

Vital Signs



FALL 2007 | VOLUME 24 | NUMBER TWO

UIC COLLEGE OF
UNIVERSITY OF ILLINOIS
AT CHICAGO NURSING

Friend-to-Friend
Shining the Light
on AIDS Prevention
in Malawi

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A Letter from the Editor

For the past two years as editor of *Vital Signs*, I have been amazed and inspired by the depth and breadth of work the UIC College of Nursing community – alumni, students, faculty and staff – performs here in Illinois and worldwide.

You have helped build this magazine and bring your stories to light. When I asked for alumni and students to feature in the Spring 2007 issue, dozens of suggestions filled my mailbox. This fall when I sent out a call for class notes, more than 80 came in by the deadline, and more are coming everyday! Clearly, you have news to report – and you want to read about the news of your colleagues and fellow alumni.

To honor your efforts, we are pleased to launch the newly designed *Vital Signs*, making its debut at the 10th annual Power of Nursing Leadership Event on October 26, 2007.

Every issue will feature stories devoted to a special theme. We have also shaped four new sections: “Vista” focuses on future trends and unique innovations of the College community; “Radius” profiles people and their connection to the College; “Celebrating” highlights our accomplishments; and “Brilliant Futures” tracks the ongoing contributions of the College community in creating a future for the UIC College of Nursing.

Vital Signs will appear in your mailbox every fall and spring. We welcome suggestions for features, profiles, and other stories, as well as your class notes.

We hope you enjoy reading this issue as much as we enjoyed creating it for you.

Felicia Schneiderhan
con-editor@listserv.uic.edu

On the cover: Women in Malawi.

This magazine is printed on 30% post-consumer recycled paper

Message from the Dean



Creating access to healthcare—especially for vulnerable populations—often means creating some unusual programs in unlikely places.

Delivering primary health care services in public schools, churches and beauty salons....developing an alternative dispute resolution model where nurses work with judges and mediators in juvenile court...traveling to migrant farms to serve the uninsured....the list of innovative methods to provide healthcare goes on and on....

The ways that the UIC College of Nursing community serves people is unusual and often unexpected. That's why we've devoted this issue of *Vital Signs* to highlighting the work of our alumni and College community in giving people a chance to access innovative care in innovative ways.

Of note is the broad ripple effect begun by the work of an individual or a group. It starts with those at the center, who impact the next group, who impact a further group—as seen in training African community health workers in Malawi to go out into the rural areas, and developing community mental health centers in Chicago, and structuring a new initiative to keep the elderly healthy—creating concentric circles of change in answer to some very challenging questions: how can we bring healthcare to those who need it most? And how will it be sustained after we are gone?

This theme connects to Brilliant Futures: The Campaign for the University of Illinois at Chicago. In meeting the College of Nursing's goal of raising \$27 million of the \$650 million UIC goal, we will ensure a bright future for nurses. The scholarships, endowed chairs, improved facilities, and endowed centers for teaching, research, and practice will guarantee our ability to train the nursing leaders of tomorrow to continue the long tradition of bringing brilliant innovations to healthcare.

I thank you for your continued support of our College community—for helping us make brilliant healthcare innovations and brilliant futures a reality for many people.

A handwritten signature in black ink that reads "Joan Shaver". The signature is written in a cursive, flowing style.

Joan L. Shaver, PhD, RN, FAAN
Professor and Dean

College Administration

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Joan L. Shaver, PhD, RN, FAAN

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Vital Signs

Vital Signs is published bi-annually for the alumni, faculty, students, and friends of the University of Illinois at Chicago College of Nursing. It is dedicated to continuing a strong relationship between the College of Nursing, the UIC Nursing Alumni Association and its constituents, and friends and other supporters of the UIC College of Nursing.

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Malawi: Training Healthcare Workers on a Global Scale

Working “Mzake ndi Mzake”
—“Friend to Friend”— to
Prevent HIV/AIDS in Africa



Left: Wood carving from Mua Mission in Malawi, Right: A child on the road in Malawi. Below: A focus group of community women led by Rebecca Ngalande (MPH '07).



Story by Stephanie Kuehnert

Treatment of HIV/AIDS in Africa is usually talked about in terms of how to facilitate testing and distribute drugs in high-risk areas. Often overlooked is prevention, a key component in stopping the epidemic. Two members of the UIC College of Nursing community—Professor **Kathleen Norr** and **Chrissie Kaponda (PhD '96)**—are working to change that.

Norr and Kaponda are co-investigators on the “Mobilizing Health Workers for HIV Prevention in Malawi” project, funded by the National Institute of Nursing Research. In the southeastern African democratic republic of Malawi, their “Mzake ndi Mzake” (“Friend to Friend”) Peer Education model has reached more than 350 health workers, 2,500 community adults, 1,500 young adults, and 855 urban workers, thus succeeding in mobilizing the entire community for HIV/AIDS education and prevention.

The Mzake ndi Mzake project creates within Malawi communities an upward spiral of change that is self-perpetuating. “The goal is to

initiate both personal and community change,” Norr explains. She intends for the “peer to peer model to provide a scaffold on which the district health system can add treatments.”

Norr, professor of Maternal Child Nursing at UIC, found her initial interest in peer groups sparked by a group of women from the Chicago Women’s AIDS Foundation who developed “hat parties” built on the Avon model. But instead of talking skincare and makeup, these women discussed safer sex. At that time, the AIDS crisis in Africa was really coming to light. Along with a College of Nursing doctoral student, **Sheila Tlou (PhD '90)** (who has since





gone on to become the Botswana Minister of Health), Norr wrote a proposal to develop a peer group intervention model for Botswana.

Chrissie Kaponda, one of Norr's doctoral students, worked as a research assistant on the Botswana project. As Kaponda earned her PhD and returned to Malawi (she now heads the department of Maternal Child Nursing at the Kamuzu College of Nursing at University of Malawi), the Botswana project came to a close.

However, Norr wanted to continue work with the model. She and Kaponda planned an application for its use in Malawi where 14% of people ages 15-49 have HIV/AIDS. The pair received a Fulbright Award to launch the plan.

In a single district of Malawi (equivalent to a state), Norr, Kaponda, and their research team trained a cadre of Malawi healthcare workers at the district hospital. The workers took part in a standard six-session curriculum, which covered the importance of HIV prevention in the community, understanding human sexuality, understanding and preventing HIV, communicating with a partner about HIV prevention, using condoms correctly, and collaborating within the community for HIV prevention.

From this initial group of trained healthcare workers, forty people volunteered to train others in rural communities. Rural healthcare workers and political, religious, and educational leaders were trained, and they in turn volunteered to train more community adults and adolescents. Mzake ndi Mzake is a model that quickly becomes volunteer-run.

It is also a model that works for every level of individuals in the community. Literate people are needed to implement the curriculum, but anyone in the community can participate in the peer group dialogues, which consist of ten to fifteen people, two of whom

facilitate the group. Facilitators study the curriculum and lead the discussion, helping the group address uncomfortable issues such as condom use.

Midterm evaluation outcomes of the project included heightened HIV knowledge and more positive attitudes about controlling the epidemic. Those who attended peer groups reported fewer risky behaviors and talked with their partners about HIV. Surprisingly, results even found behavioral and attitude changes in community members not directly involved in training.

Dissemination of results took place at the end of June 2007 at Malawi's National AIDS Commission conference. The National AIDS Commission wants the team to continue the program, and schools have expressed interest in having teachers trained to facilitate Mzake ndi Mzake peer groups among their students. According to Norr, "the top priority is expanding the youth program because children are uninfected, but they become infected during their teens and early adulthood."

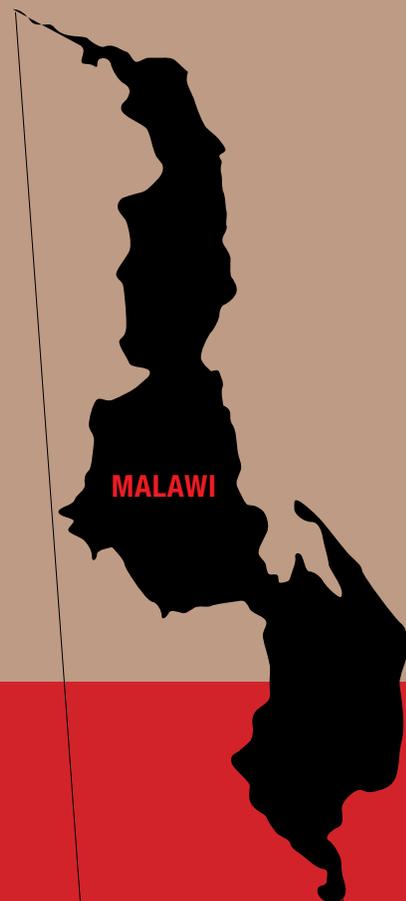
A next step for Norr and Kaponda is to work with trained district healthcare workers to develop a tool kit for health district managers to implement the program.

The Mzake ndi Mzake program has created a way for students such as **Kristina Davis (BSN '07)** to develop their research skills. She went to Malawi to interview healthcare workers.

