

The Alumni Newsletter

Columbia University-Presbyterian Hospital School of Nursing Alumni Association, Inc.

Volume 13 Issue 1

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The Newsletter is published to bring together members of the Columbia University-Presbyterian Hospital School of Nursing Alumni

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Old Website Address:
www.cuphsonaa.com
As of December 1, 2008:
www.cuphsonaa.org

Use the Alumni home page to obtain information concerning:

- membership
- pensions
- sick benefits
- scholarships
- research awards
- news
- reunion

NURSING EDUCATION, THEN AND NOW

Browsing through old Alumni magazines and some memorabilia that alumni have donated to the office, here are several items of interest.

The first is the graduation address for the class of 1897 in which the "Order of Neighbors" was established. One hundred and ten years ago! How much has changed and how many of the needs have remained the same.

An item in contrast was the curriculum of the School in 1957, donated by Claudia Speicher '57 with current programs. It outlines the number of classroom and clinical hours for the then three- year program. The total classroom hours were 1005 and clinical hours were 510 but that latter number is deceptive in that the total hours "on the wards were somewhat incorrect. Hours spent "on the wards" was somewhere around 27 per week for a total of 156 weeks. Given the intensity of clinical experiences, 24 hours a week, plus or minus, doing clinical nursing became second nature. While some experiences were plain physical labor and repetition, we had the opportunity to work along with a wide range of patients and professionals, to observe how they thought and made decisions. That kind of imperceptible and interactive learning is invaluable.

While this is not to disparage today's nursing student, graduate or program, the contrast in amounts of time spent today in giving direct patient care has been substantially reduced. With it goes the familiarity with one's environment, peers and colleagues; the range of pharmacologic agents, technology and complex procedures to learn in a very short time seems almost impossible! Associate degree students have approximately 550-650 hours spent in direct patient care while baccalaureate students have somewhere in the range of 900 hours, depending upon the program.

A professor at a leading university says this of her teaching experience:

Our students whip in and out of clinical situations so quickly, I am not certain how they remember where to go each week - not sure I would have been able to do what we ask them to do - all in an effort to streamline everything. Of course, now it is all tied to credit hours that cost so much, less becomes better.....

I do know that NY State has no required minimum number of hours for a BS program. The hot topic now is use of simulation activities on campus in lieu of "real" clinical time, given the acuity of patients in the hospital, the competition for clinical units with so many programs and so many students, and the concern for patient safety and "practicing " on patients. The question is: can therapeutic communication really be simulated, and is any of this learning transferable to a "live" situation? And how do you ever accurately evaluate this and find a reliable answer?

Graduates of yore didn't have to master all these newer technologies nor deal with an older population that has highly complicated illnesses. It is a daunting task for any student of nursing and new graduate to hone skills, become at ease in the clinical setting and develop mastery in managing the responsibilities thrust upon them. Their learning curve continues after graduation, working under their own licenses without the protection and continuing mentorship of vigilant faculty or hospital/agency staff that once helped them before graduation.

Continued on page 6

President's Message

Nancy VAZAC Jackson, '70, Ed.D, RN

What's blue and white and read all over? Our updated Website!

Check it out: <http://www.cuphsonaa.org>

Photos past and present, application forms for scholarships, alumni awards, research grants, pensions and sick funds, list of Board members: all of these are now easily accessible on the new website. We are particularly happy with the photos from our 2008 reunion. What a group that was! I think the photos speak for themselves.

One of the wonderful features of this original Alumni Association is the way it encompasses the past, the present and keeps an eye open to the future. Our office has alumni newsletters and magazines dating back to our origins in 1892. Early articles describe fund raising bake sales and card parties in Sturges Auditorium in Maxwell Hall, then there were many years of articles detailing efforts to support our troops and nurses serving in wars, and in more recent years, documentation of the donation of the endowed Alumni Chair to the School of Nursing in 1992. These are all a proud part of our history.

Now CUPHSONAA has an updated website that is attractive, user-friendly and allows better communication with our constituents – you, our loyal alumni. Our plan is to post upcoming newsletters and magazines, omitting the personal news to protect the privacy of those sharing their updates with association members.

We would love getting feedback from you about our new website. Please visit it and send comments and suggestions for even more improvements.

