

THE LAMP



 **St. Elizabeth**
SCHOOL OF NURSING
Division of Franciscan Health

IF THESE WALLS COULD TALK

Say goodbye to the building
on Tippecanoe Street
Pg. 13

TIPS FOR NEW NURSES

Learn tips and tricks of the trade
to better prepare yourself for
the challenges of being a nurse
Pg. 20



LETTER from the DIRECTOR

TO READERS OF THE LAMP,

Anyone who has walked the halls of any St. Elizabeth School of Nursing building can feel the **history and passion** that abounds. Every student who has trained through our focused, proven and immersive programming over the last 120 years of operation is connected by a calling. While these feelings and the memories associated with them are hard to forget, we wanted to provide something tangible to help you reminisce on the past and stay informed of the future.

These goals inspired us to create **The Lamp**, an alumni magazine filled with information regarding all things St. Elizabeth School of Nursing: from new initiatives, to announcements, to current student and alumni spotlights and stories that made us who we are today. This publication gives you a behind-the-scenes look at our history of **devoted education**, our **current strides toward improvement** and our **future aspirations**.

The symbol of the lamp has long been attributed to nurses through Florence Nightingale and her transformative work in the nursing profession. The Lamp publication aims to **illuminate you**, connecting everyone in the St. Elizabeth School of Nursing family to remind each member of their place in our story, because in truth, there is no us without you.

Whether you graduated decades ago, just finished school or fall anywhere in between, **this publication is for you**. On behalf of all of us at St. Elizabeth School of Nursing, we hope you enjoy The Lamp.

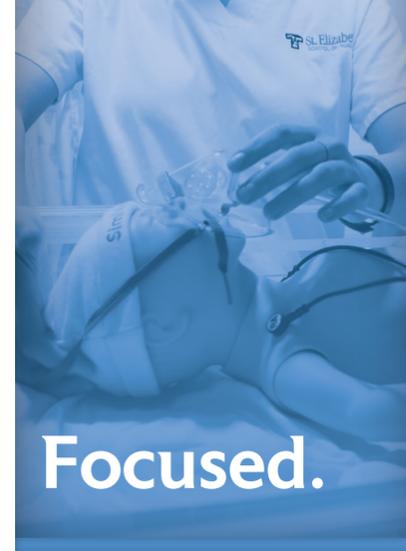
Sincerely,

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



Welcome, Sister Marcene!

Please extend a warm welcome to Sister Marcene Franz, OSF, as she joins our St. Elizabeth family, serving as the new Vice President of Mission Integration in Western Indiana for Franciscan Health.



Focused.



Proven.



Connected.

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Brought to you by:



St. Elizabeth School of Nursing is where ordinary people become extraordinary nurses. For more than 120 years, we have focused on just one thing—nursing. Our holistic curriculum offers hands-on learning experiences. Small classes foster personal connection. 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

Join the Alumni Advisory Board of Directors today!

Interested in serving on our Alumni Advisory Board of Directors? We are now accepting applications. Contact **Jennifer Eberly** at **765-423-6812** for more information.

The Advisory Board currently meets 3-4 times per year.

ALUMNI ADVISORY BOARD OF DIRECTORS

Lisa Okos-Harmon, *Board President*

Marge Broach

Mary Lou Donahoe

Sharon Haby

Henrietta Ket

Dodie Labaw

Ann Minnicus

Judy Rausch

Mary Vandervolgen-Goldman

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*Administrative Director,
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St. Elizabeth School of Nursing*

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

Jennifer Eberly
*Director of Development
St. Elizabeth School of Nursing
Franciscan Health Foundation | Western Indiana*

CONGRATULATIONS 2019 GRADUATES!

MAY 2019



Lara Barrett



Megan Beliles



Karie Blaskay



Sydney Catron



Katie Cornell



Kara DeFabritis



Ashley Ferrel



Tessa Klein



Lexie Koop



Anna Marlatt

JULY 2019



Jessie Bass



Kelsey Budreau



Summer Dombroskie



Kristen Hayes



Kimberly Houser



Natalie Mathews



Marybeth McDaniel



Wesley Oliver



Shachi Patel



Hannah Pfladderer



Bridget Smith

DECEMBER 2019



Caley Bender



Dinah Benedict



Morgan Cole



Kayla Leroux



Shelbi Madison



Sabrina Rahman



Dana Rainwater



Aslyn Reader



Natalia Rodriguez



Lauren Spencer

THE HANDS AND FEET OF GOD

What it means to be a nurse

Choosing to become a nurse is not a decision made lightly.

