their cross-cultural healthcare encounters and thus improving the understanding of the meaning of health and illness for patients from a different culture and enhancing the provider-patient relationship. Students were also able to examine their own biases and preconceptions that can impact the provider-patient relationship and improve their ability to care for patients from diverse backgrounds.



*Nursing faculty and undergraduate students enjoy the beauty and history of Spain.*

## *1997-2007: Flooding Memories, Emerging Futures*

### *Dean's Update*

Water is essential to life; it also brings death and destruction. Recently our College remembered the 1997 Grand Forks Flood. The ten year anniversary of the flood in April was poignant. Stories were shared in the light of a decade view back in time, including memories about what nursing faculty and staff did to fight the effects of that fierce flood. Professor Cindy Anderson recalls that many faculty served as volunteers at the evacuation centers at the Armory, Red River High School and the Air Base. Nurse faculty supported public health principles of disaster response by first providing immunization for tetanus, according to Professor Emeritus Ellen O'Connor. When the evacuation began, they assisted individuals and families who were displaced, including intake histories and coordination to provide medications that were left behind in the hasty move. It was an exceptionally cooperative effort on the part of both UND and the sister cities of Grand Forks and East Grand Forks.

At this year's Pinning Ceremony, we remembered the graduates of a decade ago. In 1997, Dr. Helen Melland, faculty and staff arranged for the Pinning ceremony to be held on the campus of Jamestown College and the Board Review to be held at Jamestown State Hospital so students would not have to go without. Professor Stephanie Christian recalls being a pregnant clinical instructor whose group of students requested to help with the sandbagging efforts. They did "double duty," finishing their clinical then meeting to run "Sandbag Central," filling sandbags to counter the lapping water. Many of these students were from areas outside of the Grand Cities region and felt a strong commitment to the community and a need to help. Indeed, this work was an extension of community nursing at its finest.

Professor Emeritus Cec Lambeth unknowingly helped me title this Dean's Update. She recalls a "flood of memories" and that UND put together "Project Recovery" to assist faculty and staff in working through flood grief. Many faculty and staff had both personal losses and the loss of the workplace. They needed energy, according to Cec, to "carry out our commitments to UND as well as to rebuild our homes, churches and schools." Dr. Liz Tyree wrote about the rainbow over the collapsed and charred hull of the downtown buildings and the arrival of 35 boxes of

*(continued on page 3)*

## Students reach out to the homeless in Grand Forks

“You’ve seen him. He’s the old man with the oversized hat and the rumpled, old jacket, hunched in the shadows of a deserted alleyway. Hi □

with hunger and heartache” (Ghayyad). Today in Grand Forks more than 100 people are homeless; many because they simply can not afford housing. National Homeless Week has special meaning for a group of Community Health Students. On a very chilly night, November 14, 2006, students slept in boxes in hopes of raising awareness about homelessness. The night “out” came into being because of a project this group of students has completed on homelessness. They determined the need for community awareness, as well as a way to improve the nutritional status of the local homeless population.

“The best thing I learned is that I am uncomfortable and somewhat judgmental. By learning and facing this attitude I still have, I am able to consciously choose to change this attitude.”

~Student comment

assistance in meeting physical, emotional and spiritual needs of this “invisible” population. “A journey begins with a single step” (Confucius). For these students their lives changed and their nursing realities have new meaning.

This experience also helped the students come to a few realizations. “I have gained a great deal of respect for these people just through visiting the mission” shares one student. “Sitting down at a table, seeing how cheerful and friendly so many of them were, almost broke my heart. Some of these people have had really rough times, and yet they keep working through it. They really want to work to make their lives better, and that is so inspiring.”

Their active participation with the homeless increased not only awareness, but encouraged others to become involved. Many groups are now purchasing, preparing and serving nutritious meals, while other groups are offering



Community health students who participated in “Shanty Town” include: Michelle Alland, Tiffany Baker, Chelsea Boekelheide, Crystall Dazell, Rebecca Emanuelson, Audrey Farder, Beth Grade, LeAnne Kilzer, Aarin Kulesa, Chris Ostendorf, Lisa Reed, and Stephanie Wiegand.

