

Mauricio, '15, BSN



It's  
amazing  
to be  
needed

*Our new marketing campaign puts  
the people of ResU in the spotlight!*

REFLECTIONS

Resurrection University Alumni Magazine  
Spring/Summer 2018





*We've been engaged this year in a strategic planning process. It doesn't sound like the most interesting undertaking — but at the heart of this endeavor is the exciting task of determining who we are as a university: where we're going, and where we want to be.*

As we've talked this winter with students, graduates, faculty, and staff, what we've heard time and again is how amazing it feels for everyone at ResU to be needed. From the classroom to the clinic, in service learning or in the OR, what makes our work so gratifying is the knowledge that we're making a positive difference in the lives of patients and in the organizations that dedicate themselves to their care.

All too often, we keep that excitement and sense of purpose to ourselves; there's so much to be done, and we want to tackle the challenges that face us, not just talk about them. But the great work we're doing at ResU, and the outstanding people who are so committed to it, need to be shared. And so we'll soon be launching a new website and messaging campaign that convey our thrill at being able to train and support graduates who make lasting contributions to their communities.

We invite you to visit [resu.edu](http://resu.edu) and explore our new site. And look as well for our billboards and ads throughout Chicago; you'll soon see the many different faces of our university all over the city. We think they'll make you understand why we can't keep our sense of purpose to ourselves — and why feeling needed feels so very amazing.

Therese A. Scanlan, EdD  
President, Resurrection University

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## RESURRECTION UNIVERSITY

COLLEGE OF NURSING & COLLEGE OF ALLIED HEALTH

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## *Nurse Practice Act will create new opportunities for Advanced Practice Registered Nurses.*

For Ricki Loar, PhD, APRN, FNP-BC, GNP-BC, Associate Professor with the College of Nursing and President of the Illinois Society for Advanced Practice Nursing (ISAPN), the recent passage of the Sunset of the Nurse Practice Act was a fifteen-year journey — fifteen years of negotiating, lobbying and promoting a law that was designed to help make healthcare more accessible for patients throughout Illinois.

While making a positive impact on patient care was the primary goal, the new law will also create tremendous opportunities for Advanced Practice Registered Nurses (APRNs) who are now empowered to do even more for their patients.

When Governor Rauner signed the bill into law on September 20, 2017, it created the pathway to remove barriers to patient care by eliminating the need for APRNs to have a written collaborative agreement (WCA) with a physician. While the WCA provided oversight by a physician, it essentially became an unnecessary barrier to care.

Rauner said, “We’re knocking down barriers and restrictions on [the] ability of our nurses to provide high-quality care that they are well trained for and well equipped to provide. This can enhance the availability of services, and it can help keep healthcare more affordable while also increasing the quality of healthcare.”

Professor Loar agrees, “This bill or law now, will allow us to decrease overall costs, maintain overall quality and increase access to care. With Advanced Practice Registered Nurses in general, the quality of care and the control of, for instance, chronic disease, is as good or better than it is with a physician and that’s documented in multiple studies.”

To become an APRN, a Registered Nurse must graduate from a Master’s or Doctoral Degree Nursing Program in one of the four APRN specialties: Certified Nurse Practitioner, Clinical Nurse Specialist, Certified Nurse Midwife or Certified Registered Nurse Anesthetist. Following graduation, they are required to pass a national certification exam. At that time, they can work as an Advanced Practice Registered Nurse and are able to take histories, order diagnostic tests, diagnose patients, treat illness, prescribe medications and provide patient counseling and education to assist each patient to reach his or her optimal state of health and well-being. In order to work without a WCA, the Certified Nurse Practitioner, Clinical Nurse Specialist and Certified Nurse Midwife must complete 4,000 hours of clinical practice under a WCA with a physician, and complete at least 250 hours of continuing education or professional training. If the patient requires certain medications (Schedule II opioids and benzodiazepines), the APRN will have a conversation about the patient’s needs with a consulting physician, just as any healthcare provider might seek a consultation for other health conditions. As is done with all healthcare providers who prescribe these types of medications, the APRN will be able to access the Illinois Prescription Monitoring Program in order to assure that the patient is using his or her medications appropriately.

For Nurse Practitioner students, the new law will have a real impact on their career potential. According to Professor Loar, “After the Rules for implementation are written, as an APRN, you will be able to open your own practice or office and see patients. You will be able to do things you couldn’t do before because of the limits and stipulations included in a written collaborative agreement. I recommend that if students are interested in becoming an APRN or are already in an APRN program, they should join ISAPN to stay up on the latest legislation, laws and opportunities because one thing we know — change is the one constant in healthcare.”

“It’s important that we never forget our nursing roots. The medical model is more disease focused, while the nursing model has a holistic and preventive focus. That’s an important difference and something that APRNs will be able to offer patients throughout Illinois. I’m so happy to be working at ResU and bringing what we’re doing at the state level back to the students.”

**For more information about becoming an APRN or about ISAPN, contact Professor Loar at [ricki.loar@resu.edu](mailto:ricki.loar@resu.edu)**

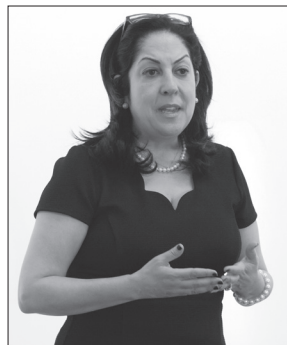
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**“It’s important that we never forget our nursing roots. The medical model is more disease focused while the nursing model has a holistic and preventive focus.”**

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## *Inter-Professional Education Scholar Program keeps ResU on the cutting-edge of healthcare education.*



**What is Inter-Professional Education (IPE)?** According to the World Health Organization (WHO), 2010, “Inter-professional education occurs when two or more professionals learn about, from and with each other to enable effective collaboration to improve health outcomes.”

