



NURSING NEWS

SPRING 2016 • DEPARTMENT OF NURSING NEWSLETTER

VIEW FROM THE CHAIR

By Nancy Woods, Ph.D., MPH, RN



“Give thanks to the Lord,
for He is good. His love
endures forever.”
Psalm 136:1, NIV

**WE HAVE BEEN EXCEED-
INGLY BLESSED** by

our God this year; we have much to be thankful for!

Our 2015 graduating cohort worked diligently in preparing for their RN licensure exam and achieved a first-time pass rate of 96.15%. This brought the nursing program back to full approval status from the PA State Board of Nursing! Alleluia! The faculty continues to carefully monitor all aspects of our nursing program to assure continued compliance with the PA State Board regulations. There is high interest in the nursing program at Messiah College, as seen in the number of applications and acceptances! Our students bring keen interest and dedication to helping those who are most vulnerable. And, our graduates are in demand at local

health system hospitals and facilities, and can also be found working at various sites across the United States and internationally in mission fields.

This year, we welcomed our newest faculty member, Megan Gross, Ph.D. (IP), MPH, RN. She teaches Psychiatric/Mental Health Nursing, Senior Practicum and Community Health Nursing. She brings a wealth of experience and is actively transitioning to life in academia. We are thrilled to have her as part of our team!

Our graduate programs in nursing continue to engage the best and brightest of RNs. Our first cohort in the MSN-nurse educator program is due to graduate this May. Many have already embarked on teaching careers and are making a substantial impact on preparing the next generation of nurses, while others are assuring continued education for staff nurses resulting in improved patient outcomes. We are excited for their new career opportunities!

And speaking of the graduate

programs in nursing, we are preparing for our accreditation visit of the MSN-nurse educator program in April from the Commission on Collegiate Nursing Education (CCNE). The CCNE is officially recognized by the U.S. Secretary of Education as a national accreditation agency that contributes to the improvement of the public's health by ensuring the quality and integrity of baccalaureate, graduate and residency programs in nursing. (Visit aacn.nche.edu/ccne-accreditation for more information.) Please hold us in your prayers for a successful visit.

I can hardly believe that nearly two years have passed since I assumed the role of department chair. I thoroughly enjoy this work and the chance to serve our students, faculty and Messiah College. What makes this work so great, however, are the faculty, staff and students in the Department of Nursing. I thank God every day for each of you and hold you in my prayers!

THAILAND J-TERM SENIOR PRACTICUM

By Michelle Brincat '16

GOING INTO MESSIAH COLLEGE, I was convinced that my calling was to be a missionary nurse; this made the Thailand trip especially alluring. Well, three and half years and quite a few clinicals later, I had a different trajectory in mind. No matter where I end up in nursing though, my trip to Thailand will have a lasting influence on me.

Thailand is known as the “land of smiles,” and it is aptly named. While in the small village of Chiang Rai, I was welcomed like family into a villager's home. The villagers showed us their various



Amy Schunemann plays with children at a preschool in Chiang Rai, Thailand.

Thailand J-term, continued on next page

STUDENT NEWS

Thailand J-term, continued from page 1

trades and crafts: baking rice crackers, weaving floor mats, creating home decorations, farming rice, gardening and raising roosters. Each member of the community produced a different product, which was then shared throughout the community before any extra was sold at market; this ensured that everyone thrived equally. This village truly embodied the vision that the current monarch, King Bhumibol Adulyadej, has for his country. We learned that King Bhumibol had personally traveled throughout his entire country and set up thousands of developmental projects that would promote his people's welfare. A museum we visited, aptly named "Hall of Inspiration," showed how this man and his family took their love and compassion for others and truly made a resounding difference to their country. "Great things come from small beginnings. A gentle ripple starts from but a single drop; That wave ever expanding, with no end in sight, begins from one small point; our own self..." (King Bhumibol Adulyadej). Seeing so many health care and community-based endeavors being successful on such a large scale reignited a fire in me, because one of my (current) future goals is to become a community health nurse. I hope to take what I learned in the village and make a difference somewhere in rural America.

We spent the majority of our trip in Chiang Mai. While there, I worked with nurses on a trauma/burn unit of a government run hospital, Nakornping, while other students worked in an ICU or female surgical unit. The majority of patients I saw were in skeletal traction with femur fractures due to motorcycle accidents. The nurses in Thailand were unforgettable role models for the kind of nurse I aspire to be. They worked with a nurse-to-patient ratio of 1:10 and only took three days off per month, even though they could make more money and have more benefits working at a private hospital. At the hospital, I learned that compassion and dignity are universal. Even though I couldn't speak to my patients in Thai, I can still wai (raise hands to show respect) and give them dignity by drawing the curtain when changing them in such a crowded setting. One day, I was on the burn unit, and I was with a patient who had burns on 60% of his body. Due to limited supplies, he was not able



Top: Messiah nursing students Angie Kieliszewski, Michelle Brincat and Dola Ngo taste the local cuisine.

Above: Amy Schunemann, Angie Kieliszewski and Miranda Stanaford with Baromarajchonanee College of Nursing students

to have any pain medication before they changed his dressings. Being able to hold his hand during that painful procedure and make him smile by trying to speak in broken Thai reaffirmed why I want to be a nurse. In America, we are used to having translator phones to decrease barriers, but there is nothing so powerful as your presence and nonverbal communication to show people they are important and that you care about them. Looking into another

person's eyes and connecting with them despite any language or cultural differences will always strike me to the core.

I have barely scratched the surface of my trip to Thailand: Thai nursing buddies, local festivals, night shopping streets, spicy food, elephant rides, golden temples, dancing and so much more. Well, I guess that you will have to go and experience the "land of smiles" for yourself.

SNAP CONFERENCE

By Eileen Barker '17

THIS YEAR I HAD THE OPPORTUNITY TO ATTEND THE STUDENT NURSES ASSOCIATION OF PENNSYLVANIA

(SNAP) Conference in Harrisburg, Pennsylvania. The theme and focus chosen for this year's conference was "Your Journey to Leadership." Hundreds of bright and enthusiastic nursing students from numerous schools across Pennsylvania gathered to network with potential employers and to expand their knowledge about future careers as nurses.

I attended the SNAP Conference my sophomore year and again this year as a junior. I felt the conference was more beneficial as a third-year nursing student. Having already completed two semesters of clinical experience, I found speaking with graduate school and hospital representatives less of a daunting conversation and more of an opportunity



Front (L-R): Abby Martin, Rachel Kidwell, Julie Ross, Alissa Yoder. Back: Kelsey Dierkes, Brielle Frye, Amanda Rashford, Ashley Clemens, Eileen Barker

to showcase my skills and to learn about the numerous directions a degree in nursing can take a person.

The time I spent at the SNAP Conference encouraged other Messiah College nursing students as well as myself to register to attend the national

convention held in Orlando, Florida, in April 2016. There, nursing students from across the country will join together and listen to speakers, network with hospitals and gain more enthusiasm to carry into our future workplace as registered nurses. I cannot wait!

STUDENT NURSES ASSOCIATION

By Kelsey Dierkes '16, president

MESSIAH'S STUDENT NURSES

ASSOCIATION is part of larger national organization that includes about 60,000 nursing students. Our school's nursing chapter has held numerous events during the 2015-2016 academic year, including biweekly guest speakers, fundraisers and conventions. We have brought in many nurses this year to talk about a variety of different topics, including our own Nancy Woods. We have also had a representative from the Career and Professional Development Center and a recruiter from Hershey Medical Center come in to teach us useful tips to consider when creating our resumes and how to be well prepared for an interview.