From rigorous coursework and clinical experiences to checking in on one last patient before the end of a shift, nursing is a meaningful calling—serving others when they're most vulnerable. We know nursing is an essential role in the medical profession and vital to healthcare, but what does it actually mean to be a nurse? How do those in the profession, as well as soon-to-be graduates, define what nursing means to them?



Miranda Bryant (pictured left)

“You're taking on other people's problems—that's what you sign up to do. It definitely has an **impact**, but it's interesting because that's also the best part of it.”

- **Miranda Bryant** (2018), Staff Nurse at Westminster Village

“...Making sure patients are treated with the **utmost respect**, and that I'm doing the absolute best that I can for them in a **Christ-like** or Franciscan way.”

- **Marina Spalla** (2014), Registered Nurse and Release Charge Nurse at Franciscan Health Crown Point

“Being caring, knowledgeable and **compassionate**. Willing to put others and their needs before yours.”

- **Andrea Blissitt** (2003), St. Elizabeth School of Nursing Assistant Professor

“Being a nurse means that, at this school, we are continuing Christ's healing ministry on this earth and helping students have that as their focus as they go out into the world. It means being a person who's **willing to work** with people continually, day after day, who are perhaps at their lowest point in life. It means being a person who has **respect and love** for others, who becomes emotionally involved, and at the same time has to build walls so they can go home and take care of their kids—to be involved yet able to turn it off.”

- **Paul Heasty** (2010), St. Elizabeth School of Nursing Assistant Professor



“I feel like nursing is not an occupation. It's a lot of different roles. You're a **teacher**, a **counselor**, a **cheerleader** and an **advocate** for the patient. The patient has to be able to trust you and, with that, you can make a difference in their life.”

- **Kenzie Brown** (Future 2021), St. Elizabeth School of Nursing Graduate



“Nursing means being the **hands and feet of God**. Continuing Christ's ministry and connection to people as He works through you.”

- **Sister Ann Kathleen Magiera**, Vice President of Missions Integration, Franciscan Health

“To be a nurse means to be an individual who is **caring** and **compassionate**. They are providers to individuals in need on potentially what could be the worst day of their life. You're their **support system** and may be the only support system they have.”

- **Kyle Davis** (Future 2020), St. Elizabeth School of Nursing Graduate



“It's the giving of oneself to **humanity**, and, in my case, I took it one step further: Serving my country.”

- **Mary Vandervolgen-Goldman** (1963), Retired Nurse and United States Air Force Lieutenant Colonel

“As nurses, I think we **do good** and always want to help others which means, usually, putting ourselves last.”

- **Henrietta Ket** (1954), Retired Nurse



“It's inherent in nurses to want to know it all, but you can't. So, you really have to **learn to be a team**, and work with people who have strength in the areas you have weakness.”

- **Maria Vought** (2011), Manager of Informatics, Franciscan Alliance, Western Indiana Division

Pictured right: Class of 1978



Pictured below: Class of 1967



Pictured above: 2019 Fall Alumni Event

FALL ALUMNI EVENT

SAVE THE DATE!

NOVEMBER 7 2020

11AM - 1PM
EST Time Zone

Please join us at **The Trails Banquet Facility**

325 Burnetts Rd., West Lafayette, IN

For more information, call Jennifer Eberly at 765-423-6812
or email jennifer.eberly@franciscanalliance.org

2019

OUTSTANDING ALUMNI AWARD

Connie Smith
Class of 1975



Pictured (left to right): Michelle Gerrety, Connie Smith, Sue Bergstrom

Connie Smith, a 1975 graduate of St. Elizabeth, was perplexed when she heard she won the 2019 Outstanding Alumni Award, but Smith's nominator Sue Bergstrom, a longtime associate turned friend and former instructor of Smith's, could not speak more highly of her.

"She demonstrates and goes beyond 'Vita Aliis Vota,' living a life devoted to others wherever you find her," Bergstrom said. "As a friend to many, she is always ready to support and help anyone whether the need is big or small. Connie is the best humanity has to offer!"