According to Dr. Reem Azhari, Endowed Chair Inter-Professional Education, it's the future of healthcare education.



Dr. Azhari explains, “In hospitals approximately 100,000 people die from adverse events each year in the United States. It is thought to be under reported by four fold, so the actual number is most likely closer to 400,000 people a year. Of all of those deaths, it is estimated that 80% of them are caused by miscommunication between healthcare professionals. To help create a safe environment and decrease that statistic, Resurrection University has implemented an Inter-Professional Education curriculum. Students are able to work together with other professions — nurses, radiographers, health informatics and information management (HIIM) professionals and more. You learn each other's language.”

Inter-professional education is a worldwide initiative that aims to increase the standards of patient care and employee satisfaction. Inter-professional education increases the skill set of students by giving them an opportunity to transition into the workforce with the additional understanding of multi-professionals. The IPE Scholar Program provides students with the skills to engage as specialists in the workforce immediately after graduation.

Dr. Azhari continued, “It's literally an idea whose time has come. In the 1970s the World Health Organization declared the need to work together and learn from one another in order to decrease the silos in healthcare. In the 1980s Managed Care came of age. In the 90s it was all about specialists. Then in

“...we want to prepare our healthcare students with the skills and necessary attributes for collaborative practice in the real world”

1999, data showed a need for IPE, and healthcare leadership has responded. Patient needs are becoming more complex, multi-faceted and challenging so we want to prepare our healthcare students with the skills and necessary attributes for collaborative practice in the real world.”

While Dr. Azhari is the Chair of IPE at ResU, she's quick to point out the reason IPE has come to ResU. “The most difficult part of launching a program like this is resistance from leadership, but President Scanlan saw the need and launched the program. The support from leadership has been exceptional. It's almost unheard of for a school our size to have an IPE program.”

The initial response to the program is even better than expected. According to Dr. Azhari, “Students are excited. We initially thought we would start with three IPE scholars, and we had such an overwhelming response that we had to increase our number.”

The benefits of being an IPE scholar include recognition during graduation and a stronger specialty knowledge base that is highly valued by employers. IPE scholars will also have greater opportunities to engage in communication and leadership education modules.

### About the IPE Scholar Program

The IPE Scholar Program is open for applicants in the second term for Level 2 nursing students and in the second semester for HIIM and Radiography students. Students must be in good academic standing and will be required to complete an application that includes a letter of intent. The entire program is twelve months long and includes additional electives that allow a scholar to graduate with specialized skills otherwise not attained in an undergraduate program. The program will contain a mix of online education, hands-on simulation and lectures in which inter-professionals attend the same class.

Sessions include:

- Leadership
- Ethics
- Vulnerable populations
- Communication
- Team building
- Death and dying
- Interpersonal relationships







## *Aric Shimek earns 2017 Nurse Humanitarian of the Year award.*

**The Ann & Robert H. Lurie Children's Hospital of Chicago Nurse Humanitarian of the Year award is given annually to recognize a nurse for volunteering and advocating for the sick, less fortunate and their families. Needless to say, it was no surprise when we discovered that Aric Shimek, '14, BSN, RN, CCRN, CPN, was honored as this year's recipient.**

He's been making a difference in the community and in the world for as long as we've known him.

As a nursing student, Aric volunteered his time with the university's Student Nurses Association, the American Red Cross and in Haiti with the organization International Medical Relief. While in Haiti, he provided medical care to people living in displaced persons camps since the earthquake in 2010.

After graduation, he began volunteering with the Chicago Department of Public Health as a member of their Medical Reserve Corps. He continues to work and travel to Haiti, most recently with Project Medishare in Haiti's only pediatric intensive care unit in Port-au-Prince. During his time there, he worked alongside nurses to care directly for patients and learn about the unique health challenges of some of Haiti's sickest children.

In an interview with us, he noted, "Like most nurses, I grew up with the desire to help and to care for others. After starting nursing school, I became fascinated by the work nurses do in Global Health and in advocating for the right to quality healthcare for all. When you think

about it, everything is Public Health, Migration, economics, literally everything comes back to health. Unfortunately, it seems like volunteering and offering aid is always tied to natural disasters, but you don't have to wait to make an impact. You can always make the world a better place."

He continued, "One of the things I've seen firsthand is the increased need for disaster and pandemic preparedness. Countries that have experienced these kinds of global emergencies have a wealth of information for other nurses everywhere, and we need to share this knowledge as widely as possible. There are no borders or boundaries when it comes to health. The Ebola scare really opened our eyes. What's happening a world away isn't always going to stay a world away."

As a committed life-long learner, Aric enjoys attending conferences on public and global health, including the 2017 Sigma Theta Tau International Global Emerging Leader Institute in Washington, D.C. He is also actively involved with the Social Medicine Consortium and served as the only nurse representative on their conference planning committee for the 2017 international conference here in Chicago.

Keeping true to his global health passion, Aric also organizes an annual fundraiser in Chicago called "Health for Haiti" in support of the non-governmental organization Partners In Health (PIH). Aric has served as a board member of PIH's local chapter for more than three years, striving to raise awareness and resources for the life-saving work that PIH volunteers do around the world. Aric noted, "My message to other nurses is 'don't wait to pursue your passion and to make an impact.'

Whether it's with a group like PIH or not, it takes so little to make a big difference. Nurses are seen as leaders and, whether we expected this responsibility or not, it's a reality. Just by using a little bit of our time, we can continue to feed and nurture that desire to care for others that led us all into Nursing. It is incredibly fulfilling, and the needs are endless."

Aric welcomes students to reach out to him directly to learn more about Partners In Health and about how they can use their nursing talents to make a difference. Contact Aric at ashimek@luriechildrens.org or aric.shimek@gmail.com.