### *(Breaking Ground at UND, continued from page 1)*

Behavioral research is based on the actions of human participants. The new facility will be set up to work with people, families and support groups to gain insight into human behavior and to help people recognize and alter their behaviors. It will also be the first Center in the nation built with National Institutes of Health (NIH) funding to facilitate the work of scientists in nursing and psychology as well as interdisciplinary colleagues in the behavioral sciences.

The Center will explore conditions such as Alzheimer’s disease, alcoholism, diabetes, and nutritional disorders. These research initiatives will build on current studies with vulnerable populations in the state and region, including the elderly, American Indians and migrant farm workers and their families.

“We’ll be at the hub of studying preventive interventions that will benefit people right here in the Upper Great Plains,” said Dr. Glenda Lindseth, professor of nursing and principal investigator on the building project. The research conducted in the Center is also aligned with the Governor’s Healthy North Dakota Program led by the State Health Department in cooperation with UND and other organizations.

Construction on the Center began in May of 2007 and is expected to be completed in May of 2008.

The Center will promote research in both nursing and psychology that can improve the health and quality of life for many people. It will allow UND, through its Colleges, to attract more research funding in the future and build on currently existing research capacity. For more information, or to support the Center with a financial contribution, please contact Becky Cournia at (701) 777-4526 or [beckycournia@mail.und.edu](mailto:beckycournia@mail.und.edu).

### *(Dean’s Update, continued from page 2)*

replacement Christmas ornaments that arrived from nurses all over the country for nurses in Grand Forks. Liz wrote these words: “Much like soldiers whose most compelling life experience was the battlefield, the flood will remain as a defining moment, a life-changing event for most of us.” Dr. Julie Anderson devoted her research study to the flood effects on the people of this region.

The Grand Forks Herald recently ran the photo of a 10 year old dimpled girl and the accompanying story recalled her birth, a flood baby named, appropriately, “Hannah,” after the blizzard of her birth year. Her sweet picture and legacy brought tears to my eyes.

Much has happened in the last 10 years. Most recently, this spring has brought bulldozers and work crews as our new ‘baby’, the Northern Plains Center for Behavioral Research, began its gestation on our south side. Next spring, we will be ready for the birth of the Center. Until next time, I wish a pleasant summer to all members of our College of Nursing family.

*Chandice G. Covington*

## Support for student scholarships

With the increasing price of tuition, room and board, college students today face the challenge of either juggling work, family and school, or the alternative of large debt after graduation. The CON is working with alumni and friends interested in providing scholarships for our students. We are thrilled to announce the establishment of two new scholarships for nursing students!

### *Esther Mellem Memorial Nursing Endowment*

This endowment was made possible through the generosity of Mr. Walter Mellem, a long-time Grand Forks resident and friend of the University. His wife, Esther, always wanted to be a nurse, but never had the chance to fulfill her dream; she chose to put her family first. As a way to honor his late wife, Mr. Mellem established this endowment so that students enrolled in the nursing program at UND would receive the necessary financial support to achieve their dreams.

### *Deborah L. Kostmatka Memorial Nursing Scholarship*

Family and friends of Deborah established this scholarship to honor the memory of a wonderful and caring sister, friend and nurse. Preference for scholarship recipients will be given to those students who are the first generation of their family to earn a college degree.

Contributions to these funds will support an annual scholarship for UND nursing students. If you would like to contribute to either of these scholarships, or establish your own, please contact Becky Cournia at (701) 777-4526 or [beckycournia@mail.und.edu](mailto:beckycournia@mail.und.edu)

## Establishing a Clinical Simulation Learning Center

Thank you to all of our alumni and friends who have supported our effort to establish a Nursing Clinical Simulation Learning Center at the CON. We had an overwhelming response to our appeal letter, and are within reach of our goal! If you have not made a gift, we ask that you consider helping us out. If you have already made a gift, we graciously ask that you consider another; every dollar is so valuable to this effort.