Serving as a school nurse since 2000, Smith has excelled at providing **safe, professional care** for students of all needs. She goes the extra mile to ensure students, parents and staff feel empowered and informed through health education and healthcare plans. Smith also strives to meet the needs of students and families who are food insecure and assists in helping families find medical care and/or social services assistance when needed. Additionally, as a member of the Lafayette School Corporation coordinated school health council, Smith implements programs for students and staff that lead to improved health for all.

Smith is also very active in her church parish. She has been a church elder and currently serves as a deacon. As deacon, she oversees 10 families in her member

care, making home visits, phone calls and bringing food as needed. But her community engagement doesn't stop there. Smith is involved with neighborhood ministry outreach, helping to organize events for neighborhood children to participate in the community. She also serves on the Christian Education Committee and teaches weekly Sunday school classes to preschool and elementary-aged students. Furthermore, Smith is an active member of a task force that involves three churches, determining how they can combine efforts to better serve their congregations.

When Smith is not busy being an outstanding nurse or congregation member, she loves to ballroom dance, read and "collect friends." Her **wit and kind-hearted nature** make everyone around her feel welcome, adding new members to her family wherever she goes. While never stopping at her nursing title to care for her community at large, she is nothing but humble regarding her achievements.

"It was dumbfounding when I learned I had won this award," Smith said. **"I always thought I was doing what any human being should be doing anyway."**

Know someone you would like to nominate?

To nominate someone, complete the enclosed nomination form or visit StESoN.org/nominate-outstanding-alumni.



STUDENT SPOTLIGHT

Kyle Davis
Class of May 2020

Hometown: Frankfort, IN

Why do you want to become a nurse?

It's a way to give back to the community and people. There are many opportunities to expand myself personally. I have some family members who have been in the nursing field or are currently nurses that led me to it.

Why did you choose St. Elizabeth School of Nursing?

I liked the smaller class sizes and the ability to begin clinicals immediately when you start nursing courses and as you finish the general education requirements. It's just a good environment to be in. My sister went through the program, and after doing the interview process and meeting everyone here, I could tell it was such a positive environment.

What is your favorite memory from nursing school thus far?

I would have to say the friendships and connections that I've made throughout it. There's definitely been difficult times, but the people that you're with and surrounded by make really good connections and relationships that can last a lifetime.

What is the toughest part about nursing school?

I would say the expectations are high. Ultimately at the end, especially after graduation, knowing that you'll have lives in your hands and being prepared to take charge and potentially save someone's life is probably the hardest thing.

What do you hope to do after you graduate?

I would like to be employed in an emergency department.

My passion is the ER, and I am actually doing my preceptorship in the ER right now. I really enjoy it, so that's where I want to end up. I wouldn't be against potentially going into travel nursing eventually. It has crossed my mind as a thought or potential option, but as of now, I'll likely stay in Indiana.

What do you enjoy about the emergency department?

When I first started thinking that I was going into nursing that was my idea. I like the fast-paced, something-different all-the-time, teamwork atmosphere. From my experience in the ER, everybody's helping everyone, and I just like the ER environment.

What advice would you give to new students or someone who's thinking about going to nursing school?

My advice would be to put your time in. They set you up for success so utilize what they've given you. At St. Elizabeth, there are so many resources between the library and the faculty to go to for answers. The faculty are more than willing to help. I feel like the relationship between the students and the faculty goes beyond just a personal level. It's more like a family.

How do you feel that what you're doing now or what you plan to do will help to continue the school's mission of continuing Christ's Healing Ministry?

Just caring for those in need. Giving care to every individual regardless of background or situation and just looking out for the best interests of everyone.

FACULTY SPOTLIGHT

Dr. Andrea Blissett

St. Elizabeth School of Nursing Assistant Professor,
Department Chair of Adult Practice



Dr. Andrea Blissett is no stranger to the St. Elizabeth School of Nursing family. After receiving her nursing diploma from St. Elizabeth in 2003, she became an assistant professor of nursing at the school in 2008. During the five years in between her transition from student to faculty, she was busy obtaining a master's in nursing with a focus on nursing education from Ball State University and later earned a Ph.D. in nursing education from Capella University.

Why did you first decide to pursue nursing?

When I was in high school, I worked at an extended care facility in Rossville, and I liked it a lot. I just had a strong feeling that it was what I wanted to do. I applied to St. Elizabeth School of Nursing and here I am!

What does your past work experience in nursing look like?