For Alumni who are not computer users, don't feel left out. We will continue to publish and mail newsletters and magazines. However, if you take this newsletter with our web address to your local library and ask for assistance, you can view our website and see what we are so excited about.

Stay tuned to our Website for photos of our 2009 Reunion which will be held Friday, April 24, 2009

MISSING

Do you have one of these yearbooks?

Our office has an important archive of yearbooks from most of our graduations beginning in 1936. Subsequently, there are some gaps. Would you be willing to offer your copy to fill in the missing ones? These are the years we do not have:

Before 1936 (if there were any printed)

1938-44 (these were the war years so there may not be any)

1954, 1960, 1962, 1967, 1979, 1984-86, After 1986

We would also be pleased to accept photographs of events, places, things like procedure manuals, check off procedure sheets, catalogues that you might wish to ensure their perpetuity rather than be discarded at some future time. If you do, please be sure to write the names of the persons depicted on the reverse (in pencil) side of the picture.

Many thanks.

Recently we heard from an alumnus who thought she had contributed to our organization and was aghast that she had erred and had given a substantial sum to the School of Nursing's association.

Her confusion is understandable and we are sorry that the money went to the wrong agency. In recent years, the School of Nursing's association changed its name from the original to more closely resemble ours. Compare the two and you will see how mistakes such as this happen.

Our full name is:

Columbia University-Presbyterian Hospital School of Nursing Alumni Association, Inc. (CUPHSONAA, INC.)

The School's name is:

Columbia University School of Nursing (CUSON)

and their Alumni Association is:

Columbia University School of Nursing Alumni Association (CUSONAA)

At one point they called themselves:

Columbia and Presbyterian School of Nursing (CAPSONA)

Alas, the connection to Presbyterian Hospital School of Nursing and its graduates seem to finally be severed. If you detect many similarities - not just the name, but with their screens on their website that is similar to ours - only further confuses our alumni.

To ensure that you are giving to the association of your choice, the one SURE way to differentiate is to look for the Inc., or Incorporated, at the end of our name. By a special act of the New York State Legislature in 1892, our original alumni association became a corporation as it has been ever since.

Our major mission is to help alumni, be they student, senior or sick. The School's donations are used for scholarships for students at the School. Wherever you choose to donate, be sure you make your check out correctly. Remember, too, that if you send it to the wrong address, because of similarities in name, banks may not differentiate in processing your deposit. We are located at 6 Xavier Drive, Suite 314, Yonkers NY 10704.

Alumni News

1942

Marion HOWALD Swarthout works hard to stay in touch with each of the members of the Class of 1942. Here is the news she's gathered from her classmates this year. **Jean LAGAKIS Benner** is still living independently, driving and sounding positive. **Elizabeth DILLINGHAM Bliven** notes that she and her husband will both reach 90 this year and celebrate 65 years of marriage. **Elizabeth SCHOON-MAKER Booth** is doing well and still riding at 92. **Rose BENDOCK Carr** still has the travel bug. Tanzania in 2007 and Switzerland in 2008. **Beth MARTENS Craft** and her husband are cruising with a stamp collecting group and traveling to Iowa for a granddaughter's wedding this year. **Dorothy WEINBERGER Cribbs** is enjoying rural retirement community living in the beautiful countryside and learning to play bridge. **Alice HAMILTON Davies** lost her husband in 2008 and continues to lead a grief fellowship group. **Annette FITCH Donovan** is doing well and busy volunteering. **Jo HAL-LARAN Finan** has moved to Texas, but is reserving judgment on Texas until she has been there a year. **Muffy PEARSON Freeman** returns each summer to her cottage in Norway where she can visit with her children and grandchildren and a new great-grandson born in October 2008. **Doree SAWYER Jimison** plays duplicate bridge and enjoys sudoku. She recently bought a house and is having it remodeled for her son, who uses a wheelchair. **Lois PERINCHIEF McNulty** enjoys her independent living arrangements. Her daughter is nearby. **Irene HOLTAN Schmidgall** and her husband are both well. Their 7th great-grandchild, a baby girl, gave them an excuse to travel to Florida after all their Salvation Army work at Christmas. **Vivi TOOTELL Westwick** had a huge celebration for her 90th birthday and the 25th anniversary of the farm with more than 100 friends and family. **Marion HOWALD Swarthout** writes of herself that it's such fun to gather class news and talk to so many

of my old friends. I try mail, e-mail and phone and still don't reach everyone. Still, 16 of our remaining group is a very good effort. If anyone else would like to take over, just let me or the alumni office know. I am impressed that we are such a hardy lot, keeping busy, still learning new things, many still traveling. I was unable to reach **Cynthia KILBURN Kelly** and **Justine DENNEHY Meehan**.

