

GUSTIE NURSING ALUMNI NEWSLETTER

Gustavus Adolphus College
800 West College Avenue
St. Peter, Minnesota 56082

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News from Paula Swiggum, Chair

Jambo!

Having returned recently from my second J-term in Tanzania with nursing students, I am still remembering some of my limited Swahili vocabulary. Junior and senior nursing students from Gustavus and St. Olaf had another amazing learning experience in Tanzania and are forever changed by the experience. Barb Zust will carry on the tradition next J-term with the same itinerary, but a little different focus on health and healthcare.

As you may know, Judy Gardner and Jane Coleman retired at the end of last year and though we miss them, we know they are enjoying a freedom of time that we dream of.

I have stepped in as current Department Chair and have welcomed new tenure track faculty Lori Steffen and Heidi (Pettis) Meyer, class of 1998! It is a joy to have these two join our faculty and a special treat for me to have Heidi as a colleague since she was in my very first junior class when I started at Gustavus in 1996. Our other great addition is Angie Christian, our new lab instructor who is getting her Masters in Nursing Education at Mankato State University and now teaches the psychomotor skills for all the juniors. And, I cannot go without mentioning Lisa Koppelman, our nursing department secretary that keeps us going with her competent attention to all the details of the department and the way she cares about us with treats and smiles.

We had a busy start to the new school year as Heidi had a baby girl in September and so our dear Mary Johnson stepped in fall semester to teach a course as well as Denise Philipps who just completed her Masters in Nursing Education at Bethel.

Our nursing applicant pool was quite large this year. We accepted 24 promising students and have a wait list for the first time in many years. It is hard to turn away qualified students when nursing is in such need for competent graduates!

So, as you can see, we have a dynamic department and change is part of life. On a MINC level, we will be undergoing our Commission on Collegiate Nursing Education accreditation review in the fall and all have been involved in writing the voluminous report that describes who we are and what we do.

On a personal note, I now have five! beautiful grandchildren – 4 girls (two are twins) and one boy all 3 years old and under and who live close enough for me to enjoy being with them often. It is the best!

We love hearing from all of you and attempt to put as much of your news in this publication as we know. Keep us informed. We hope to see you on campus for some event in the future. My best to all. Paula

News from Barb Zust

“All nurses stand for peace in the world. Nurses everywhere have a long and proud tradition that supports preservation of life and promotion of healthy living. Nurses will continue to accept and act upon this social responsibility”. American Nurses Association President, 1970.

Peace to all of you. I hope this finds you well. I imagine that many of you were at Nurse’s Day on the Hill this year. I missed it. I would have loved to have heard Suzanne Gordon, author of Nursing Against the Odds and nursing’s relentless advocate, giving voice to the absolute importance of nursing in health care. Even more, I would have loved to have heard Erin Elling Peterson who has been speaking out for nursing and patient care ever since she graduated from Gustavus!

This is my 7th year at GAC. I look over each new class and wonder what amazing, significant contributions each one will make to the discipline of nursing and to humankind in general. This year, I had six senior nursing students (STO & GAC) present perinatal health information to the women at the Plymouth Correctional facility. They received raving reviews by both the correctional facility staff and the women! Thanks to the positive impact of these students, the way was paved for me to spend my spring sabbatical facilitating an INSIGHT group there. I thoroughly enjoy working with these amazing and resilient women who have had challenging lives, to say the least.

I continue to work in OB at the New Ulm Hospital on a casual basis. Delivering supper trays while rolling a baby in a crib beside me (because I’m covering for the nursery) keeps me grounded in the challenges of rural nursing. There are now 3 Gustie grads working on this small unit and it’s a good time had by all!

It’s an exciting, challenging time to be a nurse. Keep on keeping on with all the good that you do!

Peace, Barb

News from Lori Steffen

Lori Steffen is one of the newest professors in the department. She joined Gustavus in the fall of 2007 and will be teaching Community Health, Health Issues, Nursing Management and Leadership as well as Nutrition. She currently lives in Roseville with her husband and three teenage daughters, as well as three cats and a dog. She enjoys biking, reading, cooking and writing and attempts to garden with varying success. She arrives at Gustavus with 22 years of nursing practice in pediatrics and leadership in a broad assortment of locations.

She is happy to be here and is immensely enjoying the students and the campus but the commute is slightly less enjoyable. Perhaps she will actually learn that Spanish that she listens to on the road...