I worked on a med-surg unit at St. Elizabeth Hospital for four years as a Charge Nurse/RN and became the Education Coordinator in 2004 to 2005 for four inpatient units. In 2008, I started working at the School of Nursing.

Why did you decide to become an educator?

I started training new nurses on the unit and really enjoyed it. Then I started precepting nursing students, and it was a natural segway. I went back to school for it, and I didn't know how much I would enjoy it. It holds you accountable, keeping you up to date with the best practices, evidence and all that good stuff.

What do you teach at St. Elizabeth?

I teach a critical-care, medical-surgical course in the students' third year. We also team teach, so I teach in a pathophysiology course, a pharmacology course and serve as academic chair for all medical-surgical courses. I specifically cover endocrinology, patho and pharm. I also teach clinicals in a progressive care unit.

What challenges do you face as a nursing educator?

Providing students with all the knowledge they need before they leave the school is a challenge. We only have four years to help them succeed, and as a nurse, you need to know so much. Knowing when to be understanding and when to hold students accountable to nursing standards is a balance.

What do you do when you are not working?

I live on the river, so my husband and I love fishing, tubing, boating, landscaping – pretty much just being outside! We're really outdoors-y.

What advice would you give a new nurse who is just starting out?

Always practice with integrity because we have an environment that sometimes makes that more difficult. Always strive to learn more, and be okay with not always being right. Feel free to ask questions. It's safe to feel inadequate.

What do you think the future holds for nursing and nursing education? What types of trends do you think we'll see?

I think we will see more diverse ways of providing clinical experiences. Additionally, we might also see simulators who are more "human," which will hopefully promote safer practices for future nurses. I can even see the development of some active teaching strategies that we can't even dream of right now.



IF THESE WALLS COULD TALK

Saying goodbye to the building on Tippecanoe Street

It only takes a roof and four exterior walls to construct a building, but many structures are much more significant than the materials they are made from. For St. Elizabeth School of Nursing, what once was just a structure to call home became a historic building that aided in developing a lineage of extraordinary nurses. From its construction to its demolition, the beloved building served as a place of companionship, passion and a legacy of nurses who came before.

The history of the school begins in 1875, when six Sisters of St. Francis of Perpetual Adoration traveled from Germany to the United States to provide health services and train nurses. Once they realized there was a significant need for nurses, they took training the nursing workforce into their own hands. However, the brick structure on Tippecanoe Street that came to house St. Elizabeth School of Nursing was not constructed until 1922.

Did you know?

This building was home not only to St. Elizabeth School of Nursing, but also simultaneously housed the University of St. Francis and St. Francis Catholic High School for girls. St. Francis relocated to Fort Wayne in 1944 and the high school closed in 1949, allowing the nursing school a space all its own.



After moving into the building, the school of nursing continued to educate Sisters of St. Francis exclusively until 1937, then they decided to admit lay people to meet the growing demand for educated nurses. From the building's construction through the late 1980s, nursing students were housed on the third and fourth floors, creating their own close-knit communities to support each other through the trials and triumphs of nursing school.

"Having that many sisters and being that close to each other was really special," said Mary Vandervolgen-Goldman, a 1963 graduate. **"When one of us was in trouble, we were all in trouble. When one of us was happy, we were all happy. We really cared for each other."**

Serving as a humble abode for St. Elizabeth School of Nursing for 95 years, the red, stone building undoubtedly served as a physical symbol of history and countless memories of students and faculty. Talking to anyone who had passed through the front doors over the years gives insight into how much everything changed, yet how the school's values and commitment to education remained constant.



Last Look Tour, April 2019



Henrietta Ket, who graduated in 1954, reflected fondly on her experiences as a student and educator at St. Elizabeth School of Nursing. However, she also acknowledged the strictness of the school's routines.

"Our regular work schedule was 7-11 in the morning and 3-7 at night with classes in between," Ket said. "We also had to be in bed by 10 o'clock. The house mother came around at night, opened our doors and shined a flashlight on us to make sure we were there. There was no horsing around."

More than 20 years after Ket graduated, the sternness seemed to loosen while the camaraderie continued to grow. Ann Minnicus, a 1977 graduate, explored some more light-hearted memories from nursing school.

"We did some things we probably shouldn't have done," Minnicus said. "You know, we played hockey in the hallway. We carried a Christmas tree off the Harrison Bridge all the way back to the school just because we wanted to have one. We had a lot of great times in that building."

