

# THE LAMP

## NURSING SHORTAGE

*The disruption and impact*  
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 **St. Elizabeth**  
SCHOOL OF NURSING  
Division of Franciscan Health

### ETHICAL DILEMMAS



The challenges facing nurses today  
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### ST. ELIZABETH GARDEN



Leave a legacy etched in stone to  
support St. Elizabeth School of Nursing  
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### SUSTAINABILITY IN HEALTHCARE



Why sustainability matters  
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# LETTER from the DIRECTOR

## To Readers of *The Lamp*,

It's hard to believe how quickly 2023 is passing us by!

We are so pleased to report that 100% of St. Elizabeth School of Nursing graduates who tested in 2022 passed the NCLEX on their first attempt! Congratulations to all of our graduates! We are also pleased to announce the second visit from ACEN (Accreditation Commission for Education in Nursing) in October to complete our second out of four steps in the voluntary accreditation process to recognize St. Elizabeth School of Nursing as meeting or exceeding standards and criteria for quality education.

As the world changes, so does the world of nursing. The articles in this issue aim to reveal the scarcity of nurses and in turn the impact on sustainability and ethics in healthcare. The shortage exacerbates ethical challenges in nursing by adding additional burdens. By prioritizing sustainability in healthcare, nurses can address ethical concerns related to resource allocation and environmental impact, ensuring equitable distribution and responsible use of resources for the benefit of patients and future generations.

Addressing the nursing shortage, promoting sustainability and navigating ethical challenges are interconnected goals that require attention and

proactive measures to improve patient outcomes and the well-being of our nurses. The world needs nurses like never before, and we want to help lead the charge here at St. Elizabeth School of Nursing.

Make sure you take a moment to read through the spotlights for our students, donors, faculty and alumni. It won't take long for you to see what makes St. Elizabeth School of Nursing such an incredible school—the people! Remember, the best referrals are from you, our esteemed alumni.

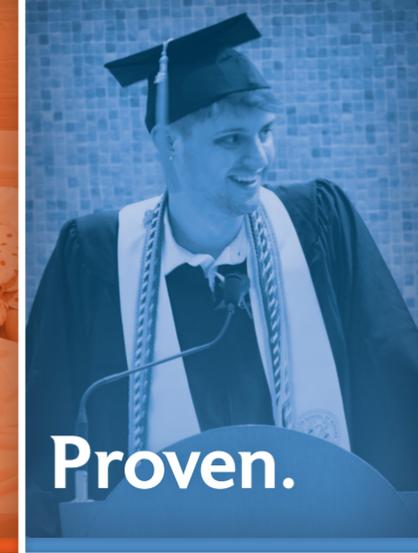
You are the bridge to inspire and connect potential nursing students to St. Elizabeth School of Nursing. Thank you for your ongoing support and encouragement. We are proud of the culture and values represented here as we train the next generation of nurses.

Best wishes,

**Michelle L. Gerrety, EdD, MSN, RN**  
St. Elizabeth School of Nursing Director



Focused.



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### In memoriam of our alumni who walked in Christ's healing footsteps. Well done, good and faithful servants.

<b>Linda Nape</b> Passed Sept 2022 1991 Graduate	<b>Marilyn Grove</b> Passed 2017 1961 Graduate	<b>Jacqueline Barnard</b> Passed Jan 2021 1968 Graduate	<b>Jeanne Shell</b> Passed April 2022 1968 Graduate	<b>Veneta Hazlewood</b> Passed May 2023 1962 Graduate
<b>Margaret Stahl Strack</b> Passed July 2023 1959 Graduate	<b>Marilyn Gapen (Trowsell)</b> Passed 1994 1965 Graduate	<b>Margaret Boze</b> Passed March 2023 1973 Graduate	<b>Lotus Schiller</b> Passed Feb 2023 1961 Graduate	<b>Marlene (Arlene Lucille) Budreau</b> Passed April 2023 1963 Graduate

Brought to you by:



St. Elizabeth School of Nursing is where ordinary people become extraordinary nurses. For over 125 years, we have focused on just one thing—nursing. Our holistic curriculum offers hands-on learning experiences. Small classes foster personal connections. Graduates leave primed for their aspired career—the career that, perhaps, chose them.

**Michelle Gerrety**  
St. Elizabeth School of Nursing Director  
**Lisa Decker**  
Vice President of Marketing and Communications, Franciscan Health  
**Jennifer Eberly**  
Director of Development, Franciscan Health Foundation

# ALUMNI ADVISORY

# CONGRATULATIONS, GRADS!

## BOARD OF DIRECTORS

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## EX-OFFICIO MEMBERS

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**Jeri Bonner**  
*Office Manager, St. Elizabeth School of Nursing*

**Jennifer Eberly**  
*Director of Development, Franciscan Health Foundation / Western Indiana*

**Join the Alumni Advisory Board of Directors today!**

Interested in serving on our Alumni Advisory Board of Directors? Contact **Jennifer Eberly** at 765-423-6812 for more information. *The Advisory Board currently meets 3-4 times per year, and virtual options are available.*