This year, we had a number of students attend the SNAP (Student Nurses Association of Pennsylvania) convention in November. The convention included an "NCLEX bowl," where many nursing programs in Pennsylvania competed against each other and participated in challenging NCLEX questions. We also had the opportunity to attend numerous workshops and engaging sessions, where speakers had the chance to talk about a

variety of topics geared toward developing nurse leaders. A large exhibit hall gave students the chance to network with recruiters and learn more about the many opportunities we have as health care professionals. In the spring, Messiah will also be sending 11 students to the annual national convention that takes place in Orlando, Florida. While there, we will have even more opportunities to further our professional development skills and connect with other students and recruiters.

Our organization also partakes in fundraising opportunities and outreach events. To raise money for the conventions, we held a car wash and practiced our

health assessment skills by taking community members' blood pressure. Each year, we also host a nursing clothing sale and a thrift shop sale. Also, we partnered with the Engle Center to run a bone marrow donor registry to raise awareness and get more students involved in the campaign. We served the local community through outreach on Messiah's annual Service Day on April 14, 2016. We hope to continue to get more students involved in the coming years and to help nursing students grow professionally during their time in school as well as in their career paths post-graduation.



Congratulations to the student nursing poster winners at the Holy Spirit Research Conference in December. Rachel Lippert, Rachel Skotnicki, Rosa Zavala and Autumn Harnish (L-R) worked with Holy Spirit Hospital nurses to present "Non-technical Skills in a Crisis: Improvement through Simulation."



NCF members enjoy bowling together.

NURSES CHRISTIAN FELLOWSHIP

By Miranda Stanaford '16

NCF HAS HAD A GREAT YEAR SO FAR!

Our leadership team has grown a lot. We had two new members join our team and added some great new positions. We instituted a prayer board this year to put downstairs in the nursing hallway. There's a part to ask for prayer requests as well as a side to put those prayer requests when they were answered. It's been so great to see how God answers prayers, as well as being able to lift each other up in prayer. We also added the position of a marketer. She made posters for all of our events, and they are awesome!

Our year started off great with our annual picnic down at the Breeches. We had about 50 people come, and most of them were first-year students. Our weekly Bible studies have been focusing on how we are broken people who need God in our life. The studies have been small in attendance but have been perfect for what our members need. God has been good to us this year.

We ended the fall semester with a Christmas party at Mrs. Linstedt's house. We had about 20 people come, and it was a blast. We decorated cookies, had a white elephant exchange and participated in an

ugly Christmas sweater contest. Mrs. L made an amazing brunch. We had a great time enjoying each other's company while celebrating the birth of our Savior and the end of another exhausting semester.

The spring semester has been going really well. We have kept up with our Bible study on Wednesdays. We've been talking about love and how to share Christ's love with our patients. Before spring break, we took about 15 people bowling. We had a lot of fun laughing, getting to know each other better and getting off campus! We're going to have two more events for the spring semester. We plan to get together with the Student Nurses Association and have a joint party with them. And, like always we will have our end-of-the-year picnic.

It has been a really great year for encouragement and fellowship. We've seen God work through each of our members a lot. This has been my second and final year leading the club, since I'll be graduating in May. It's been a really great journey with NCF, and I'm sad for my time to come to an end. NCF has made my nursing experience at Messiah so much better! I hope that I did the same for those I have ministered to through this club.

MY THAILAND EXPERIENCE

By Miranda Stanaford '16

THIS JANUARY TERM, I SPENT MY SENIOR PRACTICUM IN CHIANG MAI, Thailand, and it was awesome! After flying for 24 hours, my very sore body and I arrived in the beautiful city of Chiang Mai greeted by our amazing Thai hosts. We stayed in a nursing school and were paired with first-year nursing students. We called them our buddies. They took us all around Chiang Mai and shared their beautiful culture with us. We went on some really great adventures, including riding an elephant! It was so cool! The elephant actually picked me up with its trunk.

We learned a lot about nursing in Thailand. We visited a community hospital and a private hospital. We also spent a week in a government hospital. The hospital was a huge, open facility. It even had a market inside. Because it was government funded, every patient could get all the treatment they needed for 30 baht, which is less than one American dollar. They don't have a lot of resources to waste, so they reuse everything. It is something they are really proud of. They essentially have no medical waste. It definitely made me more aware of how much we take for granted with our medical supplies. If we mess something up, we can just open a new pack and start again. I definitely feel motivated to be more careful with our supplies.

We were split into three groups and each put on a unit in the hospital. I spent

My Thailand Experience, continued on next page



Messiah and Baromarajonanee College of Nursing students share a meal.

My Thailand Experience, continued from page 4

my week on the neuro ICU. It was very different from an ICU in the U.S.. Most of the patients were hemorrhage patients or motorcycle accident victims. There were hardly any doctors around and no respiratory therapists. The nurses did it all. They cared for the ventilators, gave all the medications and everything else in between. The nurses were inspiring. They cared so much for their patients. What they were paid in one week is less than what nurses in America would make in a day. Even though nursing was very different in Thailand, we all have a heart for caring for people. That makes me proud to call myself a nurse (in just a few short months)!

Halfway through our trip, we were able to travel up to the mountainside of Chiang Rai and learn about what it is like to be in a village. We spent one day at a place called Doi Tung. Thirty years ago, Doi Tung did



Messiah nursing students participating in a traditional Thai dance

not exist. It was an opium-infested village that had a lot of corruption. The royal family decided that they would teach the people of the village how to sustain themselves with their natural resources. Now it is a beautiful, thriving community. The Thai people take really great care of their country, and it was really inspiring.

I loved every minute of my experience in Thailand. I learned so much about nursing and sustainability—and ate a lot of really great food! I wouldn't trade my experience for the world. I really hope that I get to go back some day soon.

LET'S GO ON AN ADVENTURE!

By Dola Ngo '16

AMERICAN AUTHOR AND POET MAYA ANGELOU MENTIONED IN A SERIES OF SHORT ESSAYS she wrote titled “Wouldn't Take Nothing for My Journey Now” that “perhaps travel cannot prevent bigotry, but by demonstrating that all people cry, laugh, eat, worry, and die, it can introduce the idea that if we try and understand each other, we may even become friends.” That very idea transcends beyond just a simple quote someone has probably captioned for one of his or her Instagram photos. To me, it speaks profoundly of my senior practicum experience to Chiang Mai, Thailand. Traveling to a foreign country opens up a world of possibilities, and I clearly saw my opportunities as soon as my gigantic airplane landed on Thai soil. It has been well over a month now since my return to what now seems like a strange and distant land I call home. The days are hard. It is during these waking moments that my mind slips, and I am taken back to the people, food and the big and small trips that were all too good to be true. I guess that is the price I have to pay for all the encounters I thought I would never have, in a place I thought I would never have them.

Words cannot (nor will they ever)



Dola Ngo at a tea plantation near Chiang Rai, Thailand

adequately express the great appreciation I have for the Thai people, for the Thai dishes that are still sending me through withdrawal and for all the excursions that made this visit so remarkable. To those who are reading this, just know this article does not fully convey my emotions of the short-lived, three-week trip, and the only

way to understand is to relive it by inventing a time machine and going back as me. I will try as best as I can to transcribe something that is better cherished as memory.

For the entire article, please go to messiah.edu/nursingstudyabroad.



ZAMBIA J-TERM SENIOR PRACTICUM

By Kristen Madore '16

WHEN I REGISTERED FOR THE 2016 ZAMBIA J-TERM TRIP, despite all attempts to just let the experience happen, I expected certain things. I expected to experience poor, dirty people who needed my help. I expected to be shocked by their culture. I expected to be loving on people who desperately required comfort. I had the “savior” complex where I expected to enter their world and save them from all the horrible things that must be in it. How little I knew, and how much would change in 21 days.

In exact contrast to my expectations, the Zambian people surprised me at every turn. While I did see some dirty people, children especially, they were dirty because they were wearing their play clothes and running on the dirt field with huge smiles on their faces. When I saw things in their culture that shocked me, I sought to understand the meaning behind their actions and how that fit into their life. When I thought that I would be loving on these people, they were the ones who showed me a greater amount of love than I could have imagined. And when I expected to enter their world and save them, they entered mine and saved me. They showed me the purest, most joyful love and worship of our Creator. They showed me resilience and hope in the face of major catastrophe.



