The College received notification that Dr. Patricia Book Perry, former Clarkson College President, passed away on Tuesday, Sept. 13. She was 87 years old.

Born July 30, 1924 in Harlan, Iowa, Patricia graduated from Bishop Clarkson School of Nursing as a registered nurse in 1945. She married Samuel H. Perry, M.D., Dec. 30, 1944. They lived in Gothenburg, Neb. where he practiced medicine, and they raised their two children. Dr. Perry’s involvement in the community was well-recognized. She played an instrumental role in establishing St. Christopher’s Episcopal Church, a mission parish in Cozad, Neb. She was also a member of the Philanthropic Educational Organization, which aimed at bringing women increased opportunities for higher education.

Her family moved to Omaha in 1966, and Dr. Perry returned to Bishop Clarkson School of Nursing, only this time as an Instructor of Basic Sciences. While teaching, she enrolled at the University of Nebraska at Omaha and received a Bachelor of Science in Nursing degree in 1969 and a Master’s degree in Education in 1973. Not stopping there, Dr. Perry graduated from the University of Nebraska at Lincoln in 1978 with a Doctor of Philosophy in Adult Education.

While pursuing her doctorate, Dr. Perry was appointed Director of Bishop Clarkson School of Nursing. In 1981, she became Dean of the College, and then President in 1988. She led the process of transforming a diploma-granting Nursing school into a college that offers a variety of diplomas, certificates, undergraduate and graduate degrees in multiple health care disciplines. During her tenure at Clarkson College, she gained an unmatched respect from students, faculty, staff and the local community at large.

continued on page 2
Busy Fall Filled with Alumni Activities

The Board is off to a great start for the 2011-12 year. During the month of September we celebrated anniversaries for the classes of 1951, 1971, 1981, 1986, 1991 and 2001. The festivities kicked off with a brunch where alumni shared stories of their experiences at Clarkson College. Following the brunch, the Alumni Association hosted its annual meeting and concluded the day by attending Convocation at Trinity Cathedral in downtown Omaha, Neb. On Friday, a continuing education event (CEU) was held. That evening, the Alumni Association hosted a dinner event with live entertainment from Murder Mystery Players, Inc. Each event was a success, and all of the details are on pages 4–7!

The Alumni Association will continue to offer opportunities for alumni to share memories, network, mingle and keep in touch with other alumni. Look forward to more information in the coming months.

If you have any comments or suggestions on how the Alumni Association can improve your alumni experience, please give us a call at 402.552.3516. We look forward to seeing you at future events!

Until next time,

Jena Dickinson, B.S. (’08)
Alumni Association President
PH 402 552 3632
dickinsonjena@clarksoncollege.edu

Health Care Ethics Event a Success

Future, current and past professionals in the health care sphere learned about the importance in improving health care services through investigation of ethical services at the continuing education event held Friday, Sept. 16 in Howard Hall.

Speakers and their topics for the event included: Dr. Stephen Smith, M.D., Chief Medical Officer at the Nebraska Medical Center; discussed legal issues for health care providers in his presentation “Issues Surrounding Disclosure of Hospital Adverse Events.” Carri Siedlik, APRN, Palliative Care Nurse Practitioner, and Rev. Thomas Backer, Clinical Pastoral Care Manager at The Nebraska Medical Center; partnered on their presentation about “Ethical Issues at End of Life.” Cindy Owen, MT(ASCP), MSHS, FACHE, Corporate Vice President at The Nebraska Medical Center; concluded the program by discussing “Professionalism Issues in Health Care.” Good reviews were received from the attending audience.

From page 1

Dr. Patricia Perry

“Dr. Perry was very business-like but also very personable,” says Linda Nieto, Coordinator of Online Education at Clarkson College. “She always remembered everyone’s name.”

Dr. Perry was also known for her commitment to student success. Her favorite part of education was teaching students the science of nursing and life skills. “To Dr. Perry, the day of graduation was a day when each student deserved his or her own special recognition,” says current Clarkson College Dean of Nursing Aubray Orduña.

Even after retiring from Clarkson College in 1990, Dr. Perry remained President Emeritus until her death. She served on the Vestry at All Saints Episcopal Church and became the church’s first female warden. As an avid fan of the Nebraska Cornhuskers, she attended all home and away football games.

Dr. Patricia Perry left a lasting impression on many lives and in Clarkson College history. To honor her legacy, the next issue of the Alumni Times will celebrate her life and accomplishments. Do you have a favorite memory of Dr. Perry or story to share? If so, contact Rita VanFleet at 402.552.3516 or vanfleetrita@clarksoncollege.edu.

In Memorium

Class of 1954
Alumni Scholarship Donations

Below is a listing of donors who have given to the Alumni Scholarship Fund. These donations are greatly appreciated and assist the Association in continuing to be able to award scholarships.

Cindy Johnson Arbaugh ('78, '09)
Mathew Beeman ('07)
In memory of William Bailly.
Carla Dirkschneider ('07)
Betty Reher Gosda ('55)
In memory of Jerry Gosda.
Kathryn Higgins ('54)
In memory of her mother, Marie J. Brich ('23).
Norma Hintz ('87, '88)
In honor of Marie Johnson.
Jeanette Jackson Kassmeier ('72, '86)
Rosemary Lebeda ('00)
Carol Tvrdik McCall ('68)
Letitia (Tish) Bunker Naprstek ('68)
In memory of Shar Hansen ('68).
Cheryl Neuroth Olomon ('71)
Jackie Parmenter ('93, '09)
Phyllis Petersen ('54)
Susanne Adams Soppe ('78)
In memory of Art Adams.
Jessie Harris Swearingen ('55)
In memory of Marilyn Griffith Fisher.
Marcia Fitzgerald Weeks ('65)
In memory of her grandma, Virda Fitzgerald.
Barbara Lynch Young ('55)
In memory of Mr. and Mrs. Tom Lynch.

$10 TO $99

Lygia Lee Arcaro ('98)
Louann Jahde Coatsworth ('77, '88)
Annette LeRoy ('91)
Ruth Briggs Siefert ('66)
In memory of her parents Emory and Frieda Briggs.

DONATE

Making a donation to the Scholarship Fund is a way to recognize or memorialize someone while helping students meet the financial challenges of college expenses. Donations can be sent to: Alumni Coordinator, Clarkson College, 101 South 42 Street, Omaha, Neb. 68131. Make checks payable to “Alumni Association Scholarship Fund.” The Alumni Association is very grateful to all who have so generously donated.