"Before going to Malawi, I wanted to work domestically because I did not feel fully comfortable with the idea of imposing Western ideas of healthcare internationally," Davis explains. "I did not want to risk ignorantly introducing Western ideas on a cultural that does not accept them. When I went to Malawi, I realized how one can learn about a culture. In order to do international work, I would just need time to learn about the cultures of different populations so that I could provide aid tailored to their cultures and beliefs."



From far left: Young people welcome guests to the village; women on their way to market; training health workers from District Hospital. Below: A fishing boat on Lake Malawi.



College of Nursing Renews WHO Collaboration

The UIC College of Nursing has received re-designation as a Pan American Health Organization/World Health Organization Collaborating Center for International Nursing Development in Primary Health Care.

WHO Collaborating Centers (now numbering more than 30 across the globe) serve as a resource for nurses to collaborate throughout the world. Center personnel work with the WHO in promoting cooperation between countries, developing and sharing educational materials, disseminating information, and initiating collaborative nursing research projects. In 1986, the UIC College of Nursing was named the first U.S. WHO center in Nursing.

According to Dr. Beverly McElmurry, Associate Dean for Global Health Leadership and head of the center at UIC, "The UIC College of Nursing is committed to expanding its research, education, and practice programs in health leadership and primary health care throughout the world. Among the many programs we have developed are efforts to educate health workers about HIV risk

reduction in Botswana, Malawi, Chile, China, Swaziland, India, Indonesia, and Lithuania."

During the next four years of designation, McElmurry will focus center activities on assisting the WHO and Pan American Health Organizations in disseminating and sharing information and research findings relevant to health and nursing groups, particularly toward the Millennium Development Goals through primary health care for individuals, families and communities.

The eight Millennium Development Goals, endorsed by 189 countries, stem from agreements made at United Nations conferences in the 1990s to reduce poverty and hunger and to tackle ill-health, gender inequality, lack of education, lack of access to clean water, and environmental degradation.

The UIC center will also facilitate the development of nursing participation within multi-disciplinary primary health care teams and develop new ways to prepare graduate students for primary health care practice and research.

Cancer Patients Monitor Fatigue in Real-Time



Above: Wristwatch used to record data. Right: Dr. Eileen Hacker instructs a patient in the use of the device.



Fatigue is one of the most common and distressing symptoms cancer patients experience during chemotherapy and radiation treatment, but it's difficult for health care professionals to accurately assess its severity.

College researchers are studying fatigue in cancer patients undergoing stem cell transplants with a method successfully used to monitor behaviors such as smoking cessation and alcohol use.

The method is called “ecological momentary assessment” (often referred to as real-time assessment), which provides an instant measurement of patients’ fatigue.

Clinicians and researchers usually rely on a patient’s memory to collect data on symptoms such as fatigue. But

it’s difficult for patients to go back in time, says **Dr. Eileen Hacker**, clinical assistant professor and lead researcher of the study, or to average their symptom experiences.

According to Dr. Hacker, “Their mood may affect their recall. They may have been experiencing pain in addition to fatigue, and that affects how they remember the fatigue experience.”

In the study, patients used a device that is worn like a wristwatch to record the data. The patients entered the intensity of their fatigue by using ten numbered buttons on the device, one being no fatigue and ten being the worst.

Patients recorded their fatigue three times a day for three days prior to stem cell transplantation and three days

following the procedure. A signal from the device reminded patients when to enter the data.

The Fatigue Guidelines Panel of the National Comprehensive Cancer Network defines cancer-related fatigue as “an unusual, persistent, subjective sense of tiredness related to cancer or cancer treatment that interferes with usual functioning.” Fatigue commonly is one of the first symptoms of cancer and the longest-lasting symptom following cancer in both children and adults.

“For example, an adult diagnosed with acute myelocytic leukemia may seek medical care because of the extreme fatigue,” Dr. Hacker says. “Cancer can cause fatigue directly or indirectly by spreading to the bone marrow, causing anemia and by forming toxic substances in the body that interfere with normal cell functions.

“People who are having problems breathing—another symptom of some cancers—may also experience fatigue.”

This is the first study of real-time collection of fatigue data in acutely ill cancer patients. Ecological momentary assessment holds substantial promise for investigating fatigue and other cancer symptoms.

The study was published in the *Journal of Pain and Symptom Management*. It was funded by the Oncology Nursing Society Foundation, and UIC Center for Research on Cardiovascular and Respiratory Health.

Faculty Develop New Forensic Nursing Program



The College is developing a new forensic nursing program to prepare advanced practice nurses to assist victims of crime in urban, rural, and all medically underserved areas.

“An enormous need exists today to help victims of all ages and their families deal with the physical, psychological and legal implications of violent crimes,” says **Dr. Barbara Simmons**, Clinical Assistant Professor in the Department of Medical Surgical Nursing and program coordinator. “Nurses in hospitals and correctional facilities may also be the first to gather evidence and/or care for the alleged perpetrator.”

Only 24 graduate and certificate forensic nursing programs exist in the United States today; UIC is the only one of its kind in Illinois. It is being funded through a three-year federal training grant obtained from the Health Resources and Services Administration. The program will focus on nursing care for victims and their families, social issues related to violence, criminal psychopathology, unintentional injury within and outside health care settings, health care in prisons, domestic abuse, sexual assault, child and adolescent abuse, elder abuse, death investigation, and legal standards and practices.

Students must be enrolled in one of UIC’s graduate nursing programs to be eligible for the forensic nursing curriculum. Future plans include post-

baccalaureate and post-master’s programs. The forensic program will consist of three online courses, with the first scheduled to begin in January 2008. Up to 24 students will be accepted into the program.

Along with the online coursework, students will have the option to complete a clinical rotation in specialties, such as acute care, pediatrics, women’s health, and mental health. Upon completion of the program, students will be prepared for certification in their own master’s specialty and be eligible to pursue additional requirements for certification as a sexual assault nurse examiner (SANE).

Shortage of Public Health Nurses Addressed by Grant

The College has received a \$932,000 federal grant to reduce the shortage of public health nurses in Illinois.

The grant will be used to recruit and train nurses who will receive either a graduate degree in nursing through UIC’s advanced community health nurse program or a joint master’s degree in public health.

The current nursing shortage has limited the supply of public/community health nurses, said **Kathleen Baldwin (PhD '92)**, associate professor of public health nursing and the project’s principal investigator.

“We need more and better prepared advanced public/community health nurses to care for our communities in

such places as health departments, hospices, parish nurse programs, occupational health programs, and schools.”

Community/public health educators are also in short supply. As the population ages, Dr. Baldwin describes, “society has to ask itself if it isn’t more cost-effective to teach preventive self-care and employ public health nurses rather than pay a premium price for care of acute and chronic health problems.

“That’s why it is so important to encourage more nurses to pursue an advanced degree in public health nursing where community health promotion and disease prevention are stressed.” Although the field is challenging, “the rewards in this field of nursing are gratifying.”

Public health nurses care for all the people of their community by monitoring the spread of disease, keeping vigilant watch for environmental hazards, educating the community about health care, and training for community disasters and bioterrorism.

Public health nurses are advocates “not just for patients, but for the entire community.”

The three-year grant is funded by the Health Resources and Services Administration.

How We Make it Happen

A large, light blue, stylized number '1' is centered on a solid medium blue background.A large, light teal, stylized number '2' is centered on a solid medium teal background.A large, light teal, stylized number '3' is centered on a solid dark teal background.

Four Models
in the
College of
Nursing

How do you reach the hard-to-reach patients? Innovative concepts...unusual programs in unlikely places...lots of partnerships...perseverance... Here are just four examples of how the UIC College of Nursing community is reaching out to hard-to-reach patients, providing innovative healthcare in unusual ways.



Above: Dr. Cynthia Barnes-Boyd and her team meet with representatives from the McKesson Foundation at the National Teacher's Academy in Chicago. Below: A student health exam at the National Teacher's Academy Health Center.

**How do you provide healthcare to people who don't visit doctors?
Go where their kids are.**

[1] School-Based Health Centers

"The reason I choose schools is not because of the children," says **Cynthia "Cee" Barnes-Boyd (BSN '75, MS '79, PhD '90)**, assistant dean of community health initiatives at the College of Nursing and director of the UIC Neighborhoods Initiative, which oversees the Division of Community Health School Health Centers. "I do believe in maternal child health and starting early for health promotion, but schools and churches are places where you have access to the kids and their families and the community. It's one of the safe places in the community. You can reach so many people—mothers and grandmothers, anybody who comes through for any reason, you can address their health needs, too."

Primary healthcare, acute and chronic illness management, nutritional, and health education services are offered to students and families of community schools in Chicago. Treatments range from routine school exams and immunizations to ongoing care of existing medical conditions to health education and promotion. Health centers currently are at three Chicago Public Schools: National Teacher's Academy (55 West Cermak Road), Young Women's Leadership Charter School (2641 South Calumet Avenue), and John B. Drake School (2722 South King Drive).

Health center programs have been supported by the Illinois Department of Human Services, U.S. Department of Health and Human Services, Polk Bros. Foundation, Illinois Children's Health Care Foundation, Aetna, Visiting Nurses Association, Michael Reese Trust, March of Dimes, McKesson Foundation, Grant Health-care Foundation, and patient billing.