Top: Messiah students wrapped in chitenges at Macha dam in Zambia, Africa

Above: Messiah nursing students and faculty at Victoria Falls, Zambia

And they showed a selfless heart and genuine concern for those around them that I had never before experienced.

In nursing, we tend to be caring people. We want to help our patients, and we desire their best outcomes. But in a highly individualistic and selfish society such as the U.S. culture, we rarely see so pure of an example of how to love others with God’s love. It took me seven flights, 7,672 miles and several days on a plane to find it. While I expected to come home from Zambia with a greater understanding of cultural humility and nursing skills, I also returned with an awareness of what it looks like to be a loving Christian nurse.

“When I thought that I would be loving on these people, they were the ones who showed me a greater amount of love than I could have imagined. And when I expected to enter their world and save them, they entered mine and saved me.”

— KRISTEN MADORE '16

SOPHOMORE PERSPECTIVE ON COACHING

By Emily Hepler '18

NURSING SCHOOL IS HARD. Multiple people told me this throughout my freshman year at Messiah. As I entered my first semester of clinicals this spring, that truth became evident on my very first day of classes. I could feel the tension building in my shoulders as I encountered the “syllabus shock,” and my back was aching by the end of the day. The demands of training to become a nurse thoroughly overwhelmed me, and I just needed to know that it would be possible to make it through. The senior-sophomore coaching experience became that source of encouragement and peace for me, and has helped me strive toward balancing nursing school with other areas of my life.

When I first met Rachel Kidwell, my senior coach, I was nervous. What if she didn't like me? What if we couldn't relate? But my fears quickly disappeared as we began talking about nursing classes and setting goals. She helped me know what to expect this semester and future semesters, answering the many questions tumbling around in my mind. Hearing about her experiences, I began to feel more at ease about the upcoming semester. I can say that through the several meetings we have had, Rachel has become a wonderful source of insight and encouragement.

A key part of the coaching experience is setting long-term and short-term goals for myself. Rachel helped me think through

what I really want to accomplish in the upcoming weeks, months and semesters. Given the demands of nursing school, I decided I needed to learn how to maintain a balance between class work and self-care. With that long-term goal in mind, I have been able to set immediate goals relating to my physical, spiritual and relational well-being. Rachel helped me establish goals that were specific, measurable and doable. Knowing that I'm going to report back to her at the end of the week has challenged me to really think about my overall wellness throughout the week and make time for self-care.

Not only has Rachel helped me focus on maintaining balance in my life, she has always been there to listen to me and encourage me. Our conversations go beyond classes and goals to struggles I'm having and how I'm doing overall. She never rushes our meetings and always has a listening ear for whatever I need to talk about. I know that I can call on her at any time for help with homework or just to talk. Rachel is not the only senior who does this; I have heard many other sophomores rave about

“The senior-sophomore coaching experience became that source of encouragement and peace for me, and has helped me strive toward balancing nursing school with other areas of my life.”

— EMILY HEPLER '18



Emily Hepler '18 takes Rachel Kidwell's '16 blood pressure.

their seniors and how helpful they are.

By meeting with Rachel, I have learned to focus on specific ways to maintain balance amidst the demands of nursing. But more importantly, I have found a friend who gives me perspective about what my future semesters hold, makes herself available for whatever I need, and gives me confidence that I can make it to senior year as successfully as she has. And that provides the strength I need to keep walking the road ahead of me, step by step, knowing that one day I'll be able to pass on the encouragement she has given me to those who follow.

COACHING FROM A SENIOR'S PERSPECTIVE

By Rachel Kidwell '16

AFTER CLASS AT THE BEGINNING OF THE SEMESTER, I walked to the front of the room and picked up an index card. Written on it were interesting facts, hobbies and goals. There at the top was the name of a sophomore nursing student, “my sophomore” for the rest of the year. At first, I didn't really know how to approach this whole coaching concept, which is a requirement for Leadership clinical. The way I remembered it, my senior coach gave me advice and helped me get through my sophomore experiences. To me, she

seemed like an expert, and she always knew exactly what to say. With my personality, I wasn't sure if I was prepared to do that, which made me uncertain. How was I supposed to give someone else advice when I'm not always sure of things myself? I was excited to meet my sophomore but a little nervous about coaching her.

A few days later, the sophomore and senior nursing students gathered in Jordan atrium to get to know each other. We played a few games, and it was nice to meet my sophomore in a relaxed group setting. By talking to the sophomores, I

realized that many of them were nervous about starting clinical courses, as I had been, and they wanted to hear about the seniors' experiences. They weren't looking for fail-proof advice or the perfect way to get through nursing school. Rather, they wanted to hear how we made it through and be encouraged that they can reach their goals, too. They needed people who had already been through sophomore year to listen to what they were going through, help them set realistic goals and act as accountability partners. Coaching isn't about giving advice and telling someone

Senior's perspective, continued on next page

Senior's perspective, continued from page 7

how to be successful in nursing school. It involves active listening and using previously gained knowledge and experience to encourage others along the way.

My sophomore student and I have continued to meet up weekly this semester. Sometimes we talk about classes, and

other times we just hang out and take a break from all the stress related to school. Coaching is actually very laid back, and it comes much more naturally than I originally thought it would. Helping another student establish goals and encouraging her to work toward completing them has increased my confidence in leading. In turn, we are developing a bond as fellow

nurses that will hopefully last long after graduation. The senior-sophomore coaching experience has made a positive impact on my time in nursing school, both as a sophomore and a senior student. I hope many more Messiah nursing students will continue to enjoy this wonderful tradition in the years to come.

SIGMA THETA TAU INTERNATIONAL INDUCTION CEREMONY

THE LAMBDA KAPPA CHAPTER OF SIGMA THETA TAU INTERNATIONAL

welcomed 23 new members this fall at the annual induction ceremony on November 14, 2015. Undergraduate and graduate students and their families enjoyed a wonderful evening celebrating nursing and the students' accomplishment.

Kay Huber, a retired Messiah College nursing faculty member, presented the story of her career during her keynote address. As she explained how nursing had changed through the years, her love of nursing and commitment to care were demonstrated. She talked in length of her current venture into development of the

Beacon Clinic along with Ruth Stoll, also a retired Messiah nursing faculty member. Through this clinic, which opened in 2015, Huber uses her nurse practitioner skills to help persons in need of free health care in Harrisburg.

Following the address, the ritual of induction was explained by Louann Zinsmeister, chapter president. Tara Jankouskas, faculty counselor, introduced each inductee who received a pin, a certificate and honor cord. The inductees also signed their names in the Lambda Kappa Chapter book. A wonderful dinner and fellowship ended the evening.



Front (L-R): Rachel Kidwell, Hayley Hoke, Monica Park, Laura Coulson, Hanna Lazio, Ashley Clemens, Claire Stikeleather. Middle: Katie Stoltzfus, Kristen Madore, Jaime Kupillas, Julie Ross, Mary Ann Wright, Samantha Carten, Amanda Rashford, Erin Brown. Back: Michelle Brincat, Rachel Lippert, Leah Pardoe, Carol Stein, Cynthia Wallis. Not pictured: Holly Freas-Webster, Ellis LaFrance, Amy Schunemann.



NURSING OFFICE RENOVATIONS

OVER THE SUMMER OF 2015, a transformation took place on the first floor of Kline. The nursing office temporarily moved to Kline 108 conference room for a total renovation of the existing nursing office. The main office area was gutted and rebuilt to create two work areas with a partial divider. A new area was built for the faculty mail bins with storage underneath. The chairperson's office became two

separate offices through the installation of a wall down the center. The entire nursing office received new paint, carpet and furniture, as well.