**Congratulations again, Aric, and thanks for everything you're doing to help people everywhere!**

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**"I became fascinated by the work nurses do in Global Health and in advocating for the right to quality healthcare for all."**

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*Ian Bonador  
proves there are  
no limits to what  
ResU grads can  
accomplish.*



**As the Program Director of Psychiatry at Weiss Memorial Hospital, Ian Bonador, 09', 14', MSN, RN-BC, is proof that nursing is one career with endless possibilities.**

Ian explained, "I chose nursing because my mom is a nurse and I always wanted to get into healthcare. I chose ResU because of the sixteen-month program." When Ian started the BSN program, he didn't know exactly what he wanted to do. "I've always been interested in people, in how they think and how they behave, but I was still unsure about my career path."

ResU has a lot to do with Ian's interest in Psychiatry. His first job as an RN was at the same place he did his Psychiatric nursing rotation. "I immediately felt at home. It was an eye-opening experience caring for patients with mental health problems." The nurse manager of the unit took notice of his interest in the field: "She told me to call her after I passed the boards, which I did."

ResU also influenced Ian's decision to pursue nursing administration. The first person Ian identified with as a nurse leader was the first male nursing instructor he met at ResU. As Ian describes it, "I introduced myself, and the first thing he told me was I had a weak handshake. I knew right away he was going to be my mentor. All ResU instructors genuinely care about your success."

Being a male nurse created a few challenges, but nothing Ian couldn't overcome. Having a mentor certainly helped, and it's one of the reasons Ian has served as a panel speaker at ResU's "Thinking Out Loud: Men in Nursing" events — he wants to become a mentor to other men who want to pursue nursing careers.

"The reason why nursing has been very fulfilling for me is you get to do a lot of different things." Ian continued, "I started as a bedside nurse working with adults with behavioral and substance abuse disorders. Then I became a unit manager. After acquiring my MSN in Nursing Administration at ResU, I expanded my experiences by managing child and adolescent Psychiatric units. Eventually I decided to take a break from the hospital setting and worked for United Airlines as a Medical Consultant. Who knew a nurse could work in a global airline corporation, right? I then realized I missed working directly with patients, so I took the position as Program Director for Psychiatric Services."

Ian continues to grow in his career and in his education. He received his MSN in 2014 and is completing his Psychiatric Nurse Practitioner Program, which will allow Ian to see and treat patients in accordance with the recently implemented Nurse Practice Act.

His advice to men and to anyone thinking about nursing: "If you have the innate desire to help people but you're unsure about your career path, nursing is the way to go. The sky's the limit with what you can do after. If you do decide to pursue nursing, ResU is great because they care about your success — even after graduation."

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*"I was able to explore diverse roles as a nurse. It just makes sense that my next career path involves diagnosing and prescribing medications as a Nurse Practitioner."*

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## *Stacey made a career change to unleash her inner “shark.”*



**For almost a decade, Stacey Leopper, '09, BS RT(R), was an Advertising Manager for Regal Entertainment Group. And for almost a decade, she felt like something was missing.**

“I was sitting in an office all day. Actually, I was dying in an office all day. I knew I needed a change. I’m like a shark, I have to keep moving” Stacey said. “I wanted to get into Radiography so I chose St. Francis (The Saint Francis School of Radiography is now part of Resurrection University) because it was a hospital-based program and I could finish faster. I actually moved from Memphis to Wrigleyville before I even applied.”

According to Stacey, “learning by doing” is the best way to learn. “With a hospital-based program you’re learning on the clinical floor — literally the second day I was on the floor, and I loved every second of it.”

Stacey liked the fast-track nature of the program, and it resulted in a fast-track career. “After graduation I was working registry at St. Francis and quickly moved to Midwest Orthopaedics at Rush.” Stacey continued, “Our physicians covered the Chicago White Sox. I was a Cubs fan, but it was still a dream job to work with Major League Baseball. There is nothing like opening day. You walk into the clubhouse and you’re part of the team.”

As much as she enjoyed her time with Midwest Orthopaedics, Stacey wanted to travel. As it turned out, her next career opportunity would be the ticket she was looking for.

Stacey said, “I had worked with Viztek equipment at Midwest, and they had an opportunity that was perfect for me. Today I travel the country teaching Rad Techs how to use Viztek equipment including the U-arm, which is a new technology that makes almost everything automated — the machine moves for you. Patients don’t have to get on a table. Patients and Rad Techs love the new technology. And I love this job. I can see the sunrise on the east coast one week and watch it set on the west coast the next week.”

For anyone pursuing a degree in radiography, Stacey offers simple advice — “I don’t think people know all of the career options that are out there” she said. “You can go from clinical to marketing to almost anything you’re looking for. You can take your career in so many different directions. I wanted to travel and that’s exactly what I’m doing. My ResU education helped make that happen.”

## *After eighteen years as a Rad Tech at Shriners’ Hospital, Tracy was ready to run the department. Almost...*

**Her boss was retiring, and Tracy O’ Brien, '17, BS RT(R), knew she could do the job. She also knew that she needed a Bachelor’s Degree to step into the role.**

After doing some research, she discovered that The Saint Francis School of Radiography was the perfect fit for a working Rad Tech returning to school to earn their Bachelor of Science in Imaging Technology (BSIT) degree.

“The online classes were exactly what I was looking for. At Saint Francis, you can learn at your leisure. You can literally fit your class schedule around your work schedule.” Tracy continued, “I was part of the first Bachelor of Science in Imaging Technology cohort. It was a new program, so they asked for feedback as we went. As a result, the program just kept getting better and better.”

The online component was more personal than Tracy expected. She stated, “You can really make connections with instructors and students online. I never felt like I was being ignored; it was perfect. You would get email and texts from instructors, and they would call to check in. I was used to being in a classroom, so this was new to me, but it was an easy transition. And before I started I have to admit that I was doubtful. I didn’t think I would get the same kind of education you get from being in a classroom. The professors made the difference. They made learning easy for me.”