## DECEMBER 2022



Sahara Deck



Michelle Pretzer



Morgan Gillen



Kayla Roughsedge



Kayla Hart



Jordyn Satchell



Carrington Headdy



Maquenzie Schultz



Jaydn Hudson



Coral Williams



Abigail Kilmer



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## MAY 2023



Nickolas Ahlbrand



Casandra Mitchell



Cassandra Foust



Samantha Morganflash



Ashley Freiburger



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Kelsi Lemmons



Lauren Shilts



April McCalister



Ashley Spence

## JULY 2023



Bailey Burns



Tim Pell



Morgan Stack



Tyler Dearing



Lauren Porter



Cassidy Gillette



Emma Provancal



Alyssa Hartman



Jenna Royer



Patrick Joseph



Kristine Scott



Clarisse Koffi



Jessica Shaak



Whitney Marsh



Emily Shrader

# ETHICAL DILEMMAS

## THE CHALLENGES FACING NURSES TODAY

People often choose a career in nursing because they are called to care for others. Part of patient care is making treatment decisions with health and comfort in mind. When choices need to be made, ethics can come into play. Seeking resolution when options are less than ideal can prove even more difficult. Understanding the role ethics and decision-making play is critical to a nurse's mission.

### Code of Ethics for Nurses

In 1950, the American Nurses Association (ANA) adopted its first Code of Ethics. Over the years, it has been revisited and revised due to changes in laws and advances in research and technology. The code is based on seven underlying principles: beneficence, nonmaleficence, justice, accountability, autonomy, fidelity and integrity. The code itself includes points such as human dignity, relationships with colleagues, conflict of interest, collaboration, delegation of tasks and duties to self.

According to the ANA, the code in today's environment is paramount. It reiterates fundamental values and commitments nurses pledge to adhere to, clearly states boundaries within duty and loyalty and goes beyond patient encounters when defining the nurse's role. Nurse managers make tough decisions every day. Their staff and patients look to them to ensure health and safety standards while caring for the well-being of all on their floor.

## ETHICALLY CHALLENGING SITUATIONS

Nursing is a fast-paced job that has its unique challenges. Nurses will encounter tough situations no matter how long they have been practicing. Ensuring staff understands expectations in difficult circumstances can keep small issues from becoming big problems. Yet when they arise—and they will—learning what to do and what not to do, is the best on-the-job training a nurse can receive.

*Some examples of ethically challenging situations include:*

### 1 SCIENCE AND SPIRITUALITY

Healthcare is science-based. Some religions have strict principles in place concerning medical intervention. For patients and their families with strong convictions, it can be challenging for a nurse with different values or moral codes. Respecting a patient's stance does not mean it is condoned. Instead, it is adhering to the care a patient has requested.

### 2 NEEDS AND RESOURCES

Healthcare costs are rising. Budget constraints may seem to conflict with patient needs. Resources and staffing are a problem at many facilities. These factors contradict the patient care protocols healthcare workers have sworn to uphold. Nurses must come to terms with the truth: they are doing their very best with what they've been tasked with, including allotted resources.

### 3 HONESTY AND INFORMATION

Patients' families may ask you not to tell your patient their entire health picture. They want to protect their loved one from pain or news that's difficult to process. Patients have the right to know their diagnosis and medical outlook. Deciding how to share complex information can be tricky, but telling the truth is the basis of the nurse-patient relationship. Without that in place, patients will develop a lack of trust in the medical staff. That barrier can impede wellness and healing.

### 4 AUTONOMY AND CARE

Patients may not want to take medication a nurse tries to administer. Some may put on their clothes and walk out of the hospital before receiving proper treatment. Others may ask for a different nurse for unknown reasons. A patient maintaining their autonomy—sole decision-making power—means they have the right to refuse care despite apparent needs. Understanding a patient's background, history and any previous issues with healthcare providers can allow nurses to find solutions based on respect, honesty, openness and care tailored to the individual while delivering the message of medical necessity.

### 5 RECOGNIZING INCOMPETENCE IN CARE

Peers can struggle with whether they should simply guide their fellow nurses, handle treatment for them or report the issue to a superior. For those in positions of authority, these issues can be addressed before they become problems by refreshing staff about the Code of Ethics. Scheduling regular training and checking on newer nurses to ensure they are up-to-date on procedural expectations is also essential.

Dealing with ethical issues is something that goes beyond textbook and clinical preparation. They are complex situations nurses gain skills from and confidence to deal with over time. Empathy and boundaries can coexist in patient care. Being surrounded by experienced coworkers can provide guidance and a shoulder to lean on. Open dialogue can also help nurses learn from the mistakes of others and better equip themselves when challenges arise.



# ALUMNI EVENT

NOVEMBER 4 2023

12:00 PM  
Eastern Time



St. Elizabeth School of Nursing  
1501 Hartford Street, Lafayette, IN

**RSVP**

Please RSVP by **October 6**

by filling out and returning the enclosed remittance card or by contacting **Cindy Benner** at [cindy.benner@franciscanalliance.org](mailto:cindy.benner@franciscanalliance.org) or (765) 423-6810.

# ST. ELIZABETH Garden



LEAVE A LEGACY ETCHED IN STONE TO  
SUPPORT ST. ELIZABETH SCHOOL OF NURSING.