Bricks donated by May 1, 2011 for the Clarkson Service League Heritage Garden were acknowledged in the July/August 2011 Alumni Times newsletter. Those donating bricks were Carol Matthies ('46), Janelda Hogan ('49), Beverly Zdan Wright Gleiter ('53) and Cynthia Privitera ('01). George Holt donated a brick that will be acknowledged during next year’s Spring Garden Walk.

$100 TO $499

Alumni Referral Program
Inspiring others to pursue a health care education
By Rita VanFleet, Alumni Coordinator

Many of our students tell us an alumnus inspired them to pursue a career in the health care field. Clarkson College and the Alumni Association want to recognize and highlight the impact you have on prospective Clarkson College students.

The Alumni Referral Program is an opportunity for us to thank our valued alumni. For every student that lists you as an alumni referral on their application, the College will send you a $25 gift card once they begin classes. You will also have the option to apply this $25 gift for an Alumni Association membership or renewal.

In addition to the gift card, your name will be added to a drawing for an iPad. The drawing will take place next summer, and the winner will be announced in the 2012 July/August issue of the Alumni Times.

In order to receive these tokens of our appreciation, the student needs to provide your name as an alumni referral on his/her application. Students can apply online at ClarksonCollege.edu or an application can be mailed to them.

Clarkson College offers online and on-campus options in Nursing, Health Care Business, Radiologic Technology, Medical Imaging, Imaging Informatics, Physical Therapist Assistant and many Professional Development opportunities. If you haven’t visited us on the web recently, take a look for yourself at ClarksonCollege.edu and help us spread the word.

We realize that our graduates are our best advocates to promote Clarkson College programs, and we thank you for being such a positive role model!

ONLINE GIVING:
A UNIQUE WAY TO DONATE

Here’s an easy way to shop, get coupon deals and raise money for the Clarkson College Alumni Association. Simply begin using Yahoo! powered GoodSearch.com as your search engine, and they’ll donate about a penny to the Alumni Association every time you search online.

Before you surf the web, enter “Alumni Association – Clarkson College” in the search box at GoodSearch.com to show your support for the Alumni Association.
The annual Alumni Brunch was held on Thursday, Sept. 15 in Howard Hall on the Clarkson College campus. Reunion classes of 1951, 1971, 1981, 1986, 1991 and 2001 were honored at the event.

During the brunch, Dr. Louis Burgher, Clarkson College President, shared the Clarkson College annual report and emphasized that enrollment and credit hours have steadily increased over the past 10 years. He also highlighted the recent College renovations to the Admissions and main lobby areas, the work accomplished so far to update the restrooms, the move of the Library onto the second floor—a project funded by the Clarkson Service League, and the move of the Testing Center and Nurse Aide classroom back into the main College building.

Following Dr. Burgher’s presentation, Alumni Association President Jena Dickinson welcomed the group and gave her President’s address. A Clarkson College historical video was shown as well as a health care tribute video, which can be seen at Preparetobethebest.com.

Reunion class members in attendance each received a memory booklet for their graduation year. The group enjoyed reminiscing about their training days as they one-by-one shared stories about their best and worst college memories.

After brunch, several attendees received a tour of the College given by two Student Ambassadors. The alumnae on the tour were very impressed with Clarkson College and the Residence Hall.

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BEST COLLEGE MEMORIES

Mrs. Fickle as housemother.

Working with Dr. Best and scrubbing for him in surgery.

Transporting Dr. Campbell to the hospital and having dinner with him.

Dorm life on 26th street: Female residents were often times scantily clothed while relaxing. Whenever firemen were washing the dorm windows, the alert “fireman on board” was sent out as a signal to put on more clothes.

Annual Christmas buffet held in the Storz Pavilion.

Service League Teas.

Senior luncheon at Mrs. Canedy’s home.

Never having to go outside in the winter thanks to the tunnel from the dorm to the hospital.

Dr. Pat Perry being very inspirational and an excellent mentor to all.

School allowing twin sisters to room together when other schools in the area wouldn’t.

Putting signs in the Kiewit dorm window as encouragement to patients.

Quality of education and support received from the faculty as a non-traditional student with a family.

Living in the dorms and meeting wonderful friends.

Looking for excitement at the Club 8 Limited, which was up the street from the Kiewit dorm.

WORST COLLEGE MEMORIES

Buying shampoo in containers that looked like beer bottles and having the house mother upset when she made rounds—with the girls snickering.

Forgetting to put a newspaper under the bath basin when giving a bed bath. The instructor was astounded when it was forgotten.

Having to sharpen own needles.

Housemothers very strict about girls showing any signs of public displays of affection.

One student was reprimanded because her brother put his arm along the back of the couch when sitting with her.

Dr. Neis calling nurses “girlie,” and everyone hiding when they heard his cleats coming on the floor.

The collapse of the hospital parking lot.

Microbiology at Bellevue College.

Accidentally pulling suction tubing out of the chest cavity while Dr. Neis was performing surgery.

When shaking a bottle of Milk of Magnesia having the cap fly off and spraying the suit of a doctor who was standing nearby.

Having one of Dr. Kingston’s colon resection patients find a full food tray and eating it after surgery. Dr. Kingston told the nurse, “I ordered sips and chips, not fish and chips!”

Putting self through nursing school, taking five years instead of three.

Taking care of a patient who had a seizure, the doctor asked how long the seizure lasted, and the nurse hadn’t looked at her watch at all.
Elvis Presley, Julia Child, Princess Diana and several other celebrity ghosts appeared and entertained Clarkson College alumni and staff at the annual alumni dinner held on the evening of Friday, Sept. 16 in Howard Hall. The evening’s entertainment was Marie Dubois Empanada of Murder Mystery Players, Inc. Portraying a medium who talked to dead celebrities, Dubois Empanada requested the assistance of volunteers from the audience. Several dinner guests eagerly contributed to the production by playing the parts of celebrity ghosts.

Audience participants included: Dale Buchanan, husband of Mary Buchanan (’51), as James Dean; Jeff Koontz, guest of Tamala Hansen (’89), as Elvis Presley; Sue Leutzinger (’89, ’09) as Princess Diana; Lynn Mulder as Steve Erwin; Megan Wickless-Mulder as Judy Garland; Dottie Teesdale (’51) as Julia Child; Lois Theis (’71) as Janis Joplin; Rachel Thompson (’04) as Marilyn Monroe; Larry Vinson as Babe Ruth; Jody and Bob Woodworth as Lucille Ball and Frank Sinatra; and Allen Huff, husband of Jean Huff (’71) as Michael Jackson.

