

Food and nutrition faculty, students participate in Healthier Evansville Week

Lesa Cagle, assistant professor of nutrition, is chair of the opening and closing events for the first annual

Healthier Evansville Week, April 30-May 7.

The week begins with a health festival for the entire family from noon to 5 p.m. April 30 at Washington

Square Mall. The closing ceremony from 1 to 5 p.m. on May 7 at Garvin Park and Bosse Field will include displays, a walk/run, educational materials, activities, and prizes.

College of Nursing and Health Professions students in a course on community nutrition have designed a pledge card for the opening event. The card is intended to help individuals take responsibility for improving their own health. USI students also will provide nutrition education and assist with physical activities for children at the opening event.

Students in the course Nutrition for Fitness and Sport have created slogans covering the event's four emphases (physical activity, nutrition, prevention, and making healthy choices). The slogans will appear on posters at the closing event to reinforce the campaign messages.

Coordinated by the city's School Community Council, Healthier Evansville Week was announced by Evansville **Mayor Jonathan Weinzapfel** in January. Businesses, clubs, agencies, and neighborhoods are encouraged to

See *Healthier Evansville*, page 2



MSN program attracts students worldwide

Three students from India among spring graduates

Three students who made their first trip out of their native country of India in February 2005 to continue their nursing education in the University of Southern Indiana College of Nursing and Health Professions will graduate in May with advanced degrees.

They are **Rajwinder Kaur**, **Ranjeet Kaur**, and **Navpreet Sidhu**.

They are from communities in India northwest of the capital Delhi and near the border with Pakistan.

Dr. Ann White, assistant dean for nursing, said the three were nurses in their homeland when they decided they wanted to obtain Master of Science in Nursing degrees. They started course work while still in India through the College of Nursing and Health Professions' online offerings, completing about half of their courses before coming to Evansville to finish the clinical portion.

The three will complete requirements for the clinical nurse specialist track of the MSN program. The clinical nurse specialist is qualified to function as an expert clinician, leader, researcher, case manager, and consultant.



Spring graduates of the Master of Science in Nursing program will include, from left, Ranjeet Kaur, Navpreet Sidhu, and Rajwinder Kaur, all of India.

Rajwinder wants to work in intensive care. Ranjeet is most interested in pediatrics or obstetrics/gynecology. Navpreet is interested in the medical/surgical area of nursing care. The three were friends during their undergraduate years at Adesh Institute College of Nursing in the Indian state of Punjab.

Rajwinder said they were nervous about their venture to Evansville but felt warmly received from the start. White and **Heidi Gregori-Gahan**, USI director of International Programs and Services, met them at the airport when their plane touched down in Evansville.

See *MSN students*, page 6

Dean's Notes

Generous donors help college achieve excellence

Lilly Endowment match maximizes impact of gifts through year-end

Achieving excellence in our nursing and health professions programs requires the efforts and support of many individuals. Recognition and appreciation for our hardworking students, faculty, and staff and the contributions of area health-care providers and preceptors have been expressed previously in this column. Less recognized but important to the achievement of excellence are the individuals who contribute to our college through their support of scholarships and teaching excellence.

While space will not permit a complete listing of individuals and their gifts, I want to highlight three donors who have helped us achieve our goal of education excellence. In future issues of *Synapse*, we will feature others who have made significant contributions to our college.



Wertz



Barnhart



Lawrence

Victoria Wertz is a special friend of the college who resides across from St. Mary's Medical Center at the Protestant Home. Mrs. Wertz's support began in 1993, when she established scholarships in memory of her husband, Claude Sr.; her daughter, Judith; and stepdaughter, Barbara Jean. In 1995, Mrs. Wertz made a second major gift to our college using the proceeds from the sale of her home to establish a college enhancement fund. This fund supports faculty participation in cutting-edge conferences focusing on genetics and heart disease. We have been pleased to have Mrs. Wertz and her son, Jay, present the scholarships at our annual college Honors Day. In August, Victoria will celebrate her 102nd birthday.