We are excited to announce the start of the St. Elizabeth Garden. This green space initiative will not only beautify our campus but allow our alumni and friends the opportunity to continue supporting our school while leaving behind a meaningful legacy. Whether you would like to support the St. Elizabeth Garden as an individual, a couple, a family, an alumni class, or in honor of someone else—every donation makes a difference.

### Opportunities for supporting this campaign:

- Engraved Pavers
- Marked Benches
- Tree Plaques
- Honorary/Artistic Statues
- Pavilion Signage
- Murals
- And More!

We have already raised **\$51,075** of our **\$300,000** goal. We need your help to meet it! For information on how you can take part in this unique opportunity, please contact:

**Jennifer Eberly**

[Jennifer.Eberly@franciscanalliance.org](mailto:Jennifer.Eberly@franciscanalliance.org)  
765-423-6812



## ALUMNI SPOTLIGHT

**Kyra Betts MSN, CNM**

Class of 2018

### What is your best memory from nursing school?

The graduation ceremony was probably my favorite. The tangible way we hand out roses to those that supported us throughout our nursing journey is very special. I gave my roses to my mom and Carol Dobson who was one of my academic advisors and professors. Carol followed me through my whole nursing school process.

### What advice would you give to new nurses?

Give yourself some grace. We get to see a little bit of everything and then when you hammer down what your passion is and you work on that unit, you learn what you need for that unit. If it was easy to grab right away, it would have been part of the basic curriculum. There are things that are very unit specific, and we give ourselves a hard time because we feel like we should be farther along after three, four, five months—but we're taking care of lives. We need to give ourselves some grace and know that it's a learning curve. Keep asking questions! A nurse who doesn't ask questions scares me.

### How did St. Elizabeth School of Nursing prepare you for your career?

I actually really loved going into clinicals right away. I think that was the main thing that gave me some confidence with my bedside manner. They made it very okay for me to know I don't know something, acknowledge I don't know something and know where to go ask. Even with patients, to say, "Hey, let me find that for you." It felt like I was very well supported.

### If you weren't a nurse, what would you be?

The original plan was to go to med school, but I think in the process of doing all of this, it has unlocked a passion for educating, so maybe a professor.

### What do you like most about your current job?

I love being part of the process of giving moms as close to what their ideal birth story looks like as possible. I like to connect with people, to assure them while being honest, and I love educating them... I feel like with our maternal mortality rate, there are a lot of things we can prevent if we properly educate these moms. I absolutely love being part of the solution to a worldwide problem.

### What is the toughest part about being a nurse?

Controlling your own feelings—especially for labor and delivery. We labor with this person for twelve-plus hours and sometimes we go home and come back and we have them for another twelve hours and we get very attached. So, when outcomes don't go how we want them to, or when mom's get to that point where they're so exhausted they just cry... being that strong point for them is a pride of our job, but it's also really difficult, because if I break that patient/provider barrier, am I still able to unbiasedly do my job? Keeping that wall but still being human enough... finding that middle ground where they're comforted by me, but I also feel very efficient in what needs to happen next can be a bit difficult.

### How do you see yourself through the lens of the school's mission; continuing Christ's healing ministry?

I get so excited because I feel like God has mixed my ministry with my passion. I literally get to be the hands and feet at the bedside. There are things I get to do as a midwife and as a nurse—there are people that I get to touch, that I get to pray for... where even the smallest, "God, thank you for this baby, God bless this baby's life, bless this delivery," the smallest of prayers move the biggest things in the grand scheme of things.

### What do you do when you're not at work?

I love hanging out with my family, believe it or not. I am a huge family person. My kiddo, my sister is my best friend, I see my mom as often as possible... I like to travel so that's always fun. Travel nursing unlocked some new things in me.

**My heart is so full.**



## FACULTY SPOTLIGHT

**Kelly Hudson, BA**

Coordinator of Recruitment, Admissions and Advising

### What is your favorite part of your job?

The recruiting role—it is of the utmost importance to 'get the word out' about our program. We need nurses now more than ever, and I want prospective students to know that coming to our nursing school is a fantastic opportunity! I so enjoy speaking with students of all ages and demographic backgrounds and educating them on all that St. Elizabeth has to offer.

### What led you to this position at St. Elizabeth School of Nursing?

As I progressed through high school, I went back and forth between deciding on becoming a nurse (my aunt is a nurse) or going into law (my favorite uncle is an attorney). I went to St. Mary's College, Notre Dame, and took all of the science courses necessary to get accepted into the nursing program. I quickly realized that I absolutely did not enjoy the sciences and changed my major to English Literature. After I graduated, I decided law school wasn't going to be for me either and

instead went to UCLA and became a certified Paralegal. Shortly thereafter I got married and my husband's career as a collegiate football coach moved us around every 4 years or so. This made it difficult to hold down a job, especially since we had four kids within 5 years. Thankfully, my husband's job allowed me to be a stay-at-home mom. When my youngest child went to kindergarten, I finally felt it was time to get back into the workforce and landed a job at our children's catholic grade school as Director of Development. This position propelled me into the education field and when we moved here to Lafayette in 2013, I started substitute teaching at Central Catholic High School. I later became an Interventionist. My experience paid off when the position at the School of Nursing opened up—not only had I worked extensively with students in the classroom, but I also guided, supported and advised them as to their college and career opportunities. Also, our family experience with 'recruiting' college athletes was highly applicable! For 25 years we helped students and their families find the perfect fit for their education! The circle of life is truly amazing—here I am now, helping students become nurses! The best of all worlds for me!