As the drama unfolded, Dubois Empanada was murdered by one of the celebrity ghosts who wanted to invade her body so they could make a comeback. To determine the culprit, the audience gathered clues given by the skit’s narrator, a Murder Mystery Players, Inc. actor. Two of the nine tables correctly determined Judy Garland had murdered Dubois Empanada.

With good food and entertainment, the annual alumni dinner was a smashing success.
Graduate Capstone Review by Alumni Association Board

The completion of an evidence-based project or an actual study is the culmination experience required by all Master of Science in Nursing (MSN) and Master of Science in Health Care Administration students before graduating from Clarkson College. This scholarly experience synthesizes relevant domains of knowledge and is designed to generate or apply knowledge to enhance practice, education, theory or policy in the health care arena. The experience allows each student at the end of his/her program to investigate a question of practical importance by utilizing the critical thinking skills, knowledge, strategies, theories and principles learned throughout the course of study.

The final outcome of the Capstone experience includes completion of a scholarly, evidence-based document that can be further revised for potential publication and an actual document that can be used by practitioners, educators, administrators or clients. The students are also required to complete a poster that can be used at a future health care conference to describe the background and development of the project and/or results of the study. Each topic requires approval by the Clarkson College Institutional Review Board (IRB) and the IRB from the institution where the student collects data for their research.

For the first time, the Alumni Association Board was asked to determine the top three abstracts/summaries of the final projects completed by the August 2011 graduates in both the MSN and Master’s degree in Health Care Administration programs. The Board established a committee and developed a rubric for evaluation.

Using the rubric, the top three Capstone projects of the August graduates were determined. Candice Carter’s abstract, titled Development of an Evidence-Based Guideline for Milk Soy Protein Intolerance by Candice Carter

**Background**

Milk soy protein intolerance (MSPI) is a severe, non-IgE-mediated food intolerance that is typically provoked by cow’s milk and soy proteins. This condition affects the gastrointestinal, cutaneous, and respiratory systems in infants. MSPI can also cause a life threatening condition known as failure to thrive. However, the current evidence-based documents regarding milk soy protein intolerance (MSPI) in infants is lacking. The diagnosis of MSPI continues to grow and is increasing in prevalence in the United States.

**Purpose**

The purpose of this project was to develop an evidence-based guideline regarding the clinical presentation, diagnosis and management of MSPI in infants.

The top three Capstone projects of the August 2011 graduates are below. For more information on these pieces, contact Dr. Linda Jensen, Graduate Nursing Associate Professor, at 402.552.6093 or via e-mail at jensenlinda@clarksoncollege.edu.

**Development of an Evidence-Based Guideline for Milk Soy Protein Intolerance by Candice Carter**

This new evaluation process will be completed by a sub-committee of the Alumni Association Board for future graduates of the MSN and Master’s degree in Health Care Administration programs. At the end of each semester, the graduate Capstone projects will be evaluated, and the results will be included in future Alumni Times issues.

The next series of Capstone projects will be presented Dec. 9 from 9 a.m. to 3 p.m. in the lower level of the Storz Pavilion at The Nebraska Medical Center Clarkson Tower.

The top three Capstone projects of the August 2011 graduates are below. For more information on these pieces, contact Dr. Linda Jensen, Graduate Nursing Associate Professor, at 402.552.6093 or via e-mail at jensenlinda@clarksoncollege.edu.

- **Development of an Evidence-Based Pamphlet Regarding Diabetes and Erectile Dysfunction**, took third place. A process is being developed to make these abstracts available for review via the Clarkson Service League Library. Watch for announcements in upcoming newsletters.

The annual Convocation ceremony began with an invocation from The Very Reverend Thomas Hurley, Dean and Rector of Trinity Episcopal Cathedral. Following the prayer was a welcome from Board of Directors Chair Dr. James Canedy and an introduction of guests from Clarkson College President, Dr. Louis Burgher. Alumni Association President Jena Dickinson delivered a speech about the history of the Maltese Cross and its relationship with Clarkson College.

The ceremony resumed with Dr. Burgher, MSN Instructor and Faculty Senate President Joan Blum and Student Government Association President Brittany Kramer welcoming the first-year students to Clarkson College. Marsha Cravens, BSN Faculty and recipient of the 2011 Dr. Patricia Book Perry Faculty of the Year Award, gave an inspirational speech about the impact students can make as caring and committed health care professionals. Tony Darnewood recognized the 2011 scholarship recipients, and a speech from Nursing student and President’s Platinum Scholarship recipient Alyssa Tuel about the importance of scholarships followed. A reception followed the ceremony.

**EVENTS:**

Alumni Board meetings [open to any paid member, 4:30 to 6:30 p.m. at Clarkson College] – Nov. 17.
Young at Heart: Adventures & Musings from an Alumna

Clela Jensen Wanamaker never considered becoming a nurse until her minister suggested she enter the profession. His daughter, a friend of Clela’s, was planning to attend a Lutheran nursing school in Omaha. Clela decided to follow the same educational path, and by 1942, she became a proud Clarkson School of Nursing graduate.

Clela speaks fondly of her days in training. She lived in two different dormitories, both within a block of Clarkson Hospital where she worked. The first she describes as a nice brick building with rooms that accommodated two girls each. The second dorm was a two-story “old house” not nearly as nice as the first and housed four girls to a room.

Monday through Friday, Clela and her roommates spent four hours per day in class and four hours working in the hospital. The weekends required full workdays, leaving little time for leisure activity. Despite their busy schedules and stern housemothers, the girls always found a way to sneak in some fun. Clela specifically remembers one housemother who, although still strict, was slightly more lenient than the others. She wore slippers so the girls couldn’t hear her coming, but they would always be on the lookout for her head to appear on the staircase. Once spotted, the girls quickly jumped into bed and acted like they were sleeping.

Another moment to look forward to was receiving packages from home of special, edible treats that Clela and her roommates would share with one another.

In reminiscing about her memories from clinical work as a student, Clela recalls one night when she was assigned to care for a patient on the surgical floor, a woman who just had a baby and was experiencing severe complications. Later that night, the woman died. This was the first time Clela experienced a death of a patient.