These renovations allow the undergraduate and graduate nursing programs to share the nursing office space for improved communication and visibility. Beth Aumen, undergraduate administrative assistant, and Ashley Ringquist, graduate

administrative assistant and clinical coordinator, can be found in the main office area. Nancy Woods, chairperson of the Department of Nursing, and Louann Zinsmeister, director of Graduate Nursing Programs, have redesigned offices within the nursing office. Everyone is enjoying the improved office space.



LIQUIDCOMPASS JOB SEARCH RESOURCE

WE ARE EXCITED TO ANNOUNCE THAT MESSIAH COLLEGE DEPARTMENT OF NURSING has partnered with LiquidCompass to provide a powerful new job search resource to our undergraduate and graduate nursing students and our alumni. It is a website that can be accessed at liquidcompass.com/messiah. This link is also on the undergraduate Department of Nursing website under Careers and Outcomes.

When you land at the site, click “**Start Here**” (no log-in required). Then simply click a city under the job category that best fits your search. The job categories are as follows:

1. Jobs for current undergrad students – tech and nursing support jobs
2. Jobs for new grad RNs – jobs looking for a new grad BSN or require less than one year of experience
3. Jobs for graduate students – MSN and higher (i.e. APRN jobs, NP, CRNA, nurse midwife and many more)

The job list will load in a new browser tab. The first page shows a summary of all job openings in the city and the employers we are tracking. Scroll down to see the list of jobs.

LiquidCompass tracks the nurse hiring activity of all major employers and updates these hiring sheets daily.

You may contact LiquidCompass directly at support@liquidcompass.com or 800-201-8030 with any questions or contact Beth Aumen in the Department of Nursing office at 717-691-6029.

WELCOME, MEGAN GROSS!



MEGAN GROSS JOINED MESSIAH COLLEGE'S NURSING PROGRAM

in August 2015 as an assistant professor nursing. She teaches in psychiatric-mental health nursing, senior practicum and community health nursing. Gross received a Bachelor of Science in Nursing from Robert Morris University and a Master's in Public Health from West Chester University. She is currently completing her doctoral studies in nursing with a focus on nursing education at Indiana University of Pennsylvania. Her research interests include vulnerable populations, health promotion and education, and maternal-child health issues. She

comes to Messiah from Pinnacle Health's Nurse-Family Partnership Program, where she served as a community/ public health nurse for low-income first-time mothers for the past two and half years. Previously, she worked at Lancaster General Hospital for several years as an RN in a medical-surgical intensive care unit, and she also served as a research assistant on two grant-funded maternal health research projects. Gross was born and raised in Mount Joy, Pennsylvania. She now lives in Elizabethtown with her husband Hunter, and their cavalier King Charles spaniel, Bella. In her spare time, she enjoys the outdoors, traveling, spending time with family and friends, and cooking.

ADJUNCT NURSING FACULTY

FALL 2015

Ashley Arnold, BSN, RN, CCRN
– NURS 311
Jamie Gahr, MSN, RNC – NURS 310
Emily Griffith, MSN, RN – NURS 311
Jennifer Hughes, MSN, RN, CCRN
– NURS 411
Nicole Meekins, MSN, RN, CEN
– NURS 411
Mary Lou Mortimer, DNP, RNC-NIC
– NURS 405
Danielle Oakes, MSN, RN, CRNP
– NURS 311
Joan Ras, BSN, RN – NURS 410
Melody Seitz, MS, RNC-OB – NURS 310

SPRING 2016

Ashley Arnold, BSN, RN, CCRN
– NURS 211
Maureen Asper, MS, RN, ACNS-BC
– NURS 412
Kelly Boesch, MSN, CRNP – NURS 313
Amanda Cresswell, MSN, RN, CMSRN
– NURS 413
Sarah Curtis, MSN, CRNP – NURS 211
Katie Deitrick, BSN, RN – NURS 211
Nancy Frank, BSN, RN, CMSRN
– NURS 211, NURS 303
Emily Griffith, MSN, RN – NURS 210,
NURS 211
Jennifer Hughes, MSN, RN, CCRN
– NURS 313
Chris Johnson, BSN, RN, CRRN
– NURS 413
Leslyn Keil, MSN, RN, CPN – NURS 313
Joanne Konick-McMahan, MSN, RN,
PCCN – NURS 413
Lindsey Kornbau, MSN, RN, CCRN
– NURS 211
Nicole Meekins, MSN, RN, CEN
– NURS 211
Christina Morgan, BSN, RN – NURS 211
Leah Pardoe, BSN, RN – NURS 495
Melody Seitz, MS, RNC-OB – NURS 412
Serena Shirey, BSN, RN – NURS 312
Talisha Sneeringer, BSN, RN, OCN
– NURS 210
Carol Stein, BSN, RN – NURS 210
Alicia Urich, MSN, RN, CMSRN
– NURS 413
Sarah Wagoner, BSN, RN – NURS 312

FACULTY NEWS



Nancy Woods and Louann Zinsmeister at the Russel Building in Washington, D. C. visit the Pennsylvania senators Bob Casey, Jr. and Pat Toomey to discuss key issues for nursing.

PRESENTATIONS:

- Nancy Woods was a keynote speaker at the Holy Spirit Hospital Nursing Research Conference presenting “Is the doctor-nurse in?” and presented “Out of the Darkness: Assisting survivors of intimate partner violence during pregnancy, birth and postpartum” at Holy Spirit Hospital.
- Megan Gross is presenting at the Eastern Nursing Research Conference on “Nurse Educators Leading Collaboration to Engage Community Partners: A Case Study.”



Congratulations to Nancy Woods, who along with Barbara Buchko, accepted the Manuscript Winner trophy at the Holy Spirit Research Conference in December.

TRAINING/CERTIFICATIONS:

- Debbie Loop was certified as a Certified Healthcare Simulation Educator from the Society for Simulation in Healthcare Organization. There are now more than 500 individuals who have successfully completed the certification since it launched in June 2012. This is exciting to see how many individuals have stepped forward and achieved this distinction—a testimony to the dedication of all! CSHEs come from Australia, Canada, Chile, Dubai, England, Grenada, Ireland, Lebanon, the Nether-

lands, Norway, Qatar, Singapore, Turkey and the United States.

OTHER:

- Megan Gross was awarded the J. Bernard Schmidt Scholarship in January from the Dixon Center to support Ph.D. studies.
- Nancy Woods was appointed as co-chair of the ExamSoft National Advisory Board.
- Louann Zinsmeister serves as president of the Lambda Kappa chapter of Sigma Theta Tau International.
- Tara Jankouskas serves as faculty counselor of the Lambda Kappa chapter of Sigma Theta Tau International.
- Sarah Jones successfully defended her dissertation “A Comparison of Hypertension Management Perceptions, Knowledge, and Stage of Change Among Hospital Employees” and earned her Ph.D. in administrative and leadership studies, nonprofit and public sectors from Indiana University of Pennsylvania.



RETIRED MESSIAH FACULTY AND STAFF

THOUGHTS ON RETIREMENT

By Arlene Miller, Ph.D., RN

WHEN I RETIRED FROM TEACHING NURSING IN 2000, I was already involved with looking after my mother. When she fell and went to nursing care, I traveled daily to spend the day with her. In 2011, I moved to a cottage at Messiah Village so I could be closer. My mother died at age 99 in 2012. After taking some time to restart my own life, I began finding plenty of things to do. My trip to Turkey in 2013 was a highlight. Riding along with the Messiah College Concert Choir trip to Italy in 2014 was great fun. I have family in Ohio and travel there frequently. My sister and I traveled in the southwest national parks in 2013.

These days, I volunteer in nursing at Messiah Village several evenings a week during meal times. I also screen blood pressures at a local soup kitchen once a month. Singing with choral groups renews my spirit. I serve on the Ethics

Committee at Messiah Village. A book club keeps me reading. I also teach classes in the Pathways Institute, a senior lifelong learning program. I have indulged my love of history this way. Retirement has given me time to explore new areas of learning. Oh, and I do like Google, because there is no end to what a person can learn—and how much time she can waste. Living close the Messiah College provides many opportunities for cultural experiences. I am blessed.