### What advice do you have for incoming nursing students?

The best advice I can give nursing students is to COMMUNICATE! Ask questions and find a support group of your peers to work with throughout your time in school. The only way to increase your understanding of material is to talk about it with others. Work with your instructors after class, go to office hours and group discussions, study with friends etc. Do not be afraid to seek the information you need to succeed!

### What do you think the future holds for nursing and nursing education? What types of trends do you expect to see?

St. Elizabeth School of Nursing has seen a recent increase in enrollment. Hopefully this is a result of the pandemic restrictions being lifted. I believe that we will continue to see more students turning to this profession again. It's a competitive and lucrative career with many opportunities for growth and flexibility. The world will ALWAYS need nurses!

### What makes you proud to be a recruiter for St. Elizabeth School of Nursing? What moments stand out from your career?

I am very humbled by the opportunity to work for Franciscan and St. Elizabeth School of Nursing. I worked for Fr. Buckles in Spiritual Care at Franciscan East for 15 months before coming to the School of Nursing. I was truly amazed each day by the kindness, patience and generosity of the nurses and healthcare workers I came across daily. The Sisters of Perpetual Adoration have been so incredible to work with and for. I actually worked with several of the Sisters while I was employed at Central Catholic High School so my experience with this wonderful group of women goes back 10 years. Working alongside these phenomenal people has been such a blessing. I hope to remain in this position for a very long time!



# NURSING SHORTAGE

## THE DISRUPTION AND IMPACT

**D**emand is overreaching. Burnout is real. Turnover is high. Employers across the US are experiencing a staffing crisis, and the field of nursing is no exception. The strain on administrators and patients is palpable. The critical need to recruit and retain talent also affects patient care. How is the field of nursing coping with the current healthcare climate, and what's working to combat it?

### **Nursing by the Numbers**

Nurses make up the most significant component of medical professionals around the world. The American Association of Colleges of Nursing states that 27 million people globally are registered Nurses. Of that number, 4.2 million care for patients in the United States. The federal government projected that between 2021 and 2031, more than 203,000 new positions for registered nurses would be created annually. Included in that growth are nurses specializing in chronic conditions (such as diabetes and obesity), preventative care and long-term care for our aging baby boomers.

Nurses are in high demand in every setting. However, acute care, private practice, public health agencies, med-surg centers, home health and hospice care are experiencing severe shortages. Although insurance, managed care, healthcare research and nursing education are also strained, they are experiencing an influx of former frontline caregivers seeking non-patient-facing positions like never before.

Healthcare is a collaborative effort—nurses operate differently than their coworkers. From direct patient care and case management roles to developing procedural guidelines and creating nursing care systems, RN specialties are not one-dimensional. Long before the 2020 pandemic, help-wanted gaps existed across the board. COVID only increased the deficit.



## THE CONCERNS

### Aging Population

Baby boomers have an increased need for medical services. That translates into hiring more medical personnel to serve them. America has the highest number of citizens aged 65 and older than ever before. The statistics from the National Library of Medicine show that in 2011, there were 41 million people aged 65 and over. In 2019, the figure climbed to 71 million. Considering the projections for 2029, we may see that figure climb up to 73% higher due to medical interventions, better preventative care and treatments for once incurable diseases, now seeing high survival rates.

### Geography

Not all cities across the US are struggling with staffing. It can be confusing to hear that there is a slump in numbers when some hospitals and higher-education institutions' staff numbers are thriving. Some areas see a surplus, while others struggle to meet the medical needs in their communities. Certain areas of nursing have been hit harder than others such as: critical care, labor and delivery, long-term care and specialty medicines, like oncology or pulmonary departments.

### Retiring Workforce

Like their patients, nurses are growing older too. Close to 1 million registered nurses are aged 50 and older. That means in the next 10-15 years, close to one-third of them will consider retirement. It's not only nurses on the frontlines hanging up their scrubs. Nursing education is losing faculty. This means that mentoring the next generation of nurses may happen with fewer resources and enrollment caps at schools nationwide. With demand for new nurses at critical levels, it's a complicated scenario.



### Workplace Violence

The threat of emotional and physical violence in an already stressful occupation would make anyone consider quitting. Nursing is not immune from this issue. According to statistics, two nurses are attacked every hour in the US. Unfortunately, these incidents are not new or isolated. The COVID pandemic highlighted this problem that plagues our female-dominated line of work. Emotions run high, especially in emergency rooms, psychiatric floors and with the parents of pediatric patients. Frustration boils over, and nurses can experience the brunt of traumatic incidents.

## THE SOLUTIONS

### Well-Educated New Nurses

Being a rookie in any occupation has learning curves. When it comes to new nurses, they need to be ready to roll on day one. Nurses fresh from graduation with resumes demonstrating various clinical rotations catch the eye of potential employers. Degrees from schools with well-known, hands-on learning curriculums, like ours at St. Elizabeth School of Nursing, give new RNs confident career footing out of the gate. Our partnerships with some of the best hospitals in the country for clinical rotations mean our students are on the radars of hiring managers before they are handed their diplomas.

