The faculty and staff of the Department of Nursing are extremely pleased to announce that the nursing program has received accreditation from the Commission on Collegiate Nursing Education (CCNE) for ten years, the maximum period of time awarded. This decision by CCNE was made in May 2003, but this is the first opportunity I have had to officially report this important milestone in our history. The Board of Commissioners of CCNE determined that our program met all accreditation standards, and they had no compliance concerns with respect to the key elements of the standards. In other words, there were no concerns expressed about our program in any area.

Receiving this official recognition of our nursing program is an affirmation of its quality and of the hard work and success of its faculty, students, and graduates. The CCNE is a relatively new accrediting commission in nursing, functioning as an autonomous arm of the American Association of Colleges of Nursing (AACN). The CCNE, recognized by the U.S. Secretary of Education and the Council for Higher Education Accreditation as a national accreditation agency, was established in 1996 by the membership of AACN to assume responsibility for accreditation of nursing education programs in universities and four-year colleges. It is the only national accrediting agency to focus exclusively on advancing bachelor’s and master’s degree programs as a distinct subset of nursing education.

Accreditation is a multistage process that begins with a self-evaluation. Nursing faculty at Messiah worked diligently for nearly three years to analyze and evaluate various components of the program.
nursing program. All aspects of the program were examined, including its mission, philosophy, goals, and objectives, fiscal and human resources, curriculum, teaching-learning practices, student performance, alumni satisfaction and accomplishments, and faculty accomplishments in teaching, scholarship, and service. A self-study written to explain how the program complied with the expected standards for accreditation included an assessment of the strengths and areas for improvement for each of the standards.

Following submission of this self-study, an evaluation team from CCNE visited the College to assess and verify the information provided in the self-study. The evaluation team’s report and the self-study were then reviewed by the CCNE Accreditation Review Committee. This Committee made a recommendation to the Board of Commissioners that our program met all the accreditation standards, and the Board acted on that recommendation notifying us of our accreditation status in late May 2003.

As you might imagine, this good news was received with joy and a real sense of accomplishment for everyone involved in this important process. However, we all recognize, that for our program to maintain its high standards, we must be committed to continual improvement. In the end, that is what the accreditation process is all about—continually evaluating the components of our program and improving them so that we will always be confident in the quality of Messiah College nurses and the contributions they make to the health care of the nation and the world.

Faculty news

Wanda Thuma-McDermond joins the Department of Nursing as a full-time faculty member. Many of you may know Wanda because she has been a clinical instructor periodically, since 1994 in NSG 202, NSG 301, NSG 401, or NSG 402. Her clinical expertise includes community health nursing and emergency department nursing; however, she has experience in mental health, intensive care, and cardiac care. Wanda worked for 10 months at the Accident and Emergency Department, Glasgow Royal Infirmary in Glasgow, Scotland. She and husband, Jay—department of biblical and religious studies—and their two sons, Malcolm and Duncan, lived in Scotland from September 2001 to June 2002. Teaching responsibilities will include classroom and clinical teaching in NSG 301 and NSG 402. We are very glad to have Wanda as part of the Department of Nursing.

Arlene Miller has a chapter, “Communicating Christian Convictions: Ethics of Spiritual Care,” in a book being published by Dordo Press. The book, Commitment & Responsibility in Nursing: A Faith-Based Approach is an international compilation of chapters by nurse authors. Called to Care: A Christian Theology of Nursing, co-authored by Arlene, has now been translated into Korean and Chinese. Two articles, “Pursuing Peace in a World at War” and “Educating for Change: HIV/AIDS and the Zambian Church” have been published in the Journal of Christian Nursing.

Martha Solomon and Eileen Gardner attended the fifth National Conference on Nursing Skills Laboratories in June 2003. The main reason for attending the conference was to explore how other nursing education programs were utilizing nursing skills laboratories and to acquire updated information in order to use our skills laboratory in a more efficient and effective manner. The Messiah College Nursing Program as well as other nursing education programs do not just focus on the acquisition of psychomotor skills in the nursing skills laboratory. Critical thinking and clinical decision making are major components of the nursing skills laboratory. Clinical simulation scenarios were developed for NSG 401 and NSG 302 and implemented in fall 1999 and spring 2000. Nursing faculty found clinical simulation scenarios to be an excellent way to incorporate psychomotor skills, critical thinking, and clinical decision making. Additional changes and innovations include the use of nursing work study students in skill demonstration and return skill demonstration, a mini ICU laboratory for NSG 401, and a case study approach for IV therapy in NSG 302. Eileen and Martha plan to continue to implement changes for more effective overall use of the nursing skills laboratories.

Martha Solomon continues to work as a staff nurse on the pediatric unit at Hershey Medical Center. Working as a staff nurse allows Martha to be able to continue to do what she loves—patient care. In addition, she is able to maintain certification and clinical expertise as a pediatric nurse through the American Nurses Credentialing Center. One of the major benefits of working is enrichment of the student pediatric clinical experience. Knowledge of the unit, the nursing staff, and the patients provides a smooth transition for the students.

Louann Zinsmeister and Marti Byers are completing graduate education. Louann is almost finished with her doctoral dissertation. She has submitted the final chapter and is making revisions before she does her final defense. Her plan is to graduate in June. Marti will graduate in December from the University of Maryland with an MSN in advanced behavioral health with an adult focus.

Debbie Loop and Pam Linstedt are working on increasing the use of technology in the Department of Nursing. Nursing students and nursing faculty are using Pocket PCs in the clinical setting. The pilot study will be completed in May, 2004. Preliminary findings are positive and the Department of Nursing plans to incorporate the use of personal digital assistants in the nursing curriculum. Refer to the article “Integration of
Pocket PCs in the Nursing Curriculum” in this edition of Nursing News.

**Carolyn Kreamer** continues to work hard as the chairperson of the Department of Nursing to ensure the integrity and academic rigor of this nursing program. She will be giving the key-note address for the Visiting Nurse Association of Central Pa., during Nurses’ Week in May. Major curriculum revisions will be the next project in the department.