We have raised a total of \$250,000 and are committed to raising the final \$50,000 to enable us to offer this state-of-the-art education for nursing students, the majority of which are from North Dakota and Minnesota, and who want to stay in the area to address the needs of the region.



Faculty members test out the simulation mannequin to see what he can do.

The College maintains responsibility for educating our students in the most effective way possible. The key to successful nursing education is clinical simulation models. In an ideal world, students would be educated in the healthcare setting, hands-on, with real patients. However, healthcare has progressed to the point where prevention of disease and serious illness is the focus. Very few patients stay in hospitals for an extended period of time and, as a result, clinical rotations offer few opportunities for care.

A Nursing Clinical Simulation Learning Center would better equip students with the necessary skills to care for patients in the technology driven healthcare industry. Jane Nelson, '74, has financially supported this project and shares that "learning in a virtual environment on human patient simulators is revolutionizing training and education of students and professionals. Simulation of patient care will allow students to practice and perfect critical clinical skills without harming real patients. UND's College of Nursing will have state of the art instructional technology with the addition of the clinical simulation lab! I am proud to support this effort."

*"UND's College of Nursing will have state of the art instructional technology with the addition of the clinical simulation lab! I am proud to support this effort."*

*Jane Nelson, RN  
Class of 1974*

One competent nurse, over the span of a career, will directly affect nearly 50,000 people through the care they provide. The College is asking for your help to invest in the future of healthcare for the region and the nation. For more information on the Center please contact Becky at (701) 777-4526 or [beckycournia@mail.und.edu](mailto:beckycournia@mail.und.edu). Contributions can be made through the UND Foundation at [www.undalumni.org](http://www.undalumni.org) or by calling (800) 543-8764. Please specify your gift for the "Clinical Simulation Program", fund #61577.

### *The University of North Dakota Foundation*

The College of Nursing's mission is to educate tomorrow's nursing professionals, your gift helps to make that possible.

THANK YOU!



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### ***Associate Dean Honored by Nursing Profession***

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Dr. Glenda Lindseth, associate dean of research, has been inducted as a Fellow in the American Academy of Nursing (AAN). Dr. Lindseth's selection makes her the fifth AAN Fellow among current faculty members at the CON; Dr. Loretta Heuer was inducted in the fall of 2005. The AAN is comprised of 1,500 qualified and savvy nurse leaders who are literally at the top of their profession, having accomplished extraordinary milestones in their nursing careers. Dr. Lindseth shares that she feels "privileged to have been selected by an elite group of colleagues!"

The focus of Dr. Lindseth's research is to produce holistic, evidenced-based interventions—such as promoting good nutrition and related practices (sleep, physical activity, and others) to prevent nausea and vomiting in pregnant women. Such little known protective factors were featured in interviews of Dr. Lindseth in *Redbook* and *Prevention* magazines, effectively transferring research to the community. Dean Chandice Covington comments, "acceptance into the Academy will be a powerful tribute to her positive thinking, leadership and courage that came together in North Dakota illuminating nursing research for decades to come."

### ***Food for Thought: Nutrition and Cognition***

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Can a balanced diet make you smarter? In the February installment of the UND Faculty Lecture Series, Dr. Glenda Lindseth revealed how nutrition affects cognitive thought in her lecture, "Food for Thought: Nutrition and Cognition."

Lindseth and her UND colleagues are currently wrapping up a 4-year Department of Defense study involving the effects of diet on cognition and flight performance. "My work essentially involves an examination of the effects of manipulating macronutrients (fat, protein and carbohydrates) in the diets of healthy young adults and then measuring the effect that it has on cognition scores," said Lindseth. "Results are indicating that flight performance scores for pilots consuming high fat and carbohydrate diets are significantly better than pilots who consumed high protein diets, suggesting that a brief manipulation of diet could significantly impact performance on a test of short term memory scanning and flight performance."