"With programs that are soft-funded, you have to go in with a plan from the beginning to sustain the work. You don't go with a three-year "project" mentality; if you do you will ultimately fail. From day one you must say, 'I have three years to make this sustainable.' You will listen differently, you will hear of opportunities to which you may not have otherwise been attuned, and other people, including funders, will hear the commitment in your appeals."





How do you provide healthcare education across a language barrier? Use technology.

[2] S.A.L.U.D.

S.A.L.U.D. — “Spanish Access to Literature / Uso Directo,” is a website devoted to empowering patients’ self-care activities through access to linguistically appropriate and culturally competent health information.

The project, developed out of a validated need at a community health nursing clinical site, incorporates the National Library of Medicine’s “Train-the-Trainer” model to assure that students and clinic staff have the ability to recognize and select quality/Internet-based health resources.

According to **Peggy Cassey**, College of Nursing clinical instructor and project leader, “Our students assessed the processes and products related to patient education within the clinical encounters and that led to the new initiative”—targeted to Chicago Department of Public Health Clinics but available to anyone with a multimedia computer and an Internet connection.

The program provides a one-stop location for immediate access to either multimedia materials or easy-to-read documents in many languages about problems common to ambulatory clinic patients. Effectiveness is linked to the partnerships and interdisciplinary collaboration through which it was developed, ongoing orientation

within each UIC community health nursing class, and commitment of the UIC Library of the Health Sciences to sustaining and updating the resource.

According to Cassey, the challenges involve “implementing one more skill-based technology activity within the patient encounter and keeping up with the constantly emerging new health resources and changing locations of resources.” Both of these challenges are met through continuous involvement of the nursing students each semester and the library’s commitment to maintaining the resources.

“If nurses want to empower our patients for the highest quality of care,” describes Cassey, “we need to use systems that are converging to support evidence-based practice and collaboration. It is my dream that nurses will be part of the global leadership teams advocating for these systems and using these tools in support of nursing practice and patient care.”

Visit salud.lib.uic.edu for more information on this program.



From far left: Charles Ying-Ling (MS '05) works with a patient at Thresholds. Bottom: In the Thresholds clinic.

**How do you reach mental health patients who lack primary care treatment?
Go to where they receive mental health services.**

[3] Integrated Healthcare

The “Integrated Health Care” (IHC) program is an innovative model that serves the primary care needs of patients suffering from mental health issues in the most obvious location—mental health rehabilitation settings.

More than a decade ago, there was recognition that for mental health patients, many of their primary healthcare needs (e.g. for heart disease or diabetes) were not being met. To address that need, UIC College of Nursing faculty and students began partnering with Thresholds, a Chicago nonprofit organization devoted to mental illness psychiatric rehabilitation and recovery, to integrate primary care for its members.

“People with mental illness typically have worse healthcare problems and problems with access to care because of cognitive disabilities and difficulty accessing services they need,” according to **Diane Pineda**, College of Nursing nurse practitioner who works with the IHC program. “Going into a place attuned to mental healthcare is where the members feel most comfortable. The idea is to fully care for them as a person, taking care of physical health challenges in the context of mental illness.”

Originally a once a week clinic at a single Thresholds site, the IHC program has increased to several days a week at several sites

around the city. Besides support from the College of Nursing and Thresholds, various sources of funding include the generous donations of alumni and friends, the federal government Health Resources and Services Administration, and the Robert Wood Johnson Foundation.

This summer, the IHC program received a five-year, two million dollar Health Resources & Service Administration grant to expand to a model “without walls” (WOW). “There’s a group of severely mentally ill who can’t access health-care clinics,” describes **Dr. Judy Storjell**, executive director of the Institute for Healthcare Innovation, “so we’ll begin offering primary care, including preventive behaviors, in their homes and group settings.” Alumna **Emily Brigell** (MS '97) coordinates the IHC WOW initiative.





Former program director Sue Braun and a Thresholds client.

How do you reduce the costs of caring for older adults? Promote healthful aging.

[4] PACE

PACE – Program for All-inclusive Care for the Elderly – is a new initiative of the Institute for Healthcare Innovation (IHI), focused on keeping the elderly healthy and living in their own homes.

A combination of Medicare and Medicaid, the program works on a flat-fee monthly reimbursement for all healthcare services provided – primary, acute, long term – allowing a model of care centered on prevention and functionality.

“Our typical healthcare is very fragmented,” says Dr. Judy Storfjell, IHI executive director, “you go to somebody different for everything. This is a multidisciplinary approach; you decide what’s going to get this person functional and you bring in the right resources.”

The program offers the ability to develop a new model of care that’s not just an array of services, but a true integration of healthcare that impacts the quality and outcome of cost-effective care.

For PACE approval, the feasibility study has been completed, and an application, including the selection of a site, is in progress. A third step will be to submit the application to the Illinois Bureau of Long Term Care. With the State approval, the application is then forwarded to the Centers for Medicare and Medicaid Services for final approval.

In addition to developing a new model of practice, the program will integrate teaching and research. This integration makes the UIC College of Nursing model unique from other existing PACE models. Possible research areas include developing instruction for caregivers (such as families living with the elderly) and assessing interventions. Storfjell lists the questions to explore. “Are the interventions preventing falls? Are people more compliant with medication regimes? Can we keep hospital readmissions low, can we keep people out of the nursing home? What’s the impact of cost of care and is the quality of life where the patient wants it to be—at the highest possible level?”



Dr. Kathy Christiansen, a national leader in home healthcare, has joined the IHI team to oversee all IHI practice programs, including PACE. “She blends the academic and the operational functions, which is unusual to find,” describes Judy Storfjell. “She’s always on the cutting edge.”

Says Dr. Christiansen, “Growing older in familiar surroundings with easily accessible friends and family and choices of healthcare services and assistance is what we would all desire. The PACE model is based on the belief that it is better for the well-being of seniors with chronic care needs and their families to be served in the community whenever possible.”

Creating Brilliant Futures

The Campaign

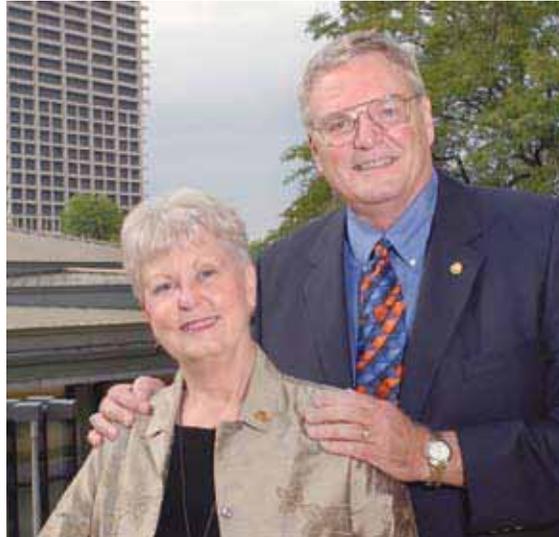
The University of Illinois is currently involved in the “Brilliant Futures” fundraising campaign.

The largest and most ambitious campaign in the history of the University of Illinois, College of Nursing aims to raise \$27 million for students, faculty, research, and the college environment.

Within the College of Nursing, the Brilliant Futures Campaign will increase access to nursing education, practice, and research. Scholarships and fellowships will provide opportunities for students, particularly those in inner cities and rural areas. Endowed chairs and professorships will strengthen our ability to recruit and retain the most accomplished and productive faculty. New technologies and improved facilities will meet the changing needs of today’s students, teachers, and researchers, giving them the best possible resources for shaping the future of global nursing practice and science.



Visit www.brilliantfutures.uic.edu for more information.



Jan and Tom Scharlau at the Inside UIC event, September 2007.

Leaving a Legacy

Jan Scharlau (BSN '68) found that her experiences at the College of Nursing made a lasting impact on her life, and she wanted to create a legacy that would provide future support for the educational mission of the College. After talking to her husband, Tom, Jan included a bequest in her will to establish the Jan Scharlau Endowment Fund.

“About seven years ago, my husband and I reached some of our major financial goals. We had sufficient funds for retirement and travel when we both stopped working full time. We began to think beyond our own needs, at what we might do to help others.

“The education we received at our respective universities had been a significant element in our accomplishing both our professional and financial goals. Without the sound preparation I received as an undergraduate at the UIC College of Nursing, I would not have

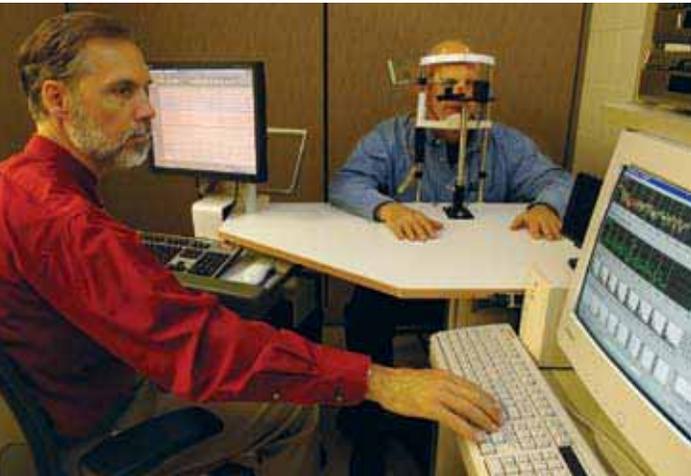
been able to go on to further educational opportunities and the subsequent roles I filled. Education was a major factor in our satisfaction with career and personal outcomes. It seemed most appropriate to support the College of Nursing so that in some way I could help it continue to provide similar opportunities for others.