Our friend **Mary Barnhart**, who died March 11, graduated from a baccalaureate nursing program in St. Louis where she met her husband, Dr. Willard Barnhart, a leading Evansville urologist who died in 1980. Last year, Mrs. Barnhart established a major unrestricted endowment for our college which will provide nursing scholarships for

USI students in perpetuity. I enjoyed my visits with Mary and her valuable insights and counsel about today's health care.

A more recent friend of our college is **John M. Lawrence**, a 1973 alumnus, who recently moved back to Evansville from Cleveland, Ohio. John's deceased wife, Melissa Faye Lawrence, was a nurse whom I had the privilege of teaching prior to coming to USI. With understanding and empathy for the stresses that students experience during final exams, John provides support each semester for our finals week hospitality room. Complete with soothing music, this room provides coffee, juices, and snacks for students before and after their final exams. This spring, Mr. Lawrence established an endowed nursing scholarship in memory of his wife. This is the largest scholarship awarded in our college. It was

presented to **Daphne Young** at the 2006 Honors Day ceremony. John also is generously underwriting the design of a logo which is being developed for our college.

The generosity and support of Victoria, Mary, and John are representative of individuals who understand the importance of private gifts. Without these generous donors it would be difficult to achieve the excellence which is the hallmark of our graduates.

The Lilly Endowment of Indianapolis is providing a matching gift of \$1.25 for every dollar given to an endowment established to benefit the University. This match is a wonderful opportunity to maximize the impact of your gift to our college.

If you are interested in learning more about how you can become a part of our college giving community, please call me at 812/465-1151 or call the University's Office of Development at 812/464-1918. A big thank you is sent to all of you who support our college.



Dr. Nadine Coudret

Healthier Evansville

Continued from page 1

sponsor their own health-related events during the week-long emphasis.

A member of the School Community Council, Cagle said, "If we examine the 2004 health-risk behaviors for Indiana, we can see that we are not a

healthy state. Over 35 percent of the adult population and 15 percent of teens are overweight. Healthier Evansville is hoping to raise the desire for a healthy lifestyle. In essence, this is a campaign to raise awareness.

"It is important to give people the education and tools needed so they

can make responsible choices for both themselves and their families."

Cagle said that it is essential for education to connect the classroom to the real world. Community involvement teaches students to apply the knowledge and theories taught in the classroom to life situations.

Program Notes

Dental Assisting and Dental Hygiene

Give Kids a Smile

Dr. Ralph A. Matacale, program director of dental assisting, and dental assisting students provided free dental care to children during the 4th Annual Give Kids a Smile Day, a national initiative by the American Dental Association.

"We know we can't treat all of the patients needing care in a single day, but our goal is to raise awareness of the problem and help as much as we can while providing a learning opportunity for dental assisting students," Matacale said.

Matacale and dental assisting students also provided service in the fall at Tri-State Family Dental Centers and at Impact Christian Health Center in Evansville. They performed service learning activities at the Impact center on 10 Mondays during the spring semester. Matacale is president of the Indiana Dental Association's 10-county First District Dental Society and has hosted continuing education sessions at USI.



Dr. Ralph Matacale prepares to examine a young client on Give Kids a Smile Day.

Food and Nutrition

New lab

The new experimental foods lab allows students to modify and understand food composition and assess preparation and quality issues of food. The lab is equipped with commercial-grade cooking and food-science equipment.



Food and nutrition students Whitney Nash, left, and Tonya Aeschlieman work in the lab.

Health Services

CHES certification

Gretchen Winders '05 is the first graduate in health services with a minor in worksite wellness to complete requirements as a Certified Health Education Specialist (CHES). Certified Health Education Specialists have met the standards of competence established by The National Commission for Health Education Credentialing Inc. and have successfully passed the CHES examination. Winders is a wellness coach/health advocate at Deaconess Hospital in Evansville.

Nursing

Revised curriculum

Forty-eight students are enrolled this semester in the first two nursing courses offered in the revised undergraduate nursing curriculum that rearranges

the way students complete their course work.