**Kay Huber** is part of the Faculty Service-Learning Fellows’ Dialogues Project representing the School of Health and Natural Sciences. This is a collaborative partnership between the Agape Center and the Boyer Center focused on broadening, deepening, and extending the understanding of service-learning, civic engagement, and community-based research and their connection to various disciplines and academic excellence in the liberal and applied arts and sciences.

She also gave a poster presentation about The Wellness Center at the annual convention of the National Conference of Gerontological Nurse Practitioners in West Palm Beach, Fla. in fall 2003.

Dr. Huber has been appointed an editorial board member of the Newsletter of the National Conference of Gerontological Nurse Practitioners (NCGNP). She wrote “A Clinical Pearl: Tricks of the Trade Regarding Medication Adherence Among Older Adults in Senior Housing” for the fall 2003 NCGNP newsletter.

Dr. Huber also attended the National Nursing Centers Consortium annual meeting in Baltimore, Md. on November 9–10, 2003. During that meeting she had the opportunity to meet with nurses from other nursing centers who are part of a project discussed in the article about The Wellness Center.

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**Nursing alumni/adjunct faculty**

**Leslie (Strawser) Stoner ’98** was a medical-surgical clinical instructor for NSG 301 at Carlisle Regional Medical Center during the fall, 2003. She joined NSG 302 for the spring semester as a clinical instructor on 4–surgery at Hershey Medical Center.

**Kay Huber** is part of the Faculty Service-Learning Fellows’ Dialogues Project representing the School of Health and Natural Sciences. This is a collaborative partnership between the Agape Center and the Boyer Center focused on broadening, deepening, and extending the understanding of service-learning, civic engagement, and community-based research and their connection to various disciplines and academic excellence in the liberal and applied arts and sciences.

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**The Wellness Center**

Dr. Huber continues to operate The Wellness Center as a nurse-managed center two days a week throughout the calendar year. The complexity of the problems of the residents continues to increase as funding for human services continues to decrease. So, there are new challenges nearly every day!

The Wellness Center was in the national spotlight during September when Dr. Huber gave a poster presentation at the 22nd annual convention of the National Conference of Gerontological Nurse Practitioners that was attended by nurse practitioners from locations throughout the country.

The Wellness Center, through Dr. Huber, has been retained as a consultant for a two-year Independence Foundation funded project entitled Refinement of a Tool to Analyze Health Promotion/Disease Prevention Data in Nursing Centers. The Wellness Center is one of seven sites, including centers from several states, given the opportunity to participate in this project. The focus of the project is modification of an internet-based tool to collect, enter, and analyze health promotion and disease prevention activities in the centers. Data entry for this project has resulted in more precise documentation of activities at The Wellness Center as well as the need to spend time doing the actual entry for every individual and group encounter. Results of the project will be used, in part, to portray to both legislators and funding sources, the non-reimbursable health-related services provided at some academic nurse-managed centers. Additionally, the results will enable the National Nursing Centers Consortium to more accurately depict the activities that occur in at least these seven representative centers.

The Wellness Center is now a cost center of Messiah College. The result of this change in status means that all individual donations are now tax-deductible. Contributions should be made payable to Messiah College with The Wellness Center in the memo portion of the check. All donations become dedicated funds for the center and will not be used for any other purpose.

In June 2004, Dr. Huber will present a paper about The Wellness Center at the Conference on Spirituality, Social Justice, and Service-Learning that will be held at Messiah College.
Working full-time, being a mom and managing a home has always impressed me as three full-time jobs. Any one of those activities can stretch to fill any given amount of time. So how does one add going to graduate school on top of that? The answer for me lies in finding and diligently maintaining a precarious balance in a new rhythm of life. There are a couple of strategies which I have relied on over the last six to seven years of potential chaos.

First, I maintain a clear sense of vision and purpose. I view my teaching as my Christian vocation and I derive a lot of reward and satisfaction from it. I love the people I work with and feel privileged to work at an institution such as Messiah. Therefore, further education, to not only secure a future in teaching, but to enhance what I already enjoy doing, is well worth notable inconveniences. Secondly, I essentially lower my standards in all my roles. I cannot be a great housekeeper and do what I do. Nor can I be the most astounding teacher or maybe even the most patient mom all the time. I have had to realize that in dividing my time, every other facet of life gets a little less. So, sometimes we name dust-bunnies at our house, or perhaps I'm not as organized in my paperwork as I'd like, and certainly I don't expect myself to consistently do “A” work in graduate school. I have learned to accept what I cannot change. This requires a fair bit of patience and grace with myself, and an ability to admit when I fail and attempt to correct situations that I am able to address.

A third goal for me is to maintain my sense of priorities. I have found over the years that if I do not feel centered, grounded, emotionally nurtured, and somewhat peaceful, I don't do anything well. This means, in spite of a paper to write or an upcoming exam, I may take valuable time to go out to lunch with a friend, meet with a student, or watch a video with my kids. When my inner being finds a restful place, the external circumstances shrink down to a more manageable illusion. Life finds a rhythm of its own and it's best to try to fit into the rhythm, rather than insisting that I always control it.

Maintaining a sense of physical well-being has required a conscious effort on my part. Since I drive, on average, 350–400 miles a week, the temptation to eat a lot of fast food provides easy solutions to being on the run. I try to pack (mostly) healthy snacks for the car, keep a case of bottled water in the trunk and accept any and every invitation for meals out! Getting enough rest is very important to me, and lately ballroom dancing has provided exercise disguised as fun.

The foundation underlying everything is a close walk with the Lord. A few years ago I learned “breath praying” in a small group. In addition to more extensive times of prayer and Bible reading and study, I frequently find myself praying with my breathing; “Prince of Peace” (inhale), “bring me peace” (exhale). I believe I am where the Lord wants me and I am continuing to become who He wants me to be. This provides the scaffolding on which everything else fits, and without which everything else crumbles.