I look back on my years of teaching nursing at Messiah College with gratitude. Having students with Christian values and attitudes of service was a joy. Knowing that local health care facilities preferred hiring Messiah grads was rewarding. Teaching colleagues were my friends. Even today, I keep in touch with some of them. I am always glad to hear the news about Messiah nursing.



Arlene Miller in her volunteer role at Messiah Village

BEACON CLINIC

By Kay Huber, DEd, MPA, MSN, RN, CRNP and Ruth Stoll, D.N.Sc, RN

RUTH STOLL AND KAY HUBER ARE RETIRED FACULTY MEMBERS FROM THE DEPARTMENT OF NURSING.

Stoll was one of three nurses who originally met, as an outgrowth of the Parish Nurse Ministry at St. Paul Episcopal Church, to envision the clinic. Their goal was to promote quality health and well-being through a free, faith-based primary healthcare clinic for the uninsured and underserved adults 18 years and older living in the Greater Harrisburg/Dauphin County area. A search for handicapped-accessible space ensued, and Stoll also began meeting with Huber to discuss the formation of the clinic. The space identified as most useable, after searching for more than a year, was the education building at St. Paul's. A major renovation of the space in half the building resulted in the four rooms that now make up the Beacon Clinic for Health and Hope.

Huber, a certified registered nurse practitioner, has been the sole provider seeing patients since the clinic opened in March 2015. The original hours of operation, 3-7 p.m. every Tuesday and Thursday have been expanded to include the hours of 10 a.m. to 2 p.m. on Thursdays. The clinic has been the place many uninsured persons come for their health care, either as walk-ins or scheduled visits. Others come who now consider the clinic their primary place for continuing health care, whether or not



Kay Huber volunteers as a nurse practitioner at the Beacon Clinic.

they have insurance. Many of the patients who now live in the Harrisburg area are from countries such as Cameroon, Egypt, Pakistan, Nepal and India. The diversity in the clinic population has been truly amazing!

The clinic exists because of donations, grants, gifts from churches that support the mission and at least one yearly fundraising event. The largest ongoing cost incurred by the clinic is for prescription medications, and donations are welcome for that expense. There are several nurses who generously donate their time and expertise, and the clinic has hired a medical assistant

who is present each of the evenings. Some of the volunteer health care personnel are graduates from Messiah College's nursing program, and others have heard about the clinic through their churches or friends. The clinic has a faithful volunteer who has been there almost every evening to serve as the registration person in the waiting room. Stoll has been president of the clinic's board, and she has become the chief grant writer and fundraiser for the clinic. Huber has continued to see all the patients who come through the doors. These two former faculty members have yet to completely retire!

RETIREMENT IS A BLESSING!

By Terry Middlekauff, administrative assistant in the Department of Nursing (1994-2011)

RETIREMENT...WHAT WILL IT BE LIKE?

When I was younger and thought about retirement, I would ask myself, "What will I do all day long?" Now, I just laugh at that thought because when people would say, "I'm busier now than when I worked," I now know firsthand they weren't kidding!

I feel so blessed to have been able to retire early to help take care of my parents. They are now in a long-term care facility, and I visit them several times a week. It's also wonderful to have time available to help other family members with various needs. The one thing I learned from

working in the Department of Nursing at Messiah was the importance of helping to care for others—physically, spiritually and emotionally.

Some of my other activities involve attending sporting events for my granddaughter and great-grandchildren, helping with various service projects at my home church, participating in Bible studies, meeting old friends for breakfast or lunch and taking various courses with the Pathways Institute for Lifelong Learning through Messiah Lifeways. (FYI: I often have classes with many other Messiah

College retirees!)

I would have to say my favorite volunteer activity is working each week in the food pantry at New Hope Ministries. I help keep the pantry shelves stocked and also interact with the many guests who might need assistance with food shopping or bagging their groceries. I've also helped with New Hope's Christmas Blessing program and assembling power packs for local school districts.

So don't let the word 'retirement' scare you...it's really a blessing from God.

MY RETIREMENT NOTES

By Carolyn L. Kreamer, Ph.D., R.N., CNE



Carolyn Kreamer volunteers at the Ronald McDonald House in Hershey.

MY RETIREMENT HAS SURELY BEEN A GREAT TRANSITION in my life with many blessings and challenges. I have uncovered ways to challenge myself physically, intellectually and spiritually that

would not have been possible in my life as a busy chairperson of a department of nursing. Time is very different now with fewer constant demands upon my day, so I seek to enrich my days with a variety of activities. I have re-established my daily morning walking routine clocking about 50-55 minutes of brisk walking each day around my neighborhood; I'm hoping to work up to 60 minutes this summer. I have always loved walking in the fresh air—regardless of weather—and find the little reminders of nature soothing and up lifting. Seasonal change is beautiful whether it is spring with blossoming trees and bulbs; summer with vivid blooming flowers and fragrances; fall with vivid colors; or winter with its silence and scurrying squirrels and birds. I feel healthier with my exercise routine, and I am healthier!

“The dynamics of health care quality and safety and health care administration and finance are dizzying but so very interesting.”

— DR. CAROLYN L. KREAMER

Because I have chosen to maintain my nursing license, I am obligated to continue my ongoing education to meet state regulatory requirements. I find this really enjoyable, because I am still “in touch” with issues relevant to my profession. I read many things online and most recently read a very interesting critique of progress made on the Institute of Medicine’s recommendations in the report “The Future of Nursing: Leading Change, Advancing Health.” It has been five years since this landmark publication—I remember its launch very well—and it seems some progress has been made. But,

there is still much to do to realize its bold vision for nursing. Additionally, I read other nursing literature and some clinical publications, too. I need to stay sharp in clinical topics and issues in health care, because I continue to serve on the Board of Directors of PinnacleHealth Hospitals and HealthCare Systems, and I chair the Quality and Safety Committee for the board. The dynamics of health care quality and safety and health care administration and finance are dizzying but so very interesting. Also, I serve the Pennsylvania State Nurses Association as a beta tester for continuing education manuscripts that authors submit for publication in *The Pennsylvania Nurse*. It’s a lot like reading student papers and correcting them!

A very gratifying opportunity I now have is to serve my church and the community through volunteering. I’ve been able to engage in activities that help support its mission and work with my Christian brothers and sisters through local outreach missions. We spend time at Mission Central in Mechanicsburg preparing birthing kits, hygiene kits, layette kits and school kits that are sent around the world. Also, we collaborate with New Hope Ministries to assemble Power Pack weekend lunches for children in our local schools who lack food security. It’s shocking and sad to learn of how

many children need this support, but it is wonderful to be able to help. Also, periodically we go to Ronald McDonald House in Hershey to cook dinner for the children and families who are staying at the facility. My work in the kitchen is shown in the photograph and my “communing” with Ronald himself. Cooking tip: Wear wraparound sunglasses to keep from crying when chopping onions!

So, I am not “rusticating” in my retirement years. I’m always available for lunch with friends and enjoy life every day. Blessings to all.

RETIREMENT REFLECTION

By Martha Solomon, MSN, RN

I WANT TO START BY SAYING HELLO TO ALL THE GRADUATES I TAUGHT while I was teaching at Messiah College from fall 1983 to spring 2013 (full time 1983 to January 2009 and adjunct 2010 to 2013). It is hard to believe that I have been fully retired from teaching and clinical practice for three years. Yes, I am still upright and still playing racquetball!