1959

Some of the class are unable to attend the reunion because of other obligations, health reasons, family commitments etc. Some news has been received from those who will not be attending.

VIRGINIA ABRAMS MEAD writes that she has lived in Rhode Island most of



her life. Her husband, Dick, has retired from his medical practice and she now spends time volunteering in the Girl Scouts, PACE, church, medical auxiliary as well as teaching decoupage at a handicraft club. She has two children and four grandchildren and the latter are taking her away from her 50th reunion as she will be the "sitters of choice" in California in April.

LORRAINE BETZ BOUSARD will also miss the reunion as she will be attending a family vacation. After a varied career – teaching at her alma mater, Rutgers and Dominican College, supervisor at Mt. Sinai, Director of Institutional Research at Dominican and Director of Education at a Phoenix hospice round-



ing our her nursing career, but she also has volunteered in community activities. Always interested in music, she married Joseph Bousard, a composer, actor, coach, teacher and producer of musical theater. She has joined him on many of his productions and also sings with a all women quartet. They have one daughter who is also a musician, artist, producer with her husband. They have just welcomed a second child and Lorraine and Joe now have a grandson and granddaughter.

MARGO DENOYAN SADDEH is our global citizen. After a stint with Arabian American Oil Company where she was in charge of a small outpatient clinic for women and children of employees who came from many different countries. The clinic grew from twelve patients to over a thousand in the three years she was there. While in Saudi Arabia, she met her husband, George, a physician in the clinic and so began her odyssey. Although they grew up in Saudi Arabia, they went to school here during the Gulf War, married and settled in the States. And are raising Margo and George's five grandchildren. In addition to traveling, Margo has taken a course in Spiritual Direction and has been



a deacon and elder in her church. They travel a good deal and return to Lebanon where George still has family.

MARY GOODWIN DUMMER is celebrating her 45th wedding anniversary on the day after our reunion and will not be attending. After graduation and before her children arrived, she worked in rehab and then took seventeen years off to raise a family. After a refresher course, she started in med-surg but soon found that psychiatric nursing was her niche and she became a teacher, practicing in

that area until she retired. She married George Dummer and they now have three sons and five grandchildren. "Goodie's own words sum up her experience and memories:



Our fiftieth (reunion) provokes a variety of memories for me – of Maxwell Hall (looming large at first), black stockings, starched white caps and uniforms, the tunnel, the sheer terror and fear of possibly making a fatal mistake in the midst of all that new responsibility.

Relief came from the silliness and laughter in the dorm and from close friendships and the gradual building of that unique sorority of shared experience that nurses seem to have in common. The lessons learned at Babies Hospital, on the streets of Brooklyn for Public Health and on the wards of Presbyterian Hospital have lasted a long time. I am grateful for every one of them and for the people – friends, classmates, instructors, patients, - who were with me through it all.

GAIL PFLEUGER HAMILTON writes: "Professionally, nursing has given me a wonderful career. I am ever grateful for the fine undergraduate education that I received at CUPH. After practicing Community Health Nursing for a few years, I returned to school and earned a master's degree in Community Health Nursing, and later my credentials as a Geriatric Nurse Practitioner. Following this, I taught nursing at Widener University. After a number of years, I earned my doctorate in social work with a major in gerontology. All my graduate studies were completed at the University of Pennsylvania. With these credentials, I taught Gerontological and Community



Health Nursing at Temple University as an Associate Professor. Now that I am retired, I am a Professor Emerita.

Ralph and I are now enjoying "the good life" in Kennett Square PA. We have three daughters and six grandchildren, scattered geographically but we do manage to get together."