It was not just the students who recognized how special the building was. Dr. Michelle Gerrety, the school's current director, began teaching mental health and communication courses at St. Elizabeth School of Nursing in 1999. While she admitted the old building's pitfalls, she revered the rich history it contained.

Proven History.



Six Sisters of St. Francis of Perpetual Adoration came from Germany to Lafayette and established St. Elizabeth Hospital.

The first graduation was held and six Sisters received their diplomas from the St. Elizabeth Hospital Training School for Nurses.



The community's need for nurses had grown so great that the school began admitting lay students.

St. Elizabeth Medical Center and Lafayette Home Hospital merged to form Greater Lafayette Health Services, Inc. where the School of Nursing became a department of Greater Lafayette Health Services, Inc., however retains the name of St. Elizabeth of School of Nursing.

St. Elizabeth SON partnered with University of Saint Francis to offer a seamless Diploma-Bachelor of Science in Nursing (BSN) Program and Cooperative Nursing Program (CNP) and students started classes in the newly-renovated Franciscan Education Center.

1875

1897

1900

1919

1937

1952

1998

2004

2017

The Sisters of St. Francis opened St. Elizabeth Hospital Training School for Nurses to train members of their order.



St. Elizabeth School of Nursing (SON) was recognized by the Indiana State Board of Nurses Registration and Nursing Education as an accredited School of Nursing.

St. Elizabeth SON attained national accreditation through ACEN and has consistently maintained it through present day.



St. Elizabeth SON and Saint Joseph's College established the Cooperative Nursing Program (CNP) as a seamless integrated Diploma-Bachelor of Science in Nursing (BSN) curriculum.



"I enjoyed teaching in the auditorium," Dr. Gerrety said. "I knew that a lot of dances and ceremonies had occurred in that portion of the building. The seal was just emblazoned in marble in the center of that room, and it really did bring to the forefront the history of the program. If those walls could talk, I'm sure they could spin a few tales."

However, *servicing its students for almost a century also had its price*. Over time, the building required increasing updates and repairs that became costly and time-consuming. For many years, faculty made use of what they had, lecturing over roaring window air-conditioning units, tripping over extension cords and teaching in environments that were less than ideal to learning. The well-loved building was showing its age.



Postcard circa 1910

In 2017, St. Elizabeth School of Nursing moved across the street to the Franciscan Education Center on Franciscan Health Lafayette's Central campus. *The newly renovated building offers an abundance of opportunities* to students and faculty through an intentionally designed space and enhanced technology. Even with a new location, proven programming and continuing Christ's healing ministry remains at the center of everything.

With a new home found for St. Elizabeth School of Nursing, the question became what to do with the old one. While many ideas were explored regarding how to repurpose the structure, it was decided that the extensive resources necessary to update and sustain the building could be better allocated toward fulfilling the Franciscan Health mission elsewhere.

The building opened its doors a final time for alumni to embark on a "Last Look Tour," allowing them time to reflect and reminisce. *Talk of demolition brought about many conflicting feelings from alumni and faculty alike*, including a longing for the wonderful experiences shared in the building, a want to preserve the history of the school and a desire to move on to something more advanced. Ultimately, the building served its purpose. It was time to say goodbye, and in December of 2019, the building was demolished.

IF THOSE WALLS COULD TALK, I'M SURE THEY COULD SPIN A FEW TALES.

While the site that once encouraged the dreams of so many students sits barren, there are plans in place to honor its legacy. Terry Wilson, President and CEO of Franciscan Health Western Indiana, disclosed plans to repurpose the space.

"We're going to develop a healing garden that is a variety of things," Wilson said. "It's a tribute to all the care that has been provided on that site for so long. It will conjure memories of the history there. One of the fixed pieces in that garden will be a statue of Blessed Mother Maria Theresa, the foundress of our Sisters' community in Germany some 150 years ago. It will be a quiet and, we hope, spiritual place on campus for reflection."

As for the future of St. Elizabeth School of Nursing, *this new building seems to be only the beginning of its growth*. No longer bound by bricks, the school will continue its tradition of teaching and training exceptional nurses thanks to access to even better resources.

"Our goal is to continue to grow our program and produce nurses who live out our mission," Dr. Gerrety said. "The more we can provide our students with clinical experiences that allow them to practice their clinical judgment and apply their learning to patient situations, *the stronger our grads will be.*"

TAKE HOME A PIECE OF HISTORY

Donate \$150 or more and receive a commemorative brick!