Nancy Frank asked me to reflect on my time in the Department of Nursing and to give an update on what I have been doing since I retired in 2013. Messiah College was my one and only teaching job, and I truly enjoyed teaching despite the demands of the job. My true love was having students in clinical as I never saw myself as a dynamic lecturer. It really reinforced my decision to teach when students made the connections between theory and clinical practice and then were able to apply those connections when caring for the kids in the pediatric clinical setting. I also have fond memories of many activities with the students, such as NSA (convention, picnics, service projects, meetings), playing racquetball, the cross-cultural trip to Dublin, Ireland, fun times in clinical (collecting urine specimens, hanging TPN), research projects, listening to students when asked and getting to know students on a personal level. I hope I was able to have a positive impact on many students’ educational process and growth as a professional nurse. I also appreciate all the support I received from my colleagues and the many friendships I made and have kept over the years.

It is hard to identify all the things I have been doing since retiring, but I always seem to be busy. As I noted before, I

Retirement reflection, continued on next page



Martha Solomon with her granddaughter Sadie

Retirement reflection, continued from page 12

am still playing racquetball two times a week; however, my joints are mounting a campaign to quit. I have also done some nursing – my mom before she passed away, my husband Ron during and after his cardiac surgery, and close friends and family members. Ron and I have taken

several trips, and we plan to continue to travel. Getting together with friends and former faculty has been a lot of fun. One big change was moving to a new home in December 2014; packing after 24 years in the same house had its challenges, but it was worth it. My biggest joy and activity

has been our granddaughter, Sadie, 3 (see photo). She is such fun, and she keeps Ron and I quite busy. My next goal is to look into doing some volunteer work.

I hope this update finds all of you well and happy. Best wishes for a great and blessed life to all of you.

30 YEARS OF NURSING AT MESSIAH COLLEGE



THE NURSING DEPARTMENT 30 YEARS AGO

By Eileen Gardner, patient simulation lab coordinator

THIS PAST FALL, THE NURSING DEPARTMENT CELEBRATED ITS 30-YEAR ANNIVERSARY. What was the Department of Nursing like 30 years ago? In 1985, Messiah graduated the first nursing class with 22 students. The program was also fully approved by the Pennsylvania Board of Nurse Examiners.

There was only one nursing laboratory room, which housed the desk of the Learning Laboratory coordinator, as well as the one bed with one low-fidelity simulator. There were cabinets lining the entire one wall, which housed all the

filmstrips, videos and slides. Televisions, video machines, filmstrips and slide projectors filled the counter tops in the room.

Technology was basically non-existent, and, of course, there was no simulation. Courses were team-taught. At the end of the physical assessment course, students were required to complete a full physical assessment on a partner in order to pass the course, with their only aid being whatever notes they could put on a small index card.

There were 10 full-time faculty, which

included Sandra Goodling, Karen Gonzol, Kay Huber, Jan Towers, Ruth Stoll, Arlene Miller, Janet Hunter Shields, Martha O'Donnell Solomon, Elaine Hagenbuch and Donna Havens. The department also had six part-time faculty, one person who took care of word processing, one administrative assistant (Faithe Rinehart) and one part-time Learning Laboratory coordinator (Eileen Gardner). Elaine Hagenbuch was the chairperson of the department and was responsible for getting the program started.

HOMECOMING 2015

IN CELEBRATION OF 30 YEARS OF NURSING AT MESSIAH COLLEGE, the Department of Nursing hosted a nursing reunion at Homecoming. The event began with a brief program led by Nancy Woods, current chairperson. Sandra Jamison, chairperson from 1992-1999, read a blessing and led the invocation. Woods presented a PowerPoint detailing pictures and events from 1985, when the nursing program began at Messiah. Emeriti faculty, which includes Sandra Jamison, Carolyn Kreamer and Martha Solomon, were recognized. Kreamer, chairperson from 1999-2014, sent some of her memories, which were read. Hanna Lazio '16 discussed the current nursing program and students. The program concluded with a musical slide show created by Louann Zinsmeister highlighting each year of the nursing program and showing pictures of current faculty and staff from 1985 and 2015. It's amazing how many changes have occurred over the years!

During the whole afternoon, Kline 108 conference room was set up with class pictures, old yearbooks, nursing student uniforms, Sigma Theta Tau and graduate program information, and refreshments. Prizes were given to the alumni who had traveled the farthest, alumni with the most nursing licenses, the cohort most represented and a basket raffle drawing. Many of the current faculty met with alumni and their families to reconnect. The nursing office and high-fidelity simulation labs were open for tours, as well.

New pediatric and maternity simulators were demonstrated to an eager crowd of observers. Lucinda, the maternity high fidelity simulator, gave birth multiple times throughout the afternoon. A Name the Simulation contest was held for the infant and child high fidelity simulators. Congratulations to winner Lindsay Koach for entering the infant's name: Kim Flippis! The child simulator has been named Jamie, as submitted by an anonymous entry.

The Department of Nursing wants to thank each of the alumni and their families who were able to attend this Homecoming reunion and celebrate 30 years of nursing at Messiah College. We enjoyed seeing all of you and hearing what you are doing now.



VIEW MORE PHOTOS FROM
HOMECOMING 2015
AT **MESSIAH.EDU/
NURSINGALUMNI**

LAMBDA KAPPA CHAPTER CELEBRATES 25 YEARS!

THIS FALL, THE LAMBDA KAPPA CHAPTER CELEBRATED 25 YEARS AS A CHARTER OF SIGMA THETA TAU INTERNATIONAL. Current members gathered at Messiah Lifeways for a lovely dinner and time of reflection on the past 25 years. Sandra Goodling brought a photo album that she created using pictures of the initial induction ceremony in 1990. Several members shared their memories of the initial program and development of the charter application. Louann Zinsmeister, chapter president, presented the Sigma Theta Tau plaque received at the biennial convention. Attendees received Sigma Theta Tau bookmarks to remember the occasion. The Lambda Kappa Chapter appreciates all of the planning and coordination by Marge Samsel that resulted in a wonderful celebration.

FROM THE DIRECTOR OF GRADUATE PROGRAMS IN NURSING

By Louann Zinsmeister, Ph.D., RN, CNE



"Many, LORD my God, are the wonders you have done, the things you planned for us. None can compare with you; were I to speak and tell of your deeds, they would be too many to declare." Psalm 40:5, NIV

THIS SCRIPTURE VERSE SEEMS FITTING AS WE COMPLETE THE THIRD YEAR OF GRADUATE NURSING PROGRAMS AT MESSIAH COLLEGE.

This past year has indeed been a time of growth with many exciting developments! Messiah College now offers two excellent graduate nursing programs, both which address current needs in graduate nursing education.

On June 25, 2015, the Pennsylvania State Board of Nursing fully approved our new Doctor of Nursing Practice-Family Nursing Practitioner (DNP-FNP) program. This approval is necessary for a nurse practitioner program to provide nursing education that allows graduates to take the nurse practitioner licensure exam upon completion of the program. Also noteworthy is that the DNP-FNP program is the first doctoral degree to be offered by Messiah College. The DNP-FNP program is designed for post-baccalaureate nurses who want to become family nurse practitioners. Our first DNP-FNP students will begin the program in late summer 2016. To facilitate development and implementation of this new program, Dr. Kelly Hudock has been named coordinator of the program and began her position in August 2015. Dr. Hudock comes to Messiah College with many years of experience as both a family nurse practitioner and as a nurse educator. We are blessed to have her as a member of our graduate nursing faculty.

The MSN program continues to provide flexible, quality online graduate nursing education for nurses who want to become nurse educators. As many of you know,



Graduate cohort I, sitting (L-R): Kate Bilger, Suzanne Beichner, Carol Stein; standing: Heather Laudenslager, Sarah Wagoner, Jane Bordner, Nancy Frank, Cynthia Wallis; not pictured: Tanya O'Brien

Congratulations to Messiah College's first cohort of MSN students on their graduation!

nurse educators are in short supply across the country, and this problem will continue to increase as "baby boomer" nurse faculty members begin to retire. The MSN program can be completed in as short a period of time as two years.