While Resurrection University is known for offering sixteen-month programs, Tracy put her degree on an even faster track. “I signed up to take everything I could possibly take, so I was able to complete the program in fifteen months. And the best part? I was put in charge of the department before graduation.”

As the Director of Radiology at Shriners Hospital for Children in Chicago, Tracy hopes to encourage other people to pursue the degree they need to build the future they want. As she likes to say, “Getting started is the hardest part. Once you get started, trust me — you can do it.”



## *Working with Chicago Public Schools helps children, families, the community and our students.*

It was the perfect opportunity — for everyone involved. ResU nursing students would have the chance to do pediatric rotations in Chicago Public Schools (CPS), and Chicago Public School children would have access to even better healthcare. Two schools dedicated to children with chronic health issues were selected — Blair Early Learning Center and Hanson Park.

It didn't take long for ResU student nurses to make a difference.

***“Kids come running when they see our nursing students.”***

ResU Instructor Desiree' Hilborn, MSN, RN, is a Clinical Instructor at Blair Early Learning Center. “We reached out to Blair, and ResU students were placed into clinical rotations to provide health services to medically fragile students.” Desiree' added, “Our students can be out in the community and see pediatric patients who are chronically ill — not in a healthcare setting but at school living their everyday lives. They get to spend the day with students, which really makes a difference for everyone. It's not a traditional nursing day. As a student nurse you do everything with your student, from school work to attending physical and occupational therapy sessions, which allows for more interaction with the students.”

According to Desiree', “ResU students administer nursing care for the Blair students, which provides the pediatric component, and they also gain experience on the community healthcare side. It's pretty unique, and I'm so glad that our students have this wonderful opportunity.”



***“Our students absolutely love the experience — they tell me every day.”***

ResU Instructor Jovan Butler, MSN, RN, is a course coordinator who teaches community health at Hanson Park – the second CPS school to partner with Resurrection University. “Beyond the fact that school nurses play a key role in health in the community, kids are drawn to our students. They love seeing our nursing students, and our nursing students love seeing them. ResU students become amazing role models. We do a lot of education to encourage good health — from how to cover your mouth when you cough to washing hands to some pretty serious topics. Best of all, the kids take that information home and share it with their families.”

Jovan adds, “ResU nursing students work with the school nurse and other healthcare professionals. They're in health classes. PE. They're even available during recess. Hopefully our relationship with CPS will grow and we can work with more schools. Nursing is more than at the bedside — more than an acute care setting — nursing impacts schools, families at home and the community. Thanks to this program, our students are seeing that first-hand.”



## Nicole Lupo and Matt Kisluk made — and are still making — an impact at Friedman Place.



**Friedman Place is a supported community in Chicago for adults who are blind and visually impaired. It's also one of the locations served by Resurrection University students for their Community and Public Health Rotations.**

For BSN students Matt and Nicole, Friedman Place became a lot more than another step towards becoming an RN.

As Nicole describes it, "I was wowed by how welcomed we were by the staff and residents. We really had the opportunity to get to know everyone." Matt adds, "Working side-by-side with Certified Nursing Assistants really showed me what the residents have to do each and every day. It was amazing."

Nicole and Matt wanted to do even more for the residents, so they talked to the Activities Director, and then they asked the residents what they wanted to do. What would be something special? The result was the first-ever Friedman Place Talent Show.

"The Talent Show had a huge turnout" Nicole stated. "There were lots of logistical challenges — Matt and I had to be human microphone stands — but it all came together. One resident did sound effects — it was really interesting."

Matt was so impressed with Friedman Place that he volunteered at the facility before his rotation even ended. "I became friends with the people there, and after my rotation I missed them. When I started, I was concerned about what I could do to help residents, and it really was as simple as spending time with them and talking. Now we're working to hold a talent show each month. We're trying to do field trips. We're even holding classes and bringing in food and drinks related to the topics."

Nicole is planning on returning to Friedman Place at the end of the term. She says, "Society places a stigma on people who are blind, and they're just like everyone else."

Nicole and Matt are working to increase awareness for people with disabilities and are looking forward to the Disability Pride Parade in Chicago.

For ResU students who will be doing a rotation at Friedman Place, Matt and Nicole have some advice: "Step out of your comfort zone and reach out to residents. Put yourself in their shoes — make it personal. You can make your clinical a wonderful part of your experience."

### About Friedman Place

*Located on the northwest side of Chicago, Friedman Place encourages residents' self-determination and independence. Residents enjoy both the privacy of their own studio or one-bedroom apartment and the richness of community. Everything at Friedman Place — from the lighting in the hallways to the exercise area for guide dogs — has been designed with the needs of the visually impaired in mind. Friedman Place is open to blind and visually impaired adults, regardless of economic, race, ethnic, or religious background.*

## Nancy Reese brings a unique perspective to her role as Interim Dean of the College of Nursing.

**Nancy Reese, 96', DNP, RN, CNE, likes to say that she "never really left the University," and when you look at her career, it's easy to see why. Before she became a Nurse Educator, Nancy was a student at Concordia—West Suburban College of Nursing.**

That's correct, our Interim Dean of the College of Nursing is an alum.

Nancy had thought about theology, but, fortunately for us, her pastor recommended nursing. "I was one of the oldest students in my class and actually had my daughter while I was still a student," Nancy recalls. "I can relate to a lot of the things that students experience going to ResU."

In her role as Interim Dean of the College of Nursing, Nancy is committed to the success of every nursing student. "My vision for the role is to shine a light of hope onto the future of nursing. Not only to create the best experience for a student's educational journey, but in helping them emerge a better whole person. I care about our students' mind, body and spirit," Nancy said. "My door is always open. I know first-hand that nursing school is hard. I want students to know that all of us care deeply for them."