During the first three semesters of the revised program, students complete the non-nursing courses. They enroll in nursing courses during the spring semester of the second year. The last two years of the four-year program are dedicated entirely to nursing courses. Students enrolled in the revised curriculum will receive the Bachelor of Science in Nursing degree upon completion of the four-year program. The exit option to receive the Associate of Science in Nursing degree has been suspended.

Dr. Ann White, assistant dean for nursing said, "We anticipate that, with this revised curriculum, students will be prepared to sit for the licensure exam and obtain employment in any health-care organization."

Second-degree BSN graduates at work

Graduates of the charter class in the accelerated nursing program are employed at Deaconess Hospital, Deaconess Gateway Hospital, and St. Mary's Medical Center in Evansville. The first eight graduates were honored in December at a pinning ceremony. They are **Michael Breamer, Christina Branson, Jennifer Gamache, Sandra**



Dr. Nadine Coudret, right, dean of the College of Nursing and Health Professions, congratulates Nancy McDonald at the pinning ceremony for the first graduates in the accelerated BSN program.

Program Notes

Continued from page 3

Hall, Jennifer Loehr, Nancy McDonald, Vickie Rauch, and Kathi Thurston. The class has a 100 percent pass rate on the RN licensure exam. The accelerated program allows students who already have a bachelor's degree in another field to complete a B.S.N. degree in 21 months.

Occupational Therapy

Accreditation

The occupational therapy program has been reaccredited for seven years by the Accreditation Council for Occupational Therapy of the American Occupational Therapy Association.

First BS/MS graduates

The first cohort of students in the BS/MS program in occupational therapy will graduate in May. The class includes 28 students.

Tornado relief

Occupational therapy students assisted a family in cleaning up after a tornado hit southwestern Indiana in November. **Dr. Barbara J. Williams**, acting program director of occupational therapy, received a letter of appreciation from the Durchholz family of Warrick County. Students also aided the Salvation Army with efforts related to case management and the disbursement of assistance.

Radiologic and Imaging Sciences

Professionalism in workplace

Dr. Martin Reed, program director for radiologic and imaging sciences, attended the 23rd Annual Academic Chairpersons Conference in Orlando in February. He will present a paper on professionalism in the workplace at the spring seminar of the Indiana Society for Radiologic Technologists in late April. The meeting will be held in Kokomo.

Respiratory Therapy

State-of-the-art equipment

With the assistance of **Susan Wynn**, director of respiratory care at Schneck Medical Center in Seymour, Indiana, Instrumentation Laboratories has donated a state-of-the-art arterial blood gas machine to the USI respiratory therapy program. In addition to the standard quality control features, the machine is equipped with an educational tutorial to enhance the students' laboratory experience.

Lew Staum, Illinois representative for the manufacturer, conducted an introductory in-service session for faculty and will provide continued technical and instructional support.

Region II meeting

Members of the Respiratory Care Club will attend the 33rd annual meeting of the Region II for Respiratory Care Conference in Covington, Kentucky, in late April and will represent the USI program in the Sputum Bowl, a two-day academic competition.

Career information

A representative from Clarian Health Partners in Indianapolis recently presented information concerning Clarian employment opportunities to all respiratory care students.

Baccalaureate program

At their February meeting, members of the respiratory therapy program advisory committee unanimously endorsed expansion of the program to the baccalaureate level. **Carolyn Anderson**, manager of respiratory care at Deaconess Hospital in Evansville, is chair of the committee, which represents various communities of interest served by the program.

Robert Hooper, program director for respiratory therapy, said, "There is a shortage of baccalaureate-prepared respiratory therapists in the area served by this program. Program graduates, current students, and area therapists have expressed significant interest in the proposed program expansion."

Development of the baccalaureate program is in the planning stages.

Alumni and student news

Celia Rizen '99, nursing, is associated with the Vanderburgh County Health Department as a nurse in the Tuberculosis Clinic.

Dana Morris '00, dental hygiene education, will graduate this spring with a Doctor of Dental Medicine degree from the University of Louisville School of Dentistry.