Another unsettling incident Clela bears in her mind is caring for a “very pretty lady” who was in the hospital due to an infected pimple inside of her nose. At the time, there were no antibiotics or sulfa to control the infection. The woman lingered for a long time but eventually died. Clela then remembers how scared she was to go to the morgue. She opened the door, shoved the cart into the room and fled the area.

Though she faced some rather disturbing situations at the hospital, Clela speaks very highly of her education at Clarkson School of Nursing. She considers her clinical experiences on the floor excellent and the Nursing instructors exceptionally knowledgeable and encouraging.

Now decades later, Clela holds on to her uniform, white apron and cap from nurses training. She belongs to a retired nurse group, and about four or five years ago, the group held a style show where all members were asked to bring a pin, cap or other article of clothing. Still in tip-top shape, Clela was able to wear her uniform to the event. When she walked into the large banquet room, everyone became silent. They couldn’t believe she had the complete uniform and was able to fit into it!

Clela’s first job after graduation was as a floor nurse at the Holy Family Hospital in Estherville, Iowa. She went there with her close friend from training, Adelaine Berner Ficht. The two girls later moved to Victory Hospital in Waukegan, Ill. There, Clela worked alongside a nurse who refused to take care of African-American patients. Never before having witnessed such racial discrimination in the hospital setting, this shocked Clela. Any African Americans admitted to their floor were taken care of by Clela.

Another surprising situation she remembers from Victory Hospital is finding a man who was white as a sheet, not breathing and without a pulse. Clela raised the head of the bed, and there was still no response from the patient. She called the head nurse, and the instant she arrived the gentleman suddenly began talking to Clela. She almost fainted and will never forget that patient.

Her most memorable, exciting job was as an industrial nurse in Minneapolis, Minn.—a position she held for 27 years. Every day on that job was a new adventure. “You never knew what was in store for you.” She dealt with traumatic amputations, administering CPR, witnessing death and more.
Her first shooting victim was a young black boy. She had never taken care of any one who had been shot and she was so shocked to see how young he was.

After nearly 38 years-worth of enduring extraordinary situations of improving lives and watching them subside, Clela retired in 1980.

Clela is now 90 years old and lives with her husband, Bohn. Married 64 years, the couple lived in Minneapolis, and has been in Sun City West, Ariz. for the last 31 years.

Hobbies or interests that currently keep Clela busy are her weight club, pistol shooting and being the Queen Mum of the Dynamite Dames Red Hat Society. She organized a weight club, which consists of 46 people. The members weigh in and have calorie sheets that Clela creates to use for competition. Each table is a team, and they have weekly contests. She has an official NRA range for air pistol shooting in her hallway at home. She and her husband have weekly competitions against one another. Clela wasn’t shy about sharing that she usually wins. They also belong to the Wickenberg Gun Club, which has a gun range they use to shoot their 22-gauge pistols (unless the temperature is above 110 degrees).

Prior to her infatuation with pistol shooting,

At the age of 80, she was inducted into the Minnesota Archers Hall of fame.

Clela was an acclaimed archer. She was on the U.S. Archery Team five times and was also a member of the World Archery Team, which consisted of the top three archers in the nation. She holds eight first place Minnesota State Championship titles and one North American Championship title. At the age of 80, she was inducted into the Minnesota Archers Hall of fame. She attributes a lot of her success to her husband. He was Clela’s coach and made all of her arrows.

After several years, Clela underwent a rotator cuff surgery and had to give up archery. Per her husband’s influence, she decided to join the Annie Oakley club at Wickenberg. She initially took a one-hour safety class. After shooting three rounds, Clela wanted her own gun. After conducting his research, Clela’s husband purchased one for her. Her response to his choice: “I just love it.” After much practice using her right hand, left hand and different targets, she took the NRA shooters test and qualified for distinguished expert for beginners, an accomplishment previously achieved by only 13 women. She has a beautiful medal from the National Rifle Association to mark this accomplishment.

Clela participates in many of the Red Hat functions, and her husband has decorated all of her hats.

continued on page 11
ALUMNI SPOTLIGHT

From West Africa to North America, Graduate’s Ambition Prolongs
Following an educational journey that lead to a career in health care

When home is more than 6,500 miles away, the trips back come few and far between. Radiologic Technology (RT) graduate and current Medical Imaging (MI) student Kodjovi Abalo shares that while his family remains in Togo, Africa (just east of Ghana), he feels closer to them in ways he never had before.

Five time zones a part, Abalo and his family (father, mother, three sisters and younger brother) call one another nearly every day. Their conversations—so different in context—maintain the same everlasting concern for one another’s well-being as they did upon Abalo’s departure from Togo in May 2004.

Abalo came to the U.S. with a Student Visa and the determination to become a professional soccer player. He knew nothing of the English language, but that did not impede his ability to play the game he loved or pursue a future inaccessible to him in his home country.

Within his first year in Omaha, Abalo joined the Omaha Latino Soccer League, took a job working at a fast food restaurant and enrolled in the Business Administration and Management program at Bellevue University. In order to take courses for his program, Abalo needed to pass the TOEFL Exam to demonstrate his ability to read, write and comprehend English. English, however, is Abalo’s third language. His native language is Ewe (pronounced Evy), and he is also fluent in French, Togo’s secondary language.

Abalo’s decision to go to school came for reasons other than receiving a diploma. “I enrolled in the Business program not because I wanted to be a businessman, but because I wanted to be a soccer player,” Abalo says. “I also wanted to make my family proud, so I knew that meant putting my Student Visa to good use,” he says. His mother, in particular, always expressed great concern for her son’s future if he were to get injured, so she insisted he earn a degree to keep in his back pocket.

Soccer being like oxygen for his lungs, Abalo tried out for and made the Bellevue University men’s soccer team and continued playing leisurely on the Omaha Latino League. Life, as he knew it, was euphoric with a promising future in store. A few months later, his aspirations became uncertain when he tore several ligaments in his left leg during a soccer game. After undergoing ACL and MCL reconstruction, Abalo was confident he’d be back on the field in a matter of months.

His prediction was off by a margin he could hardly bear. Today, nearly six years since his injury, Abalo is still unable to play at a competitive level. When dealing with the despair of his life-altering injury, Abalo told himself over and over again, “Mom was right.” No matter how many times this thought occupied his mind, a part of him always spouted back with, “I love the game too much to leave the field.” His plan of action: do the next best thing.