### Clinical Certifications

One of the approaches some stakeholders are working through is recruitment and training. That includes reaching high school students who want to enter the career track sooner than later. Clinical nursing assistant certifications allow them to learn job skills, earn college credit and obtain opportunities to further their education in nursing.

### More Men

The Bureau of Labor Statistics shows that in the last five years, 86% of all registered nurses are female. Women also hold 13 million jobs in healthcare, compared to just 3 million men. However, there is an uptick in the number of men entering the nursing field, and more need to be recruited. Not only will it help address the shortage, but the diversity men provide would also help reach more patients across genders, ethnicities and backgrounds.

### Telehealth

Virtual visits are now the norm. Patients can see a healthcare provider online for everything from prescription refills and physical therapy to regular checkups and mental health sessions. Telehealth certification can keep top talent from leaving the profession too soon. Integrating this area of nursing into programs can make private practices run more efficiently, empower nurses, lighten the load on physicians and provide patients with more avenues to seek and receive care. This technology can help burned-out providers remain rather than retire.

### Travel Nursing

According to the American Hospital Association, 40% of hospital budgets were spent on travel nurse expenditures in January 2022. Two years prior, that figure was 5%. Nurses are on the road now more than ever. They are seeing the world, receiving a massive bump in pay and providing care in destinations desperate to help their communities. On average, contracts can range from 4-13 weeks and between 48-60 hours per week. Although time away from home is complex and finding housing can prove challenging, many RNs earn enough income to take months off at a time. Not a bad tradeoff for those interested in a nomadic lifestyle.

### Protecting Staff

Sadly, violence can be an unavoidable part of a nurse's job. That's why administrators must do all they can to reduce risk. That includes better reporting systems for violent incidents, evidence-based strategies, de-escalation training, planned responses, promoting a safety culture and providing support immediately following incidents. Better staffing numbers help violent incidents decline. Open communication lines and less disconnect between administration and staff can help offset low-staff ratios: the epicenter of this and other workplace issues.

**It's apparent that the nursing shortage is a growing problem that will have detrimental effects if a course correction is not implemented. Here at St. Elizabeth School of Nursing, we strive to create the best learning environment for our students and our educators. We believe in investing in the future of everyone who steps through our doors in the hopes that they would continue to serve others through the rewarding career of nursing for many years to come. If you would like to hear how you can help, please contact our Director of Development at [Jennifer.eberly@franciscanalliance.org](mailto:Jennifer.eberly@franciscanalliance.org).**

# WE NEED YOUR HELP!

Would you like to help recruit nursing students? We would love your help reaching high schools or other community groups! For more information on coordinating recruitment efforts please contact **Kelly Hudson** at [kelly.hudson@franciscanalliance.org](mailto:kelly.hudson@franciscanalliance.org) or 765-423-6285.

# DONOR SPOTLIGHT

**Kimberly White**  
*Attended Steson from 2003-2006*



**A** Rensselaer, Indiana native—Kimberly White fought hard for her nursing career, having to jump hurdles that some of us could only imagine. Her humility and generosity truly shine throughout her education journey, career and unforeseen early retirement. After graduating in 2006, Kimberly served as an RN for many years, but her career was cut short because of complications with her Lupus diagnosis.

Kimberly first started college in the early 90s as an 18-year-old fresh out of high school. She was always interested in medical sciences, but never intended on being a nurse. During her junior year, she was receiving treatment for Lupus and Hashimoto's disease. Even through her own medical issues, she persevered, and never let her grades slip. Unfortunately, her health issues and lack of health insurance meant that she needed to take a step back from school and find a job that could provide insurance for her treatments. She started as an assistant manager at a restaurant. When she caught wind of an EMT course in Porter County, she jumped at the opportunity to get back into the medical field. She then started work as a phlebotomist and later on as a pharmacy technician, eventually assisting physicians.

Kimberly spotted a major injustice pretty quickly. The RNs in the office with her were getting paid three times as much for doing the same thing that Kim was doing. She knew she needed to finish school and become an RN, so she started looking for a nursing school. She tried attending

a community college first, but had a difficult time with the lack of community and partnership between the educators and students.

When she talked with Anita Reed at St. Elizabeth School of Nursing, she knew it was the perfect fit. Kimberly says, "Anita lights up every room she is in. She is so incredibly patient and always has time to talk or review a difficult concept with a student." Even though Kimberly was an excellent student, she would often stop by Anita's office to talk with her. Anita was truly the highlight of her experience at St. Elizabeth School of Nursing. She would invest in each student no matter what they needed, whether it was something physical, emotional or mental. Anita made such an impact on so many students, she pushed everyone to be their best and never ran out of patience. She exemplifies all the fruits of the Spirit and embodies everything that St. Elizabeth stands for.

Anita is the reason why Kimberly gives. Kim believes that every donation to the Anita Reed Scholarship, no matter how small, has the capacity to bless hundreds and thousands of nurses. Part of St. Elizabeth is the light of a lamp never going out. Anita literally was the light of the lamp. Anita embodies every characteristic—never giving up, kindness, compassion, if you don't know, find out, ask questions, looking for the answer, caring. She embodies everything that a nurse should be—what nursing represents. We can keep that lamp burning in honor of Anita. Every dollar donated to the Anita Reed Scholarship or to one of the other scholarships helps support our next generation of nurses.

