

Nursing

at Truman State University

Spring 2007
Nursing
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Serving in Kuwait

Joann (Ruddy) Fry ('89) was not a typical nursing student while attending Truman State University. She was able to manage the demands of a rigorous nursing major with the equally time demanding role of being on the Truman softball team. During the spring of her junior year she "felt the draw of the military as a way to serve her country and see the world." She enlisted in the United States Air Force (AF) and began a nursing career "that has not disappointed."

Fry spent her first eight years as an AF nurse in obstetrics. "I have to admit, I was surprised to learn that OB nursing was a choice. But as I settled in, I quickly realized that military members had families, too." In 1994 Joann was deployed to Guantanamo Bay, Cuba to help deliver Cuban and Haitian babies. "We operated out of a 25-bed tent hospital, set up to serve the migrants who were encamped there during Operation Sea Signal." She also spent time at Air Force bases in Illinois, North Carolina, Colorado, Florida, Azores (a group of islands off the coast of Portugal) and Japan. "From Japan, I moved with my family to Travis AFB in California and broke out of OB to do something different." Fry took on the role as a hyperbaric nurse working at one of the largest hyperbaric chambers in the world before being deployed to Landstuhl, Germany to help with bed expansion. "I was among the first AF medics to arrive, and our team of 20 helped the army prepare for the arrival of the first wounded soldiers/marines during the 2003 offensive/ Operation Iraqi Freedom. During my four and a half month stay, I worked on a 42 bed medical/surgical unit; we treated numerous war casualties from both Operations Iraqi Freedom (OIF) and Operations Enduring Freedom (OEF)."

In 2005 Fry moved to her home station, Charleston AFB, where she is currently the Flight Commander of Clinical Medicine and manages the operations of a busy primary care clinic with many health care professionals and technicians. "Despite my position, I am first and foremost an Air Force nurse. So when this deployment tasking came, it was my chance to serve in a desert location." She is serving from January 1 until the middle of May at the 386th Expeditionary Medical Group/Contingency Aerostaging Facility in Kuwait. "This job also has very rewarding moments. It is amazing how quickly battle and nonbattle injuries are treated and transported. Navy, Air Force and Army medics serve together, all in an effort to get our patients home. Truly rewarding stuff...and just think, it all began in the halls of Truman State University. Thank you for the preparation."



Joann (Ruddy) Fry ('89) enlisted in the United States Air Force (AF) and began a nursing career "that has not disappointed."

Seeing the Pain

I, First Lieutenant **Hattie McDowell ('04)**, began my nursing career in the United States Army after graduating from Truman's Nursing Program. My Army career started in September 2004 when I went to San Antonio, Texas for 3 months of Officer Basic Course. During this period I learned how to become a military officer and the basics, such as shooting an M16 rifle, using a gas mask and land navigation. My first duty station was Tripler Army Medical Center, Honolulu, Hawaii, where I worked on the telemetry ward. I took care of many retired military, veterans, and Pacific Islanders. I learned a lot during my first two years on the telemetry ward. Wanting to experience more direct care with soldiers, I volunteered to deploy to Iraq with the 28th Combat Support Hospital out of Ft. Bragg, NC.

I arrived in Iraq in September 2006. I have spent the last 7 months caring for injured American soldiers, Iraqi Army, coalition forces, and host nation civilians. It has been an eye-opener to see how different nursing can be in a

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Director's Corner

Barnett Hall is under construction. We will soon have some new neighbors in our building. Social Science and Justice Systems will join us on the second floor, and the television, radio, and newspaper media will occupy the first floor ... plus the added bonus of a "C" store for snacks! The Nursing Program will benefit from additional space in the nursing lab (NCCA) and a classroom with new furniture and up-to-date technology.

Additionally, faculty members are implementing University reorganization plans. The Human Potential and Performance Division will morph into a new school (not yet formally named). The new school will include Communication Disorders, Health Science, Exercise Science, and Education. Dr. Sam Minner (from the Education Division) was appointed dean of the new school.

Amidst all of the University and Division changes, the students are actively pursuing research projects, internships, and their first nursing positions. Our students have wonderful future opportunities in nursing and are highly recruited.

Sharon McGahan plans to retire in May (although we convinced her to teach part-time.) We appreciate Sharon's generosity in opening the McGahan Family Fund to benefit Truman's Nursing Student Association. We hope to see many of you at her retirement reception in late April.

Teak Nelson has been teaching part-time for several years, and she will begin teaching full-time in the fall. Former faculty member,



State Representative Rebecca McClanahan, is vigorously working to meet the needs of northeast Missourians. She has graciously agreed to speak at the Nursing Recognition Ceremony on May 4, 2007.