News from Heidi Meyer

Hello, Gustavus Nursing Alumni!

It is surreal that I am sitting down to write this letter that will be going out in our annual alumni newsletter. I have enjoyed reading the updates over the last 10 years and now I'm on the other end! Although it's no Old Main, I am enjoying being back at GAC and in Mattson Hall – but I feel as if I'm hardly there. I'm sure many of you remember all the long hours we put in as students, on and off campus. I'm getting used to all those long hours (and road trips) again – only my role is reversed! I'm having a wonderful time getting acquainted with the junior level students. Their knowledge and professionalism amazes me. They have been very patient with the “new kid on the block” and I look forward to seeing them grow and mature into their senior level.

A little bit about me - I am a 1998 alum. Yes, that was the year of the tornado. It's quite ironic that today I attended the 10-year remembrance of that event in Christ Chapel. After graduating, I worked in various places as an RN and then went on to obtain my Family Nurse Practitioner degree. After completing that, I was an instructor at Inver Hills Community College for 2 years and absolutely loved it. It has been a dream of mine since I was a student at GAC to come back and join the nursing faculty. And now my dream is coming true. I felt so blessed to have such great faculty and role models in Kay, Judy, Jane, and Paula – and now I'm honored to work with Paula, Barb and Lori.

I have been married to my husband Mitch for 7 years and we have 3 beautiful daughters: Paige (5), Claire (2), and Sophie (6 months). I am excited to raise my family as part of the Gustavus community. I would love to hear from you, even if we did not attend GAC together – I'm amazed at the wonderful things our nursing alumni are up to. And if you're on campus for homecoming this fall, please stop by and say “hi” – I'll be celebrating my 10-year reunion and looking forward to meeting you!

Heidi (Pettis) Meyer

News from Angela Christian

My first year at Gustavus Adolphus College has proven to be rewarding and enjoyable. The junior class is an amazing group of young adults. I thank each of one them, as well as the excellent faculty in the nursing department, for an incredible year. Although next year will be very busy for me as I finish my Master's degree, I look forward to returning to the lab facilitator position and possibly also to do some clinical instructing again.

On a personal side, my family is also keeping me busy. My four children, ages 7-14, seem to be involved in almost every activity available. My husband and I attend, and coach/lead, as many of them as possible. Go Wildcats!!

I feel truly blessed that my professional journey has led me to Gustavus Adolphus College. I believe we are nurturing the highest possible quality students to become our future leaders in health care. It is an honor to be part of this wonderful team.

Angie Christian

News from Kay Moline

Life is good when one retires. After teaching nursing for thirty years I retired, but spent seven years teaching each spring in women's studies. These teaching experiences were great. The students I have taught through the years in every capacity have kept me happy and, hopefully, young. At least young at heart. There comes a day, however, when we all must move on, on to retirement. My retirement has kept me living here in St. Peter. and close to Gustavus. I married Bob Moline and together we enjoy many things the college has to offer, remaining close to students and the good friends we have make through the years. I especially enjoy the arts, music and theater performances and, of course, the basketball games, and even an occasional football event. Attending these college functions gives me an opportunity to see many alums that return to campus.

It seems that I have enough to do to keep busy, I am on the Board of Directors of the Friends of the Linnaeus Arboretum. Vice president now and in 2 years I will be leading that group. If you like plants, trees and just the "out of doors", join us as a member. I am in my first term as a member of the Gustavus Alumni Association Board. I may ask you for money for the Annual Fund sometime.

I do have fun besides my outside responsibilities. We travel a lot, especially to the west. I am a charter member of Unity in Community, St. Peter Reads, a group that brings authors to St. Peter, and reads books in common. I belong to two bridge clubs and take weekly piano lessons. In the summer I play golf any chance I get.

So even though I don't show up to teach courses or take students to clinicals I have a rich and fulfilling life, after the life loved so much. There are those of you who will remember me and your patients each fall, and what good "nurses" you were. I am around at graduation and homecoming. Say hello and please remind me who you are. Be Well, All of you.