Katie DeFries '04, nursing, has been accepted into the neonatal nurse practitioner program at Vanderbilt University.

Shelby Collins '05, M.H.A., is director of the Child Health Center at St. Mary's Medical Center in Evansville.

Barbara Zellerino '05, M.H.A., is a senior consultant with 3M Health Information System Division in Atlanta.

Laura Peterson '06, health services, has been accepted into the doctorate of physical therapy program at the University of Indianapolis.

In memoriam

Cheryl Hay Warren '97, dental assisting, of Degonia Springs, Indiana, died November 6 along with her husband Jeremy, 4-year-old son Isaac, and unborn baby when a tornado struck southwestern Indiana. She worked as a dental assistant for Drs. Jeffrey and Philip Kolb in Boonville, Indiana. The Cheryl Hay Warren Family Memorial Scholarship to benefit a USI dental assisting student has been established in the USI Foundation.

Calling all alumni

Submit news along with your degree and year of graduation, major, address, phone number, current position, and employer to College of Nursing and Health Professions, University of Southern Indiana, 8600 University Boulevard, Evansville, IN 47712-3593 or e-mail dgutley@usi.edu.

Faculty Notes

Dr. Jeri Burger, instructor in nursing, has completed a Ph.D. in nursing at Saint Louis University.

Jessica MacLeod, instructor in nursing, has completed written and oral exams to qualify as a doctoral candidate in Indiana University's Ph.D. program in nursing science.

Mary Ann Wehmer, Cathy O'Nan, and **Mellisa Hall** are pursuing doctorates in nursing practice at Case Western Reserve University. **Marilyn Ostendorf** has enrolled in a doctoral program at Purdue University. All four are instructors of nursing.

Dr. Kathy Riedford, assistant professor of nursing, is enrolled in a post-master's certificate program at Rush University to complete a psychiatric nurse practitioner program.

Robert Hooper, program director of respiratory therapy, is vice president of the board of trustees for the Cumberland Presbyterian Children's Home in Denton, Texas.

Dr. Ann White, assistant dean for nursing, is president of the Southwest District of the Indiana Organization of Nurse Executives (IONE). In this capacity, she also is a member of the board of directors for IONE, an organization of nurse administrators and leaders in the state of Indiana.

Dr. Kevin Valadares, program director for health services/administration, and **Dr. Otis Stanley**, instructor in health services, made presentations, along with **Dr. Saxon Reasons**, USI manager of instructional technology programs, in March at the Teaching

and Learning Technologies Conference at Purdue University. They presented information on teaching methods and the effectiveness of discussion forums in online classes.

Dr. Mayola Rowser, assistant professor of nursing, presented a research poster at the Southern Nurses Research Society conference in February. Her research was titled "Depression and Weight Status in Poor African American Women." The conference was held in Memphis.

Four members of the nursing faculty will present research papers May 11-12 at the annual conference of the Midwest Nursing Research Society. They are **Dr. Martha Sparks, Dr. Jeri Burger, Dr. Karen Parker,** and **Dr. Bobbie Hoebeke**. The conference will be held at the University of Michigan.

Help strengthen the College of Nursing and Health Professions

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Student accomplishments

Jeanette Schafer named Indy 500 Festival princess

A nursing student who is the resident assistant on the nursing and health professions floor in Ruston Hall is one of 33 Indy 500 Festival princesses chosen statewide from a field of 282 applicants.

As a festival princess, **Jeanette Schafer** will serve as an ambassador

for the festival and will attend the 90th running of the Indianapolis 500 race as well as related events in May. A sophomore, Schafer was chosen after an interview process that involved a series of four interviews with 22 judges.

"I'm a highly energetic person and I think that comes out when I talk to people," she said.

As a freshman, Schafer lived in the living-learning community in the residence hall. As resident assistant, she serves as a mentor this year to freshmen on the floor. She has been instrumental in leading activities such



Schafer

as a stress-relief night and get-togethers for USI basketball games. Her father **William Schafer** of the Evansville Police Department presented a program on child abuse to the floor residents. Schafer is orientation personnel leader for USI's AMIGO program and is a student ambassador.