CAROL HECKS BRICE has lived in Alaska since shortly after graduation. Although she did work on BH-8 for a couple of years as well as with Dr. Virginia



Apgar, perfecting her Apgar Scale. In addition, she had T. Berry Brazelton as her mentor and now friend who helped her with her business, Family Training Associates. Carol has worked tirelessly for abused and neglected, her life's work. By adopting a four-year old Eskimo boy, in addition to her own four children. The adoptee, they discovered had Fetal Alcohol Syndrome and that was the stimulus for assuming an activist and advocate role for such children. Carol wrote about her latest challenge:

"The doors of opportunity closed when I was diagnosed with early Alzheimers disease. I have limited my professional activities but I will never pass up opportunities to share my wisdom and energy as a volunteer advocate on behalf of children. After investigating, Al and I have been accepted into a top collaborative study and will be receiving treatment and follow-up every six weeks through 2010. With whatever dollars you have, support research and prevention. We learned that from the best, at the best."

NANCY LERDA NEWSON lives in Washington state and won't be traveling East for the reunion. She writes to tell us that she has four daughters, Susan, a high school history teacher living North Bend WA; Virginia is a dental hygienist in Virginia; Nancy a pharmacist in Utah

and Katherine also in Washington state. Together her daughters have given her nine grandchildren - five girls and four boys.



DOROTHY METZ ENGLEBRECHT says that she practiced nursing from 1959 through 1995 when she retired. She held a variety of positions – long-term care supervisor, instructor, assistant and director of nursing. In addition to her busy career, she and her husband have two sons and three grandchildren. In addition, she found time to volunteer in her church activities, garden club, book club and now



coordinates a food program for the elderly and disabled in her community. They are beginning to clean house

and will soon be moving into a retirement community.

SHIRLEY WITT EBERT and her husband, John, have three children and seven grandchildren. After almost 24 years at the Macomb County Health Department, retiring some ten years ago. She had previously worked in L&D, oncology research and teaching in a diploma program. An active volunteer in a well child clinic and working in a SIDS project and, with her husband, are busy in church activities. However, she claims she is on call "24 hours a day" for her children. A breast cancer survivor, she is living life to the fullest.



1960

BARBARA FIRL COSTEN writes, "NURSING IS A PROFESSION FOR ALL SEASONS OF LIFE. At least it has

been that way for me. After graduation, I went into private duty nursing for a short time. My subsequent positions included medical missionary work and various nursing education opportunities: schools of nursing, staff development, wellness center nursing, patient and community health, and home health care. At the age of 45, I completed my M.S. Degree in Adult Health Nursing, with a minor in Education, from the Medical College of Virginia at Virginia Commonwealth University. My thanks go to our Alumnae Association who provided me a grant to help defray my expenses. Soon thereafter I became active in Sigma Theta Tau at Old Dominion University. For 5 years, I was a nurse supervisor in First Aid at Busch Gardens-the Old Country in Williamsburg, Virginia. It was there that I used all of my nursing, medical, and interpersonal relations skills. Besides our evaluations of visitors in the park, we also managed employee health concerns. For 10 years, my husband Bob and I cared for my parents, first at their home, and then in assisted living and in a nursing home. Because I was my parents' financial manager, I took accounting courses at our community college and ended up tutoring others in accounting!

Bob and I are now both retired. We travel for pleasure and to visit our blended family of five children and nine grandchildren. Our only daughter lives locally and we enjoy babysitting our 2 year old granddaughter and 5 year old grandson. Some of my leisure time is spent quilting. I will take quilting classes at the MidAtlantic Quilt Show in February and also be a judge's assistant. I noticed that a few of our classmates also enjoy this hobby.

On a personal level, I can think of nothing better for myself than the nursing profession. It has prepared me for child-rearing, unexpected occurrences, life changes, and parental care. I thank my Heavenly Father, my parents, and our nursing school and hospital for providing me the basics for lifelong personal growth and service to others.

OUR 116TH REUNION APRIL 24, 2009

NEW YORK ATHLETIC CLUB

180 Central Park South, New York, New York

Special Recognition to Classes ending in 4 and 9

-----MORNING PROGRAM-----

Coffee and registration begins at 8:30am

The annual meeting will begin at 9:30 am chaired by
Nancy Vazac Jackson '70, EdD, RN, President, CUPHSONAA

DISTINGUISHED ALUMNI AWARDS presented by
Joan Arnold '69, PhD, RN, Director & Awards Committee Chair
Special Video Presentation for the 50th Anniversary Class – 1959

SCHOLARSHIP AWARDS presented by
Nora Tulchin '70, BS, RN, Director & Scholarship Committee Chair

KEYNOTE SPEAKER

Donna Clemmens, R.N., Ph.D.