“I chose to give a gift that will allow the Dean of the College the discretion on its use. Because much of my career was in nursing leadership roles, I knew from experience that change is a constant and that flexibility in use of funds was a great help.

“The greatest joy in giving this gift is the knowledge that it will help to better prepare nurses for the challenges to be faced in the future. It is my hope that this gift will help in a small way to make their journey better. I was blessed with gifted faculty, financial support in the form of loans and scholarships, and the opportunity to attend a first-class program. I want to see that continue.”

Bequests, the most common form of planned giving, are gifts made through a will or revocable trust.

Katherine Minnich Bequest to Support Narcolepsy Research



Dr. David Carley, director of the Center for Narcolepsy, Sleep, and Health Research, conducting research.

Mrs. Katherine Minnich never attended UIC. She was not a nurse, nor did she have a connection to the UIC College of Nursing. But she did have narcolepsy, and the research being conducted at the College inspired her gift of a generous bequest to create an endowment to advance narcolepsy research at the UIC Center for Narcolepsy, Sleep, and Health Research.

Mrs. Minnich struggled with narcolepsy most of her life. When she was a young woman, she began to inexplicably fall asleep for brief periods during the day. Several years ago she told the University of Illinois Foundation, “In those days, people had never heard of narcolepsy. My friends and neighbors thought I was taking naps because I was overtired from school-work and helping my family at home. My family was concerned, but since I couldn’t seem to do anything about it, I learned to take things in stride.”

After completing high school and business school during the Great Depression, Mrs. Minnich found a position with the U.S. Department of Agriculture Farmers Home Administration. Her job required extensive travel, and narcolepsy affected her work, including driving. She consulted a doctor and learned that her sleepiness

resulted from a medical disorder about which very little was known at the time. The unpredictability of her condition caused Mrs. Minnich to eventually lose her driving privileges.

Mrs. Minnich returned to her hometown of Bedford, PA, and took a secretarial position with a local attorney who would later become her father-in-law. She married John Minnich, also an attorney, who died in 1990.

Until her death in 2006, Mrs. Minnich remained passionate in her pursuit of knowledge about narcolepsy. “I sought advice from doctors at some of the best hospitals in the country. I learned there are some medications and other treatments to help us live better, but there is no cure for narcolepsy. Imagine living every day where you are awake one moment and asleep the next.”

The breadth and quality of research underway at the Center for Narcolepsy, Sleep, and Health Research prompted Mrs. Minnich to commit her bequest to benefit the Center. “I’ve always challenged myself to make the best out of my life. If I can do something to help narcolepsy researchers make life easier for others, I want to do that. I’m sure a cure will be discovered someday.”

Visit www.uic.edu/nursing/CNSHR/ for more information about the Center for Narcolepsy, Sleep, and Health Research, and announcements about the Spring 2008 conference.

The Tax Free IRA Gift – Wisdom Really Has Its Rewards



Do you have at least 70 ½ years of wisdom gained from your life? If so, and you own an Individual Retirement Account (IRA), please read on about a special giving opportunity that won't last long. The strategy is called a charitable IRA rollover (also known as a qualified charitable distribution), and it expires at the end of the year.

Between now and December 31, 2007, Congress will allow IRA gifts to be rolled over tax free to a charity if (1) you will be at least 70 ½ years old when you make the gift and (2) the gifts total no more than \$100,000 in 2007. After that, the old law is reinstated which taxes all withdrawals, even if used for charitable gifts.

An IRA gift to the UIC College of Nursing could support several opportunities:

- Student scholarships
- Faculty research
- Facilities improvement

Every great achievement begins with an opportunity. Through a gift to the UIC College of Nursing, you can provide opportunities to many deserving students and faculty. You will be investing not only in the College

of Nursing, but also in the future of the nursing profession for years to come.

Please donate part of your IRA to the College of Nursing. To enjoy the full benefit of this opportunity, your charitable IRA rollover gift *must be completed by December 31, 2007.*

Qualified charitable distributions from your IRA are easy to accomplish and may offer income tax benefits. Your financial advisor will be able to tell you whether they would be advantageous for you.

Please contact Nancy Herman, Director of Advancement, College of Nursing, at 312-996-1736, or nherman@uic.edu, to learn more about how your gift can support the College of Nursing and to receive more detailed information about the instructions to give your IRA custodian.

External Grants

January 1, 2007—June 30, 2007

Tracy Magee Development of an Objective Measure of Infant Crying (Midwest Nursing Research Society)

Colleen Corte Self Concept Disturbances & Alcohol Use in Urban Youth (Midwest Nursing Research Society)

Hyejung Lee Preterm Infants Attention Responses to Voice in the NICU (Midwest Nursing Research Society)

Dr. Kathleen Baldwin Measuring the Effects of Healthcare Workforce Enhancement Programming on PHN Competency Development (Association of Community Health Nursing Educators); Implementing the Doctor of Nursing Practice (Health Resources and Services Administration)

Aleeca Bell Neonatal Sucking Organization After Epidural Analgesia (National Institute of Nursing Research; Midwest Nursing Research Society)

Dr. Eileen Collins Polestriding Versus Walking for PAD Rehabilitation (National Institute of Nursing Research)

Dr. Barbara Dancy Mother/Daughter HIV Risk Reduction Intervention (National Institute of Mental Health);

Reducing Disparities in Undeserved Populations (National Institute of Nursing Research)

Dr. Carmen Giurgescu Race Related Stressor and Preterm Birth in African American Women (Sigma Theta Tau International)

Dr. Eileen Hacker Exercise in Cancer Patients Receiving Intensive Therapy (National Institute of Nursing Research)

Dr. Aruna Jha Treatment of Psychological Distress Near the End of Life (National Institute of Mental Health)

Dr. Janet Larson Training in Biobehavioral Nursing Research (National Institute of Nursing Research)

Dr. Beverly McElmurry UIC AIDS International Training and Research Program (Fogarty International Center)

Dr. Usha Menon Increasing CRC Screening in Primary Care Settings (National Institute of Nursing Research)

Dr. Barbara Simmons Advanced Practice Forensic Nurse (Health Resources and Services Administration)

Dr. Judy Storfjell Integrated Health Care Without Walls (Health Resources and Services Administration)

Dr. Catherine Vincent Pediatric Nurses' Cognitive Representations of Children's Pain (National Institute of Nursing Research)

First-ever UIC Women's Health Reunion a Success!

This May, the UIC Nursing Alumni Board sponsored a reception at the American College of Nursing Midwives (ACNM) meeting in Chicago. In an inspiring show of UIC Nursing Leadership, UIC alums in nurse midwifery and women's health (now more than 400) came together to show colleagues from all over the U.S. their powerful scholarship, caring, and penchant for having fun.

Lillian Runnerstrom, previous Maternal Child Department head and creator of the robust midwifery program, was awarded (in absentia) a Dorothea Lang Pioneer award. **Barbara Camune**, Midwifery Program Coordinator, was inducted as a fellow into the ACNM.

According to Dean Joan Shaver, "Our accomplished alums 'cared' enough to invite our newly admitted Graduate Entry Program students, who have declared nurse midwifery as their eventual practice domain. They were soaking up the culture! These pre-alums no doubt were seeing that their 'brilliant futures' would be assured through a stunning tradition."



(Photos courtesy Carrie Klima)

Big Buzz in the Bay

College of Nursing Media Specialist **Mark Mershon** escaped from Alcatraz this summer when he swam with a group from the island across the San Francisco Bay. Mershon trained over a year for the event, and his wife, son, and brother were on hand to watch his victorious emergence. "They warned us not to linger on the beach," Mershon said, "and watch out for the frisky sea lions." (Yep—that really is Mark.)

(Photo by Max Mershon)



Congratulations

Faculty

Kathy Norr, Honorary Membership in Sigma Theta Tau International.

Sabina Dambrauskas, American College of Nurse-Midwives Foundation Excellence in Teaching Award.

Barbara Camune, Induction as a Fellow of American College of Nurse-Midwives.

Agatha Gallo, 2007 Founder Award from the International Society of Nurses in Genetics (ISONG).

Lorna Finnegan, 2007 UIC Honors College Fellow of the Year.

Kathy Christiansen, appointed by Governor Blagojevich to the Board of Illinois Center for Nursing, representing community health nursing.

MariPat King, 2007 Silver Circle Award for Excellence in Teaching.

Staff

Bala Ramaraju, UIC UIAA INSPIRE award.

Denise Sobotka, UIC UIAA INSPIRE award.

Students

Maricsa Sanchez, 2007 State Representative Al Riley's 38th District Legislative Scholarship

Janel Smith, 2007 Graduating Student Recognition Award

Amy Jessup, 2007 Cardew-Mullane Award in Clinical Excellence and Leadership

Karyn A. Vesley, 2007 Cardew-Mullane Award in Clinical Excellence and Leadership

Vilija Geleziute, 2007 UIC Honors College Council Award

Rieko Kishi, American Academy of University Women, Educational Foundation as an International Doctoral Fellow for the 2007-08 year.