She encourages students to "be proactive with your professors and reach out to all of the resources we have." Nancy recalls how her undergraduate professor and graduate student teaching mentor Beth Holstein (Department Chair for the BSN for RN program) pushed her to reach her full potential. "Beth is the reason I didn't graduate summa cum laude — only cum laude. But she was absolutely right. I needed to work harder, and I have kept that in mind each and every day throughout my career."



One of her initiatives is to encourage greater collaboration across all departments — as she described it, "to facilitate caring for students." Nancy added, "We want students to succeed. We hold the torch high for the future of nursing, and we want to increase the opportunities for our students to become leaders."

Speaking about her new role, Nancy stated simply, "This is an honor. It's very humbling to be asked to serve in this role. If you come to my office, you'll find the door open and you'll also find a bench that was a gift from my class to West Suburban. When our campus moved, I brought the bench with me. If any student needs to talk, come sit on the bench and let's talk. If you're nervous about exams, juggling school and jobs, I've been there and I promise that we can help. I've been a part of this University for a long time, and I know the future we build together is going to be something special."

**You can reach Nancy by visiting her office or by sending an email to [nancy.reese@resu.edu](mailto:nancy.reese@resu.edu)**



*In the Department of Student Life, everything is focused on meeting the needs of students.*



While every department at Resurrection University is committed to the success of our students, only one department is focused exclusively on helping students get the most out of their ResU experience.

The Department of Student Life was created with one thing in mind — our students. From the multi-disciplinary Student Government Organization that allows students to connect with others from different programs, to the mentoring program we call the Connection & Advisory Network (CAN), the Department of Student Life is committed to enriching the student experience from admission to graduation and beyond.

Recently, the department held the first-ever Week of Welcome (WOW) — a series of events designed to help students immerse themselves into everything that makes Resurrection University a one-of-a-kind experience. Students were able to connect with faculty outside of the classroom setting. They built relationships with student-led organizations like the Resurrection University Student Nurses Association (RUSNA) and the United Nations



Association (UNA). Best of all, they had the chance to learn what campus life and the ResU community is all about and how they, as students, can be a part of it. It was a huge success.

It's no secret that the University is growing. That's why the Department of Student Life is doing more to ensure students have access to all of the things that make ResU uniquely ResU.

The department is also making sure they're available whenever and however students need them. According to Eric

Hernandez, Director of Student Life, "We're committed to being present. Present when a student might need a listening ear, a corny joke, or even a student advocate. We have extended office hours to meet the needs of daytime and evening/weekend cohorts. The Academic Center for Excellence (ACE) is a great resource for students to receive academic support from subject specialists and peer tutors who can relate to a day-in-the life of nursing and allied health students."

He added, "The Department of Student Life is committed to our students' success because we truly care about helping students become leaders for the future of healthcare. We're looking forward to building on the momentum this semester by continually offering programming that meets the needs of our diverse learning community. As this community continues to grow in both size and scope, we remain steadfast in offering a more personalized, individual approach to student support."

To learn more about the Department of Student Life, email [eric.hernandez@resu.edu](mailto:eric.hernandez@resu.edu)

### Meet the Department of Student Life team!

**Eric Hernandez, Director of Student Life**  
**Mairead Smialek, Assistant Director of Student Life**  
**Samantha Westby, Evening/Weekend Coordinator**



*Damaris recognized the importance of health information, so she decided to make a career out of it.*



**What would cause a Cardiology Tech who was formerly a CNA to pursue a degree in Health Informatics and Information Management (HIIM)? For Damaris Jimenez, it was seeing firsthand just how valuable health information is becoming for everyone in healthcare.**

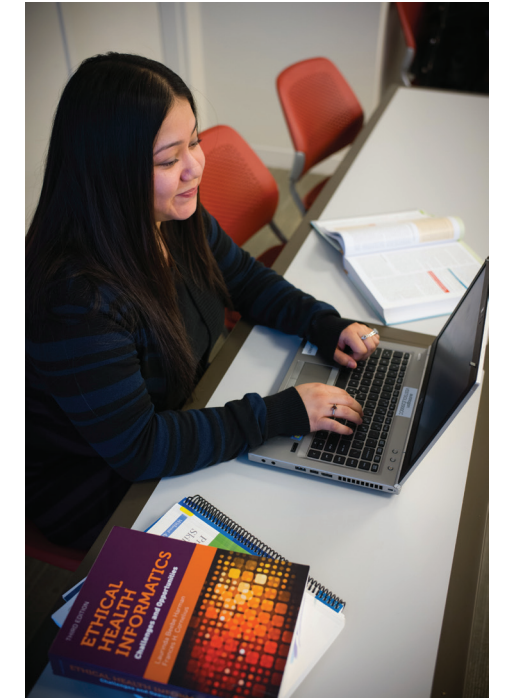
According to Damaris, "HIIM offers diverse career opportunities, and it's interesting to learn how important data integrity and information is for all levels of healthcare. I knew I wanted to pursue a HIIM degree, but as a single mom working a full-time job already, I knew it would be a huge challenge. That's where Resurrection University really supported me. Financial aid was huge. I received a grant that made earning my degree possible. I can't thank them enough for everything they've done for me. Besides the financial aspect of my education, I also received moral support from my cohort and professors."

While Damaris is quick to thank Resurrection University for their support, her commitment to earning her degree quickly earned recognition from the Illinois Health Information Management Association (ILHIMA).

Professor Theresa Jones, MEd, RHIA, Assistant Director HIIM, nominated Damaris for the Edna K. Huffman Distinguished Member award — the highest honor awarded at the state level by ILHIMA. "Edna K. Huffman is a pioneer in the field of HIIM. She is highly respected by HIIM professionals as a result of her many contributions to the profession. She has served domestically and internationally to advance the profession in academia and corporate. She has served countless hours of volunteerism along with mentoring many individuals." Theresa continued, "After review of the criteria and discussion with other individuals in leadership, it was determined that Damaris was appropriately suited for the award. Damaris received the award this Spring. She also received her Bachelor of Science in Health Informatics and Information Management (BSHIIM) and Registered Health Information Administrator (RHIA) certification in April.