Abalo acquired his Certified Nebraska State Referee License and began refereeing high school and club soccer. When off the field, he continued his education at Bellevue University and his new job in the Environmental Services department at The Nebraska Medical Center.

Facing the reality of his situation, Abalo rearranged his priorities. He completed the year-long English as a Second Language (ESL) program, took the TOEFL Exam and passed. “I would not have been able to pass it if it weren’t for my advisor,” Abalo says. “He spoke French, so he helped me learn English by communicating to me in French.”

Soon thereafter, Abalo participated in an event on campus designed to showcase the talents of international students by playing the African drum in a small musical group. Afterwards, a woman named Blythe approached Abalo to express how fascinated she was by his performance. Their acquaintance that evening developed into a steady friendship. Later that year, Abalo proposed to Blythe, and the two wed in October 2006.

The start of a family and an education in the works, Abalo still managed to work full-time at The Nebraska Medical Center. One day while cleaning an interventional radiology (IR) procedure room, he asked a radiologic technologist how one can become IR certified.

“I became very interested in radiologic technology (RT) because of the image scans the doctors would show me before and after my surgeries,” he says. The young woman told Abalo he needed to go to a college that offered a degree in RT. His interest heightened.

A few weeks later, Abalo was refereeing a club soccer game. When parents started to exhibit outlandish behavior, Abalo requested they “keep it down and let the kids play.” Upon his surprise, in the audience was Marty Carmody, Executive Director of Support Services at The Nebraska Medical Center at the time. Carmody, too, recognized Abalo and asked him to stop by his office the following week.

Carmody was impressed by Abalo’s ability to balance school, work at the hospital and work on the soccer field. He asked Abalo what his plans were. Next thing he knew, Abalo found himself writing a letter to Dr. Burgher requesting a meeting to discuss the Clarkson College RT program. After meeting with Dr. Burgher and the Admissions office, Abalo completed all application requirements and was accepted into the program in August 2009.

“My goal in life is that I always want to get better. I’ll never stop digging for better.”

Only a couple of the classes from Bellevue University were transferable, but that didn’t trump Abalo’s motivation to work for a degree he actually wanted. What it did mean, however, was even less time with his wife and their son, Richmond, who was just 1-year-old at the time. Abalo maintained his full-time position at the hospital and studied several
hours a day. All the while, both his Nebraskan family and family in Togo supported his aspirations.

In August 2011, Abalo graduated from the RT program at Clarkson College. He received several job offers at hospitals in and around Omaha but turned them all down. Rather, he’s decided to relinquish one more semester to obtain his Bachelor’s degree in Medical Imaging and continue working in his most recent position as a Certified Sterilization Technician at The Nebraska Medical Center, as well as continue to referee soccer.

Just days after graduating, Abalo passed his board exam. “There wasn’t a single question we hadn’t covered in class,” he says. “I did well, but since I have a language barrier, I couldn’t get a 100 percent,” he adds in a comical undertone.

So what exactly does Abalo wish to do long-term? After graduating in December, he’d like to apply to a two-year post-baccalaureate program at the University of Nebraska Medical Center. Even longer term: “Someday, I would like to be the president of a non-profit organization.” Currently, Abalo is the president of his own organization (unnamed), along with several fellow Togo natives. The organization pays the tuition for children in Togo who cannot afford to go to school. “It’s very heartbreaking when you see kids go to school barefoot; their classroom doesn’t have a chalkboard; they don’t have a hot meal to go home to,” Abalo says. “With a higher degree and some experience, I know I’ll be more effective in my mission to help not just kids from Togo but from throughout all of Africa.”

A prosperous future became even more likely for Abalo about seven months ago when he received his U.S. citizenship. Studying for the exam was challenging given Abalo’s heavy workload, so he made use of every spare minute. “I played CDs in my car that educated me about U.S. history; I watched news while I studied; and I really paid close attention the words of the Star Spangled Banner when I refereed my games,” he says. “I wouldn’t have been able pass if it weren’t for Will Montgomery (Registrar Representative and General Education Adjunct Faculty at Clarkson College). He is a genius when it comes to U.S. history and helped me learn everything I needed to.”

Abalo admits his greatest challenge in the classroom was keeping up with the terminology. “Sometimes I wish everyone would just start talking in Ewe or French,” he jokes. Learning English was just one of many ways Abalo assimilated to the U.S. culture. “The ideal woman in America is so different from the ideal woman in Africa,” he comments. “One day I looked at my manager and told her how happy I was for her because of the weight she gained. She got really mad at me.” Abalo explained that in West Africa, describing a woman as “big” is a compliment. It means she is healthy and her male counterpart is able to provide for her. “I definitely learned my lesson the hard way,” Abalo says with a grin.

Abalo visited home once in 2007 but has not had the means to go back—until recently, that is. He spent five weeks in Togo (Blythe and 3-year-old Richmond stayed behind) during August and September. He enjoyed good food, time with family and a break from his classes.

Abalo believes his promising future will come from his hard work, perseverance and fearlessness—characteristics he’s never known himself not to have. When asked how he fought and will continue to fight through it, he responded, “My goal in life is that I always want to get better. I’ll never stop digging for better.”

Have an interesting story to share? We would love to hear from you! For story ideas or questions about the Alumni Times, contact Rita VanFleet, Alumni Coordinator, at vanfleetrita@clarksoncollege.edu or 402.552.3516.
Methodology  The theoretical framework used to guide the planning and development of the project were the pathophysiological processes of cow’s milk and soy protein intolerance. A review and synthesis of multiple resources, including pertinent guidelines, current studies and scholarly literature published, were used in order to determine the most specific and essential information pertinent to the guideline. Suggestions for future studies using the guideline include a combination of a qualitative and descriptive study, as well as comparative and quasi-experimental studies.

Brief Description of Guideline  The first page of the guideline includes an evidence-based algorithm that provides oral feeding guidelines for both breastfed infants and formula fed infants. The remainder of the guideline itself includes information regarding a brief review of the pathophysiology of MSPI and the clinical manifestations. The appropriate methods used to diagnose MSPI, and appropriate treatment and management are also included. A list of references used to support the evidence within the guideline is placed on the last page of the document.