“The Significance of Motherhood: Adolescent Coping with Maternal Breast Cancer”

Class photos will be taken before lunch

REUNION LUNCHEON

-----AFTERNOON PROGRAM-----

CUPHSONAA Video Collection - Please bring memorabilia and photos to share

4:00pm - Wine and Cheese Hour

with a musical interlude by Cynthia Chaffee '59 on the shakuhachi, a traditional Japanese bamboo flute

Joan Ambrose McCormick '61, JD, RN, Reunion Chair

COST: Reunion Day: \$95.00 per person. Guests are welcome at the same rate.
Members of the Class of '59 attend at no cost - Wine and Cheese Hour Only: \$35.00 per person.

Parking: LLC/ICON Garage 166-172 West 58th Street

1950

Marilyn HOWIE Gerathy '57 sent us an obituary for **Nancy WRAY Tamlyn '50** who died on October 26, 2008. Nancy was worked as an RN for a Pediatrician and a Urologist for many years. She loved her nursing career through her retirement in 1987. She is survived by her husband, Ralph Tamlyn of Boynton Beach, FL, 3 sons and 4 granddaughters.

1955

Joan MCINTYRE Distel wrote about the death of classmate, **Connie BERRIEN Schleindl**. “Connie and I kept in touch. She lived in Millbrook, NY with her husband, Matthew. I’ll miss her terribly and many of our classmates. Her love of music and her dedication to the profession of nursing were both outstanding.”

NURSING EDUCATION, THEN AND NOW

Continued from page 1

It is a daunting responsibility to become a professional nurse today. Mentorship of new graduates is so very important; yet there is a shortage of nursing faculty and hospital staff has been reduced with heavy responsibilities so their availability to assist students is limited as they, themselves, are overwhelmed by their own workload.

A third difference in nursing then and now is the large numbers of elderly with very complex health issues and severely limited hospital stays while the numbers of professional nurses in acute care agencies are dwindling and the elderly are increasing with multiplying health problems as well as number of admissions.

Lastly, the intrusion of a vast amount of documentation, extensive regulatory imperatives and the ever-present threat of litigation also crowd any mentor's day without having the presence of students who need guidance.

Not an easy set of problems to solve and not a very friendly learning environment!

Harking back to our "Order of Neighbors," it would behoove all Columbia-Presbyterian graduates to become more involved in this upcoming crisis whether by political action, mentoring, financial support or other means to ensure that our "Neighbors" continue to be cared for. It is our *raison d'être*, our history and our future.

OUR NEW WEBSITE ...

...is up and running! We have designed a new website where alumni can go to find out the latest alumni news, applications for benefits, membership, publications and much more. It will be interactive so that you can email us through the site, www.CUPHSONAA.org. If you would like to contribute news to the website, please forward your notes and photos to the Alumni Office at admin@cuphsonaa.org, call 914-966-3699, or fax 914-966-3693 or send print material to CUPHSONAA, Inc., 6 Xavier Drive, Yonkers NY 10704.

We hope you enjoy it.