We also offer a RN-MSN option for associate degree nurses (ADN) and diploma nurses. This option provides an accelerated path to a MSN for ADN and diploma nurses who want to specialize in the nurse educator role. The RN-MSN option is especially attractive to ADN or diploma nurses who have a non-nursing baccalaureate degree and would prefer to move directly to a master's degree rather than earn a second baccalaureate degree.

In addition, an important milestone for the Department of Nursing is the graduation of our first cohort of MSN students in May 2016. Members of cohort one include

Suzanne Beichner, Kate Bilger, Jane Bordner, Nancy Frank, Heather Laudenslager, Tanya O'Brien, Carol Stein, Sarah Wagoner, and Cynthia Wallis. (See photo.) One of our cohort one members, Tanya O'Brien, completed the program completely online, living more than 1,000 miles away from campus.

We wish to congratulate our first MSN graduates for their demonstrated excellence in completing their graduate nursing studies and wish them much success in their future careers as nurse educators. "You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands." Isaiah 55:12 NIV

For more information about our graduate nursing programs, contact the Graduate Nursing Office at gradnursing@messiah.edu or 717-691-6054.



FOLLOW US ON FACEBOOK!

MESSIAH COLLEGE DEPARTMENT OF NURSING

WELCOME, KELLY HUDOCK!



MY NAME IS KELLY HUDOCK, AND I AM THE COORDINATOR FOR THE DNP-FNP PROGRAM. I have been a family nurse practitioner for the last 15 years.

I received my BSN and MSN as a family nurse practitioner from DeSales University and my DNP from Rush University. I have worked in a variety of clinical settings: private practice, subacute/long term care, retail healthcare and hospice. I have been

teaching FNP students for the last five years. My specialty is online education for NP students. I have been at Messiah College since May 2015 and it feels like family. I also work one day a week for a physician group, Rosenfeld Van Wirt PC. I work with two physicians, five PAs and two NPs. Our practice is based in the nursing home and personal care homes. I have two daughters. One is a biomedical engineer working at Johnson & Johnson, and the other is a junior at Alvernia University. In my spare time, I like to read and garden. I also have

two crazy dogs and a diva cat.

The DNP program is designed for RNs with a BSN who would like to be a Family Nurse Practitioner. The program is primarily online with the option for synchronous meetings on campus for those who are close and two intensive meetings on campus at the end of year one and year two. The program is four years for a full-time student. The majority of clinical time is spent working with preceptors and patients. We are currently accepting applications for the 2016 cohort.

PRESENTING AT SIGMA THETA TAU INTERNATIONAL BIENNIAL CONVENTION

By Erin Anderson '19, BSN, RNC-OB

MY NAME IS ERIN ANDERSON, and I am currently proudly enrolled in the MSN nurse educator program here at Messiah. I am a 2006 BSN graduate of Thomas Jefferson University in Philadelphia and live here in central Pennsylvania. I have been fortunate during the last 10 years to have had the support to grow as a nurse and enjoy many opportunities to discover what I want to be “when I grow up.” My journey toward nursing education began with hospital unit education, precepting and participation on the unit practice council.

Around 2011, I had the chance to participate as a clinical nurse for Messiah's own Research Roundtable. I discovered my passion and love for research, which is a large part of education. The skills I cultivated and refined at Roundtable further propelled me to pursue education and research. So, when I was presented with a research project idea by a fellow nurse, I jumped at the chance. With the help of our Clinical Nurse Specialist Deb Schafer, we were able to obtain a nursing research fellowship at Pinnacle Health. We then had to begin the research process and obtain institutional review board approval. Our project, “Are Our Babies Cold?,” was a retrospective exploratory study to determine if maternal and neonatal temperatures in the postoperative period appropriate when the babies were placed on their mother's chest within 15 minutes of delivery in the operating room and the recovery room. And so, my yearlong labor of love began



Rhonda Maneval, DEd, RN; Deb Schafer, MSN, RNC-OB; and Erin Anderson, BSN, RNC-OB presented at the Sigma Theta Tau International biennial convention.

with data collection. I was fortunate to be involved in all aspects of data acquisition, including creating our data collection tool. When all data was obtained, it was analyzed and ready for dissemination.

We had the opportunity for our project to be selected for a podium presentation at the 2015 Sigma Theta Tau International (STTI) biennial convention. The STTI Convention was an amazing experience. It was very exciting to experience the research process from question to presentation. Of course, there were many nerves about presenting my research. Would it be well received or accepted? Would others respond positively? Was it meaningful?

Through presenting and gaining feedback from attendees, I was able to see the true impact of the research and the positive outcomes that may be facilitated in other organizations. As a staff nurse before this process, I knew that I could have an impact on my patients, but I was unsure of how wide-reaching of an impact I could really make. I didn't realize that I could make a lasting impact on my profession, and it is still an incredible concept. Presenting at STTI has allowed me to see that being “just a nurse” can have a meaningful impact on our patients we see daily and our body of knowledge as nurses and professionals.

FOLLOWING THE CALL

By Brittany Petry '17 BSN, RN



TO ALL THOSE CURRENT MESSIAH STUDENTS, I am sure some of you just cringed a little at the title alone. One thing I remember from being an undergraduate at Messiah College is that the “call” is a buzzword—a word that is discussed over and over again until you feel as though it has no meaning or impact on you or the world around you. As an undergraduate, I remember being frustrated with the overuse of the terms “calling” and “vocation.” Therefore, although I may never have thought it would, the word “calling” has come to mean more to me than I ever thought it would. “Calling,” according to dictionary.com, can refer to a vocation or profession. “Vocation,” also according to dictionary.com, refers to an occupation, profession or a strong inclination to pursue a certain job.

“If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be?”

— 1 CORINTHIANS 12:17-19, NRSV

As an undergraduate nursing student at Messiah College, I remember thinking, especially when the topic of furthering my education came up, that there was no way I would do that and definitely no way that I would go back to school anytime soon. I also remember thinking, I just spent four challenging years as an undergraduate student, and I did not have any desire to put myself through that again. God certainly had other plans. I graduated with my Bachelor of Science in Nursing from Messiah

College in 2011. Now it is 2016, and I am one year away from completing my Master of Science in Nursing. The road to this decision was not a decision I made lightly. I searched for information regarding various master's degrees that are offered, looking to find the one that I thought would be best suited for me. I also found that there were job offerings that I would qualify for if I had my master's degree instead of just my bachelor's degree. I also knew that there are some master's degree options that I knew I would not want to obtain. After more searching, I came to realize some other things about myself. I recognized that I was at a good place and time in my life to work on getting my master's degree. I also realized that I enjoy showing people how to complete tasks and how doing such makes me happy. Additionally, I remembered that as an undergraduate I enjoyed helping other students understand concepts and information. The thought of being a clinical instructor had also crossed my mind when I was an undergraduate. After recognizing all of these things, God led me to seek out MSN programs in education. God also led me to Messiah's master's in nursing, nurse educator track program. He prompted me to see professors from my undergraduate education at Messiah, which ultimately led me to where I am now.

I have been blessed to have such wonderful people in my life, including current and previous faculty to encourage me, answer my questions and support me along the way. God has guided my footsteps and blessed me with these individuals. Although I would not change where I am now, the journey has not been easy. There have been times where I think to myself, am I crazy for working full time and going to school full time? There are times when I feel like I don't know how things will get done, but God's timing is perfect. The work gets done somehow, and a word of encouragement comes from out of nowhere, making it all worth it.

My words to those who are thinking about furthering their education: Don't be afraid to ask questions. Distance learning is hard but worth it. Find what makes you passionate. Just as I have recognized that God has called me to a degree in nursing

“I praise you, for I am fearfully and wonderfully made.

Wonderful are your works; that I know very well.”