She summed up her ResU experience by saying, "They did more than open a door for me — they helped me succeed. I promise that if you're in a similar situation, if you talk to your instructors, they will help you in any way they can. They really want you to succeed. ResU is challenging. And I know that earning a degree while you're working or raising a child makes it even more challenging. It's supposed to be. But you can do it; your hard work and dedication will pay off. Lean on the faculty and build a relationship with your cohort because we all want the same thing. Success."

Damaris hasn't decided what she wants to do in the diverse field of Health Informatics and Information Management — "the professional practice experience will help" — but we're confident that she will be making her mark on the field for years to come.







## *The ResU Community discovers that better sleep starts with better information.*



As part of our popular Thinking Out Loud Speaker Series, ResU presented **The Science of Sleep** on February 8, 2018. The keynote speaker was Dr. Kristine Tohtz, DC, DABCA, MsAC, Cert. MDT, CACCP, of Serenity Family Wellness.

Attendees discovered that, in addition to getting enough sleep, people need to get the right kind of sleep. According to Dr. Tohtz, "If we don't get enough time in bed and sleeping well, we don't repair our brains, we don't repair our bodies. There are increases in cardiovascular problems, increases in obesity and increases in degenerative brain conditions. You can't catch up on sleep. This is a myth."

The presentation included everything from what causes sleeplessness to practical ideas that can help make a good night's sleep possible. Dr. Tohtz recommends a simple sleep hygiene:

- Have a routine — go to bed and wake up at the same time every day, even on weekends.
- Sleep in a dark, cooler temperature room. Melatonin and growth hormones increase when rooms are cooler.
- Eat a healthy balanced diet.
- Don't use phones or devices for at least 60 minutes before going to sleep.

In addition to the insights and information provided by Dr. Tohtz, Jodie Baudek of Essence of Life Studios discussed breathing and meditation techniques designed to help improve sleeping habits.

## *Our Alumni connect with each other and with the community.*

### Past Alumni Events and Activities

#### September 2017

**Cardiac Emergencies Skills Day** – September 9  
The skills day covered the assessment, treatment and management of cardiac emergencies such as Acute MIs, Congestive Heart Failure and Cardiopulmonary Arrest. The event was facilitated by ResU Assistant Professor Laura Domagala and alumnus Matthew O'Brien '16, who helped with the hands-on portion of the day.



#### **Alumni Boat Cruise** – September 21

Our first annual alumni boat cruise brought together over 43 alumni for a day on the Chicago River. It was a huge success! Special thanks to all who attended. Watch for news about our next cruise – Fall 2018.

#### October 2017

**Tuesday Night Supper with Catholic Charities (Feeding the Homeless)** – October 10  
Alumni Janis Lasprogata '17 and Stacey Schoenecker '17,

along with current students, volunteered at the Catholic Charities' Tuesday Night Supper Program, which provides a delicious and nutritious meal to 130 guests every Tuesday.

#### **EKG Skills Day** – October 14

The Alumni Association hosted their first EKG skills day — facilitated by Professor Osowski.

#### November 2017

**Venipuncture and Central Lines 101 Skills Day** – November 4

The Alumni Association partnered with the Psi Lambda Chapter of Sigma Theta Tau to offer Venipuncture and Central Lines 101 Skills Day. The event was open to alumni and members of Psi Lambda. This sold out skills day offered opportunities for hands-on experience with these two skills. Professor Laura Domagala and alumnae Teri Birch '13 facilitated the event.

#### February 2018

**Venipuncture and Central Lines 101 Skills Day** – February 17

The Alumni Association once again partnered with the Psi Lambda Chapter of Sigma Theta Tau to offer a Venipuncture and Central Lines 101 Skills Day and just like the November event, it was sold out.

#### March 2018

**Team Building in Health Care** – March 8  
We hosted the first Leadership Speaker Series: Team Building in Health Care presented by Dr. Reem Azhari. This allowed participants to identify characteristics associated with high-functioning teams, define the conditions that contribute to loss of communication

and team dysfunction, and describe exercises that foster positive team building. The Speaker Series was offered in person and online. The second event focused on Conflict Resolution and was held in May.

#### Alumni News

##### Interim CNO of Presence St. Mary

Betty Bayona '09, RN, MSN, NE-BC, current Operations Director for Patient Care Services at Presence St. Mary's, will serve as Interim CNO. Betty has been a trusted member of the nursing team for 31 years. Betty will oversee all nursing inpatient care functions as well as Ambulatory Services for both the Saint Mary's and Saint Elizabeth's Campuses.

##### ResU Hosts the Greater Illinois Black Nurses Association

Thank you to Jacinta Staples '13, MSN, RN, President, The Greater Illinois Black Nurses Association, for hosting their chapter meeting at ResU. This was a great way for students to learn more about the organization and meet other nursing professionals. For more information about GIBNA, visit [www.gibna.org](http://www.gibna.org).

##### Suburban Lung Associates Poster Research

Katy Roesner '15, RN, BSN, Suburban Lung Associates, was a part of a poster research project titled, "Integration of an Asthma Navigator Improves Access to New Therapies." Katy summed up her experience by saying, "I'm proud to have been a part of this exciting research poster that was recently presented at the International CHEST conference in Toronto. I'm also proud to work for an organization that values nursing input and recognizes the importance of nursing in patient care at all levels. I'm grateful for the education I received at ResU that promoted the knowledge and thinking required for this type of work and happy to be able to mentor new nurses in this endeavor!"

##### Distinguished Alumni Award 2018

Congratulations to Alice Teisan '84 (right), who was awarded with the 2017 Distinguished Alumni Award. Alumni Association Board Chair and ResU Doctor of Nursing Practice student Linda Ramirez '09 presented her with this award.