In Memoriam

IN MEMORIAM

1926	Helen BOVEE Brown	Unknown
1934	Madelen PATTERSON Avis	Unknown
1934	Berta KINZLY	Unknown
1937	Eunice MC CLEERY Hornick	2002
1937	Gladys CARSON Wurst	January 11, 2002
1939	Jean FAUST Gremse	May 23, 2008.
1940	Virginia FRIEND Hennig	January 2008
1941	Dorothy HULL Cancellieri	March 7, 2008
1941	Josephine Nolan	April 22, 2008
1943	Marguerite VAN ARSDALE Tewksbury	April 6, 2008
1944	Jean FRENCH Clemens	Unknown
1946	Alice GRAHAM Berg	Unknown
1946	Joan BENTON Feeny	July 28, 2007
1947	Ruth NORTON Forsberg	Unknown
1947	Helen DAAS Sahadi	Unknown
1947	Nina FESS Wilson	March, 2008
1948	Ann SHEELER Hoekelman	Unknown
1949	Lois BAKER Guy	February 3, 2008
1949	Olive BENN Powell	March 6, 2007
1950	Dorothy ROSS Bartholomew	December 25, 2006
1950	Ruth EAGLE Boyle	August 15, 2008
1950	Kathlyn EGAN Paterson	February 23, 2008
1950	R June HAGSTROM Spangler	August 31, 2007
1950	Nancy WRAY Tamlyn	October 26, 2008
1952	Barbara FRICK Marshall	2006
1952	Catherine MCGRATH	October 12, 2008
1952	Ruth SHERWOOD Mitchell	July 1, 2008
1952	Irene JANOWSKI Roper	December 20, 2008
1953	Joyce MIDDLEBROK	October 17, 2008
1955	Cornelia BERRIEN Schleindl	December 6, 2008
1956	Nancy STROUSE Foster	Unknown
1958	Jane MALLALIEU McKinney	November 24th, 2008
1960	Elizabeth ZAWALICK Hughes	January 8, 2009
1962	Elizabeth LOEB	January 4, 2008
1968	Melanie BRIDGMAN Strong	May 3, 2008
1969	Sharon BEACH Falke	December 25, 2006
1974	Dee FRICK Martinsdale	June 11, 2008
1976	Donna BOERSMEMA Jackson	July 2, 2008
1981	Susan REILLY	Unknown
1983	Janice CARTER	Unknown

**Columbia University-Presbyterian Hospital
School of Nursing Alumni Association, Inc.**

6 Xavier Drive, Room 314, Yonkers, NY 10704-1309

WE'D LIKE TO KNOW

We would appreciate information concerning your professional and/or personal life for our files and for publication in the Alumni Magazine. Please mail or e-mail a current photograph. Our e-mail address is: cuphsonaa@aol.com

Current Name _____

Name at Graduation _____ Class _____

Husband's/Wife's Name _____
(Indicate whether Dr./Mr./The Rev., etc.)

Home Address _____
(Number) (Street)

_____ Check here if new
(City) (State) (Zip)

Current Employer _____
(Position) (Institution) (City) (State) (Zip)

E-mail _____ Phone _____

We invite you to become a member of the Alumni Association: _____ \$25.00 Enclosed.

PERSONAL NEWS: Weddings, births, adoptions, community activities, news of your family

PROFESSIONAL NEWS: Promotions, appointments, papers published or delivered, new ideas implemented

GOING BACK TO SCHOOL?

NEF AND CUPHSONAA, Inc.

Need some additional support for your graduate work? Well, perhaps your Alumni Association can help. Since its' founding, we have been helping alumni to pursue their nursing education and that is a long time of helping – over 100 years! We continue that original mission and grant scholarships to masters and doctoral degree candidates each year.

Unfortunately, we are not located on the School of Nursing's financial aid roster so you may not have known what we do. And, you do not necessarily have to attend Columbia University to qualify; any accredited nursing program at a college or university is eligible!

It is relatively simple to apply...just go to our website: www.cuphsonaa.org and in the upper right hand corner you will see "Scholarships" on the menu. Click on that and you are on your way.

If you have any problems accessing it, just call our office – 914-966-3699 and you are on your way. If you have friends who are also applying, spread the word.

The Nurses Educational Fund and our Association now have a linkage wherein those who apply to NEF for funds can, with their permission, be automatically be shifted to our Alumni Office for further financial consideration for their degree program.

The Ada Mutch Scholarship is targeted for CUPH alumni. You may apply for it as well as our CUPHSONAA Inc. scholarship. Just surf the Internet for their website N-E-F.org.

Ada Mutch was a pioneering woman in nursing education as well as an alumna. She was instrumental in assisting the transition

of the Presbyterian Hospital School of Nursing to make the change to become a baccalaureate program. She was also the Director of the school at Lankenau Hospital in Philadelphia for many years.

In 2004 our Association honored her at our Alumni Day, honoring her on her 100th birthday.

We are pleased to honor such an illustrious graduate, a nursing leader and a personifies all that Columbia University-Presbyterian Hospital School of Nursing graduates have been noted.



CUPHSONAA, Inc.
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