— PSALM 139:14, NRSV

education, I also know that this is not the calling for all who are reading this article. As Scripture indicates and reminds us, God has created us individually and intentionally (Psalms 139) and He has made each part of the body to serve an individual purpose. In 1 Corinthians 12: 17-19 scripture talks about how each part of the body cannot serve the same function or vital aspects would be missing. As I said before, find what makes you passionate. For some, that will be serving overseas on the mission field. For others, that means finding a graduate program that is offered online. Some people will look to find a graduate program where they can go sit in a physical classroom. For others still, it means remaining in their specialty area or obtaining an advanced degree in something else like becoming a nurse practitioner or nurse anesthetist. This is the beauty of nursing and the beauty of the body of Christ. We are fearfully and wonderfully made (Psalm 139:14). Finally, all I can say is follow your heart and seek the call that God has placed on your life. You can never go wrong if you follow and seek God's calling for your life.

WANTED: Nurse practitioners, physician assistants, physicians and hospital-based nurse educators to serve as clinical preceptors **AND** online adjunct faculty with DNP or Ph.D. degree in nursing preferred for graduate programs in nursing.

FOR MORE INFORMATION, PLEASE CONTACT: Ashley Ringquist, administrative assistant and clinical coordinator for graduate programs in nursing
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MY NURSING JOURNEY

By Leah Pardoe '17, BSN, RN



IT ALL STARTED IN FIFTH GRADE when a 10-year-old girl was asked to write about what she wanted to do when she grew up. Surrounded by classmates who wrote

about how they wanted to be firefighters, doctors, teachers and trash collectors, a young timid girl stood and read, "When I grow up, I want to go to Messiah College, be a nurse and help deliver babies." I remember the amazement in my teacher's eyes as she said to me, "Wow, that's pretty detailed. You seem very sure of that." "I am," I replied. Fast-forward to the day that I received my high school diploma. As I walked down the line past my teachers, shaking hands, I came upon my fifth-grade teacher who remembered my very unique response to her assignment. "What are you going to do now that you are grown up?" she asked. With a big grin on my face, I replied, "I'm going to Messiah College, and I am going to be a nurse who helps deliver babies."

Needless to say, I was drawn to Messiah College and called to be a nurse at an early age. I like to think that it was a "God thing" and all a part of His plan for me. I have nothing but positive things to say about my experience at Messiah College. Nursing school was one of the hardest things that I have ever done, but the program was exceptional at preparing me for a successful nursing career. The nursing program at Messiah taught me that nursing is so much more than what I do for a living. It's my calling, my ministry and Christ working through me. My career thus far has been a wild and exciting ride. I was so excited for my OB clinical rotation as I knew, for what seemed like forever, that this was what I wanted to do. During my OB clinical experience at Holy Spirit Hospital in the Birthplace, I quickly fell in love with the hospital and the unit. I applied for an externship there the summer before my senior year of nursing school and was so excited to be accepted. Upon graduation from nursing school, I landed my dream job and was hired on to the unit as a graduate nurse. During the next several years on the unit as a bedside nurse, I lost count

of the women who I coached through labor and delivery; witnessed hundreds of babies take their first breath; encouraged so many new families by helping them realize they can do this whole new parenting thing; cried and prayed with families whose dreams and hopes for their unborn child came crashing down for reasons we on earth will never know; served as a circulating nurse in the operating room during cesarean sections; and worked as a PACU nurse following surgery. It was truly amazing how I grew as a nurse and how quickly my career advanced. I soon was selected to be one of the unit charge nurses as well as a preceptor for new staff and student nurse externs. I pursued and accomplished my certification in inpatient obstetrics; sit on my hospital's evidence-based practice and education councils; am the nurse representative for the obstetric process improvement team; and review and revise my unit's policies to ensure that we are following all

my past educators made me stand out on the unit and quickly became what I hoped to instill in my students and orientees. It is for that reason I chose to pursue a career in nursing education. Two years ago, I made the decision to return to school to pursue a master's degree in nursing education. It was an easy decision to return to Messiah as I had such a great experience there for my undergraduate degree.

So what am I up to now? I am currently finishing my MSN degree at Messiah. Just like my undergraduate experience, it has been an awesome experience. I am loving every moment as an educator and have been overwhelmed by how rewarding it is to help develop nursing students as well as the nurses on my unit. I am still at Holy Spirit Hospital but in a new role as a clinical nurse educator for the Birthplace, NICU and pediatric unit. I am also working with nursing students as an adjunct faculty member for Messiah and HACC.

"I was taught that the title of a nurse should never be taken lightly, and I should never stop learning and bettering myself. Those values that were instilled in me by my past educators made me stand out on the unit and quickly became what I hoped to instill in my students and orientees."

— LEAH PARDOE, BSN, RN '17

practice recommendations based on nursing research. Before I knew it, my career took a turn that I never saw coming, yet it has been one of the most rewarding aspects of my career: teaching.

So much of who I am as a nurse is a direct result of those who helped "grow" me when I was in school. It is to the nursing educators who showed me the way and inspired me that I owe a world of gratitude for the impact they've had on me as a nurse. Those values that were instilled in me as a student continue to guide me as a Christian, a registered nurse and as an educator. I was taught that the title of a nurse should never be taken lightly, and I should never stop learning and bettering myself. Those values that were instilled in me by

Finally, I am still working part time as a nurse in the Birthplace as I cannot see myself ever completely leaving the bedside. All this to say, nursing has been a wild ride yet a great ride. So much of my success in this career is due to the amazing nursing program that I was blessed to be a part of. Messiah's nursing program prepared me to be a stand-out nurse on my unit, take on leadership roles, continue to grow my career and, most importantly, be successful. Almost 20 years later, it's amazing how incredibly blessed I've been. I went to Messiah, I am a nurse and I help deliver babies. What an incredible calling and journey it has been.

NURSING STUDENT GRADUATES

Summa Cum Laude Graduates

(grade point average of 3.90 or above)

Juliana Spencer Frederick
 Stacie Lynn Martin
 Kelby Anne Myer
 Jillian Rae Sisson
 Chelsey Rose Watson
 Sally Anne Wenger

Magna Cum Laude Graduates

(grade point average of 3.60 to 3.89)

Claire Carbonetto
 Rebekah Marie Dincher
 Melissa Joann Dukelow
 Faith Michelle Eisenberg
 Alyssa Nicole Heath
 Rachel Ann Hoover
 Ashley Elizabeth Locke
 Danah Michelle Moser
 Dana L. Newswanger
 Hannah Ruth Nichols
 Elizabeth Louise Seigendall
 Brittany Danielle Weaver

Cum Laude Graduates

(grade point average of 3.30 to 3.59)

Arianna VanPatten Bailey
 Taylor Lynn Deares
 Kimberly Rose Desrosiers
 Christina Grace Duncan
 Cooper Lawrence Grimm
 Storm Briana Hajek
 Valerie BreAnne Heisey
 Lindsay Beth Koach
 Aubrey Nicole Krueger
 Megan E. Mayhew
 Shannon Kristen Mellon
 Rachel A. Petro-Roy
 Sarah Noel Pratt
 Sallie Jane Rosenberger
 Elizabeth Mary Smullen
 Keterly Steyer
 Rachel Marie Vogt

MESSIAH COLLEGE NURSING CLASS OF 2015



AWARD WINNERS



PSNA District 15 Leadership Award
 Kelby Myer



Harry and Nancy Preis Endowed Scholarship
 Claire Carbonetto



Christy Stark Smith Award
 Megan Mayhew



Academic Excellence in Nursing Award
 Jillian Sisson



Excellence in Nursing Award
 Chelsey Watson

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- The Nursing Education Endowed Scholarship, given to nursing students who demonstrate financial need
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- Christy Stark Smith Memorial Scholarship Fund, given to a nursing student who has demonstrated excellence in nursing care of the child-bearing family

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EDITOR: Nancy Frank — Please send comments and ideas for future editions to njfrank@messiah.edu.