I have dear friends and colleagues, supportive family, and resilient, gracious kids. They all contribute to my sanity and my ability to juggle a hectic pace. Oswald Chambers has said, “If I can stay calm, faithful, and unconfused while in the middle of the turmoil of life, the goal of the purpose of God is being accomplished in me. God is not working toward a particular finish — His purpose is the process itself.” I pray for His grace to live in the process, and look with hope to the finish.

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**Balancing family, work, and school**

*Marti Byers*

With appreciation

The Department of Nursing expresses deep appreciation for the years of service given by Dawn Blanchard. Dr. Blanchard was with the Department of Nursing for 12 years. She taught the maternal-child component of the nursing curriculum and for several years was the course coordinator of NSG 202. She was instrumental in developing a foreign study opportunity in Belize for nursing majors. A farewell dinner honoring Dawn was held at Café on Market in Camp Hill. Dawn has been teaching anthropology at Lock Haven University since she left Messiah College.
The use of handheld technology in the form of personal digital assistants has become increasingly popular among health care professionals as a means of accessing current information at the point of care. Nursing education programs have been a little slower in adopting these devices to support student learning. As a faculty we believe that both faculty and students need to develop skills in using handheld technology to be better prepared for the future in health care.

In 2002, the Department of Nursing received an Information Technology grant from our Department of ITS for the purpose of exploring the integration of Pocket PCs into our nursing curriculum. With the grant, a plan for a pilot study was developed by Debbie Loop and Pam Linstedt, and the department purchased 13 Hewlett Packard Jornada Pocket PCs and a variety of software programs. The software programs included some of the following: a drug guide, lab manual, Taber’s Medical Dictionary, a med-surg handbook, a nursing diagnosis handbook . . . most Pocket PCs had a total of eight or nine resources available.

The first phase of the pilot study was focused on addressing faculty utilization of the Pocket PCs. Faculty members used the 2002–2003 academic year to acclimate themselves to the use of the Jornada. After a number of in-services and numerous personal trial and error experiences the faculty felt as if they were ready to move into phase two.

Phase two of the pilot study involved incorporating the Pocket PCs into the clinical setting. Twenty students were randomly selected for participation in the pilot study (six to seven students each semester, including J-term). Students were expected to attend a one and a-half hour orientation session held during the first week of classes each semester. During the orientation session, students were presented with a Jornada which was pre-programmed with approximately eight nursing software programs. Students were encouraged to use their Pocket PCs for clinical preparation and for accessing information in the clinical setting. The Pocket PCs have been used in a variety of ways, including some of the following: preparing for medication administration; interpreting and evaluating lab values and diagnostic findings; preparing for patient education; developing an understanding of specific disease processes and related nursing care; ER and ICU drug calculations; and developing plans of care. Following their experience they completed evaluations of both the Pocket PC and the various software programs.

We plan to complete the pilot study in May 2004. Preliminary responses from the students have been very positive regarding the clinical applications of the Pocket PC. The next step will be to explore the uses for the Pocket PC in the classroom setting. Students have already begun utilizing their Pocket PCs in classes outside of nursing (e.g. to look up information in pathophysiology). A full-size foldable keyboard would enable students to take class notes directly on a window based computer. The Pocket PC has the capability of displaying PowerPoint presentations which would enhance student class presentations. Information for nursing courses is now available via Blackboard which facilitates downloading capabilities directly to the Pocket PC.

Based on the data collected from the students, the Department of Nursing is developing a plan for the use of pocket PCs in the nursing curriculum. We are excited about this cutting edge technology and the integration of its use in the nursing profession.

Nurses honored

In celebration of National Nurses Week, the junior and senior Messiah College nursing students chose two nurses from local hospitals who contributed in a significant way to students’ clinical experiences. The students made their selection based upon the individual’s expert nursing knowledge, professionalism, compassion, and caring. Selected were Angela Wolz, RN, a staff nurse in the surgical intensive care unit at Hershey Medical Center and Laura Stein, RN, a staff nurse at York Hospital.

Louann Zinsmeister, faculty member in the Department of Nursing, and Heidi Furst, senior nursing student, presented a Certificate of Recognition to Ms. Wolz and Carolyn Kreamer, chairperson of the Department of Nursing, and Sara Strzepek ’03, a senior nursing student presented a Certificate of Recognition to Ms. Stein. The presentations were made at an awards assembly to honor the achievements of nurses during the hospitals’ week-long celebration of Nurses Week.
Senior nursing students conduct pilot research study

During fall semester 2003, 19 students from Mrs. Zinsmeister’s nursing research class conducted a pilot study in order to gain firsthand experience with the research process. Working with Dr. Kay Huber, who manages a wellness center for older adults, the class investigated changes in mean arterial blood pressures of older adults who regularly visited The Wellness Center over a nine to 15 month period. To do this, the class used a non-experimental, ex post facto design and a non-probability sample of 22 females and five males. The average mean arterial pressures (MAPs) of the participants in the study at the beginning of a nine to 15 month period were compared to the average MAPs measured at the end of this time frame. Data were analyzed using a paired sample t-test which indicated that there was a statistically significant difference ($p < 0.05$) between the first set of averaged MAPs and the second set of averaged MAPs. It was concluded that older adults who regularly attended a nurse-managed wellness center were found to have a significant difference in MAPs measured at the beginning and end of a nine to 15 month period of time.

This pilot study was an attempt to show how nurse-managed centers, such as The Wellness Center managed by Dr. Huber, provide a valuable service to those who visit them regularly. In spite of its limitations, this pilot study provided a basis for further research in the area of nurse-managed wellness centers and at the same time afforded the nursing students conducting the study with an example of how to provide for evidence-based practice.

Senior honors project

Cynthia Brewer ‘04

Travel abroad will often alter one’s entire worldview and shape personal opinions and goals. I had the opportunity to travel to Africa this summer, and the experience drastically changed my perspective on nursing, research, and my own life after graduation.

For my senior honors project, I decided to conduct an ethnographic research study in Zambia, Africa. I made some contacts through faculty members at Messiah, formulated the design for my study, and flew overseas to live for three months with a host family on the campus of a rural mission hospital. I really had no idea what I was getting myself into, and what resulted was one of the most challenging and fulfilling times of my life — both academically and personally.