# STUDENT SPOTLIGHT

**PATRICIA DIAZ**



Trish is 34 years old and works full-time as a PCA at IU West on a Med/Surg unit. She will start her second year of nursing school this fall. She is a Marine veteran who was stationed in Okinawa and California while performing ground electronics repair. She currently lives in Avon, Indiana.

## 1. Why do you want to pursue nursing?

One of my main reasons for becoming a nurse was that I lost both of my parents to cancer when I was young. I lost my dad to brain cancer when I was 10 and my mom to pancreatic cancer when I was 19. Caring for them during their cancer journeys and seeing all the different health professionals and how knowledgeable they were and how much they cared for our entire family during those times and how much their care impacted our family and inspired me to become a nurse.

## 2. What compelled you to choose St. Elizabeth School of Nursing?

I chose St. Elizabeth School of Nursing because when I first toured the facility all the staff were extremely welcoming and seemed like they were genuinely proud of the program. The small size of the program and the success rate also appealed to me, having more time with instructors and more clinical hours felt like I was being set up for success.

## 3. So far, what has been your favorite part of nursing school?

So far, my favorite part of nursing school has been all the connections and friendships I've been able to make. My classmates and instructors have become a support system and we have had lots of laughs in class and while studying.

## 4. What are your plans after you graduate?

After graduation I plan to work as a nurse. At this point I'm still undecided as to which specialty or area I would like to work in but I'm hopeful that with more clinical experience I will be able to narrow it down by graduation. I also hope to eventually go back to school for my master's degree.

## 5. What advice do you have for incoming nursing students?

My advice for incoming students would be to prepare to be challenged. This program requires a lot of studying, focus and commitment. Having a good support system at home as well as forming a good connection with your classmates can make all the difference. Also, don't be afraid to reach out when you need help or are struggling. St. Elizabeth's has a lot of resources to help their students, and the staff really want you to succeed.

## 6. How do you feel overall about St. Elizabeth School of Nursing and their educators?

I have enjoyed my experience with all the educators at St. Elizabeth's. Each educator is extremely knowledgeable in their subject area and takes the time to really ensure you understand the topic they are presenting. Each educator is willing to provide additional instruction and clarification, provide tutors and take the extra time to ensure you are successful.

# Scholarship Recipients 2023

# SCHOLARSHIP SPOTLIGHT



## Richard and Betty Nelson Nursing Scholarship

### Alexandra Laine Wickes Scholarship:

Megan Paul

### Anita Reed Lead with Your Heart Scholarship:

Jennifer Stone

### Betty McCay Schober Memorial Scholarship:

Emerson Irmeger

### Brenda Murray Memorial Scholarship:

Heath Applegate

### Candy Genda Nursing Scholarship:

Ashlan Johnson

### Cheryl Ransom Nursing Scholarship:

Shenita Peete

### Dianne Davis Nursing Scholarship:

Kate Morgan and Madisyn Miller

### Gertrude Loeb Rosen Nursing Scholarship:

Faith Dixon, Molly Fields and Macie Kellner

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Jaiden Hardebeck, Paige Horine, Jessica Lowery, Chloe Miller, Shenita Peete, Charlize Rice, Madison Richardson, Maricruz Santos-Cervantes, Katelynd Stevens and Jennifer Stone

### Wilson Family Scholarship:

Karissa Springer

Betty and Dick Nelson have always had a heart for helping people develop their potential and self-confidence to enable them to be their best selves. Sometimes that looks like helping them to believe in themselves and their own talents, sometimes that looks like helping to improve overall quality of life and sometimes that looks like supporting their journey through higher education.

Betty grew up in the Appalachian Mountains of North Carolina, where economic depravity and lack of development were prominent. Her husband, Dick, grew up in a Boston suburb that suffered from significant economic depravity as a result of overly relying on manufacturing during the great depression. After growing up in these communities, Betty and Dick knew that they wanted to dedicate their lives to helping people help themselves.

In 2010, Betty joined the Quality of Life Council in Lafayette, which led to years of research and developing a plan to figure out how to take our community from good to great. They studied similar sized cities with a river running through them and looked at air and water quality, vitality, spiritual wellness, access to quality healthcare, etc. They noted the disparities due to race, ethnicity, disabilities, etc., to find that mortality and illness rates are higher for people of color.

After connecting with Sandy Howarth, the Executive Director at Franciscan Health Foundation, Betty connected the dots. She realized that there was a lack of healthcare professionals to represent those minority groups. Sandy invited her to join a donor-based organization called the Circle of 1875. This would allow Betty a direct hand in supporting different medical programs by voting on how to best use the funds raised by the group.

Eventually Betty and Dick decided they would directly fund a scholarship for St. Elizabeth School of Nursing students. Betty says, "It is easy to talk about our concerns on issues of social justice, etc. but it is important to do something tangible when we can." They are pleased to report the first recipient, Brianna Hairston, is excelling in nursing school and are excited to have subsequent recipients.

The requirements for the Betty Nelson Scholarship are being a US citizen, demonstrating financial need, and holding a 3.0 GPA. Dick and Betty want people to know that this is available and would love your help spreading the word that this assistance exists to help students reach their potential which in turn helps our community continue to grow from being good to great!