"I'm really excited about taking part in the festival because I've always been open to meeting new people," Schafer said.

She is a graduate of LaPorte High School in LaPorte, Indiana.

Amanda Wilson — second in world in Brazilian Jiu-Jitsu

Amanda Wilson placed second in Brazilian Jiu-Jitsu competition in January at the European Open in Lisbon, Portugal. She graduated from USI in 2005 with a major in health services and is now a sophomore in the nursing program.

Wilson competes in the feather division of Brazilian Jiu-Jitsu, which emphasizes ground fighting techniques and submission holds involving joint-



Wilson

locks and chokeholds. Wilson has competed for more than two years. She has attended events in Nashville, Tennessee, and in Rio de Janeiro, Brazil, in addition to the tournament in Lisbon.

Wilson holds a blue belt in the art. She trains at Rising Phoenix Martial Arts in Evansville.

"It's so physical and so much fun," she said. "You have to concentrate and stay calm when someone is trying to choke you. It has helped me become more flexible, and I feel much better when I work out."

Wilson is from Reo, Indiana.

Two in Homecoming Court

Two students in the College of Nursing and Health Professions were members of the Homecoming Court in February. **Jaime Langhans** of Lyons, Indiana, is a pre-occupational therapy assistant major. **Jessica Worth** of Seymour, Indiana, is a senior majoring in dental hygiene.

MSN students

Continued from page 1

"Now it seems that we have been living here from birth," she said. "They have helped us a lot."

The three also expressed appreciation to **Dr. Nadine Coudret**, dean of the College of Nursing and Health Professions; **Mellisa Hall**, instructor in nursing; **Kirat Baath**, instructor in biology; and all the faculty and staff for their support. Host families also have helped them become acclimated.

Ranjeet said they have been surprised and pleased by the camaraderie that faculty have shown to them. At universities in India, the faculty keep more of a distance from students. They also have been surprised by the num-

ber of nontraditional students (age 25 and above) who study at USI.

Navpreet said that because India is a developing country, medical technology is not as widely available as in the United States. White said the three graduate students have been diligent and quick to adapt to the greater use of technology and to American hospital policies.

The students have been pleased at the way they have been received by patients in the clinical setting. "When we talk with patients, we get a good response," Rajwinder said.

The students live in campus apartments and take advantage of free campus shuttle buses. They use the Metropolitan Evansville Transit Service (METS) to get to clinical assignments.

All three recently received Employment Authorization Cards which will allow them to work legally in the United States for one year after graduation. The authorization may be extended at the end of that year. Their goal is to work in the Evansville area as advanced practice nurses because their experience in Evansville has been so positive.

After more than a year on campus, the three now laugh when they recall their first pronunciation of Evansville (e-VANS-vil-ly) and their first forays (all three of them together) to the grocery store, Wal-Mart, and Eastland Mall. Now they can say they have developed more independence and adapted to American culture and food, even pizza and McDonald's.

News

St. Mary's vice president Betty Brown named Distinguished Nursing Alumna

A nursing graduate who is a vice president with St. Mary's Health System in Evansville is the 2005 recipient of the Distinguished Nursing Alumna Award at the University of Southern Indiana.



Brown

The award was presented to **Elizabeth "Betty" J.**

Brown by the USI Nursing Alumni Society at its annual meeting in October. The award recognizes Brown's leadership in health care, her service as a model of scholarship in her practice, her career advancement in the field of nursing, and her support as an alumna of the College of Nursing and Health Professions.

Brown is vice president of strategic physician integration at St. Mary's. She was a member of USI's first nursing class, earning an associate of sci-

ence in 1990 and a baccalaureate degree in 1992. She completed a master's degree in nursing at University of Evansville. She also holds a master's in business administration from USI.