Distinguished Alumni Citation

It is with great pleasure that I am able to tell you that Barbara Berry Leonard, PhD, RN, FAAN, class of 1963 is receiving the Distinguished Alumni Citation in the Field of Nursing. She was nominated for this award by her classmate, Kay Johnson Hanson. The Alumni Association Board met in February and unanimously agreed that Barbara was greatly deserving of this honor. Her curriculum vitae is impressive, she is a copious writer and dedicated scholar. She is presently a Professor of Long-term Care of Children and Full Professor of Nursing at the University of Minnesota. She will be attending the Alumni Banquet on May 31st at the college. Paula Swiggum and I will be in attendance to congratulate her on this occasion. This is the first time an Alumnus from the Nursing Department has been awarded this prestigious honor.

Submitted by: Kay (Rethwill) Moline

Reflections on J-Term in Tanzania

Tanzania has influenced my life in so many ways that it's hard to name just one thing. One of the greatest impacts Tanzania has had on my life is that it has given me greater insight into what happiness really is. When comparing the United States and Tanzania, one would think that individuals in a third world country, such as Tanzania, would be far less happy. This, however, was not my experience in Tanzania. There are indeed struggles and hardships that individuals in Tanzania face that are hard for Americans to even fathom, yet there is also a spirit of hope, love and happiness that seems to transcend all of this. My trip to Tanzania opened my eyes to how important friends, family, and the community truly are. I have always been very close to my family and friends, but my trip to Tanzania made me understand just how important the relationships in life we form are. Whenever someone asks me about Tanzania and how the trip was I always find myself speechless. The experience I had there was life changing and I strongly believe that it has opened my eyes to a new world and approach on life. Even with all of the suffering in Tanzania, the individuals who live there never give up hope. Witnessing this hope and faith first hand has given me the hope and faith that someday our world will be one of peace, equality, and justice for all. Overall, if I had to sum up what Tanzania did for me, I would say that it has increased my hope, desire and passion for life!

Submitted by: Allison Helland '07

Student Opportunities

Dear Alumni,

Greetings from the Gustavus Nursing Faculty. As we plan for 2008-2009, we would like to make a closer connection with our Gustavus alumni to learn more about you and your work.

We know that you are doing interesting, innovative and exciting work or maybe work that our students really want to learn about. Are you willing to be a guest speaker for our students about your area of practice? Perhaps you know of an experience that our students could observe. Maybe you would even consider having a nursing student intern at your agency for a J-term or a summer. You may even consider becoming a mentor to a nursing student. We can use your help in so many ways-please consider making a professional connection to a Gustavus nursing student and allow us to partner with you.



NCUR PRESENTATIONS, SPRING 2008

PUBLIC OPINION ON HEALTH CARE: USA AND SWEDEN

The Name of Author(s), Faculty Advisor, Department and Institution

Rachel A. Poppy and Lisa M. Johnson (Dr. Barbara Zust) Department of Nursing,
Gustavus Adolphus College, Saint Peter, MN 56082

The United States (U.S.) is the only industrialized nation to use a market-driven health care system. Sweden utilizes a government-run national health care system. There is little scientific evidence regarding the public's opinion on their respective health care systems. The purpose of this study is to explore and compare Americans opinion of health care in the U.S. and Swedes opinion of health care in Sweden. Following IRB approval, a questionnaire was distributed to a convenience sample of 177 people living in the Midwest in the U.S. and to a convenience sample of 42 people living in Sweden. The questionnaire asked participants to rate their perception of the quality, cost, accessibility, satisfaction, choice, caring and trust of their health care provision on a 1-10 Likert scale. It also included open-ended questions, requesting participants to comment on their health care system and their view on universal health care. Data were analyzed using descriptive statistics and simple frequencies. Responses to the open-ended questions were analyzed using content analysis. Preliminary data analysis suggests that middle to higher income Americans were more satisfied with access and quality of health care than Swedes. Regardless of their income, Americans were found to be less satisfied with the cost of health care than Swedes. Trust and caring of health care providers were rated the same for Swedes and for higher income Americans. Lower income Americans reported less trust and less caring by their providers in the health care system than Swedes. Data indicated that 100% of Swedes and 62% of Americans expressed a positive view for universal health care. Further analysis of the data is pending.

*~Academic Assistants ~
2007-2008*

Greetings from the nursing lab!

This was a great year in the lab. New to the lab this year was Angie Christian, lab facilitator. She was a great addition to the lab and nursing faculty. Her wisdom and caring personality made her an automatic fit and we are very excited to have her back next year. Unlike previous years, Angie taught all three labs which provided for continuity and the ability for her to work closely with all the junior nursing students.