I interviewed eleven women who were pregnant in their third trimester, riding a bike to their homes in villages surrounding the hospital. I visited each of them five times with an interpreter, asking questions relating to the psychological, physiological, sociocultural, developmental and spiritual aspects of their lives. They welcomed me into their homes and into their lives — often with a curious interest in this tall white girl who didn’t have any babies of her own!

I went with other nurses and midwives on visits to rural health posts in the villages, taking blood pressures and learning to palpate pregnant abdomens. I made friends with Traditional Birth Attendants, who completed a six-week course at the hospital and had been delivering babies by themselves in villages for up to ten years. One afternoon I went to the maternity ward to “observe” and was immediately put to work monitoring a woman in active labor. The midwife then guided me in delivering the baby myself. Another week my interpreter and I were unable to make home visits due to a pack of hungry lions that were rumored to be wandering around nearby villages. Near the end of my trip, I traveled down to Victoria Falls on the Zimbabwean border and bungee jumped into 111 meters of clear air over the Zambezi River — the view of the falls was even more breathtaking than the jump itself!

I am now analyzing my data and recently returned from presenting my preliminary findings at the Sigma Theta Tau International Convention in Toronto, Canada. My research in Zambia has fueled my desire to pursue maternal/child health on an international level, but my concept of nursing is radically different. Not only am I interested in obtaining a master’s degree to further my career in practice, but I am also looking into Ph.D. programs that will enable me to continue research concerning empowerment of women for development issues in lesser income countries. As a nurse, I can implement, monitor, and assess interventions on a global community level, which can in turn impact development and policy change. I am so excited about thinking “outside the box” of hospital nursing, and using my skills in a cross-cultural, international sphere.
Students in Nursing 441, Nursing Research, taught by Carolyn Kreamer, participated in a collaborative research project with staff nurses and facilitators from the Pinnacle Health System. The idea for this collaboration was first suggested by Sarah Harne-Britner, a clinical nurse specialist from Pinnacle Health System. Members of the Nursing Excellence and Professionalism workgroup at Pinnacle Health were interested in developing a research project, and they especially liked the idea of working with baccalaureate nursing students. Harne-Britner was a member of this workgroup, and she approached Dr. Kreamer about the possibilities of such a project. Dr. Kreamer agreed that this would be an excellent opportunity to bring research alive in Nursing 441.

After some discussion between the workgroup members and Dr. Kreamer, a project to assess medication calculation skills of practicing nurses and nursing students was identified as a priority project. During the fall semester, nursing students traveled to Harrisburg Hospital, and staff nurses traveled to Messiah College, to work collaboratively to develop the proposal for the project.

The proposal was approved by the Institutional Review Boards of both institutions, and data collection commenced in February. The project involved an assessment of practicing nurses’ and senior students’ self-perceptions about their medication calculation skills, a pre-test, an intervention, and a post-test. The study findings were reported at the Nursing Research Day co-sponsored by Pinnacle Health System and Lambda Kappa Chapter of Sigma Theta Tau on May 13.

The 37th Biennial Convention of Sigma Theta Tau International was held in Toronto, Canada on November 1–5, 2003. Two representative delegates of Lambda Kappa Chapter attended: President Chris Leahy and faculty advisor Carolyn Kreamer. This was an exciting convention that proposed sweeping changes in the international bylaws. As a result of the adoption of these changes by the House of Delegates, our chapter will need to review its governance and bylaws for possible changes, too. Delegates Leahy and Kreamer supported the changes, and both agree that the future of the Chapter could be quite different under these changes; however, chapters do have flexibility to establish their own operational structure even with the changes at the international level. The three major areas of change focused on granting fiscal authority to the board of directors (at both the international and chapter level), revising global membership eligibility, and modifying the governance and committee structures at both the international and chapter level. The governance structure will be streamlined from six committees to three at the international level (Governance, Leadership Succession, and Regional Chapters Coordinating Committee), and chapter committees to two (Governance and Leadership Succession). An emphasis is being placed on more short-term task forces for specific projects rather than long-term committee appointments.

The Chapter’s Spring Induction Ceremony was held on April 17 in Hostetter Chapel Fellowship Hall at Messiah College. The induction address was given by Penny Frownfelter, clinical nurse specialist from Pinnacle Health System. Twelve senior nursing students and three nurse leaders were inducted. Seniors were Hillary Ader, Cynthia Brewer, Kara Derstine, Tara Grace, Jennifer Johnson, Katherine Myers, Grace Nehiley, Kathy Rau, Kelly Sensenig, Annie Stephens, Kristen Weaver, and Jessica Zwickel. Nurse leaders were Marian Lefevre, Nina Schneider, and Wanda Thuma-McDermond. Congratulations to all the new inductees! A special congratulations to new inductee Cynthia Brewer whose poster, “Childbirth Practices of Rural Zambian Women,” was accepted for display in the undergraduate category of the Rising Stars in Research at the 37th Biennial Convention in Toronto.
I am seated on the cement roof of my house. I sit high above the world, overlooking a bustling city located just south of the equator. The wind ruffles my hair and a few fluffy clouds linger overhead. Off in the distance, I catch a glimpse of a towering volcano, whose snow-capped peak glows pink and yellow in the light of the setting sun. My view stretches beyond the city limits, and I ponder the large world beyond. I ponder the variety of people groups, languages, countries, needs. I ponder tiny role in this ever-growing, always changing, multi-cultural population of the human race. Sitting on my roof, below the vast heavens and amongst the immense Andes mountains, I feel especially small. Small, yet not insignificant.

I am a junior nursing major who had the rare opportunity to spend my entire sophomore year studying abroad in Quito, Ecuador. I spent no time working in a hospital, giving medications or making home visits. I didn’t even take a single nursing class. Yet somehow, during the course of that year, the calling in my heart to pursue a lifetime of caring was deepened and confirmed.