Bridget Cahill, appointed by Governor Blagojevich to the Board of Illinois Center for Nursing, representing advanced practice nursing.

Jamie Leslie, 2007 Chancellor's Student Service Award.

Karine Otten, 2007 Chancellor's Student Service Award.

Shirley Stephenson, 2007 Chancellor's Student Service Award.

Pei-Yun Tsai, 2007 Chancellor's Student Service Award.

Meet Our Newest "Honorary" Alumnus



This spring, **Amy Jessup (MS '07)** was preparing to graduate with a family nurse practitioner specialty when she gave birth to her own baby boy, Jack, at 34 weeks, on Easter.

Her friend **Karen Collins (MS '07)**, ready to graduate with a midwifery specialty, happened to be in the clinic to deliver Amy's baby.

"Karen did an amazing job and kept me calm," Jessup says. "I can't think of a more special experience—at least for me—to have one of my fellow classmates deliver my child. How often could something like this happen for two students in the UIC program? I truly experienced the benefits of the excellent training UIC provides!"

Visit Vital Signs Online with interactive media stories and the first ever Nursing Dean's blog! www.uic.edu/nursing/vitalsigns/

Leading

Ann Lurie, a pediatric nurse by training, is an innovator and entrepreneur for global health, initiating projects in rural Africa as well as leading philanthropy in Chicago and throughout the Midwest.

Mrs. Lurie spends about half the year working at AID Village Clinics, Inc., an infectious disease healthcare initiative she implemented and operates in the hills of southeast rural Kenya, where healthcare—and in the case of her operation, free healthcare—is necessary before you can consider moving residents out of poverty.

“If you are ill, you can’t tend your cattle, you can’t farm your crops, and you can neither take care of nor provide for your family,” Mrs. Lurie explains. The population she serves has a several-generations deficit of healthcare and, in many cases, almost a total lack of understanding of what makes them, or their children, ill.

The program involves a fixed-based clinic and a vibrant public health outreach program where medical personnel visit families via motorbike to deliver health assessments, education, medications, and an array of preventative materials such as mosquito nets, a water-purifying product, condoms, and formula for babies born of HIV infected mothers. They have also introduced sanitary facilities to this community and annually deliver and install 90 “mobilets,” a type of ventilated pit latrine, throughout the community.

“Our clinic also provides something that many young people in rural Africa do not have: role models,” says Mrs. Lurie. She believes strongly that access to healthcare and exposure to education and positive role models are fundamental factors in addressing poverty.

“The first Maasai woman to enter medical school lives about half a mile from our clinic. This is extraordinarily significant to me as I believe her desire and determination to become a doctor



Ann Lurie, president of Lurie Investments and The Ann and Robert H. Lurie Foundation, serves as Honorary Co-Chair of this year’s 10th annual Power of Nursing Leadership Event.

represents the convergence of all three of these factors – healthcare, education and role models – in this girl’s life.”

Mrs. Lurie envisions a slow evolution of the Maasai community out of poverty, primarily by means of exposure and education – “once they are healthy.”

Among her many philanthropic contributions to the quality of life in Chicago, Mrs. Lurie provided the lead gift to launch the Greater Chicago Food Depository Campaign. “My sentiments regarding hunger are similar to those regarding illness; if you are hungry, you can’t work, you can’t go to school, and you can’t take proper care of your family. The Greater Chicago Food Depository is at the top of the food distribution pyramid in Chicago, sending nutritional food supplementation to some of our neediest residents. I see this agency as a critical first step to assisting people to be more productive, thus able to lift themselves out of poverty.”

the Effort



This fall, **Cynthia “Cee” Barnes-Boyd (BSN '75, MS '79, PhD '90)** receives the 2007 UIC City Partner Award in recognition to her contributions to the vitality of the Chicago metropolitan area.

As the director of the UIC Neighborhoods Initiative in the Great Cities Institute, and as assistant dean of community health initiatives in the College of Nursing, Dr. Barnes-Boyd is leading the way in creating access to healthcare for some of Chicago's most vulnerable populations, in some very unique ways.

Her commitment to reducing health care disparities among the most underserved populations in the Chicago area includes programs of home-visits for mothers and infants, child asthma management, and nutritional interventions and primary health-care services delivered in public schools, churches, beauty salons and other neighborhood venues.

“We go into unlikely places to do common things,” says Dr. Barnes-Boyd. “We go where the people already are – beauty

salons and churches and schools are already connected in the community. It doesn't make sense to create a new space.” Dr. Barnes-Boyd finds it problematic to learn about a community merely from its data.

“You go in looking for things to support what you think you already know. This makes it impossible for you to see the other side of the picture. I don't let that lead me – I look at the community groups, how many churches there are, how many public spaces for people to congregate for public services. Are there places to meet? Are there good cooks? Even very little things like that.”

She relates an example while working with the Able Homes in the Chicago Housing Authority, where her group was invited as part of team to help the community envision their new community. “We used a visualizing process and asked what they could contribute to developing this new community. These were two ladies who didn't feel they had anything to contribute. We asked, what do you do best? One cooked the best chicken and made good cakes, and another had the best apartment that she maintained very well. We said, as people come together, they could probably meet at your place, and the other lady could take responsibility for refreshments. I got so much out of how good it made them feel to see they had something to contribute – they could provide two things that were critical.”

In most of the places where her team serves, “we're working with people so disenfranchised with the bigger picture, they don't even fight anymore – and when they do fight, it's not in a way that moves their agenda forward.”

Her team looks for “the strengths, the assets, the things that make it possible for us to do what we're going to do in partnerships with people who may not realize that they actually have it within them to make change.

“You have to remember you're bringing certain talents and gifts to people who have a certain wisdom about living in the place where they are – together that's how you create something that's going to work and be sustained in the community.”



Left: Tracy Purseglove (MS '99) and Cindy Read (MS '06) with Haitian schoolchildren.

Sue Walsh (MS '00) wanted to serve on a mission team abroad, but she was having difficulty finding a program that allowed pediatric nurse practitioners to do what they do.

She was explaining her frustrations to a friend whose husband had just returned from a surgical mission in the mountains outside the Haitian capital of Port-au-Prince. "Mountain Top Ministries didn't have any pediatrics and they were welcoming to the role of advanced nurse practitioners."

Walsh worked to put together a team of PNPs – including some College of Nursing alumni and students – to travel to Haiti in January 2006, serving 12 days in a remote clinic that lacked clean water or electricity.

"The very first team I put together was the most challenging emotionally because I didn't know what to expect. There were last-minute changes and the challenges of going to a place like Haiti where the week before the flights were cancelled and the political milieu."

The team served up to 200 people a day and was so successful that the following year, Walsh led a second team.

"We practice medicine the same way there that we do here," Walsh says. "We're more creative because of the lack of electricity and resources, but nurses are well-positioned to be creative in their training. We're using limited resources, but we're never unsafe and never compromising."

Dawn Ribnek (MS '02) relates her experience as a member of the 2007 team, "It was a privilege to encounter each person and give of ourselves in a place where few healthcare providers have been."

The impact is multiplying; not only is Walsh planning another trip, but **Lora McClelland (MS '06)**, who accompanied the 2006 group, is now working with her church in Rockford to send a team in spring 2008.

The growing season is long in Michigan; it starts with strawberries in June and runs through September. Families of migrant farmers – from infants through great-grandparents – come from Texas and Florida and live in communities on these farms. They are all uninsured, and they all need healthcare.

Once a week, **Annemarie Marwitz Kallenbach (BSN '80, MS '89)** gives up her evening to climb into a van with pediatricians and residents from the University of Michigan, bringing charts, medications, and medical equipment, to visit five of these farms to deliver first aid and comprehensive healthcare to the families.

Kallenbach volunteers with the migrant health clinic program of the Community Action Agency, a Lenawee county agency in Southeast Michigan, which sends groups of healthcare providers to the farms and maintains a central clinic where people who are uninsured and low income can make appointments.

"The migrant farmers are all Hispanic; we see a lot of diabetics and hypertension," says Kallenbach. "We also see all the things having to do with migrant farming: dermatitis, eye irritation, back strain." Primary care can be delivered well in these circumstances. "If people are seriously ill, it's very hard to hook them up with specialty care. The most heartbreaking problem is finding serious problems in young, viable people and there is no system to assist them. Besides serious health problems there are debilitating problems due to lack of eye care, dental care – things everyone should have."



Dr. Barbara Prieb Lannon (left) and Dana DeBarr, a UIC Nursing Student. (Photo by Sarah Morton)

Barbara Prieb Lannon (MS '79, PhD '99) has dedicated the last ten years to working with disadvantaged Chicago youth. She created and serves as director of the grant-funded program “Student Therapeutic Activities and Resources Services” (STARS), a clinic-based initiative currently at three Chicago Public Schools, as part of the UIC Neighborhoods Initiative.

The STARS Program offers mental health services for disadvantaged youth by providing comprehensive preventative, early intervention, and treatment services during and after school hours. An onsite team gives mental health screenings and interventions to teach life skills while enhancing self-esteem through methods involving the arts and academic and relaxation techniques. The use of puppets to help children open up and express their emotions positively is just one of the effective methods.

The STARS Program has challenged 1,850 children to “reach for their star” and develop their talents, fostering commitment and participation by staff and students. The results include improved school performance, resolution of behavior problems, and increased self-esteem.