This year we reorganized all the cabinets to better facilitate lab set up and location of supplies. We held lab practice three times a week to allow for practice and teaching to occur before the juniors took their performance exams. As usual, the performance exams made the juniors anxious but with practice, their skills and confidence increased greatly. We really enjoyed spending time in the lab getting to know all 24 juniors and mentoring them through their first semester of nursing courses. We are excited to hear where they will all end up a year from now!

Signing out from the nursing lab,
Lisa Johnson and Lauren Hansen

GSNA Updates:

~Gustavus Student Nurses Association~

Gustavus Student Nurses Association

Another year has flown by in the Nursing Department, and the Gustavus Student Nurses Association has been hard at work with many important activities this year. One of the new things we did this year was to work with the First Annual Fibromyalgia Awareness Event in the Minneapolis area. A student at Gustavus with the disease approached GSNA about helping with the event. We donated some of our educational money towards making auction baskets for the event, which turned out to be a huge success.

This fall, we also had an opportunity to help with the National Smoke Out as we usually do, but we also were able to help with the Freedom to Breathe Act in Saint Peter. We helped to advertise and offered cookies to tell students at Gustavus all about the new law in Minnesota, which prohibits smoking in public places. This was a very successful nursing event, and we felt honored to have a part in the Freedom to Breathe Act of Minnesota.

The next big activity that the nursing students participated in again this year was donating presents to the Angel Tree at Gustavus. Gifts from this Angel Tree go to some of the underprivileged youth in the Saint Peter area. The seniors baked up a storm for a bake sale during the Christmas in Christ Chapel weekend, which was a great success. Meanwhile, the juniors carried on the new tradition of dressing up like Santa Claus and offering pictures for \$2 during Midnight Express. Both of these events went well, and the proceeds went towards the children in Saint Peter.

Again, in January this year, some nursing students took a trip to Tanzania for the month. They stayed in a remote village and got to see a whole different side of health care. All of the participants in this trip learned a lot and had a very valuable experience. Through this trip, students learned about opportunities to donate money to Tanzanian people with special circumstances. The student nurses on the trip decided to donate some money to a

particular woman who needed to receive health care to treat her ascites as a complication of HIV, or she may not have survived another month.

To end the year, many nursing students will be participating in Relay for Life to help raise awareness and funds for cancer research. There will be both a Junior and Senior Nursing team at this event to represent our wonderful major!

The senior class will be pinned on May 16, 2008, this year, which will be a big moment in our lives. The ceremony will be held in one of the Gustavus banquet rooms and many of our families and friends will be joining us. Lastly, the year will end with the annual BBQ planned for May 13 by the Junior class to both welcome the new sophomores into the program and to say goodbye to the seniors ☺.

~Jenna Miller, Co-President of GSNA Senior Class

Nursing Department Establishes a new Distinguished Alumni Award

At the suggestion of Barbara Nelson Kroll, '64, we have the privilege of honoring her classmate, Carolyn Kruger, PhD, also from the class of '64, as the first recipient of the Distinguished Alumni Award. This award will be given by the Nursing Department and bestowed at the senior Pinning Ceremony on May 16th. So many of our graduates have led distinguished careers, and honoring and highlighting their contributions to society seems a fitting thing to do as we send off a new class of highly competent Gustavus nurses.

Carolyn has spent over 30 years in international program development in the areas of maternal and child health. She currently is a Maternal and Child Health Sector Specialist with World Vision US in the International Programs Group. Prior to this position, Carolyn was a Senior Technical Manager for the LINKAGES Project/USAID Global Funded Project focusing on nutrition issues, and including the transmission of HIV from mother to child. She also spent some years as Professor and Chair, Health Science Division at Maryville University in St. Louis. She has worked all over the world and surely fulfills the Gustavus mission of a “fulfilling life of leadership and service in society.”

Carolyn has graciously agreed to spend an afternoon and evening with us, leading a seminar on international nursing and sharing her experience with our seniors at their Pinning Ceremony.

Please feel free to nominate future recipients by sending the department a letter of nomination describing the work of a fellow Gustie nurse. We think this is the start of a wonderful tradition.

Sigma Theta Tau Inductees 2008

*Katie J. Bruns, Colleen M. Farrell, Sarah A. Frodl,
Lauren M. Hansen, Cassie A. Henke, and Helena T. Meyer*

Senior Nursing Award for Academic Excellence

Awarded to the senior nursing student who has achieved the highest academic record. The award was established in 1985 and first presented in 1986.