Today as I was walking to the bus, the big brown eyes of a tiny girl seated on the curb made me pause. Seven-year-old Rita seemed shy at first, but after I bought a package of Trident gum from her and took a seat beside her on the street, she began to regard me curiously. I asked her where she lived, and if she went to school. Soon we were surrounded by about five other children, all trying to sell me gum, candy bars, and stickers. I bought from all of them, smiled into their eyes, touched their gritty hands, and made them laugh. I later boarded the bus and gave my new hoard of candy to the first lonely child I saw. Perhaps she will eat it... but most likely, she will sell it back to the next person who will care enough to take a moment out of his or her day, sit next to her on the street, and look into her big brown eyes...

During my year in Ecuador, I had the opportunity to travel extensively. I’ve ridden on buses, boats, airplanes, horses, bicycles, cars, and in the bed of quite a few trucks, from the heart of the rainforest to the white sandy beaches of an uninhabited island, from the middle of the city to the peak of a 14,000 foot mountain, and everything in between. But no matter where I ended up—whether I was ice-picking my way up a glacier in Ecuador, hiking the Inca Trail through Peru, or crossing the largest intersection in the world in Argentina—I realized something very important.

Everywhere I look, I see a soul. Each one is disguised by a different body shape, religion, culture, and language, but when we are stripped, we are nothing but souls. Restless. Searching. Naked. The image we project, the faith that gives us hope, the culture that has shaped us, the language through which we express ourselves—all this is extra. The more people I meet, the more pairs of eyes that I look into, the more I realize that we are all the same. The indigenous man, the top executive, the newborn child, the busy mother, the lonely traveler: they are all different manifestations of the heart of humanity that is searching for meaning.

I cannot save the world. I struggle with the suffering that I’ve seen. I struggle with the size of our globe and the enormity of issues that need to be addressed. One thing I know: no matter where I am, I can reach out and touch just one thirsty soul. Everywhere and anywhere that I go, there is a soul—surrounded by a distinct physical stature, culture, religion, and language—that is yearning to be touched. I can focus my energy into the responsibility I have been given; I can look into the eyes of just one child. As a Christian nurse, called to care for the souls of the human race, I can offer meaning to a few.

And so here I sit, on the roof of my house, observing the immense world that lies beneath my feet. I am overcome by the grandeur of it all, overwhelmed by how tiny I am. Sitting on my roof, below the vast heavens and amongst the immense Andes mountains, I feel especially small. Small, yet not insignificant.

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N201: A cross cultural context
Ali Wilks '06

During the fall semester of my sophomore year, I had the opportunity to study abroad in Marburg, Germany. As a nursing student, there were naturally courses that I had to take that particular semester, one of them being N201: A Conceptual Basis For Nursing. Since I wasn’t going to be on campus, my advisor arranged for me to complete the course as an independent study while I was away. I was sent off to Germany bearing a binder with all the course readings and corresponding assignments. The readings were the same as the ones that the students back in the States would be using, but the assignments were specially tailored to my time abroad. Instead of merely learning nursing theory as it is understood and applied in America, I was challenged to go out and discover what the German culture and healthcare system had to say.

One of the most memorable assignments that I had to complete while in Germany required me to speak with classmates and friends about the German perception of health and wellness. I spoke with several of my peers and friends from my dorm, trying to figure out if the German perception of...
This semester was a new and exciting semester for the Nursing Student Association (NSA) as they focused on a multidisciplinary theme. This theme developed from two students’ attendance at the National Student Nurses Association Annual Convention in Phoenix, Arizona. Cynthia Brewer and Kelly Sensenig, both currently seniors, attended the convention in April 2003. Along with many interesting nursing-focused seminars, the convention also included a plenary session featuring students from various healthcare fields. Cynthia and Kelly found this approach very informative and enriching and decided to bring it back home to Messiah’s NSA.

The purpose of the multidisciplinary theme was to give nursing students insight into the role of other members of the healthcare team. Nurses work with a wide variety of healthcare professionals in the hospital setting. They must be able to coordinate the care of a complicated patient who is cared for by hospital personnel from other fields. In order to manage the care of these patients, continued on page 10 . . .
nurses should have an understanding of the education of the other professionals, what their job description entails, and what role they play in patient care.

To gain the full perspective of multidisciplinary care, NSA heard from a respiratory therapist, a nutritionist, a physical therapist, a social worker, a nurse manager, and a staff nurse at the one-hour bimonthly meetings. These professionals were able to offer a personal perspective on their roles in the healthcare team.

NSA carried out the semester theme under the leadership of a new panel of officers including Kelly Sensenig, president; Kerri Leary, vice president; Maria Morales, secretary; Katie Meyer, chaplain; Laura Miller, treasurer; Cyndi Brewer, senior class representative; Heidi Cooper, junior class representative; and Gillian Laughlin and Julie Moreton, freshman class representatives.

NSA also enjoyed an increase in members as many first-year students joined the organization and senior students have developed a renewed interest in pre-professional development. In addition, many Messiah NSA members have chosen to further their pre-professional development by joining the National Student Nurses’ Association.

Three students had an opportunity to go to the Student Nurses’ Association of Pennsylvania’s annual convention in Pittsburgh, Pa. Kerri Leary, Maria Morales, and Julie Moreton, along with faculty advisor Martha Solomon, traveled to Pittsburgh in November to participate in the convention, which focused on “Nursing: Balancing Technology and Touch.” Kerri, Maria, and Julie received scholarships and our chapter was awarded the Bronze Achievement for Membership Recruitment and Retention.

The spring semester brought even more variety to NSA. The seniors got a taste of their spring clinical before beginning their experience with home health nurse and Messiah alumnus, Natalie Benner. A variety of other speakers came to share their specialties with the organization, including Dr. Ruth Stoll — former Messiah professor and department chair — speaking on parish nursing, and being a nurse anesthetist and a hospital patient advocate. An exciting highlight in the schedule was a forensic nurse who traveled nearly across Pennsylvania to come speak with the group. NSA also took part in a service project on the college-wide Service Day. They traveled to Shining Light Thrift Shop to sort and price clothes and perform other tasks. The shop is a volunteer-run store that sells donated items at low prices so people on a limited budget can afford them.