“I love my job and believe the STARS Program is having a positive effect on the youth, families, and staff who participate in this program,” says Dr. Prieb Lannon. “STARS is true to the UIC mission to serve Illinois and Chicago’s Citizens.”

In addition to her clinical practice and caseload, Dr. Prieb Lannon mentors Graduate Entry Program (GEP) students from the College of Nursing who are interested in completing a rotation in child and adolescent mental health.

Mary Haack (MS '80, PhD '85), professor in the department of family and community health at the University of Maryland School of Nursing, directs the Therapeutic Justice Project, designed to improve health and mental health services for court-involved children and families in Baltimore, MD.

The project brings together multiple groups from healthcare and law to develop a model of alternative dispute resolution that allows nurses to work directly with judges and mediators in juvenile court to facilitate access to care for mental health and primary health problems that impede resolution of the case.

The challenges Dr. Haack faces with this project resonate with many who work to create innovative programs. “It takes much more time than I think it should to meet with key stakeholders, decide what to do, and find the money to do it. While I lead the nursing portion of our project, I certainly do not tell a judge or a lawyer representing a child what to do. There is a process to achieving a shared vision. That takes time.”

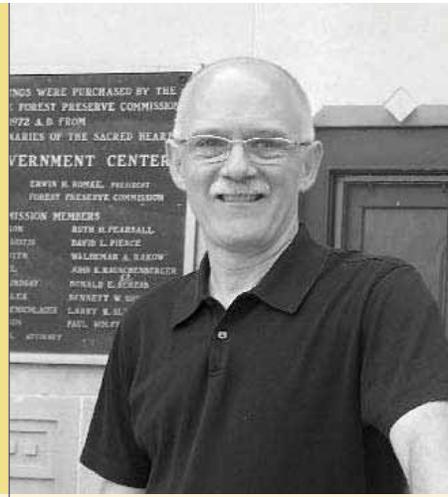
The time is absolutely worth the investment. “It is a joy and a privilege to work with judges, lawyers, and social workers who care about the vulnerable children and their families. Working with them makes it possible to help children and families in ways I never dreamed possible. These professionals respect and appreciate what nurses can do.”



In 2002, with completion of her PhD in sight, **Peggy Flannigan (MS '90, PhD '03)** was diagnosed with an atypical meningioma brain tumor. It was successfully removed and she was able to complete her degree in early 2003.

The diagnosis resulted in her ongoing involvement and leadership in a community service project.

In the fall of 2003, a young man in Peoria initiated the “Walk for the Mind,” a 1-mile walk to raise awareness and money to support the research programs of the American Brain Tumor Association. Dr. Flannigan participated in the Walk, and two years ago, when its founder passed away, she took on the role of chair for the renamed “Mark Linder Walk for the Mind.”



For **Paul Kuehnert (MS '91)**, executive director of the Kane County Health Department, providing innovative access to healthcare means bringing together as many groups as possible.

“Over the last two years, we have built a countywide collaborative – the Kane Community Health Access Network (KCHAIN) – of our hospitals, free clinics, community health centers, and consumer health advocates to develop a local system of care for the un- and under-insured in our county – numbering between 65,000 and 100,000 of our 500,000 residents.”

KCHAIN provides a structure for communication between member organizations and referrals of uninsured residents to “medical homes,” and referral and coordination of pharmaceutical, diagnostic and specialty care services if needed.

Kuehnert finds inspiration for leading the effort in the history of public health. “I look at what the founders of public health did at the turn of the 20th century—in a short period of time with limited resources they mobilized communities across the country. They were partnering with all kinds of people. They were developing new social policy. They worked in partnership with philanthropy. They were building new institutions that gave birth to all the visiting nurse programs and all the local health departments across the country. As a result, in the short span of half a century or so, life expectancy went from about 40 to over 70 for the U.S. population as a whole.”

Dr. Janice Phillips: Trailblazing with Urgency and Excellence

As a clinical nurse consultant with the UIC School of Public Health, **Janice Phillips (PhD '93)** was working on an avoidable mortality program from cancer, screening low-income women, providing services and education, and assisting with referrals and follow-ups. She began to recognize an important pattern.

“I became very intrigued that some of the women in the community would not come in for services, even though our services were free for those who could not afford them. People were not coming despite advertisements and outreach efforts.”

Her desire to identify factors and barriers among low- and middle-income African American women became the basis of her dissertation work at UIC, under the mentorship of Dr. JoEllen Wilbur. After receiving her PhD from the College of Nursing, she went to the University of Maryland School of Nursing to teach community health and oncology. She served five years as a program director for the National Institutes for Nursing Research (NINR), and in 1999 was named to a Distinguished Lectureship from the Oncology Nursing Society for her work, “African American Women Moving Beyond Fear, Fatalism and Silence.”

While the lectureship was designed for a professional audience, it has been revised and updated to share more broadly all around the U.S. and Barbados.

Dr. Phillips believes that scientific findings need to tailor meaningful messages for the people who can benefit from them. “People really are thirsty for knowledge—they appreciate you sharing research findings in a very user-friendly matter.”

Janice Phillips presents the keynote address at the 2007 College of Nursing Research Day.

She has a crucial message for students and her fellow alumni from the College of Nursing:

“Nobody gets to where they are without someone helping them.”

“When you finish your goal, go back and honor the people who helped you to get to where you are. When you complete these credentials, you have a responsibility to do something with them to advance the profession, and do it with a sense of urgency and excellence.”

College of Nursing Alumni Recognized

Janice Phillips (PhD '93) received the 2007 *Nursing Spectrum* Excellence Award in “Advancing and Leading the Profession.” **Beverly Bohus (BSN '02)** received the 2007 *Nursing Spectrum* Excellence Award in “Mentoring.”



Alumni Receive Top Rockford Awards

Two alumni received top awards in the 2007 annual *Rockford Register Star* "Salute to Nurses."

Dr. Shannon Lizer (MS '93), currently director of nursing at Highland Community College in Freeport, received the top "Nurse of the Year" award. She told the *Rockford Register Star*, "As nurses, we can all do better in facilitating success and advancement in other nurses, even those with less experience."

Lori Thompson (MS '05) received the "Outstanding Advocate for Nursing" award. She now teaches pediatrics at Saint Anthony College of Nursing and is a volunteer pediatric nurse practitioner at Carrie Lynn Children's Center. She told the *Rockford Register Star*, "The most challenging thing about my job is accepting the fact that there are limits to what I can do to help the people I serve."

Congratulations

Sheila Tlou (PhD '90)

Botswana Minister of Health, recipient of a 2007 World YWCA Women Leading Change Award.

Kathleen Baldwin (PhD '92)

recipient of a 2007 Illinois Public Health Association Award of Merit for dedication to public health nursing.

Peter Kale Leads Illinois Society for Advanced Practice Nursing

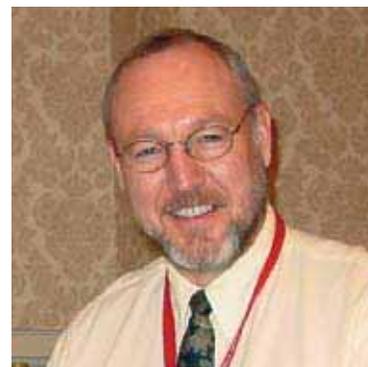
Peter Kale (BSN '79) was elected to a two-year term as president of the Illinois Society for Advanced Practice Nursing (IASPN) in October 2006.

The ISAPN has been working with the State of Illinois over the past year to improve access to care by having APNs included as primary care providers for those insured through the state's health-care programs. "This APN recognition is a first in our state," says Kale, "and important to patients living in areas where there is not physician access for them."

In his first year as president, Kale has represented APNs in meetings with legislators, the governor and his staff where these health plans were developed.

"My biggest challenge is getting more APNs involved," Kale describes.

"There are now more than 5,000 licensed APNs in Illinois, but our membership is just now approaching 1,200. Not bad for a five year-old organization, but I think about how much more effective we could be with increased participation from the many



APNs that are benefiting from the work ISAPN is doing."

In June, the College of Nursing Chicago campus partnered with ISAPN for an APN "Boot Camp" to educate APN students and new grads about their profession. "To see all these new APNs in a classroom I spent time in during my BSN training almost thirty years before was a thrill," says Kale. "We discussed what has been accomplished regarding improving the APN practice environment in Illinois in areas of legislation, regulation, and reimbursement. I was able to hear about the myriad of jobs the new APNs are pursuing, many of which didn't exist for APNs even a decade ago. It was a great shot of adrenaline to keep me focused on the job to be done."

Kale currently works at Carle Clinic in Urbana, where he lives with his wife, Patricia (UIUC '78).

We want to spotlight the work of our alumni! Send your news to the editors at con-editor@listserv.uic.edu.



Vicki Day Receives Leadership Award

The University of Illinois Alumni Association awarded **Vicki Day (MS '94)** the Constituent Leadership Award for her excellent service to the College Alumni Board for more than a decade.

A resident of Pontiac, Day travels to the Chicago campus on a regular basis to serve as the representative for the Peoria Regional Program. Day helps ensure that Peoria-based students and alumni benefit from activities and events on the Chicago campus.