Recommendations for Use of Guideline  The appropriate population to use this guideline include health care professionals (HCP) providing care to infants. The intent is for primary care providers to become aware of the condition of MSPI, the process used for diagnosing the condition as well as managing the infant’s treatment. Knowledge of these details regarding all aspects of MSPI should also assist the HCP to provide clear explanations when educating the infant’s caregivers at all phases of the diagnosis and treatment.

Discussion on Sexual Transmitted Diseases: A Guide for Practitioners by Teresa Kolarik  

Background  Sexually transmitted diseases (STDs) or sexually transmitted infections (STIs) have been increasing despite the plethora of information available on prevention of STDs for all teenagers and the general public. In 2009, teenagers from 15 to 19 years of age had the highest rate of Chlamydia with a 1.8 percent increase compared to other ages. Many avenues of teaching have been taken to reach out to teenagers and ensure informed decisions but STDs continue to rise yearly.

Purpose  The purpose was to develop a script for practitioners to use to increase discussion when taking a sexual health history from teenagers while attending sports physicals, well child visits or acute visits.

Methodology  Information was collected through search engines located in EBSCO host, CINAHL, ProQuest, MEDLINE, Clarkson College Service League Library and several internet sources. Credible websites included: Centers for Disease Control, World Health Organization, American College of Pediatrics and American College of Obstetricians and Gynecologists. The evidence-based journals/articles were collected from the years 2000-11. Key words were used to search, including: teenagers, sexually transmitted diseases, condoms and abstinence-only programs. Articles that were reviewed included original studies, primary and professional journal articles and guidelines from professional organizations. The information was used to show the prevalence of sexually transmitted diseases among teenagers and provide information on influence of health care practitioners.

Results  Within the research, information supports the need for health care providers to improve on counseling adolescents on their sexual health. A great resource for a provider on sexual health is ItsYourSexLife.com. This is a great website to learn more about discussing sex issues with adolescence. The responsibility of youth and their health lies in the hands of adults and, more specifically, health care providers.

Recommendations  When researching this topic, the prevalence of STDs among teenagers continues to increase yearly and therefore further research is necessary. Allowing time for a sexual health history to be taken on all teenagers by practitioners is essential to helping teenagers become comfortable discussing this topic. Understanding how teenagers learn and providing an environment of trust and confidentiality is important. Therefore, developing a script for use with the health history, providing teenagers with a business card including websites for further information on STDs and giving the teenager a handout with facts about STDs and safe sex practices will assist in decreasing STDs in teenagers.

Development of an Evidence-Based Brochure Regarding Diabetes & Erectile Dysfunction by Dena Neiman  

Background  Men diagnosed with diabetes mellitus (DM) are at an increased risk of erectile dysfunction (ED) due to long-term complications from their chronic disease process. Studies have supported the correlation between the incidences of erectile dysfunction with glycemic control. Glycemic control can be monitored daily with blood glucose monitoring or a more long-term measurement obtained with glycosylated hemoglobin (HbA1c). In addition, lifestyle choices such as consuming an unhealthy diet, alcohol consumption, smoking and lack of exercise have been shown to impact poor glycemic control. Therefore, health care providers who are employed in the primary health care setting have an opportunity to educate patients who are diagnosed with DM on the effect of long-term DM on normal erectile function, how to assess the extent of ED, specific current treatments available and, most importantly, specific lifestyle changes that may decrease the severity of ED. However, publication of a concise document to assist the health care practitioner (HCP) to use when educating this population was not readily available in current literature.

Purpose  The purpose of this project was to develop an evidence-based brochure for males with background information as to why men who are diagnosed with DM are more prone to ED, a self-assessment tool to determine severity of ED, treatments available for ED and specific lifestyle changes needed to manage DM in order to reduce the dominance of ED as a complication. The brochure includes a copy of a research-based instrument for self-assessment of erectile function (Sexual Health Inventory [SHIM]) scale, common treatments used for ED, as well as evidence to support the required lifestyle changes that are most appropriate for males diagnosed with DM and ED. For the patient who is experiencing loss of erectile function, completion of
the SHIM scale can be accomplished in a few minutes and the results can be discussed with the health care provider, along with other concerns the patient may have regarding ED and DM.

Methodology  This evidence-based brochure was developed using Orem’s Self-Care Deficit Nursing Theory (SCDNT) (2001). A review and synthesis of current studies, guidelines and scholarly literature was conducted to incorporate an appropriate assessment tool for the severity of ED, current treatments available for ED and appropriate lifestyle changes that are most appropriate for patients diagnosed with DM and ED.

Brief Description of Guideline  The 10-page evidence-based brochure includes a few facts about ED and DM, a summary of the normal erection, the effect of DM on ED, the SHIM scale self-assessment tool, incorporation of lifestyle changes including consumption of a healthy diet, participating in adequate exercise, smoking cessation, moderation in alcohol consumption, medications and treatment options.

Recommendations for Use of Guideline  Following approval and adoption of the brochure by the practice setting, suggestions to present the educational brochure to the diabetic patient who is experiencing loss of erectile function would take place. The inclusion of the SHIM scale could be completed by the patient prior to the HCP appointment to ease the discussion between the HCP and the patient regarding the severity of their ED and the details regarding appropriate treatments available to the patient and lifestyle changes that are most appropriate for the patient. In addition, suggestions for providing copies of the brochure in a common area frequented by the health care practitioners as well as in the patient’s waiting room will take place. Suggestions for types of quantitative studies that could be conducted using the guideline are included.

Barbara Ball  Diabetes Self-Management Program: A Business Plan for Rural Missouri, advisor Pam Schwalb, Ph.D(c)

Nicole Borkovskiy  The Important Role Adequate Vitamin D Levels Play in Heart Disease & Diabetes Prevention, advisor Dr. Layna Himmelberg

Candice Carter  Development of an Evidence-Based Guideline Regarding the Effects of Milk Soy Protein Intolerance, advisor Dr. Mae Timmons

Winnie Chawira & Vicki Peterson Truksa  An Evidence-Based Teaching Tool for Adults with Heart Failure, advisor Dr. Jane Langemeier

Lindsey Cox  Development of Bellevue Medical Center Novice Nurse Competency Evaluation Form, advisor Dr. Mae Timmons

Kelly Ferguson & Kathleen York  Are Beta Blockers or Amiodarone More Effective at Preventing Post-Operative Atrial Fibrillation?, advisor Dr. Linda Jensen

Kelly Geweke  Development of an EBP Educational Resource Related to Skin Tears, advisor Dr. Mae Timmons