We look forward to meeting our incoming Class of 2011, a group of highly qualified freshman students. As the seniors prepare to leave us, we wish them good health, much happiness, and hope they will enjoy reading about nursing alumni news!

Best wishes,
Dr. Stephanie Powelson
Nursing Program Director

MARK YOUR CALENDARS FOR HOMECOMING: OCTOBER 27, 2007!

Class of '87: Please contact Michelle Murphy Cadice about your 20 year class reunion this fall. cadicefamily@sbcglobal.net



from front page

war zone. I have taken care of many patients with gunshot wounds to the face, chest, and abdomen. The worst situation is when the soldiers lose their extremities to IED (Improvised Explosive Devices) blasts.

I will never forget the day I cared for an American soldier who had lost his right upper extremity to an IED blast. He was still happy and remarking how his medic did an outstanding job saving his life. It is incredible that after losing his arm he was still lifting up others. Patients such as these make me realize how thankful we should be for the blessings in our lives.

I have also seen the pain the local Iraqi people have suffered since the beginning of this war. The most touching Iraqi patient I cared for was an 11-year-old boy who was injured in an IED blast. He was completely blind and needed multiple surgeries to save his right leg. The day we discharged him was so heartbreaking because his only family member was his 16-year-old brother. We wondered what kind of life they would make in war-torn Iraq.

My military nursing experience has definitely been a once in a lifetime adventure. It has been my honor to serve our country by caring for the unfortunate heroes who have sustained combat injuries. I will never forget all the bloodshed, pain, sacrifices, and bravery of the men and women serving in our Armed Forces. Being a nurse in the United States Army has forever changed who I am.

First Lieutenant Hattie McDowell '04 in Iraq (September 2006)

Student Life



Faculty Member Brenda Wheeler instructs Story Sollars ('08) and Melanie Schutz ('08) with infant CPR.



Faculty member Kit Hadwiger oversees Jennifer Jacobi ('08) with a blood specimen during clinical rotations.



My-Linh (Twink) Pham ('07) works with Martha Smith, RN, MSN, School Nurse at Bevier High School.



Nobemi Alvarez ('08) prepares to assist a patient with an incentive spirometer during clinical rotations.



Seniors Kelly Gannon and Elizabeth Sorensen drum up business on a very cold day.

Health Awareness Week 2007

Nursing students were active in booths promoting a healthy lifestyle at the annual

Health Awareness Fair held in the Student Recreation Center on February 15. The Fair was part of the Health Awareness Week at Truman. Sophomore students staffed the blood pressure booth

and measured nearly 100 blood pressure readings. Junior and senior nursing students served in various booths promoting healthy lifestyles, including screening 95 persons for HIV. Senior nursing students, **Julie Wohldmann** and **Sara Mayer**, co-coordinated the event.



Senior Sara Mayer (co-coordinator) poses with Juniors Lindsey Barkho and Molly Mudd at the registration table for the Health Awareness Fair.



Seniors Christine Sigmund and Natalie Schupbach talk with faculty member Pam Melvin about HIV testing.

Nursing Scholarships



The Nursing Program would like to thank the generous donors who have recently established scholarships for nursing students at Truman State University.

The Lu and Bill Heilman

Scholarship: Iuminada “Lu” (’82) and Bill (’83) Heilman of Durham, North Carolina established an endowed scholarship in appreciation for the outstanding educational experience received at Truman which has helped

them in their careers with the Duke University Medical Center. This is an endowed scholarship that will be awarded in perpetuity. It is designated for a nursing major with financial need, with preference given to non-traditional students. The inaugural award will be made in the spring of 2008.

The Laura Jeane Downey Bell Scholarship: This scholarship was recently established by her family and friends. Mrs. Bell raised nine children and was active in their lives as well as her church and community, all the while dedicated to the profession of nursing, serving as head nurse, instructor and medical supervisor at Barnes Hospital and the St. Louis Veterans Administration Hospital. She was also a tireless leader in the American Nurses Association, Central Regional Accreditation Committee, Missouri Nurses Association, National League for Nursing, Missouri League for Nursing, Missouri Student Nurses Association and the Society of Nursing Professionals. Everyone who knew her recognized her dedication to nursing education and professionalism. This scholarship is designated for an incoming freshman nursing major who is dedicated to church and community. The inaugural scholarship for \$1,000 was awarded to Deanna Kennedy from Peoria, Ill.

TSB Nursing Scholarship: Sue Braun (’82) and Pam Gomez established this scholarship in honor of their parents Bill and Barb Steen. Sue graduated with a BSN in 1982 and appreciates the financial aid she received as a single parent. Pam had a brain aneurysm rupture in 2002 and credits excellent nursing care for her recovery. This scholarship is designated for single, female parents in the nursing program, with preference given to students from Missouri. Jennifer Jackson of Brookfield, Mo., was recently named the recipient of the 2007-2008 scholarship.