# Sustainability

## IN HEALTHCARE

Our globalized world faces environmental challenges. It's not just manufacturing and technology that need to continue going greener. The healthcare industry also contributes to climate change. From clinical research to patient care, the medical field consumes massive amounts of energy, materials and resources. Collaborating to find solutions means a better future for providers, patients and the planet. What do nurses need to know regarding sustainability approaches and making a difference in their corner of the world?

### WHY SUSTAINABILITY MATTERS

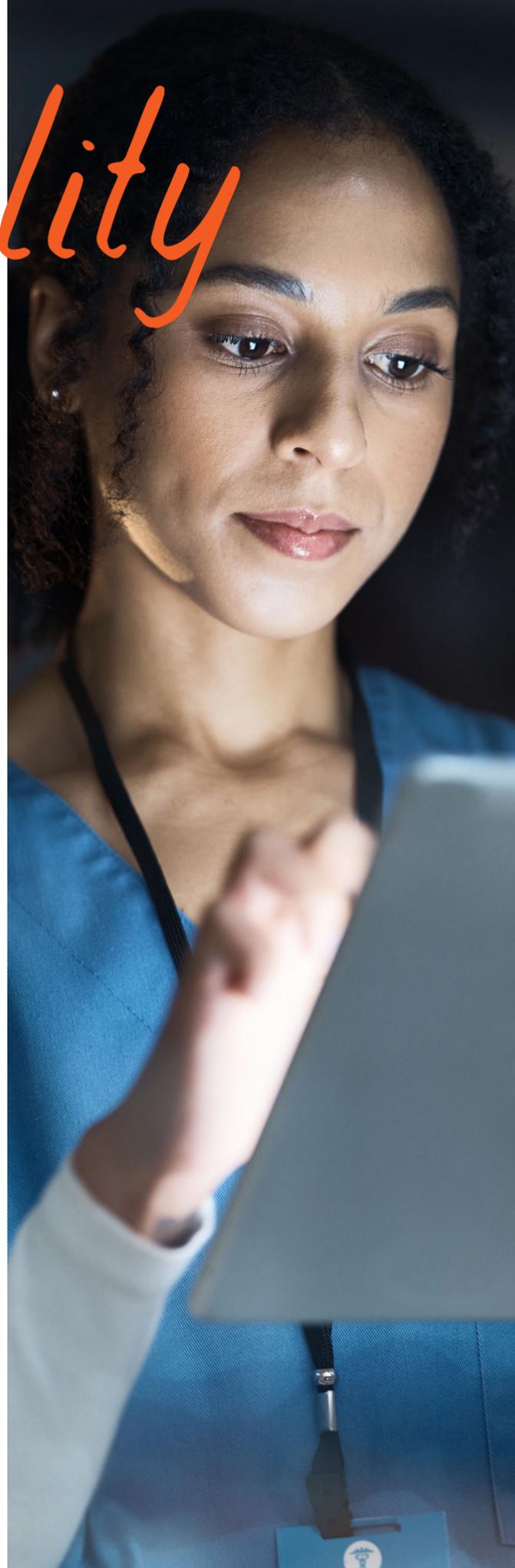
Healthcare has always faced challenges. Today, the foes we face are understaffing, budget constraints, the after-effects of COVID and societal hardships. Let us not forget nurses are people too. We have our struggles even when on the clock, caring for others.

Climate change has affected how nurses provide care. Flooding, heatwaves, natural disasters and storms bring new patient-care scenarios. Without changing how the world operates, experts feel we will experience more air pollution-caused illnesses, other pandemics, food scarcity, low drinking water supply and more extreme weather incidents. This affects nurses as individuals, our patients and our profession. Healthcare can no longer ignore the issue or push back on our portion of responsibility if we are to reverse course.

### OUR FOOTPRINT

It seems contradictory to our mission for healthcare to be a pollution source. Patient care and public health go hand in hand. According to figures from the Yale University Public Health Department, 10% of carbon emissions and 9% of harmful non-greenhouse gasses are directly related to outputs by the US healthcare system.

Nurses are not immune to climate change manifesting as illnesses. RNs care for patients affected by environmentally-related conditions: COPD, pneumonia, cardiovascular disease, asthma, cancer and—unfortunately—the list goes on. It's time to change healthcare-related policies and procedures to reduce environmental impact, and it can start with us.



## HOW YOU CAN HELP ...

### ACCESSIBILITY AND PREVENTION

Everyone deserves the chance to be as healthy as possible. When people feel great, that's also good news for the planet. When we are well, fewer medical resources and outputs are necessary. That's why continuing to remove barriers to healthcare matters. Nursing plays a critical part in improving access to prevention and treatment. RNs help support patient wellness through health screenings, patient education and gathering comprehensive patient histories. Pop-up clinics, childhood vaccinations and community outreach are all a part of the professions' community focus that can make a big difference in early detection and diagnosis of environmental-related illnesses.

### NET-ZERO HEALTHCARE

Leaving less of a burden on the earth includes taking bold approaches. Nurses can heal patients while protecting the planet. Since the core of healthcare is to do no harm, the Net-Zero Healthcare initiative's goal is to no longer exceed the earth's capacity to handle humankind. The approach is a tangible way health facilities and systems can reduce their carbon footprint. Hospitals, med-surg clinics and healthcare supply chains investing in Net-Zero Healthcare understand the key challenges and changes that must be made in energy consumption, patient and product transport and product manufacturing use and disposal.