Commemorative Brick

"I spent most of three years living on the 3rd and 4th floors of the School of Nursing building. Classes were held mostly in the basement and on the 2nd floor. In the late 90s when I attended St. Joseph's College (Rensselaer) for my bachelor's degree, several classes were in the School of Nursing. When the idea came about to purchase a brick with the SON motto – Vita Aliis Vota – to support the nursing scholarship fund, I was thrilled to be able to have a piece of history as well as provide some assistance to future nursing students."

- Ann Minnicus, MSN, BSN, RN, CGRN, Class of 1977

GET YOUR BRICK TODAY!

Secure your commemorative brick by donating \$150 or more to the St. Elizabeth School of Nursing.

For donation information, contact **Jennifer Eberly**, Director of Development at jennifer.eberly@franciscanalliance.org or call 765-423-6812.

Bricks are limited!

REMINDER TO DONATE OLD UNIFORMS

We're looking for nursing uniforms from various eras to showcase in our new space and at alumni events.

If you're willing to donate your old St. Elizabeth School of Nursing uniform, please contact **Jennifer Eberly**, Director of Development at 765-423-6812.



CONGRATULATIONS TO OUR 2019 SCHOLARSHIP RECIPIENTS



Jadyn Hudson

Betty McCay Schober Memorial Scholarship



Elizabeth Sanders

Susan Oesterling Whitaker Nursing Scholarship and Franciscan Health Auxiliary Lafayette Scholarship



Racheal Albertson

William & Martha Fancher Nursing Scholarship



Daniel Scott

William & Martha Fancher Nursing Scholarship



Kennedy Richard

Capt. Sally Watlington Scholarship



Deidra Howe

Mabel M. Knight Scholarship



Audrey Mills

Mabel M. Knight Scholarship



Morgan Rademacher

Mabel M. Knight Scholarship



Chandelle Valdizon

Mabel M. Knight Scholarship



Emma Olson

Loeb Scholar



Alisha Perkins

Loeb Scholar



Kenzie Brown

Loeb Scholar



Shay Oakley

Loeb Scholar



Alexandra Darbro

Franciscan Health Auxiliary Lafayette Scholarship



Ariel Gerrard

Franciscan Health Auxiliary Lafayette Scholarship



Candice Arnold

Franciscan Health Auxiliary Lafayette Scholarship



Eryn Rice

St. Clare Medical Center Auxiliary Scholarship



SCHOLARSHIP OPPORTUNITIES

You can support St. Elizabeth School of Nursing by contributing directly to our general fund, general scholarship fund, alumni association fund, one of our many endowed scholarships or start your own!

SCHOLARSHIPS:

- Betty J. McCay Schober Memorial Scholarship
- Betty Jean Lowery Nursing Scholarship
- Brenda E. Murray Memorial Scholarship
- Franciscan Health Auxiliary Lafayette Scholarship
- Gertrude Loeb Rosen Scholarship
- Juanita Burnett Marchand Memorial Scholarship
- Mabel M. Knight Scholarship
- Nola J. Gentry St. Elizabeth School of Nursing Scholarship
- Captain Sally Watlington, USN (Ret.) St. Elizabeth School of Nursing Scholarship
- St. Clare Medical Center Auxiliary St. Elizabeth School of Nursing Scholarship
- Susan Oesterling Whitaker Nursing Scholarship
- The Wilson Family Nursing Scholarship
- William & Martha Fancher Nursing Scholarship
- James & JoAnn Vorst Nursing Scholarship

FEATURED SCHOLARSHIP

Betty Jean Lowery Nursing Scholarship

Betty Jean Lowery was born in 1938 in a farmhouse near New Ross, Indiana. She had to overcome many obstacles in life. She knew at the age of 16 that she needed to better her future. She was a dedicated high school student, graduating valedictorian of her class, and had secretly applied for various nursing scholarships to pursue her dream. Betty was awarded those scholarships and began her nursing training at the St. Elizabeth School of Nursing in August 1956. She graduated in 1959, and went on to receive her BSN in 1963. Betty stated that the main reason she wanted to establish a scholarship was to **help more individuals achieve their dream of becoming a nurse**. Scholarships had helped her, and she wanted to **pay it forward**.