Awarded to Sarah A. Frodl

From the Class of '08

Faye M. Hershey Prize in Nursing

Est. in 1992 by Barbara Knight Kaiser to honor the memory of her grandmother, Faye M. Hershey, a dedicated volunteer worker in nursing throughout her lifetime. This is an annual award made to seniors in nursing, Gustavus Adolphus College students who show promise as a prospective nurse and whose activities include volunteer work.

Awarded to

Grace M. Bury, Colleen M. Farrell, and Abby G. Wunderlich

From the Class of '08

Scholarships Available to Nursing Students

Beck-Proft Nursing Scholarship

Endowed scholarship est. in 1972 in honor of Martin and Agnes Beck-Proft, parents of Professor Emerita Ruth Dannehl (taught 1967-1983), and awarded to upper-class nursing students, as nominated by the faculty.

Kristen R. Hanggi Memorial Nursing Scholarship

Endowed scholarship est. in memory of nursing student Kristen Hanggi, Class of 1983 (posthumous), by her parents and friends following her death in 1982, and awarded annually to a senior student majoring in nursing, as selected by the department faculty.

Kelly Jo Sorenson Memorial Scholarship

Endowed scholarship est. in 1984 in memory of nursing student Kelly Jo Sorenson by her parents; awarded to a promising student by the faculty of the nursing department beginning with the 1985-86 term.

Marjorie Witman Scholarship

Endowed scholarship fund est. in 1987 by Harold F. and Carole E. Witman to honor the achievements of their daughter Marjorie, Class of 1972; it is designed to encourage students majoring in nursing.

Doris Yokie Scholarship

Endowed scholarship for senior nursing majors displaying high academic achievement; it was established in 1985 to honor the former chair of the nursing department, Professor Emerita Doris E. Yokie (taught 1963-1985), with the first recipient named for the 1985-86 school year.

Paul T. and Edna Spaeth Granlund Scholarship

Endowed scholarship established in 2005 through gifts made in memory of Paul Granlund, Class of 1952 and sculptor-in-residence at the College (1971-1996), and additional gifts from his wife, Edna Spaeth Granlund, Class of 1950. In recognition of Edna's own nurse training and the tradition of nursing in her family-her mother, Alice Ostrom Spaeth, Class of 1916, was an army nurse, and her daughter, Gretchen Musicant, is also a nurse-the scholarship is designated for students studying nursing

The Nursing Department is grateful for the generosity of the following individuals who have recently established scholarships for nursing students to be awarded starting in 2009.

Selma Knock Youngquist Memorial Nursing Scholarship

Endowed scholarship established in 2008 with a gift from Walter Youngquist '42 in memory of his mother, Selma R. Knock Youngquist, who attended Gustavus for two years before completing her nursing education at Swedish Hospital in Minneapolis and becoming a registered nurse, and designated for students intending to use their Gustavus nursing degree to pursue clinical practice and patient care.

Kay and Bob Moline Nursing Scholarship

Endowed scholarship established in 2008 with a gift from Kay '56 and Robert Moline in honor of Kay's profession of nursing and that at Gustavus, nursing students blend their studies with the strong liberal arts tradition and thus are always in the middle of that life enriching presence, an advantage that will support them through their lives as nurses and as creative, sensitive, and engaging people. The scholarship is designated for a nursing major with financial need, who has achieved a GPA of at least 3.33 and who is the child of a Gustavus Nursing Alumnus. In the event that no child of a Gustavus Nursing alumnus is participating in the program for a given year, the scholarship may be given to a student who meets the remaining criteria.

In Recognition of Gifts to the Department ~ Thank You!

Marjorie and Harold Pahr '55

Lenida Jepson Sandahl '58

John and Mary Petersen '62

Portia Benepe Rey '64

Richard and Gracia Hegener '66

Konnie Kube O'Neil '73

Mark J. Sallmen '73

Jan Cahill Zimdars '73

Joelle Olson Bass '74

Randine Miller Petersen '74

Barbara and Kyle Schroeder '78

Debra Hauge Long '81

Connie Jo Piehl Johnston '82

Chris Olson Resch '82

Jan Schmidt Mussell '84

Angela Benham Krebs '92

Tammy J. Klaus '93

Jana and Steven Smith '94

Julie A. Fossell '01

Byron and Rachel Lind

In memory of Karen (Nielsen) Pike '66

News from our Alumni~~~ An Historical Review~~~

**We are the nurses, of GAC
And for our services we charge a fee.
We're good at backrubs and making beds
But we work best with the pre-meds, we do.**