Past Outstanding Alumni Awards were given to Betty Johnson '52, Andrea Propst '69, Grace Tazelaar '70, Shelley McGhee '84, Tamara Bland '10, and Adrienne Kajmowicz '10

#### Alumni Spotlight



**Sagrid Eleanor Edman, '54, PhD, MA, BSN**

A 1954 graduate of West Suburban College of Nursing, Sagrid spoke with us about her rewarding career as an educator and nurse leader.

She shares some advice for new nurses in the field; "The first goal is to

connect with the human being at the other end. You have to be able to listen and understand the needs of your patients and client. You have to be adaptable to new situations.

The nurse of today needs to be a visionary with an understanding of health and illness and the global world, including the diversity of our patient clientele and the students that come into our programs."

##### Sally Erdel '75, MS, RN, CNE

Two powerful life events led Sally to pursue a career in nursing. Growing up on a farm in Morton, Illinois Sally witnessed the struggle her sister faced with Polio. She also experienced the loss of a close friend in an accident. Early on, Sally knew that caring would be her life's calling. After first attending Bible College where she met her husband of 40 years, she attended the West Suburban Hospital School of Nursing. At the time West Sub was a diploma nursing program so Sally went on to complete her BSN and MS degrees from the University of Illinois at Chicago.

After her first child was born in 1980, Sally moved to Champaign-Urbana, Illinois where she worked as a clinical nurse specialist in medical-surgical and oncology areas. In 1987, Sally's family moved to a college campus in Kingston, Jamaica where she served as a campus nurse and volunteered at an inner-city clinic. Hurricane Gilbert provided some dramatic moments but Sally and her husband both loved working in Jamaica.

The Erdels moved back to the US in 1993 and Sally took a teaching position at Bethel College in Mishawaka, IN where she's taught many subjects over the past 24 years.

Years and distance haven't stopped Sally from keeping in touch with her former West Suburban classmates — in 2015 they celebrated their 40th class reunion. To anyone considering nursing as a profession she says, "Take school seriously. Give it the most time and effort that you can. Maximize your opportunities after you graduate. In nursing there are so many things you can do, don't shut any doors. You will work hard, but you won't be bored.

#### Alumni Panels for Students

Thank you to all of the alumni who continue to come back and share their career experience, advice, stories and tips with our new and soon-to-be graduating students.



#### UPCOMING EVENTS

- Saturday, September 8 – *Wound Care Skills Day*
- Saturday, September 8 – *Taking the Fear Out of Cranial Positioning. Cranial Radiography, Pathology and Simulation Positioning and Analysis AND Digital*
- Saturday, October 13 – *Cardiac Skills Day*
- Saturday, November 3 – *Venipuncture 101*
- Saturday, November 17 – *Everything Tubes Skills Day*

**Dates and activities are subject to change per the discretion of the ResU and the Alumni Association. For more information on these events, please go to [www.resu.edu/alumni-events](http://www.resu.edu/alumni-events) or call 773-252-5137.**



**In Memoriam**

- July 10, 1932 – August 3, 2017  
In memory of *Patricia Anne Fillmore '55*. Faithful missionary, nurse, sister, aunt and friend.
- *Carol Wagner Bullmore '75*

**Development Dollars in Action****Foglia Family Foundation Donation Continues to Benefit ResU**

The Foglia Family Foundation Inter-Professional Educational Simulation Center has allowed for a vast increase and enhancement of students' learning experiences. Simulation allows students to incorporate theory into hands-on practice in an environment that allows for errors without risk to patients. Emphasizing collaboration between multidisciplinary patient care teams, training in the center provides benefits such as decreased medication errors, increased communication and teamwork, and improved critical thinking and clinical reasoning skills.

Training in the Simulation Lab has been a core aspect of nursing education this year in all specialties, including foundations of nursing, health assessment, adult health, pediatrics, obstetrics, mental health and community health. More than 12,000 student interactions have occurred in the center this year — more than 3,400 contact hours and 1,400 clinical hours.

The Simulation Center is also an essential resource for ResU's Radiography program, which began using the facilities in January 2017. Since then, the site has hosted 1,030 radiography student interactions during 248 contact hours.

We are grateful to the Foglia Family Foundation for their generosity and allowing us to continue the growth of educating our students through simulation.

**Thank you for your Generous Donations to the Alumni Scholarships**

We are thankful for all of the ways in which alumni give back to the University and the healthcare community at large. You help make ResU the vibrant place it is by leading Skills Days and by participating in service learning trips. By advising and sharing opportunities with students and fellow alumni. By giving students the chance to make full use of all of the resources at ResU. And by your ongoing, generous financial support to Alumni Scholarships.

We wanted to share a note from a student about what your financial support really means...

*"I'm extremely grateful for the scholarship I received at ResU because without it I wouldn't be able to afford nursing school. To explain, before I received this scholarship, I was anxious and stressed out about my tuition balance. The uncertainty of how I was going to pay for my spring semester kept me up at night worrying. This scholarship has taken away my worries. It's truly a blessing and I'm forever grateful."*

**If you are interested in making a donation, please contact Vickie Thornley at 773.252.5137 or [Vickie.Thornley@resu.edu](mailto:Vickie.Thornley@resu.edu). You can also donate online at [resu.edu/alumni-friends/give-a-gift/](https://resu.edu/alumni-friends/give-a-gift/)**