For more information, please visit StESoN.org/Scholarships

WHAT NEW NURSES NEED TO KNOW

Sage advice from seasoned professionals to newcomers

You remember it well, don't you? Those fresh-faced days after graduating from nursing school. Butterflies were ever present as well as the optimism of beginning your nursing career of caring for others. It's quite an adjustment to evolve from student to licensed nurse. We asked some faculty and alumni to share their personal words of wisdom to new nurses concerning what to expect in the workplace.

ANN MINNICUS, MSN, BSN, RN, CGRN

Ann Minnicus, a 1977 graduate of the St. Elizabeth School of Nursing program, understands that it can be challenging for new nurses to show grace and tenderness towards patients when the pace is hectic. She stresses, **“Be compassionate toward your patients. It can be hard when you have several patients to care for at one time and a lot of tasks to complete. However, you can't forget that they're people, too. You have no idea what else they could be going through.”**

JOSHUA VANZANT

While striving to be changemakers in the field of nursing, it's important to remain strong yet respectful. A 2014 graduate, Joshua VanZant, puts the importance of professionalism into perspective. **“As younger nurses, we're newly educated; we're up to date on evidence-based practice; and the goal of nursing is to be change agents. Embrace that role to find a way to be respectful of those who have been in the profession longer.”**

DR. ANDREA BLISSITT, PhD, RN, CNE

Dr. Andrea Blissitt, Adult Practice department chair and assistant professor of nursing, reminisces on the challenges she faced when starting her career to advise new nurses as they start theirs. **“I wish I would've been more prepared for feeling inadequate about not knowing everything, and that should be the impetus behind asking questions and pursuing knowledge. Always strive to know why and know more.”**

DR. MICHELLE GERRETY, EdD, MSN, RN

Collaborative patient care happens when you build trust among coworkers. St. Elizabeth School of Nursing Director Dr. Michelle Gerrety emphasizes that fledgling nurses must remember they're a part of something bigger than just being a nurse. **“You're always part of a team. You need to ask for help and offer your help as well.”** Dr. Gerrety also adds this important tip: **“Listen to your gut. If something doesn't feel right, it usually isn't.”**

RYAN CAPECCI

If there's one thing you can count on in the medical field, it's to expect changes in policy and practices. The medical field is no exception. Ryan Capecci (2011), a registered nurse in the PACU at Franciscan Health Lafayette, and a flight nurse for the non-profit organization Grace on Wings, reminds new nurses that being open to modifications in the workplace is important. **“Always be receptive to change. There are so many changes in healthcare today, so it is good to try and stay up to date on clinical practices in whatever area you are working in.”**

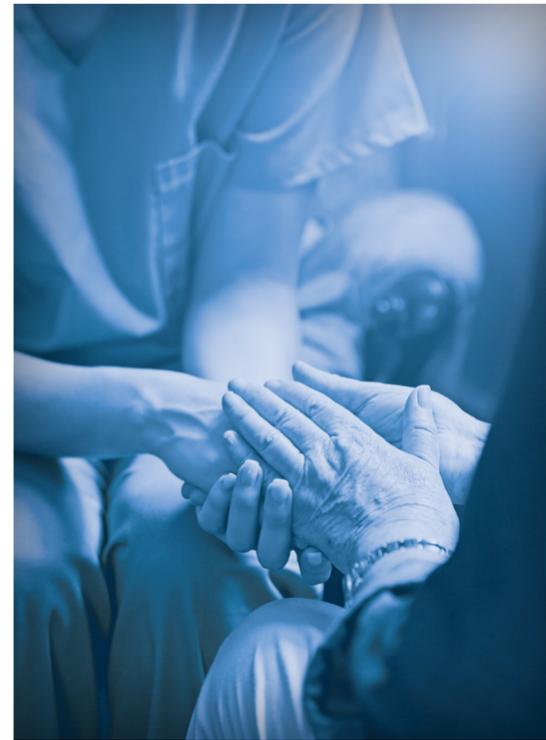
MARY VANDERVOLGEN-GOLDMAN

No matter what you choose as a career, it's important to love it. Mary Vandervolgen-Goldman, a 1963 graduate, offers this key to happiness to recent graduates. **“Select where you want to work. Whether it be pediatrics, geriatrics or emergency room trauma and love what you do.”** She advises to explore all options and do not be closed off to opportunities. **“If you love what you do, you'll never feel like you have to go to work.”**

Looking for a job?

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