### ***Nursing instructor honored by UND Greek Community***

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Congratulations to clinical instructor Deana Williams on receiving the Gamma Sigma Alpha Outstanding Faculty Member award for 2006. Gamma Sigma Alpha is a Greek Honor Society that recognizes high academic achievement among Greek Students. Each year the Greek community at UND recognizes a faculty member for their outstanding support, service and dedication to the Greek community and for their contributions to the educational goals of the Greek community and the University. "We congratulate Deana on receiving this award and are very proud to have her teaching in the nursing program at UND. This award is more meaningful because she was chosen by the students," states Dr. Loretta Heuer, Williams' department chair.

### ***Dr. Tracy Evanson receives American Nurses Foundation funding***

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Dr. Tracy Evanson has received the "Virginia Kelly Award" from the American Nurses Foundation (ANF). With the receipt of this award she is designated as the "2006 Virginia Kelly Award Scholar" for her outstanding research on domestic violence. The award mechanism was established by former President Bill Clinton in honor of his late mother, Virginia Kelly.

Evanson's study focuses on women who are in abusive relationships and have public nurse visits, and finding out what kind of relationship exists between the two groups. Recommendations will then be made to help nurses work with women in abusive relationships. "This is a wonderful honor and also a very competitive award to receive," shares Dr. Glenda Lindseth, Associate Dean of Research. "We extend hearty congratulations to Tracy for her efforts."

Dr. Evanson's background is in public health nursing, and she is a clinical nurse specialist in community health nursing. She has worked with multiple vulnerable populations, including children with special health care needs, the homeless, immigrants and refugees, substance abusing pregnant and parenting women, battered women, prisoners, and youth at risk for gang involvement.

### ***Dr. Loretta Heuer accepted for national nursing fellowship***

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Dr. Loretta Heuer, department chair at the CON, has been accepted into an American Association of Colleges of Nursing (AACN) fellowship program. The AACN Leadership for Academic Nursing Program is designed to develop and enhance leadership skills in new and emerging administrators in baccalaureate and graduate nursing programs. Fellows will become better prepared to accept academic leadership positions of increasing responsibility, including the role of dean or director of an academic nursing unit.

"There are few leaders in development in the academic nursing world," shares Dean Chandice Covington. "Just as we have a faculty shortage, we also have a dean shortage across the nation and its getting worse." According to AACN, 62.5% of member deans/directors are over the age of 55 are increasingly retirement-eligible. Dean Covington adds, "this will be a wonderful opportunity for Dr. Heuer to strengthen her leadership skills and to learn from mentors in the nursing profession."

### ***Clinical Associate Professor honored for 25 years of service***

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Bridget Thompson, '73 BSN, was honored at the 124th celebration of UND's founding for 25 years of service. Thompson began her career at UND in 1982. While working as a pediatric nurse at United Hospital, she was asked to do some clinical teaching – and enjoyed it so much that she left United to join the CON. "I loved teaching. I thought it was so fun," shares Thompson. "I'd always wanted to be a nurse and I'd always wanted to be a teacher, so this way, I get to do both." Thank you for all your hard work over the past 25 years Bridget!

## **Alumni News & Notes**

**Joyce (Thompson) Nelson, '53 BSN** and '58 MN, from the University of WA, has retired from nursing, but not from life! Joyce is still active in community volunteer work, travels all over judging flower shows and does botanical art painting. Joyce has three grandchildren, and she and her husband Robert reside in Orinda, CA.

**Judy (Olson) Ellington, '64 BSN**, is currently a Family Nurse Practitioner for the Dean/St. Mary's Joint Venture. Judy recently completed Capacitor training in alternative healing modalities and moved from Medical Association traditional family practice to the Lake Delton Integrative Care Clinic. She is hosting Nurse Practitioner students from U.W. Madison Nurse Practitioner Programs as a preceptor. Judy and her husband John reside in Baraboo, WI.