Caregivers can use their voice and buying power to influence suppliers' environmental performance. By asking open-forum questions about "green purchases" to those in procurement, it can nudge hospital systems, clinics and private practices to invest in environmentally-friendly products. Air pollution can be reduced by implementing more digital infrastructure for telehealth and reducing patient and staff transport. Ask about the long-term Net-Zero vision your healthcare employer has adopted.

### LITTLE CHANGES. BIG DIFFERENCE.

Everyone should take steps to ensure the ecosystem can meet the needs of future generations. No one has a bigger heart when it comes to caring for the needs of others than nurses. Here is a list of little changes nurses can make that will make the world better.

- **Rethink your route to work** – Do you live close enough to walk or bicycle to work? Have a coworker that commutes near your house? Ever considered letting public transit do the driving so you can read a little more and stress a little less? Changing how you travel back and forth can reduce vehicle emissions and help sustainability efforts.
- **Lights out** – Saving energy can be as easy as flipping a switch. If no one is in the staff lounge, turn off the lights. If patient rooms are empty, close the blinds to save temperature loss and check with the floor charge nurse to see if appliances not in use can be unplugged to save energy.
- **Plastic in its place** – If your employer recycles, that's a great start. How about taking it a step further? Ask about making the move to sustainable alternatives. Use refillable water bottles, switch to recycled paper products and invest in climate-friendly industry-approved cleaning supplies.
- **Advocate for the earth** – Nurses: your voices matter. Your input is critical to patient care. Thinking sustainably while continuing to follow medical protocols is a forum you should be a part of. Nurses are changemakers. Use that positive influence to start meaningful conversations, reduce waste and make a difference in your workplace.

## We are extremely grateful for the support from our alumni, faculty, families and friends.

All gifts made to St. Elizabeth School of Nursing allow us to continue Christ's healing ministry and make a lasting impact in the lives of our students.

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StESoN.org/Donate

# Class Notes

## LET US KNOW WHERE YOU'VE BEEN AND WHAT YOU'VE BEEN UP TO

Do you have an accomplishment or milestone—personal or professional—that you want to share with your fellow St. Elizabeth School of Nursing alumni? Scan the QR code below or visit [bit.ly/steson-alumni](https://bit.ly/steson-alumni) to access our Class Notes submission form. Submissions will be featured in future issues of *The Lamp*.



### NANETTE JULIAN, CLASS OF 1990

Nanette recently started a new position at Franciscan Physician Network Obstetrics & Gynecology in Lafayette. She completed her Master of Science in nursing at Purdue in May 2013. She is a board certified Adult Geriatric Primary Care NP. Nanette has been active in the nursing community in the following roles: NP at Franciscan Working Well (2018-2022) and Purdue Student Hospital (2016-2018), Adult Geriatric NP at IU Health Arnett (2013-2015), Purdue University Family Health Clinic of Carroll County (2015-2016) and Labor and Delivery Nurse at St. Elizabeth Regional Hospital (1990-2013).



### MARIA VOUGHT, CLASS OF 2011

Maria Vought began a new role as the Franciscan Health Western Indiana Oncology Service Line Director. During her career, Maria has served in various roles with Franciscan, among those include Administrative Director of Clinical Informatics for FAIS and her latest position, Manager of Virtual Health. Maria currently serves as Adjunct Faculty in the Purdue Global School of Health Sciences, where she shares her knowledge and expertise with aspiring healthcare professionals. In her personal life, Maria is a proud mother of two fun-loving daughters, ages three and four and has a supportive husband, Matt. They enjoy staying busy with their children's activities, watching sports and spending time with friends and family.



### JESSICA CORBIN, CLASS OF 2000

Jessica Corbin began as Chief Nursing Office at Franciscan Health in Western Indiana in May 2023. She has been with Franciscan for 25 years. Most recently, she was the director of nursing operations overseeing the ER, trauma program, SANE program, Healthy Living Center and Mobile Integrated Health. As well as the previous director with the Franciscan ACO. Jessica and her husband, Andrew, have 3 children. Jessica enjoys spending time with her family, watching sporting events, reading and cross stitching.



### NIKKI FRAIN, CLASS OF 2015

Nikki completed her Master of Science in nursing at IUPUI Indianapolis in May 2020. She is now a board certified pediatric NP and is currently working on her Doctor of Nurse Practitioner at Purdue. She recently started a new position at Franciscan Physician Network Pediatrics in West Lafayette. Nikki has been active in the nursing community since graduation holding many roles including: Emergency Department Nurse/Virtual Expert Nurse Mentor with Franciscan, Purdue Athletics Covid Antigen Site Director at Maxim Healthcare and Pediatric Lecturer/Clinic Instructor at Purdue.

### ALEXA LINDQUIST, CLASS OF 2021

Alexa began grad school to become a PMHNP at Purdue Global. She recently gave birth to a healthy baby boy, Cohen Charles! She loves being a mom and baby Cohen is her world!



## SCAN HERE

To submit information by phone, please contact Jennifer Eberly at (765) 423-6812.



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