Throughout her career, Brown has maintained close ties with the University. She serves on the advisory committee for the graduate program in health administration and is an adjunct instructor. A member of the USI Nursing Alumni Society advisory committee, she encourages nursing graduates to become active in the group. "It's wonderful to be able to network and reconnect," she said.

25 participants enroll in Alzheimer's courses

Eleven participants completed the new six-week online Alzheimer's certificate program available for the first time this semester. Fourteen students enrolled in the undergraduate Alzheimer's course (GERO319), also new this semester.

Both programs focus on application of the theory of retrogenesis to increase prediction and understanding of symptoms associated with the illness and to provide guidance in choosing strategies to prevent or manage the symptoms. **Dr. Martha Sparks**, associate professor of nurs-

ing, developed the two programs with funding from the Indiana Partnership for Statewide Education.

College welcomes former USI baseball All-American

Michael W. Fetscher '96 has been named coordinator of instructional broadcasting for the College of Nursing and Health Professions. A communications major at USI, he worked in production for 14WFIE-TV in Evansville from 1995 until accepting his present job.



Fetscher

He has served as audio technician at USI basketball games for eight years and music arranger for the Evansville Fourth of July fireworks for six years. He has freelanced for ESPN, Fox Sports, Disney Channel, F/X network, and various regional networks.

Fetscher was a two-time All-American and three-time All-GLVC pitcher for the USI baseball team between 1992 and 1995. He finished his career with the Screaming Eagles ranked number one in career appearances (68), saves (16), and strikeouts (218); and number two in career wins (24) and shutouts (4).



A crowd of interested adults and children gathered around Mickey Stanley as she tended to a snake-bite wound in a village in India.

Otis Stanley participates in health assessment in India

Dr. Otis Stanley, instructor in health services, was a member of a team of health-care professionals who recently assessed the health situation in 15 coastal villages north of Kankinada, India, and outlined recommendations for improvement.

The assessment focused on five major areas: safe water, environmental sanitation, nutrition, general preventive services, and curative health services. Stanley said the greatest immediate need was for safe water. Initiatives for improvement will include integrating health practices into an existing church-based basic literacy program and developing a training program for village health aides.

Stanley's wife Mickey, associate professor of nursing at Southern Illinois University-Edwardsville, also was a member of the assessment team. The assessment was performed in January at the invitation of a church ministry in India through its relationship with a church in Norris City, Illinois. The Stanleys live in Equality, Illinois.

Nursing and Health Professions Continuing Education

Workshops and Conferences

12th Annual Case Management Conference, May 11
8th Annual Advanced Practice Nursing Symposium, May 12
Radiology for Dental Auxiliaries, May 19-20
Clinical Practice Conference, October 6
PEP Rally: A Perinatal Conference, October 11-12
11th Annual Nursing and Health Professions Educator Conference, October 18
Healing Touch Level 1, October 21-22
Pharmacology for Advanced Practice Nurses, October 25
Basic Parish Nurse Education Program (residential),
November 8-12, Kordes Retreat Center,
Ferdinand, Indiana

Customized programs: For programs tailored to meet the specific needs of your organization, contact Peggy Graul, coordinator of Continuing Education, College of Nursing and Health Professions, University of Southern Indiana, pgraul@usi.edu or 812/465-1161.

Certificate Programs

(Internet-delivered instruction)

Alzheimer's Disease Management, six weeks, begins August 21
Anticoagulation Billing, three weeks, begins September 25
Anticoagulation Therapy Management, six weeks, begins May 1, June 26, August 28, and October 23
Case Management, six weeks, begins September 11
Chronic Heart Failure, five weeks, begins October 2
Complementary and Alternative Health Care, six weeks, begins September 11
Diabetes Management, six weeks, begins August 21
Health Promotion and Worksite Wellness, 10 weeks, begins September 18
Lipid Management, six weeks, begins September 18
Pain Management, six weeks, begins September 11
Basic Parish Nursing, six weeks, begins September 25

Registration information: <http://health.usi.edu> or 812/465-1148

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Dr. Nadine Coudret, Dean
For more information
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