Tune: "Come On You Gusties"

Submitted by: Kay Johnson Hanson '63

When the class of '63 graduated on June 2, 1963, 19 of us received the degree Bachelor of Science in Nursing (and two of us, **Gloria Saffel and Chris Swenson**, married the pre-meds referred to in the song above.) We nursing students shared many experiences with the rest of you, especially during the first two years when we lived on campus. But because of the nature and demands of our major, we also had many unique and interesting *experiences both during* those GAC campus years and *even more especially* during the last two years (plus one summer) when we lived in St. Paul. I am sharing some reflections based on my memory, my scrapbook, and the events recorded in my diaries from '59-'63. Interestingly, those diaries also record the 3.5 years of my dating and engagement to Paul K. Hanson ('61) leading to our wedding in Berlin, Germany, on June 26, 1963. When I boarded Icelandic Airlines at Idlewild Airport in NYC to fly to Luxembourg, I was surprised to see 3 Gustie classmates on the same flight. **Nancy Gustafson, Dorothy Jacobson, and Ruth Samuelson** were going to Europe for a summer of fun and travel. I was going to marry this guy I hadn't seen *or talked to* for an entire year (he was on a Lutheran World Federation exchange program in Berlin and Geneva.) Forty-four years later, I'm glad I made the trip.

We were the fourth class to enter this relatively new baccalaureate degree-nursing program; the first classes were seniors when we were freshman. Historically, most nursing education had been in Diploma programs based in hospitals, and the Gustavus program replaced such a Diploma program at Bethesda Hospital in St. Paul (those students spent one semester at GAC.) Degree nurses often had to "prove" themselves as we were held in suspicion by some hospitals and older nurses who felt we had a lot of theoretical knowledge but didn't know how to "do" much. Baccalaureate curricula included some elements which had not been included in most Diploma programs such as public health nursing (including school and occupational health nursing,) and significant components of leadership and management. It has been interesting to track the career paths of those in our class. Many of us worked in public health related fields because those positions recruited a BSN for entry-level positions and valued our skill-set.

Freshman and sophomore years on campus

Our first year was filled with pre-requisites; the only nursing courses were of an introductory nature. Our numbers decreased significantly as classmates decided the nursing major wasn't for them. The curriculum was rigorous. One of my dominant memories is that we had weekly quizzes in both chemistry and anatomy & physiology.

Elsa Johanson and I would stagger out to the section living room about 5 a.m. on Wed. and Fri. to memorize bones, muscles, and formulas for the day's quiz. I came from a high school of 50 with 10 in my class, including **Randy Nelson** and **Darwin Seim** (for 3 of the years). Our little high school offered no lab sciences and I had never even been in a lab until these courses. If it hadn't been for Elsa, Arne Langsjoen's weekly review sessions, and helpful lab partners, I wouldn't have passed chemistry and would have missed a wonderful career as a nurse.

In our sophomore year we continued with a heavy course load (including microbiology and physics...more labs) and started getting serious about learning some nursing skills. In our nursing labs we learned how to carry on a therapeutic conversation, make beds, give each other baths, take each others vital signs, give each other shots, and even give each other enemas (I can't believe we did that!) We got our student uniforms and black and gold capes which we donned to walk to St. Peter Community Hospital one morning a week to take care of "real" patients. We were the first ones downstairs for breakfast at Wahlstrom Hall those days, as we needed to be at the hospital by 7. On April 22, 1961, 20 of us were "capped" in a beautiful ceremony in the old chapel. Evelyn Anderson rehearsed with us several times so we could say the Florence Nightingale Pledge together with appropriate emphasis. Miss Doris Stucke was the Director of our program and she loomed large in our lives. We both respected and feared her; she had a lot of power over us, it seemed.

Move to St. Paul

For the summer of 1961 and the two following academic years we moved to St. Paul. Our new home was the nurses' dorm (later named Mattson Hall) across the street from Bethesda Hospital and a couple of blocks from the Minnesota Capitol building. There we had a semi-cloistered life. We ate in the hospital cafeteria, worked, studied, laughed, cried, and lived together. We knew each others' boyfriends and families and, most of the time, got along well. Gustie friends who were from the Cities would give us a break from each other by inviting us to their homes for delicious meals and fun events. We returned to campus for special events and to see friends as often as we could. By the way, 5 of us married Gusties.