As the semester winds down, the seniors look forward to exercising the professionalism they have learned through NSA in the real world of nursing, and the underclassmen look forward to even more beneficial experiences through the organization in the coming years. The semester ended with a picnic and a farewell to the seniors.

Nurses’ Christian Fellowship
Elizabeth Farmer ’05

Nurses’ Christian Fellowship (NCF) had an array of activities during the fall semester. The year started off with the traditional Kickoff Picnic down by the Yellow Breeches. Those who attended enjoyed delicious food, beautiful sunshine, and fun and fellowship with other nursing students. Members decorated pumpkins and enjoyed fall treats at the annual Pumpkin Festival. The semester ended with a Christmas party at Mrs. Linstedt’s house where the members had a gift exchange, food and fellowship, and sang Christmas carols.

Meetings were Wednesday for Bible study and fellowship.

The spring semester was filled with activities. The Bible study for the semester focused on meeting spiritual needs. Once again, weekly meetings were held on Wednesday. NCF made valentines for college roommates and residents of Messiah Village early in the spring semester. Members also enjoyed various guest speakers. Students who attended the medical missions conference shared information and some of the sophomore students talked about their experiences in Belize during the fall 2003 semester. The semester ended with a picnic at Mrs. Linstedt’s house where we reflected on the year and how the Lord provided for us.
Donor gifts

On behalf of the Messiah students, the Department of Nursing wishes to recognize the following contributors for 2002 to the various funds and scholarships which benefit programming and enable future nurses to pursue their education. Many thanks to alumni, families of students, community friends, and corporations for their continued support.

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Update on Wells Foundation Challenge

We are pleased to announce that we have met this year’s Wells Foundation grant challenge. Thanks to many alumni and friends of the College, we were able to raise the $40,000 challenge and received a $20,000 match from the Wells Foundation. These dollars are in addition to the yearly $15,000 the Wells Foundation contributes to nursing scholarships for Messiah students. These new funds will be used to build a nursing scholarship endowment in honor of Mr. and Mrs. Wells. Because of this generous support, Messiah has a growing capacity to provide financial support for future generations of nursing students. Of the $40,000 we need to raise by this coming August, we still need $18,660 in order to receive another $20,000 from the Wells Foundation. If you would like to help us meet this challenge, gifts can be sent to Messiah College, P.O. Box 3013, One College Avenue, Grantham, PA 17027.
NURSE MIDWIFERY
Heather (Paulhamus) Hottenstein ’98

It is hard to believe that five years have past since I walked across the stage on that hot, sunny day in May to receive my diploma. I remember that at my graduation several nursing professors remarked that in five years I would also have a graduate degree . . . yeah right . . . forget it, I thought, not in a million years. It is interesting to notice how the things we least wish for often come true.

My professional endeavors since graduation from Messiah College’s nursing program in 1998 began at Hershey Medical Center where I spent the first six months just trying to keep my head above water on a medical/surgical unit. Those were the most difficult six months of my life up to that point. After working long and hard to prove my competency as a new RN, I sought out a labor and delivery position, which I found extremely fulfilling. Labor and delivery nurses can play such an important role in supporting women through childbirth and helping to make their experiences as positive as possible. After a period of time, I became increasingly frustrated with the philosophy that pregnancy and childbirth were a disease that needed to be managed and treated. As a result, I decided to work as a labor and delivery nurse at a hospital that had several certified nurse midwives (CNMs), since I had always been interested in midwifery with its perspective on pregnancy as a normal, healthy event.

During my one and a-half years at York Hospital, I began to be mentored by several CNMs who encouraged me to think about going back to school for midwifery. After watching the incredibly empowering, safe, and gentle care they provided I did not need much convincing, and soon found myself taking the GREs and applying to several graduate programs. I spent the next two years at the Frontier School of Midwifery & Family Nursing, equipping myself with the knowledge and technical skills necessary to care for women throughout their lives . . . from preteen to childbearing to menopause. In this rigorous program I learned that birthing is hard work, intensely physical, but with a tremendous reward when the work is done. I also learned about primary care, health promotion, disease prevention, and about empowering people to improve their overall well-being.

In January 2003, I began my first position as a nurse-midwife at a private, CNM-owned, rural birth center in north central Florida. Since starting this position I have had many stressful yet rewarding experiences. Some of these experiences include admitting a woman against her will for post-partum psychosis, arranging for a battered woman to be placed in a shelter, managing a post-partum hemorrhage, and caring for a pregnant patient living out of a tent. All of these women are now doing well, and are on the road to recovery and a safer, healthier lifestyle. These experiences have made my journey as a nurse-midwife feel like an arduous back-packing trip, full of challenging mountains to climb but with spectacular views along the way. In addition, I feel honored and privileged to have attended over 75 births thus far in my short career, and find myself looking forward with excitement to continually learning from the women placed in my care.

Please know that every encounter we have with our patients is significant. No matter how small the task or the interaction, we as healthcare professionals have great influence over how our patients perceive their health. By equipping our patients with knowledge, we are empowering them to take responsibility for their health and the direction of their lives. I encourage each of you to go forward with excitement to continually learning from the women placed in my care.

Please feel free to contact me at okaynowpush@aol.com with any questions regarding midwifery as an advanced nursing-practice opportunity.

Student Accomplishments

Kelly Sensenig ’04 and Cynthia Brewer ’04 were chosen to serve as Boyer Scholars for their senior year. This is an honorary award named in memory of Dr. Ernest Boyer, a nationally known educator and graduate of Messiah.

Kara Derstine ’04, Cynthia Brewer ’04, Joseph Campbell ’05, and Karene Turner ’05 were nominated by the nursing department and inducted into Who’s Who Among Students in American Universities and Colleges.

Ashleigh Smith ’06 was chosen as the first-year student Merit Scholar for 2002–2003. She was honored in December at a ceremony hosted by Messiah College.