Jennifer Grisson  The Impact of Education for Children Diagnosed with Attention Deficit Hyperactivity Disorder, advisor Dr. Nina Wardell

Teresa Kolarik  Discussing Sexually Transmitted Diseases with Teenagers: A Guide for Practitioners, advisor Dr. Patricia Coyle-Rogers

Christine Lee  Implementation Plan of ICD-10 Training for North Platte Nebraska Physician Group (NPNPG), advisor Pam Schwalb, Ph.D(c)

Dena Neiman  Development of an EBP Pamphlet Regarding Diabetes & Erectile Dysfunction, advisor Dr. Mae Timmons

Kathleen Patch-Kellerman  Nursing Residency Program: A Pathway to Success, advisor Dr. Peggy Gound

April Smith  A Staff Nurse Educational Program Aimed at Preventing Peri-Operative Hypothermia, advisor Cathy Messinger, M.S.N., FNP-C

Scott Smith  Lifestyle Modifications for People with Metabolic Syndrome, advisor Dr. Linda Jensen

Brenda VanderTuig  Development of a Patient Educational Tool for Depression in Hepatitis C Patients, advisor Dr. Nina Wardell

Lindsay Weber & Melissa Wildeman  HPV Education & Prevention in Adolescent & Young Adult Males & Females, advisor Dr. Layna Himmelberg

Patricia Weber  Best Practices of a Computed Tomography Department, advisor Pam Schwalb, Ph.D(c)

Kara Wolff  Educating Women Ages 19-40 on Cardiovascular Risks for Better Heart Health, advisor Dr. Patricia Coyle-Rogers

A process to make these abstracts available for review via the Clarkson Service League Library is currently being developed. Watch for announcements in upcoming Alumni Times issues.

The next series of Capstone projects will be presented Dec. 9 from 9 a.m. to 3 p.m. in the lower level of the Storz Pavilion at The Nebraska Medical Center Clarkson Tower.

Interested in learning more about graduate capstone projects? Contact Dr. Linda Jensen, Graduate Nursing Associate Professor, at 402.552.6093 or via e-mail at jensenlinda@clarksoncollege.edu.
Enhancing Our Education
Utilizing iPads in a health care education setting
By Rachel Thompson, Undergraduate Nursing Instructor

Innovation is a key component of effective health care education. We work in an ever-changing field, and it is a race to keep up with the times! Technology plays a large role in the provision of health care and health care education. As a Clarkson College faculty member, I am always on the lookout for methods to incorporate new technologies into my classroom and clinical sites. This search has sparked an exciting journey in which the Alumni Association plays a key role.

During clinical last spring, I participated in a patient care scenario that made bells and whistles go off in my head. A patient was refusing an aspect of care. My student asked to use my iPad to show the patient current resources about the procedure. The student was also able to answer the patient’s questions, in an evidence-based manner, without ever leaving the patient’s side.

The availability of this technology played a key role in empowering the patient to make an educated decision about his health care. The thought then became, “Why don’t we have more faculty and students using this technology to assist in validating health care decision making?”

I began putting together a proposal to seek funding for a pilot project looking at the use of the iPad by faculty members in the clinical setting. In May 2011, I made a presentation to the Alumni Association Board and shared my iPad experiences. The Board was very enthusiastic to support research and implementation of mobile technology. They voted to approve funding to purchase five iPads to use in the pilot project during the fall 2011 semester. A similar proposal was then made to the Clarkson College Executive Leadership Team (ELT). The ELT agreed to match the Alumni Association Board donation and purchase five more iPads for a total of 10 devices.

A group of 10 faculty members meeting the inclusion criteria of 1) teaching in the BSN program; 2) teaching clinical in the acute care setting during the fall 2011 semester and 3) employed full time at Clarkson College; were identified and invited to participate. All selected members accepted, and the devices were ordered.

The faculty members completed iPad training during the summer semester to prepare for clinical use in the fall. Specific applications will be used on the iPads, including a dosage calculator, lab manual, drug reference, Documents to Go, and an electronic Kardex. The Alumni Association provided each faculty participant with an iTunes gift card to purchase these applications. The Clarkson College Center for Teaching Excellence and IT department played a significant role in training these faculty members to use the devices.

The main goal of this project is to look at the iPad as a form of mobile technology. Specifically, the effect it has as a teaching modality to validate clinical decision making at the bedside in the acute care setting. The faculty will be surveyed using a Likert scale at midterm and at the conclusion of the semester for their feedback regarding the use of the device in the clinical setting.

Watch for additional articles in upcoming Alumni Times issues regarding the iPad research and the outcome of the project.

PARTICIPATE

Service League Heritage Garden Brick Donation

Looking for a unique gift for a loved one this holiday season? Donate a brick, bench boulder or amphitheater seat to the Clarkson Service League Heritage Garden, located in the heart of the Clarkson College campus. Your gift is an opportunity to celebrate your legacy, special memories or create a memorial for a loved one. Every new brick and boulder donation is celebrated each spring during the annual Spring Garden Walk. Each donation contributes to the Clarkson Service League Endowed Scholarship fund, which provides scholarships for current Clarkson College students. To create a memorial and celebrate your loved one, contact Kim Erickson at ericksonkim@clarksoncollege.edu or 402.552.2587 for more information.

Alumni Records
Assist in keeping records current

Your assistance is needed in locating the most recent addresses for the following graduates. If you know where any of them can be located, please relay the information to Rita VanFleet at 402.552.3516, vanfleetrita@clarksoncollege.edu or send their address to Alumni Coordinator, Clarkson College, 101 South 42 Street, Omaha, Neb. 68131. Any assistance you can provide is greatly appreciated.

CLASS OF ’72
Margaret Marshall

CLASS OF ’82
Evol Denny
Angela Mourning
Lisa Major Pattie
Patricia Mitchell Stayer

CLASS OF ’87
Therese Williams Meyer
August 2011 Clarkson College Graduates

Academic Excellence Awards
Presented to the graduate in each program with the highest grade point average.