There were two classes of GAC nursing students living at the dorm each year. We had our own choir and sang at many churches and hospital events. We had our own chapel service at 6:30 A.M. – we were required to attend on days we had clinical starting at 7 (we missed being on campus when Christ Chapel was finished.) We celebrated Lucia Day and caroled throughout the hospital. A beautiful Bethesda custom was for the night shift and day shift to join in singing a hymn at 7 a.m. to awaken the patients. (Stories were told about patients thinking they had died and were in heaven, hearing the angels sing!) We had a house-mother and kept hours similar to those on campus. We were divided into smaller groups for clinical rotations; any general courses were all taken together. In our entire 4 years of college, our curriculum had room for only **one elective**, and we had to agree on which one we would all take. I think we chose Area Studies. That course and others, such as Philosophy, Marriage and Family, Christianity, were

taught by faculty from the Twin Cities area – I don't know where Miss Stucke found some of them!

From our Bethesda headquarters, we branched out all over the area for our clinical experiences so got used to walking, taking taxis, buses, and driving in the Twin Cities. We had valuable experiences at St. Paul Children's Hospital, St. John's, Anoka State Hospital, and Mpls. Visiting Nurse Service. We watched an early open heart surgery (from a balcony) at the U of M. Reflecting the times, we had a course in Disaster Nursing and fulfilled the requirements to be Red Cross Nurses. We went to a two-day Civil Defense Conference In Oct. of '63, my diary says "world situation really bad, all eyes on Cuba, maybe we'll all be dead by the end of the week."

Both at Gustavus and in St. Paul we participated with students from other schools in the Minnesota Student Nurse Association. **Elsa Johanson** was honored as the first Minnesota Student Nurse of the Year. I remember her armful of roses and how proud of her we were.

Some of our experiences were sobering. The first baby I saw delivered was stillborn. We saw patients die. We watched our patients work through infections, complications, ECT (Electro-Convulsive Therapy). We worked with young quadriplegics coming to grips with their paralysis. We made mistakes with medications. We dealt with life's beginnings and endings, and we had to be serious about our work. We didn't feel we had the luxury to cram for an exam and then forget the content; someone's life/health might depend on it. Plus--we had State Board Exams right after graduation. Our challenge was to balance the serious aspects of our profession with the fun of being college students.

From our class of 19, 7 went on to earn Masters Degrees, **Barb Berry and Barb Dahlin** earned Doctorates. Each of us has made significant contributions to health care in many settings in the USA and beyond. We remember and give thanks for the three classmates who have died, **Elsa Johanson** in 1981, **Lois Hendrickson** in 2001, and **Karen Peterson** in 2005. Additionally four of us (**Sue Bentzinger, Pat Findley, Rose Omodt, and Sharon Shaver**) have lost spouses since 2001.

We look forward to gathering for the reunion, at Rose's cabin near St. Peter and also with the rest of you at the planned events.

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*We would like to recognize those alumni who have published in the last three years. Please send us your name, year of graduation and citation(s).*

Fun Fact: Since 1960 there have been 2,230 Nursing graduates.



*Iris (Benson) Smyth '65*

Iris received her MS in gerontological/adult nurse practitioner degree at the University of Massachusetts in 2000.

*Shari (McKenzie) Black '84*

In 1998 Shari received her Master's degree as a Nurse Practitioner. Shari and her family reside in Ohio and she is a medical Oncology Nurse Practitioner with the Cleveland Clinic Foundation's Taussig Cancer Center.

*Tiffany (Krohn) Hommes '98*

She is applying for a professor position at Bemidji State University in their nursing department having previously taught at Northwest Technical College. Her current position is on the Red Lake Indian Reservation as a Nurse Practitioner.

*Katrina Huguenot '98*

After much traveling and doing travel contracts, Katrina lives in Eugene, Oregon, closer to her family. She works at Sacred Heart Medical Center as a fill-in staff nurse but her primary role is a psychiatric consult liaison nurse. Katrina will also be pursuing her Master's in Psych.

*Elizabeth (Reed) Eden '99*

Elizabeth took the Certified Pediatric Nurse exam last summer, works at Phoenix Children's Hospital and is looking to graduate school for Nursing Education.

*Elizabeth (Reed) Eden '99 and Susie Harding '04*

Both Elizabeth and Susie are in the DNP-Doctor of Nursing Practice Program at the University of Arizona in Phoenix.