Congratulations to the following alums, who graduated with honors in May 2003:

**SUMMA CUM LAUDE**
Megen Brooks

**MAGNA CUM LAUDE**
Kendra Esh
Jessica Heagy
Sara Strzepek
Virginia Sverduk

**CUM LAUDE**
Amy Albrecht
Emily Barna
Rachel Bell
Tammy Hurst
Laura Litosky
Melissa Phillips
Sarah Quick

Graduating seniors earn top awards

Megen (Brooks) Kuhn was selected to receive the Academic Excellence in Nursing Award. She earned a GPA of 3.92 for four years at Messiah College.

Sara Strzepek was chosen by the nursing faculty to receive the Faculty Award for Excellence in Nursing based on her outstanding care of patients in the hospital and in the community.
Living and learning in Mexico
Medical experiences in remote areas
Marilyn Minter Wolgemuth ’71

My husband Carl and I became members of Wycliffe Bible Translators after completing studies at the Summer Institute of Linguistics in 1961, followed by three months of Jungle Training Camp in Chiapas, Mexico to prepare us for cross-cultural living in a primitive area with few amenities — no telephones, electricity or refrigeration.

God was calling us to translate the Scriptures for a people group who have a beautiful spoken language but did not yet have an alphabet or a written form of their heart language. We chose to live among the Isthmus Aztec people, isolated from the mainstream by roadless jungle in the state of Veracruz. The immediate need was an alphabet for the spoken language so they could learn to read it. The first two years we lived there were almost exclusively devoted to this goal.

Our linguistic training, tape recorders, and listening to native speakers were invaluable in learning their complex indigenous language called Nahuatl (which is not even remotely related to Spanish). With the help of Wycliffe consultants and the local people, we developed an alphabet, studied their culture, and formed genuine friendships with the people. Fluency in the language was essential before beginning Scripture translation.

With no reliable medical resources nearby, medical work was an integral part of our experiences there. While I did the medical calls and homeschooled our daughter Carolyn, Carl worked on the language with men of the town. From a tiny “clinic corner” of our hut I dispensed medicines, did simple first-aid, sutured wounds, pulled teeth, etc. Patients often brought eggs, fruit, and tortillas as payment. With a minimum of equipment, supplies, and medicines obtained in our market town and arranged on my rustic shelves, it was amazing how many medical needs could be met along with a lot of ingenuity and improvising. Nothing in my stateside nursing experience had prepared me for this! I intentionally kept my inventory simple so that I could teach local people to do the medical work when I was not there. Attempts to bridge the communication gap and teach new concepts often led to sheer frustration. I had to accept that change does not come easily to a people that lives close to the earth and continues subsistence farming much like their ancestors have done for over hundreds of years.

Here’s a sampling of my medical work:
1. Performed simple lab tests with a donated microscope to identify intestinal parasites of various kinds. This led to opportunities for teaching hygiene, sanitation, and the Germ Theory, of which they knew nothing. As I became more fluent in Nahuatl, one of the Aztec ladies helped me write a health manual and teach literacy classes for women.
2. Visited the sick in their homes, treating various ailments, e.g. pneumonia, wound care, diarrhea and vomiting, TB, poisonings, etc.
3. Made trail trips to other villages as the word spread that we had “good” medicine. We were “on-call” 24/7. Machete fights during drunken brawls brought lacerations in the middle of the night. My only light was a kerosene lamp and flashlight. An inebriated man came at midnight with his outer ear hanging by a sliver of skin. I sutured it back in place and he healed! Alcohol makes a good anesthetic, I discovered! Carl sutured a leg laceration on a horse, injured while jumping a fence! In that economy, horses are valuable. (Prison sentences are longer for horse thieves than for murderers!)
4. Drove patients in our carry-all truck to the Health Department 40 miles away in the market town for free check-ups and medicine (after a rough truck road was graded from the highway). Also, transported people 500 miles to Mexico City or Puebla for major surgery, such as eye surgery, cleft palate repair, etc.
5. Pulled many teeth, but they had to be very loose!
6. Gave antibiotics and vitamin injections.
7. Dispensed worm medicine, amoeba treatments, pills, and potions.
8. Prayed a lot!

The most frequent calls for my services came when the local “midwife” would send someone to our house, requesting that I come and give the laboring mother an “injection for strength.” They had great faith in my injections! So I would prepare a combination of multivitamins and Vitamin K in a syringe and carry it to the thatched-roof hut where the patient would be in the final stage of labor. Invariably, within 30–45 minutes the baby would arrive. The power of positive thinking!? The midwife took a short machete blade, heated it over the tiny fire on the floor in the middle of the hut, stretched the umbilical cord over an ear of dried corn, cut it with the machete, then tied it with a bit of string. Their belief is that the corn is a symbol of fertility and health for the baby. Why more babies didn’t die with such unsanitary practices I’ll never know!

The “upside” of living close with the people is that they accepted us readily and marveled that we “rich Americans” were willing to live much like they do in order to learn their language and translate the Bible. Wherever we visited we were served lots of soft, warm tortillas, black beans, scrambled eggs, rice and sweet, weak coffee. The medical work gave us an automatic “in” with the people. By meeting a felt need, casual conversations often led to spiritual discussions and prayer.

In addition to Scripture translation we had a wide range of other projects such as literacy and helping the town get a clean water supply. Through the Scripture translation process, many have come to know the Lord and can now read and study the Scriptures in their “heart language.” Fifteen vibrant, evangelical congregations under local leadership have blossomed through the years. The New Testament manuscript is now completed and in the last stages of being prepared for publication. We are grateful to have had a part in bringing the Gospel to the Isthmus Aztecs.
I just finished reading yet another article on the sad state of nursing in our country and the supposed coming “nursing crisis.” It makes me wonder: How did this happen? I love being a bedside nurse in the ICU at Northwestern Memorial Hospital in Chicago, and I have never regretted pursuing nursing as a career. I feel the Lord prompting me to respond in some way to the media’s reports on this “crisis.”