**Kimberly (Kritzer) Helstrom, '81 BSN**, is the owner of Health Education Consultants, LLC. Kim has worked part-time as a Professional & Community Education/ Public Relations Consultant for the Minnesota Chronic Fatigue Syndrome/ Fibromyalgia Association for over 9 years. She has struggled with viral-induced CFS for the past 15 years and has done numerous presentations and interviews on both CFS & FM. Kim currently resides in Shorewood, MN; her email address is [k.helstrom@mchsi.com](mailto:k.helstrom@mchsi.com)

**Veronica Pillatzke, '84 BSN**, is currently a Certified Health Outreach Worker and HIV Specialist/Advocate/ Speaker for the Title IV: Family Service Network Agency. She is a consumer committee member for both Title IV & National Planning Council for AIDS. Prior to this, she worked at Walter Reed Army Medical Center at the National Institutes of Health. She climbed to assistant head nurse for Heme/Onc pediatrics and was also co-chair QA Head of all cancer nursing service as well as chair QA on her unit. She moved to San Francisco, where she currently resides, and did pediatric Heme/Onc at UCSF. She was then the clinical coordinator for the California College of Podiatric Medicine Campus Ambulatory Hospital.

**Cheryl D. Rising, '96 MS**, is currently a Family Nurse Practitioner at Medcenter One in Bismarck, where she resides with her husband Scott. She works primarily in long term care, caring for individuals of all ages and illnesses. She also works with discharge planning and patient/family education.

**Darci (Winkels) Goeden, '97 BSN**, is currently Registered Nursing Faculty at Central Lakes College in Baxter, MN. She and her husband reside in Baxter.

**Sara (Torkelson) Wirkkala, '00 BSN**, is a SCAN (Suspected Child Abuse and Neglect) Case Manager for Children's Hospital and Clinics of Minnesota. Sara and her husband Kevin reside in St. Paul, MN; her email address is [sara.wirkkala@childrensmn.org](mailto:sara.wirkkala@childrensmn.org)

**Jessica (Look) Ahmann, '02 BSN**, is currently a RN and discharge planner in the Progressive Care Unit at Santa Fe Indian Hospital. Jessica will be starting the Family Nurse Practitioner program at the University of New Mexico in the Fall of 2007. Jessica, her husband Eric and their son Jayden (18 months) reside in Santa Fe, NM; her email address is [jessica\\_ahmann@yahoo.com](mailto:jessica_ahmann@yahoo.com)

## **Nursing professor publishes text book!**

Dr. Cindy Anderson, '91 MS, assistant professor at the UND College of Nursing, and Carie A. Braun, professor



Anderson and Braun

at the College of Saint Benedict, co-authored a recently published pathophysiology textbook titled, "Pathophysiology: Functional Alterations in Human Health." A book signing was held at the Grand Forks Barnes & Noble bookstore in January.

The textbook offers a unique conceptual approach that facilitates learning by first teaching you about general mechanisms of disease or alterations in human function – such as immune alterations or altered nutrition – and then showing you how to apply these processes to specific conditions. The publisher is Lippincott, Williams & Wilkins (ISBN 0-7817-6250-2). For more information, go to <http://connection.lww.com/BraunAnderson>

## **In Memoriam**

**Jean C. (Vangness) Lammers, '51 BSN**

**Marion "Mickey" (Walstad) Knutson, '58 BSN**

**Pamela M. (Coburn) Enlow, '59 BSN**

**S. Carol Neuburger, CSJ, former professor**

**Carol J. (Marien) Williams, '68 BSN**

**Constance (Schefter) Jerabek, '72 BSN**

**Pamela S. (Capener) Monaghan, '78 BSN**

**Cynthia A. (Johnson) Omdahl, '78 BSN**

**Lynette Wold, '82 BSN**

**Lorrie Schultz, '92 BSN**

**Tina L. Torkelson, '04 BSN**

**Marjorie B. Rykken, professor emerita**

## Nursing Faculty contributes to AJN book of the year

Dr. Marcia Gragert, associate professor of nursing at UND, is a contributing writer for "Vulnerable Older Adults", the American Journal of Nursing's book of the year for 2006. Dr. Gragert co-authored part II of the book, Aging Prisoners, (chapters 3 and 4).