*Nissa (Stolp) Fell '00*

Will be joining the Gustavus Adolphus College Health Service this fall as a Nurse Practitioner.

*Nicole Schultz '02*

Is working for Axis Healthcare, affiliated with the Courage Center. Nicole is a health coordinator working with people with physical disabilities.

*Nikki Lavin '03*

Nikki will be completing her bachelor's degree in Spanish Studies at the U of M next year. She recently has been involved in the "Smile Network" and

just completed a medical trip to Cuernavaca, Mexico. In April she will be traveling to Cusco, Peru.

### *Erin (Elling) Peterson '03*

Erin is currently working on Station 20 Med/Surg/Neuro ICU at Abbott Northwestern. Since working at Abbott she has become very involved with the MNA. Erin is married and has decided to pursue a graduate degree to become a Nurse Practitioner.

### *Jennifer (Johnson) Bottke '04*

Jenn is married with two little girls Lucy is 3 and Olivia is 1. After working in the ICU at Mayo, she is now a nurse manager and credits the curriculum at Gustavus for the good preparation for that role. Jenn was on the Semester in India program in the fall of 2001 and has written a book recounting her experiences there and the reaction to the disaster that hit here in the United States that September 11<sup>th</sup>. Her book is entitled "Barefoot in the Kitchen."

### *Andrea Hodapp '04*

Andrea has completed a medical mission trip to the Amazon in Brazil. Caring for people living in the remote villages along the Amazon River. When not traveling and spending time with family, Andrea resides in Wauwatose, WI where she is employed at the Froedtert Memorial Lutheran Hospital on the Spinal Cord Injury unit.

### *Theresa Lauer '04*

Theresa has completed her service as a Public Health nurse and extension

worker in Malawi with the Peace Corps. She is applying for her Masters Degree in Public Health in the fall of 2008 at John's Hopkins, Emory University or Rollins School of Public Health.

### *Nikki Briggs '05*

Nikki had a little baby boy in December and lives in North Carolina.

### *Carissa Herzog '05*

Carissa was married this past fall and lives in Stillwater, Minnesota.

### *Lauri Huettl '05*

Working in the Neuro ICU at Abbott.

### *Katie Mertens '05*

Katie and her husband were married last summer and are living in Colorado.

### *Eva Miller '05*

Currently is working at Fairview on the cardiac unit. She and her husband of one year bought a home in St. Louis Park last spring.

### *Elin Peterson '05*

Elin is employed by Abbot Northwestern Hospital. Elin and fiancé Eric are planning an October wedding.

### *Lynnea Piotter '05*

Currently working the Child Health Division of a Public Health agency in the Twin Cities and will be working primarily with the community organizations based on her background. She will eventually pursue further education and her ultimate goal is to teach, but feels this position will give

her a lot of opportunity to explore both areas of interest. She moved to Eden Prairie recently, so will be in the SW metro area.

*Gemma (Soderholm) Storvick '06*

Working as an RN at Abbott Northwestern Hospital, Gemma is married and living in the Twin Cities.

*Danielle Anderson '07*

Danielle is working in Willmar on an Adult Health 40 bed unit and was recently engaged.

*Erica Diniz '07*

Has recently been engaged and will be married this year.

*Anna (Gronseth) Bartz '07*

Currently working as an RN at Methodist Hospital.

*Emily Grimshaw '07*

Emily is working at the Minneapolis VA Hospital and has been a member of the STT Chi Chapter at Large executive board as a member at large.

*Erica Diniz, Carrie Joines And Jessica Lewis '07*

All are currently employed at the Good Samaritan Medical Hospital in Phoenix, Arizona.

*Allison Helland '07*

Currently working at United Hospital on a cardiovascular stepdown unit. It is such a great place to be! All of my

co-workers are so supportive and encouraging. There are constantly new challenges and learning experiences.

*Laura Kojetin '07*

Laura is employed at United Hospital in St. Paul as an RN on the Ortho Surgical Floor.

*Amy Schmidt '07*

Amy is employed at the Mayo Hospital in Rochester. She is certified as a Progressive Care Unit nurse and has taken Advanced Cardiac Life Support.

*Maegen Trebelhorn '07*

Currently Maegen is employed as a pediatric registered nurse at St. Paul Children's Hospital. She and Josh are busy planning their wedding for this fall.

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