Each year, she helps organize, manage, and promote events such as the Peoria honors dinner, alumni reunion, anniversary celebration, nursing leadership luncheon, and "Food and Finals." Day also serves as treasurer, finance committee chair, recruitment and retention committee member, and Robah Kellogg Alumni Award committee member.



(Photo by James Prinz)

With Gratitude

We wish to extend special gratitude to **Mary E. Doherty**, immediate past-president of the Alumni Board, for her time and commitment to serving several terms as Board President. Mary also served on the host committee for the College of Nursing 50th Anniversary celebration in 2005, held at the Adler Planetarium—one of the most successful UIC reunions ever!

From the Alumni Board President:

Dear Students, Alumni, Faculty, Staff, and Friends of UIC College of Nursing:

As a student at the College of Nursing, my involvement in the Student Nurses Association allowed me to meet a lot of students and faculty and staff of the College, and I learned to appreciate the dynamic, amazingly talented, dedicated group of people that is the College of Nursing. My pride for the school grew, and I knew I wanted to remain committed to the College long after graduation.

If you are reading this magazine, you probably have a vested interest in the future and achievements of the school as well. You can turn that interest into influence by joining the Alumni Board!

Under the guidance and leadership of past presidents, the Board has grown in size and diversity. Our members include attorneys, nurse practitioners, professors, and hospital nurses, and they represent several UIC campuses. It is my goal, through the Alumni Board, to foster unity among the campuses and to encourage long-term commitment from students and alumni.

As a new mom and a full-time registered nurse at Advocate Illinois Masonic, I am proof that participating



Alumni Board President Johanna Stubblefield (BSN '05) and her daughter Sophia at this fall's Welcome Students Fair.

in the Board does not have to be an overwhelming commitment. We meet every six to eight weeks, and members can participate by phone. For people who want to play a part without being a member of the Alumni Board, there are committees where one can serve.

I encourage anyone interested in participating in the Alumni Board to email me at Johanna.Stubblefield@advocatehealth.com. Thank you for all your support.

Sincerely,
Johanna (Delgado) Stubblefield
BSN '05

Join the Alumni Board!
Contact conalum@uic.edu for more information.

Class Notes



From left: Kathy Robinson (MS '73), Catherine Camacho Carr (MS '74).

'60s

'65 Elissa Blitstein-Brown (BSN) received the VHA Department of Veterans Affairs Award for Nursing Excellence as an Advanced Practice Nurse at the Greater Los Angeles VA and is also a finalist for this year's *NurseWeek*, Western area, award for community service.

'66 Diane June Bonitzer (BSN) works for Sedona Medical as a travel nurse. She is a certified geriatric nurse and she is working towards her master's degree.

'66, '68 Sally Brosz Hardin (BSN, MS) received her PhD in psychology/communication at the University of Illinois in Urbana, and is currently dean and professor at the University of San Diego Hahn School of Nursing & Health Science.

'66 Marilyn MacDougall-Porter (BSN) is a telephone triage nurse for Group Health Cooperative, a large HMO in the Pacific Northwest. Her daughter Elizabeth, 24, is also an RN.

'67 Sarah Huber Babbitt (BSN) retired after many years as an operative room nurse. She and her husband live in Champaign, IL after having spent 25 years on the East Coast. Sarah volunteers for the Early American Museum, Mahomet, IL; the Adult Diversion Panel for the State's Attorney's Office; and the Unitarian Universalist Church of Urbana-Champaign.

'67, '95 Phyllis Powell Pelt (BSN, MS) is the director of the School Nurse Certification Program in the Public Health, Mental Health and Administrative Nursing at UIC. She has been married for 39 years and has four grandchildren.

'70s

'70 Ruth Wright-Piros (BSN) and her husband Jim (MD '71) travel, fly their single-engine Cherokee, and take care of their Iowa acreage, including starting a native prairie.

'72, '78 Marla Miller (BSN, MS) is the editor-in-chief of *Location 3* Magazine, a quarterly lifestyle publication that circulates throughout Orange County, CA coastal communities. She founded the Young Writers Program at the Santa Barbara Writers Conference where she was an assistant director for several years.

'73 Kathy D. Robinson (MS) is assistant director of nursing and JCAHO coordinator at the University of Kansas Hospital, Kansas City, KS. She is an ordained lay minister, active in regional and international leadership in her church, and president of the board of directors for The Groves, an older adult continuum of care center.

'73 Billie Jean (Howard) Coleman (BSN) retired in 2005 as a school nurse in Chicago Public Schools. She and her

husband moved to Saltillo, MS. They are very active in their church and Billie Jean volunteers her services as an RN twice a week at the Tannehill Good Samaritan Free Clinic. The clinic serves approximately 7,000 patients a year.

'74 Katherine Camacho Carr (MS) is professor and assistant dean for graduate studies, Seattle University College of Nursing, Seattle, WA. She also works as a volunteer nurse-midwife in a Seattle practice that primarily serves low-income women. She just completed a three-year term as the national President of the American College of Nurse-Midwives. She serves on the Health Alliance International Board of Directors, whose focus is international HIV/AIDS care.

'74 Mary Jo Hamilton (BSN) is a patient advocate in an ambulatory care setting at Kaiser Permanente in Denver, CO.

'74 Martha "Marty" Hancock Hennegan (BSN) has lived with her husband Neal in Mandeville, LA for 19 years. They maintain a website with photos of Hurricane Katrina damage at www.hennegan.net. Marty is currently the fetal and infant mortality review coordinator for the Office of Public Health, Region IX.

'74, '83 Denise Marie Oleske (BSN, PhD) is dean and professor of Davenport University, Grand Rapids, MI.



From left: Jo Ann Gonzalez Nieves (BSN '78) and husband, and Lila Moulton (BSN '81).



'76, '79 Diane B. Boyer (BSN, MS) is professor emerita, Loyola University School of Nursing, and currently serves as chair of the American College of Nurse-Midwives Division of Accreditation.

'76 Debra Drew (BSN) received her MSN from the University of Minnesota Medical Center, Fairview, and for 23 years has worked as a clinical nurse specialist in oncology, palliative care and pain management. Earlier this year she traveled on a mission trip in Tanzania, Africa, where installation of wells improved the public health of the entire village.

'76 Catherine Yetter Read (BSN) holds a PhD from the University of Massachusetts and is currently associate dean for the undergraduate program at Boston College Connell School of Nursing.

'78 Jo Ann Gonzales Nieves (BSN) is a nurse practitioner at the Miami Children's Hospital. She lectures nationally and internationally and serves as treasurer for the Society of Pediatric Cardiovascular Nursing.

'79 Ingrid Knappczyk Klesh (BSN) is a school nurse at Rockwood Valley Middle School. She has been a Red Cross volunteer and has taught CPR/First Aid classes.

'79, '82, '93 Sue M. Penckofer (BSN, MS, PhD) is professor and faculty scholar at the Loyola University Chicago School of Nursing and recently received NINR funding for "The Study of Women's Emotions and Evaluation of a Psychoeducational Program" (SWEEP). Two recent publications resulting from this work appear in *Current Diabetes Reports* and *The Diabetes Educator*.

'79 Debi Sintov (BSN) is a nationally certified school nurse, working at the Placentia Yorba Linda School District in California. Her husband also graduated from the U of I in Medicine and is an emergency room physician.

'80s

'80 Ida M. Androwich (MSN) served as interim dean and professor of the Niehoff School of Nursing, Loyola University Chicago.

'80 Mary E. Doherty (BSN) served as chair of the Illinois Nursing Centennial Celebration and Conference. The event was a great success, with over 530 in attendance at the Renaissance Hotel and Convention Center in Schaumburg, IL.

'80 Leslie H. Nicoll (MS) founded her own business, Maine Desk, LLC, in 2001. The business serves as the Editorial Office for *CIN: Computers, Informatics, Nursing* and *JHPN:*

The Journal of Hospice and Palliative Nursing. She is the co-author of Contemporary Medical-Surgical Nursing (2007) published by Thomson Delmar Learning, the first new med/surg book published in 15 years.

'81 Edna Montemayor (BSN) obtained certification in advanced biblical studies this June for a four-year program on scripture studies given by the Archdiocese of Chicago.

'81 Lila (Basilgo) Moulton (BSN) is a nurse auditor with the University of California Irvine Medical Center in Orange, CA, and currently pursuing an MSN degree.

'83 Manee Omsin (BSN) plans to finish her MSN in 2008 and is an active member of Thai Nurses Association of Illinois.

'83 Lynn Noell (MS) is assistant professor at the Department of Nursing Education, Santa Fe Community College. She was a Peace Corps Volunteer from 2001-2003 in Armenia.

'83 Julie LeClair Vetter (BSN) works as hospice nurse for Condell Medical Center in Libertyville, IL with CHPN Certification. She and her husband just celebrated their 25th wedding anniversary.



From left: Gina Minas (BSN '92), Yajai Sitthimongkol (PhD '94, MS '92), Jin Hee Kim (PhD '96).

'90s

'84 **Katherine Kim (PhD)** is professor emerita at Grand Valley State University in Michigan. For 25 years, her research has been focused on osteoporosis prevention and practices of cancer screening among Asian Americans.