Brenda K. Weber
Diploma in Practical Nursing

Jerry Ray Tyrrell
Associate of Science in Health Information Management

Brian A. Cutsor
Associate of Science in Physical Therapist Assistant

Luis Armando Coria
Associate of Science in Radiologic Technology & Bachelor of Science in Medical Imaging

Cynthia Rae Mathiasen
Bachelor of Science in Nursing

Patricia Renee Weber
Master of Science in Health Care Administration

Kelly A. Ferguson
Master of Science in Nursing

Maltese Cross Certificate
Dena Rae Neiman
Jerry Ray Tyrrell
Kathleen Nicole York

Diploma in Practical Nursing
Ewokem Akohachere
Kimberly Jean Batreall *
Amy Catherine Clark
Clara H. Drake
Melissa Leigh Hupka
Michaela Cecil Langdon
Elizabeth Anne Mendoza
Carlisa Rayvonne Moore
Kelsey Lee Nagel
Marcel de Leon Notario
Yacine F. Oke
Melissa Kay Potter
Deidra Mae Rice
Brenda K. Weber *

Associate of Science in Health Information Management
Jenny Ann Francis *
Jerry Ray Tyrrell ****

Associate of Science in Physical Therapist Assistant
Brian A. Cutsor ****
Meredith Leslie Eske
Rebecca Freeborn
Kristen B. Klaus
Alexander J. Koziol
Michelle Lyn Mulligan
Chelsey Marie Pfeffer
Cole Rhodes
Dustin Michael Rockwell
Atarah Danielle Sauter
Christina Marie Sinnott *
Kinsey Christine Stab
Nicole Elizabeth Wheeler
Deborah Sue Wilson
Kelleen Elise Wood ***

Associate of Science in Radiologic Technology
Kodjovi Abalo λ
Kathryn Marie Belina λ***
Lauren Nicole Bishop λ
Heather Fujiko Bryson λ*
Jesse R. Carlyle λ
Luis Armando Coria λ****
Brandi A. Freund λ
Mary Katherine Hawk λ*
Ashley Elizabeth Heffernan λ**
Brittini A. Johnson
Melisa Lechuga
Kyle Lehman ****
Serene Alise Maes
Anna Christina Molt λ****
Susan Bane Nielson λ
Kristen Peschel λ
Nicholas Jon Peterson
Meagan Nicole Rathman λ
Colin Lane Redding λ
Michelle M. Schaber λ
Mary E. Sherfield
Jillian Ann Whitney ***
Lindsay Jo Wrieth λ**

Bachelor of Science in Medical Imaging
Kathryn Marie Belina λ***
Lauren Nicole Bishop λ
Heather Fujiko Bryson λ*
Jesse R. Carlyle λ
Luis Armando Coria λ****
Mary Katherine Hawk λ*
Brittini A. Johnson
Melisa Lechuga
Kyle Lehman ****

Ann Christina Molt λ****
Nicholas Jon Peterson
Jennifer Leigh Preston
Meagan Nicole Rathman λ
Colin Lane Redding λ
Michelle M. Schaber λ
Lindsay Jo Wrieth λ**

Bachelor of Science in Health Care Business in Health Information Management
McKenzie Suzanne Roeder

Bachelor of Science in Nursing
Maria Dawn Annan
Brooke M. Bynum *
Maria Pauline Long *
Cynthia Rae Mathiasen †****
Andrea L. Rayner
Melanie L. Schmidt *

Master of Science in Health Care Administration
Barbara Kay Ball
Kirstin Tresa Gladson
Christine Ann Lee
Aimee Nicole Middleton
Patricia Renee Weber

Master of Science in Nursing
Nicole Borovskiy
Candice Carter
Winnie Chawira †
Lindsey Portsche Cox †
Kelly A. Ferguson
Kelly Ann Geweke
Jenifer Ann Grissom

Bachelor of Science in Medical Imaging
Kathryn Marie Belina λ***
Lauren Nicole Bishop λ
Heather Fujiko Bryson λ*
Jesse R. Carlyle λ
Luis Armando Coria λ****
Mary Katherine Hawk λ*
Brittini A. Johnson
Melisa Lechuga
Kyle Lehman ****

Academic Honors
Academic honors are conferred on Bachelor of Science and Associate of Science degree candidates who, upon graduation, distinguish themselves by maintaining a high cumulative grade point average. To qualify for academic honors, students must have completed the minimum number of required residency hours.

Honors are distinguished by:
**** Summa Cum Laude 3.85 and above
*** Magna Cum Laude 3.75 through 3.84
** Cum Laude 3.65 through 3.74
* With Distinction 3.50 through 3.64

Honor societies at the College:
λ. Member of Delta Chapter Lambda Nu National Honor Society for the Radiologic and Imaging Sciences
† Member of Omicron Epsilon Chapter Sigma Theta Tau International Honor Society of Nursing

Please note: Honors designations were based upon most current information at press time. Clarkson College apologizes for any errors or omissions.
Omicron Epsilon Chapter Receives Fifth Chapter Key Award

By Judi Dunn, Omicron Epsilon Chapter President & Director of Professional Development

The Clarkson College Omicron Epsilon Chapter of Sigma Theta Tau International Honor Society of Nursing was recently awarded the 2011 Chapter Key Award. Omicron Epsilon is a fifth time recipient of the award, which is presented every two years to qualifying chapters across the nation. On the 10 year anniversary of the presentation of the Chapter Key Award, STTI is awarding 82 Chapter Key Awards, the most since its creation in 1991.

The Chapter Key Award, established in 1991, honors STTI chapters who excel in chapter-related activities such as:

› Membership recruitment and retention
› Publicity and programming
› Professional and leadership development
› Local, national and international collaboration

This award reflects chapter activities during the time frame from July 1, 2009 through June 30, 2011. The criteria for eligibility are rigorous, reflecting the dedication, excellence and high nursing professionalism of chapter members, the Board and Clarkson College.

Omicron Epsilon currently has 218 active members. Chapter President Judi Dunn says, “This award provides validation for the exceptional work of Omicron Epsilon members in the organization, in member communities and in the international realm of health care. Being the recipient of the STTI Chapter Key Award for five times demonstrates that our members will continue to strive for excellence and to make an impact on the lives of those we serve.”

Dunn accepted the award on behalf of the chapter at the STTI Biennial Convention in Grapevine, Texas Oct. 29 through Nov. 2.

Alumni Cookbooks Available

It is not too late to purchase an alumni cookbook! Money raised by this project assists the association in supporting students, the College and alumni activities. The cookbook contains more than 250 recipes from alumni, faculty, staff and friends.

To purchase your cookbook, send $18 via check or money order made out to “Alumni Association of Clarkson College” to Alumni Coordinator, Clarkson College, 101 South 42 Street, Omaha, Neb. 68131.