As a Christian, I believe that nursing is a calling and a ministry (thank you Arlene Miller, for teaching that in NSG 101). I think as Christian nurses we need to get the word out about this respectable profession. Nurses need to be advocates for nursing, talking to the next generation and those ready for a job change. There are incredible demands on those of us still committed to bedside nursing, but the blessings far outweigh the demands: so much so that there are still many days it brings tears to my eyes when my patients feel cared for amid the vast numbers of wires and tubing, and when they feel heard amid the buzzes and beeps of the high tech hospitals.

People do not often look at nursing as a great career option. I think this might be our fault because of all the complaining about working holidays and nights and low salaries. Nurses need to be out there telling people about what nurses do and why nurses do what they do. Simply stated, nursing is an honorable and stimulating career. Daily, one can express God’s love for those needy, tired people through the thousands of daily tasks nurses complete.

Nursing used to be one of the few career options for women, but now people are bewildered as to why intelligent women and men would choose to become nurses. Our society has given people the opportunity to do anything, but it also shames people into thinking that nursing is beneath them; they are just less educated doctors. Similarly, nurses are often encouraged to pursue graduate education and move away from the bedside for more prestigious titles and higher pay. That pressure can persuade some of the best nurses to leave the bedside where nurses are desperately needed the most.

Nursing is one of the most rewarding things we can do to serve God and our neighbors. I encourage all of my fellow nursing alumni and Messiah’s current nursing students to be proud of your chosen profession. Spread the good news and encourage more people into nursing to benefit not only the profession, but also the thousands of patients in need of intelligent, professional, committed, compassionate nurses.

Diabetic Teaching

Beth Berkowicz ’97 is a school nurse at George E. Wilson Elementary school in Hamilton Township, New Jersey. Her picture appeared in the February 3, 2003 issue of Advance for Nurses that featured an article on Type 2 diabetes in children. Beth works with the author of the article to educate children in the community about Type 2 diabetes. She identified this program as being beneficial for the children, for the community, and for the healthcare profession. Congratulations Beth!

Nursing alumni news

Let your classmates and friends hear about your activities. Clip this form and mail to Nursing News, Messiah College, One College Avenue, Grantham, PA 17027, or e-mail: nursing@messiah.edu.
Alumni news

‘93
Miriam (Elliott) Faunda and husband Mike are living in Montgomery, Alabama where Mike is an instructor with the Air Force’s Education and Training Command. Miriam has worked in a variety of ICU settings since graduation and has earned her CCRN certification. They have three children, two boys and a girl.

‘95
Holly (Zust) Gaertner and Stephen welcomed Ryan Andrew into the family on November 4, 2003. Big sister Emma is thrilled with her new brother.

‘96
Bethany L. Connor has been working as a nurse in the Army Nurse Corps since graduation. She started out on a medical-surgical floor in San Antonio, Tex., and then was stationed in Seoul, Korea where she was a head nurse in a pediatric clinic. From Korea, Bethany was sent to Germany where she was a head nurse in a family practice clinic and then head nurse on a medical-surgical floor in a community hospital. In addition, she was deployed to Kosovo for eight months and worked as an emergency room staff nurse. Future plans include pursuing a graduate degree as a clinical nurse specialist in medical-surgical nursing.

‘97
Chrstelle (Hamlett) Anderson and husband Mark welcomed their second child, Cynthia, in May 2003. They also have a son, Brandon. Chrstelle hopes to enter hospice or home health nursing on a part-time basis and thoroughly enjoys motherhood. Mark is an active duty Navy nurse.


Kirsten (James) Rule and her husband are living in North Carolina. On January 14, 2004, Skyah joined their family. She was born at home and weighed six pounds, two ounces.

‘98
Robin (Nichols) Hall and husband Jason, celebrated the birth of their first daughter, Samantha Eileen, on April 23, 2003. The Halls live in Boiling Springs, Pa.

‘99
Hannah (Phillips) and Brant Hauser were married December 28, 2002. Hannah works as a labor & delivery/nursery nurse at Gritman Medical Center. She and Brant live in Moscow, Idaho.

Natalie (Martin) and her husband Andy Trout welcomed Sarai Judith into the world on July 20, 2003. Sarai is their first child. The Trout’s live in Canadensis, Pa.

Alison (Kegarise) and Jacob Rainwater are living in Pennsylvania. They had a baby girl, Anya, in September, 2002. Alison enjoys being home with their daughter.

‘01
Katy (Schulte) Coleman and husband, Josh, had their first baby, Nina Olivia, on September 29, 2002. They live in Lancaster, Pa. and Katy works on an orthopedic unit at Lancaster General Hospital. Long-term plans include working at Women and Babies Hospital in Lancaster and pursuing a graduate degree in midwifery.

Trichia Pierce is applying to the University of Massachusetts, Worcester, for a master’s degree in advanced practice nursing: nurse educator.

Mandy (Livingstone) married Daryl Yount on September 7, 2002. They live in Lewisburg, Pa. Mandy is working (flex), in the operating room, as a care coordinator at Geisinger Medical Center in Danville, Pa., and is loving the fast-paced and ever challenging atmosphere at a level 1 trauma center. More importantly, she and Daryl are loving the ever changing and challenging atmosphere in their home thanks to the birth of their son, Brayden Alan, on October 13, 2003.

‘02
Abigail (Keisling) and Rick Bayley were married in May 2002. Abbie is working as a staff nurse in the NICU at Children’s Hospital of Philadelphia. The Bayley’s live in West Chester, Pa.

Bonnie Venditti went to India and Nepal on March 2, 2004 and will return in July 2004. She will be doing missionary work with Church in the City located in Denver, Colo.

Support nursing through scholarships

YES! I want to support nursing education at Messiah College through an endowed scholarship.
- The Nursing Education Endowed Scholarship is given to nursing students who demonstrate financial need.
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HOMECOMING 2003

Deanna (Baldwin '98) Greco and Valerie (Abbott '98) Edell.

Scott Reichenbach '93, Jill (Murphy '93) Toy, and Sandra (Martin '93) Lenz.