'85 **Trudy J. Mack-Heil (MS)** owns NP-Private Practice Associates, LLC in Scottsdale, AZ. A volunteer at Neighborhood Christian Clinic in Phoenix, she's also a new grandmother to Nadia Daniele Wilson.

'87 **Paulette M. Archer (BSN)** is currently associate professor at Saint Francis Medical Center College of Nursing, Peoria, IL. She is involved with the NICHE (Nurturing and Improving Care for the Healthsystems Elderly) program and has been involved with the Elder Abuse Reporting Protocol for the 10th Judicial District. She has a six-month old grandson, William Cooper Archer.

'88 **Ruth Regalado (BSN)** has worked at UIC since 1982, first in Maternal-Child Nursing for 18 years, and in oncology since 2001. She is the proud grandmother of two.

'89 **Veronica Clanton (BSN)** works in Houston, Texas for the public hospital system as a quality management nurse. She earned her Certificate in Professional Healthcare Quality in 2005 and is pursuing her MBA from Regis University.

'91, '06 **Wendy Mann Woith (MS, PhD)** is assistant professor at Mennonite College of Nursing at Illinois State University and a post-doctoral fellow for the Training in Biobehavioral Nursing Research Grant by the National Institute of Nursing Research and National Institute of Health.

'92 **Gina (David) Minas (BSN)** received her MS in Health Care Administration in 2004 and is now manager of health resources at Northwestern Memorial Hospital. She has been married for 11 years to John Minas, a nurse and Chicago fire fighter/paramedic. They have two daughters. Gina has also completed more than 40 triathlons!

'92 **Judith A. Paice (PhD)** is director of the cancer pain program, division of hematology-oncology, Northwestern University Feinberg School of Medicine. She is also the current president of the American Pain Society, www.ampainsoc.org.

'92, '94 **Yajai Sitthimongkol (MS, PhD)** is associate professor in the department of mental health and psychiatric nursing, Mahidol University, Bangkok, Thailand. She is the project manager for the program of leadership development in health promotion for nursing faculties in Thailand.

'92 **Danica Uzelac (BSN)** and her husband welcomed their first baby, Anne, on March 16th, 2007.

'93 **Theresa Woods Teverbaugh (BSN)** serves as a community health nurse/educator, an emergency nurse, a legal nurse consultant, and a Sure Foundation Affiliate Bible Instructor.

'95 **Tilitha S. Shawgo (MS)** is an instructor of Clinical Surgery at the Southern Illinois University and a staff nurse at St. John's Hospital. A regular donor at the Central Illinois Blood Center, she's also active with the American Cancer Society.

'95, '99 **Mayumi Anne Willgerodt (MS, PhD)** was recently promoted to associate professor with tenure at the University of Washington School of Nursing. She is on the board of directors of the International Community Health Services, the main medical provider for Asian American Pacific Islander populations in the International District.

'95 **Rita Karones Yang (BSN)** works in the ICU of Edward Hospital in Naperville, IL. She's also a part-time RN at Loyola University Medical Center.

'96 **Jehad Omar Halabi (PhD)** is assistant dean for development and affairs at the Clinical Nursing Department, University of Jordan. She is the first nurse to be awarded the Fulbright



From left: Connie Henke Yarbro (MS '96), Theresa Rutherford (MS '98).

Scholar through the Special Fulbright Visiting Specialist Programs. She visited UIC in May as a Distinguished Featured Speaker to the Virginia Ohlson Annual Lecture, "Enhancing International Exchange Relationships."

'96 **Jin Hee Kim (PhD)** is assistant professor and was recently appointed as a member of the Chancellor's Office for Diversity Advisory Committee at UIC. She misses teaching as her two projects on breast cancer screening among Korean-American immigrants take much of her time.

'96 **Lisa Kullberg-Ventrella (BSN)** has been in the Cardiac Intensive Care Unit at Edward Hospital since 2003. She is the editor of *MagneTimes*, an in-house quarterly newsletter distributed to 1,300 nurses.

'96 **Connie Henke Yarbro (MS)** is an editor of Seminars in Oncology Nursing and an adjunct clinical associate professor at the University of Missouri School of Nursing. She now works on the 7th edition of Cancer Nursing Principles and holds Breast Cancer Training Programs for underdeveloped countries, supported by the Susan Komen Foundation.

'97 **Marlene Ember-Bartolomei (MS)** is currently practicing as a family nurse practitioner in Rio Rancho, NM, a suburb of Albuquerque.

'97 **Betty Mussner Saltzman-Cox (MS)** is a certified nurse midwife and has been at Kaiser Permanente in San Diego for ten years.

'98 **Lianne Anderson (BSN)** is completing an AmeriCorps internship at the Douglas County Health Department in Tuscola, IL.

'98 **Aleeca Hettel-Bell (MS)** is a PhD candidate at UIC working on her dissertation entitled "Neonatal Sucking Organization after Exposure to Maternal Epidural Analgesia."

'98 **Theresa Rutherford (MS)** is the Chief Operating Officer/Chief Nurse Executive at St. Mary's Hospital, Decatur, IL. She is also the vice president of Catholic Charities and on the Alumni Board of Millikin University.

'00s

'00 **Beth A. Brooks (PhD)** is senior partner, healthcare practice, JWT Employment Communications. She was recently appointed to serve on the National Council for the College of Nursing at Valparaiso University (where she received her BSN in 1984). This year, Dr. Brooks became a Fellow in the American College of Healthcare Executives, and she begins a term on the board of directors for the Chicago Yacht Club Foundation.

'01 **Karen Chang (PhD)** is assistant professor at the Purdue University School of Nursing.

'01 **Ellen Crowley-Weise (BSN)** is a WIC case manager at the Champaign-Urbana Public Health District. She also manages high-risk infants for their first two years through the APORS (Adverse Pregnancy Outcome Reporting System) Program.

'01 **Michelle Brady (MS)** is currently employed at the UIC College of Medicine-Rockford as an FNP, medical student preceptor and curriculum coordinator, and clinical administrator of University Primary Care Clinic in Rockton.

'01 **Kathryn Gensel (MS)** has worked on Pediatric Gastroenterology as a pediatric nurse practitioner since 2003.

'01 **Minjoo Kim (BSN)** (below) is a newlywed!





From left: Debbie Dietz (BSN '02), Amnuayporn Rasamimari (PhD'05).

'01 **Truc T. Vo (BSN)** is earning an MSN and hopes to graduate in 2009. Truc is an RN at Children's Memorial Hospital, and currently involved in a study entitled, "A Comparison of Neonatal Pain Assessment Tools in the NICU."

'02 **Debbi Dietz (BSN)** started at McKinley Health Center at the UIUC 29 years ago. She has been a parish nurse at her church since 1998.

'02 **Melissa Meyer-Bogle (BS)** is the first graduate of an innovative new program at Vanderbilt University in Tennessee, combining FNP and ACNP programs and preparing graduates to work as APNs in emergency departments.

'02 **Dawn Ribnek (MS)** is a member of Lake Forest Pediatric Associates and volunteered on a medical mission to Haiti in 2007.

'02, '06 **Kathryn (Kate) J. VanderZwan (BSN, MS)** is an orthopaedic spine nurse practitioner at Northwestern Memorial Hospital. She married in April 2007.

'03 **Boyede Sobitan (BSN)** was featured in the August 2007 issue of *Ebony*.

'04 **Shereen Yassin (BSN)** is an ICU nurse at MacNeal Hospital in Berwyn, IL.

'05 **Amnuayporn (Amy) Rasamimari (PhD)** is a postdoctoral fellow at UIC, studying health disparities in underserved populations. Her research on HIV prevention with Thai adolescents was funded by the Thai National Science and Technology Development Agency.

'05, '07 **Janet Thorlton (MS, PhD)** is director of assessment and assistant professor at Lakeview College of Nursing, Danville, IL.

'05 **Greg Vayl (BSN)** works as a staff nurse at NICU, Northwestern Memorial Hospital. He and his wife have a new baby girl, Gabrielle.

'06 **Dana Elwardt (BSN)** (below) is an ER nurse at Central DuPage Hospital. She and her fiancée Chris are planning a wedding, starting graduate school together this fall, and expect to live overseas as missionaries.



'06 **Sarah (Thomas) Hasenfang (BSN)** is currently working as a registered nurse at Palos Community Hospital in Palos Heights, IL. She married Michael Hasenfang on September 22, 2006, and they are new homeowners in Chesteron, IN.

'06 **Lora Edwards McClelland (MS)** accepted a position with the nursing faculty at Rock Valley College in Rockford overseeing child and family health nursing. She is co-leading a mission trip to Haiti in 2008.

'06 **Andrea Promisco (BSN)** is a registered nurse on a med/surg floor at the Indiana University medical center in Indianapolis. She is also a hospice volunteer.

'07 **Annie Lee (PhD)** has one daughter who graduated with her MBA from UIC in 2007.

in memory

'70 **Marjorie Boyink (BSN)** was Clinical Nurse Director at the Rehabilitation Institute of Chicago and a Visiting Instructor at the Kirkhof School of Nursing at Grand Valley State University in Michigan.

'81 **Terry R. Misener (PhD)** served as Dean of the University of Portland School of Nursing since 1998. He previously served as professor and chair of the Department of Family and Community Nursing at the University of South Carolina School of Nursing.

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