How to Establish a Scholarship

Creating a named scholarship at Truman State University is a very meaningful way to honor family and friends, assist students and leave a legacy for Truman State University.

Step 1: Determine Type of Scholarship Fund

Endowed scholarship funds are designed to be permanent and perpetual and can be created with gifts totaling a minimum amount of \$15,000, contributed in full at the outset or with an initial commitment that is added to over time until the endowment level of \$15,000 is attained. The principal of the fund is invested to produce income, and an annual award is made to a student. The principal remains untouched, so the endowment can last into perpetuity.

Annual scholarships can be established with an outright gift of \$1,000. An annual commitment of \$1,000 per year for four years is recommended, and the annual gift is awarded to recipients over the four-year period. Unlike an endowed scholarship described above, an annual

scholarship is not a permanent fund and is awarded only as long you (or others) choose to contribute to the fund.

Step 2: Establish Scholarship Criteria

As a scholarship donor, you choose the name of the scholarship as well as the criteria. The Office of Advancement is available to help you create the criteria for your scholarship. Endowed and annual scholarships at Truman are awarded to deserving students based upon area of interest, geographical origin, leadership potential, merit, financial need, academic achievement and/or other criteria. The Truman State University Foundation must agree to any special award conditions established by the donor.

Step 3: Administration of Scholarship Funds

Typically, a selection committee carefully reviews the scholarship applications submitted by students and selects the most deserving recipient based on the donor-established criteria.

Major contributors of a scholarship fund are notified annually when the scholarship recipient has been selected and are informed of the name and hometown of the recipient, as well as the amount of the award. Recipients often write a thank-you note to the donor, and in some cases, the recipient and donor are able to meet.

Tax Benefits of Funding a Scholarship

An outright gift in the form of cash or appreciated securities will allow you to receive immediate tax benefits in the year you make the gift to Truman State University. In the case of appreciated securities, you may also avoid capital gains taxes.

You can also provide for your scholarship in your estate plans. Estate gifts are an easy way to establish a scholarship without affecting your current income or assets.

Give to an Existing Scholarship Fund

You may find that a scholarship has already been established at Truman State University for your favorite professor, friend, or family member or one that matches your interests.

You and/or your organization can contribute gifts of any size to these existing funds to support the designated purpose. Go to the Truman State University Foundation’s Web site for a listing of scholarships for Nursing.

Alumni News And Notes

Share with us your news, accomplishments, plans, travels, marriage, births, etc. Don't forget address changes so the newsletter can keep up with you. Please send updates and notes to **Shirley Riley**, sriley@truman.edu, or to **nursing@truman.edu**, or by postal mail.

Sandra (Pearson) Beauchamp Parke ('70) and her husband Keith (also a nurse) escaped from Hurricane Katrina and now make their home in Lone Jack, Missouri. We will feature Sandra's story about their experience in relocating in our next newsletter. SandyBParke@hotmail.com

Michele Osman-Petersen ('81) spent 18 years working at Boone Hospital Center and for the past seven years has been working at the University of Missouri Health Care-CRH in the ICU. In addition, she has her own nurse-consulting practice. She has been married for 34 years, and has two sons and three grandsons. For the past 24 years she has been a show breeder of Akitas, "a past time that keeps me healthy and sane". She is interested in putting together a class reunion. Class of '81 please contact her with thoughts/ideas: arashi@bessi.net 7300 Nature Lane, Columbia, MO 65202

Michelle (Murphy) Cadice ('87) writes "I am a Neonatal Nurse Practitioner in the NICU at St. Louis Children's Hospital (SLCH), which is where I have been since graduation. Nancy Stapleton (now Abram) is also an NNP and has also been in the NICU at SLCH since graduation." I still see Anita Hofmann (now Koeller) and Laura Miller (now Ameiss) a couple times a year. We are working on a 20 year class reunion for the class of '87. Class of '87 please contact me: cadicefamily@sbcglobal.net

Major Joann (Ruddy) Frye ('89) has served the past 17 years with the US Air force and was deployed to SW Asia on January 1 and should be back the middle of May. Her husband David is retired from the military and is currently a stay at home dad to their 2 children Samantha (9yo) and Anna (7yo). Joann completed a master's degree in health administration in 2006. joann.frye@asab.centaf.af.mil

Kandi Jamison ('91) writes to let us know that she lives in Lebanon, Indiana and has worked the past 10 years as a public health nurse with the Hendricks County Health Department. kjamison@co.hendricks.in.us

Jamie Neal ('98) completed the PNP program at Columbia University in New York City. She worked several years as a traveling pediatric nurse prior to settling in NYC for her MSN. She was inducted into Rho Omega last fall and will soon return to the Kansas City area. Jamien13@hotmail.com