"We offer Dr. Gragert hearty congratulations," states Dr. Loretta Heuer, Gragert's department chair at the College of Nursing. "We thank her for sharing this knowledge with others, and for all of her contributions to our department and the College."

"It is indeed a great honor to contribute to a book selected as the American Journal of Nursing's book of the year" states Dr. Chandice Covington, dean of nursing at UND. "Needs of the aging population clearly drive the need for knowledge generated from the writings of our nurse scholars. We commend Dr. Gragert for achieving this high honor for our College and our profession."

Dr. Gragert's research interests include adult health, chronic illness, correctional nursing, gerontology, environmental factors affecting sleep (noise), and sleep disturbances.

The book is published by Springer Publishers, New York, Patricia Burbank editor.

The CON class of 1956 returned to campus to celebrate their 50th reunion during **Alumni Days** in May 2006. Everyone at the CON enjoyed meeting the class, as well as several other alumni, and hearing about what they've accomplished in the past 50 years. Classmates had a chance to catch up and visit with faculty at a luncheon, followed by a hands-on learning opportunity when Darla Adams, director of our nurse anesthesia program, gave a short presentation on the use of simulation in nursing education. Dr. Diane Langemo, '69, was also honored during Alumni Days. She was presented with the UND Alumni Association's highest honor, the Sioux Award, given for achievement, service and loyalty.



**Homecoming** 2006 celebrated the CON class of 1960 as they returned with several spouses to celebrate their 46th reunion. The class met with several faculty to find out about Master's degree options and to hear about the exciting behavioral research building that the CON is

embarking on. A luncheon was held to honor both the class of '60 and the CON 2006 Distinguished Alumni, Dr. Kathleen Sawin, '69. Dr. Sawin gave a very interesting presentation on her research, entitled "*Predictors of Quality of Life in Children and Adolescents with Chronic Health Conditions.*" To wrap up their reunion, the class of 1960 joined the CON for a brunch at the J. Lloyd Stone Alumni House on Saturday morning where we took in the Homecoming Parade from the front porch.

## Tell us all about you!

Did you move? Get a new job? Get married or have a baby? Want to share your accomplishments? Please share, we'd love to hear!

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, College of Nursing, 430 Oxford St., Stop 9025, Grand Forks, ND 58202-9025

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

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## ***Exciting New Degree Options!!***

The UND College of Nursing has two exciting new options for those wishing to further their nursing degree. We are currently offering a revised RN-BSN degree and a new RN-MS degree. Both will be offered through distance delivery.

These programs are designed specifically for qualified registered nurses who are graduates of an associate degree program or diploma program (RN-BSN only) in nursing and wish to earn their baccalaureate or Master's degree in nursing.

If you know of a colleague or friend who may be interested in furthering their education please have them contact the UND College of Nursing.

*For RN-BSN:*

Marlys Escobar, Director of Student & Alumni Affairs  
(701) 777-4534 or [marlysescobar@mail.und.edu](mailto:marlysescobar@mail.und.edu)

*For RN-MS:*

Sarah Owens, Graduate Student Services Specialist  
(701) 777-4552 or [graduatenuing@mail.und.edu](mailto:graduatenuing@mail.und.edu)

## ***News to Note***

- Homecoming 2007 will be held September 24-29; plan now to come back to campus!  
Want to host a class reunion?  
Call Becky at (701) 777-4526
- Master's degree specializations under consideration:
  - ◆ Advanced Diabetic Management NP/CNS
  - ◆ Public/Community Health CNS
  - ◆ Gerontological Elder Care NP/CNS
- Be sure to check out the newly designed UND Alumni Association website at [www.undalumni.org](http://www.undalumni.org) to get registered and received personalized information and news from UND!