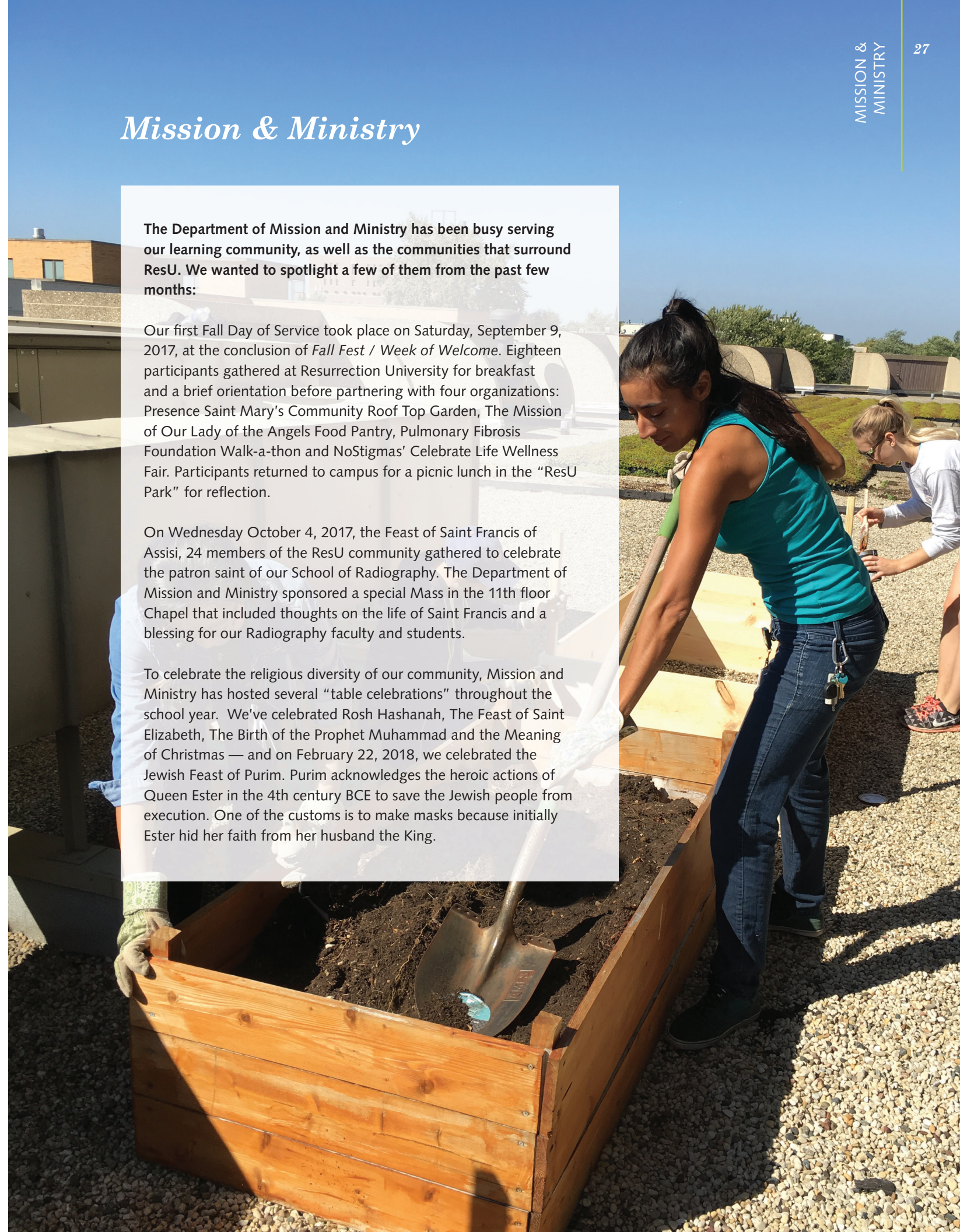
## Mission & Ministry

**The Department of Mission and Ministry has been busy serving our learning community, as well as the communities that surround ResU. We wanted to spotlight a few of them from the past few months:**

Our first Fall Day of Service took place on Saturday, September 9, 2017, at the conclusion of *Fall Fest / Week of Welcome*. Eighteen participants gathered at Resurrection University for breakfast and a brief orientation before partnering with four organizations: Presence Saint Mary's Community Roof Top Garden, The Mission of Our Lady of the Angels Food Pantry, Pulmonary Fibrosis Foundation Walk-a-thon and NoStigmas' Celebrate Life Wellness Fair. Participants returned to campus for a picnic lunch in the "ResU Park" for reflection.

On Wednesday October 4, 2017, the Feast of Saint Francis of Assisi, 24 members of the ResU community gathered to celebrate the patron saint of our School of Radiography. The Department of Mission and Ministry sponsored a special Mass in the 11th floor Chapel that included thoughts on the life of Saint Francis and a blessing for our Radiography faculty and students.

To celebrate the religious diversity of our community, Mission and Ministry has hosted several "table celebrations" throughout the school year. We've celebrated Rosh Hashanah, The Feast of Saint Elizabeth, The Birth of the Prophet Muhammad and the Meaning of Christmas — and on February 22, 2018, we celebrated the Jewish Feast of Purim. Purim acknowledges the heroic actions of Queen Ester in the 4th century BCE to save the Jewish people from execution. One of the customs is to make masks because initially Ester hid her faith from her husband the King.





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**Our Mission:**

Resurrection University educates students to become healthcare leaders by cultivating a diverse learning community based on the Catholic tradition of faith, hope and healing.

**Our Vision:**

To be a learning community that thinks critically and embraces change, inspiring the next generation of healthcare professionals and leaders.

**Our Core Values:**

ResU C.A.R.E.S.

- **Compassion** fosters in us sensitivity to the spiritual, physical, psychological and emotional needs of every individual, inspiring each to find comfort and hope.
- **Accountability** calls us to responsible stewardship of the human and material resources/assets of the organization.
- **Respect** commits us to honor the diversity and dignity of each individual as a person created and loved by God and an inherently valuable member of the community.
- **Excellence** empowers us to do our best in all that we do as we work individually and collectively to meet the needs of those we serve as well as our co-workers.
- **Service** commits us to give of ourselves in order to respond appropriately to the needs of others.

**RESURRECTION UNIVERSITY**  
COLLEGE OF NURSING & COLLEGE OF ALLIED HEALTH