Kathryn Spiegel ('00) continues her army career in Germany and is a Clinical Nurse Manager in the General Surgery Clinic. She is completing on-line courses for a master's degree in public health at the University of North Carolina. kathryn.spiegel@us.army.mil

Christina Bokern ('00) has been accepted into the CRNA program at Mayo. Bokern.Christina@mayo.edu

Carrie Todd ('01) has been working at Vanderbilt Hospital in Tennessee since graduation on a medical-oncology unit. She is now going to work as a traveling nurse. Her first assignment is in Phoenix, AZ in a similar unit. Carrie.todd@gmail.com

1st Lieutenant Hattie McDowell ('04) spent her first 2 years with the U.S. Army working on a telemetry unit in Honolulu. She then volunteered to deploy to Iraq with the 28th Combat Support Hospital out of Ft. Bragg, NC. She has been in Iraq since September. hattie.mcdowell@us.army.mil

Jennifer McDonnell ('05) has relocated to Minot, ND to be near her fiancé, Will Sutton, who is in the U.S. Air Force. She is working in the ICU and plans to marry in April 2007. "Will and I will be in North Dakota for a few more years while he is in the military then hopefully move back to Missouri." mcdonnell_jennifer@hotmail.com

Ama (Owusu) Akowuah-Addo ('05) and her husband, Kingsley, were blessed with a baby daughter, born December 19, 2006, named Abena Kwafowaa Akowuah-Addo after Kingsley's favorite aunt. amaowusuk@yahoo.co.uk

Amanda McKinley ('06) is applying to graduate school at the University of Iowa. She accepted a new position in cardiac/trauma/SICU at Mercy Medical Center in Des Moines, IA. "At times I feel a little overwhelmed by all the information, and I try to remember everything I learned in critical care class!" Elzbth72@yahoo.com

Gregg Nurrenbern ('06) and his wife will be leaving to serve with the Peace Corps in Ecuador on June 18. They will both be providing rural public health education. Gregg spent the past year working in ICU at the Truman Medical Center. nurrenbern@hotmail.com

Thanks for your e-mails and notes.

IN THE Spotlight...

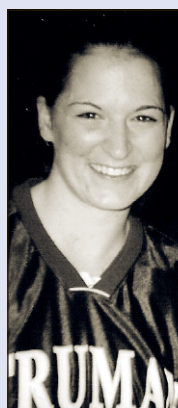


Sarah Carter (left) with faculty member Brenda Wheeler (right) at the reception for Outstanding Truman Students.

The Outstanding Student in Nursing

The Outstanding Student in Nursing for 2006-2007 was awarded to **Sarah Carter ('07)**. Carter served as a student assistant in the Nursing Center for Caring Arts where she helped nursing students master their skills. She has been very active in NSA (Nursing Student Association) and was inducted into the Rho Omega Chapter of Sigma Theta Tau International Honor Society for Nursing. In addition, she has been involved in Circle K International, serving as president for more than a year. Following graduation, Carter plans to work at KU Medical Center in the Neurological Intensive Care Unit.

Schubbach Listed in Who's Who



Natalie Schubbach ('07) received the Who's Who among Students in American Universities Award. In addition to completing her degree in nursing, Natalie was a member of the Truman Women's Basketball Team and served as captain during her junior and senior years.

She was also involved in Christian Campus Fellowship on campus.

Gift/Change of Address

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Thank you for your generous support—your help does make a difference!

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Student Research Conference



In April 3, Truman held its 20th Annual Student Research Conference, a university-wide celebration of undergraduate and graduate research,

scholarship, and creative achievement, which featured over 351 presentations. Nursing Students **Joseph Hassler ('07)**, **Sara Mayer ('07)**, and **Christine Sigmund ('07)** presented "Assessing the Knowledge of Nutrition and Exercise in Students K-12 to Help Create an Effective Wellness Strategy," and Pam Gardner was their Faculty Mentor. **Nohemi Alvarez ('08) & Erin Randall ('09)** presented a poster, "Hispanic Involvement in the Construction of Diabetes Education," and Dr. Stephen Hadwiger was their Faculty Mentor. **Jennifer Dine ('08)** presented a poster, "Is There Anything Else You Would Like to Tell Us? Breast Cancer Survivors' Insights Following Treatment," with Dr. Stephen Hadwiger and Dr. Jane Armer as her Faculty Mentors.



Faculty member Pam Gardner (front center) with (L-R) Christine Sigmund ('07), Joseph Hassler ('07), and Sara Mayer ('07).



(L-R) Erin Randall ('09), Nohemi Alvarez ('08), and faculty member Steve Hadwiger.



(L-R) Faculty members Stephanie Powelson and Steve Hadwiger, with Jennifer Dine ('08).