Yale Nurse: Yale School of Nursing Newsletter, April 1998

Yale University School of Nursing

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I have always thought of this column as the symbolic voice of all Yale nurses; and, I have considered it an awesome privilege and responsibility to “give voice” to what we hold as our essential values and mission. Now, the time has come for my final column as your Dean. I will try to be neither maudlin nor melancholy in my message.

I have had a love affair with Yale and YSN for all of my adult life. Indeed, my entire career has unfolded here and I expect to have many more productive years nurtured by the unique culture which is the Yale School of Nursing. My relationship with YSN began in 1968 when I came here as a young student in the Psychiatric Mental-Health Nursing Program. Never did I imagine that I would eventually serve as Dean; although the seeds were sown the first day I arrived. Who could resist the lure of leadership when one’s daily encounters were with the likes of Margaret Arnstein, Donna Diers, Rhettaugh Dumas, Dickoff & James (yes, I think of them as a package!), Jean Johnson, Angela McBride, Florence Wald, and, of course, Virginia Henderson? It was during these early days that I absorbed ideas about community, social conscience, and scholarship. I learned that a true community of scholars debated ideas and theories with passion because the ultimate resolution of such debates made a difference in the way nurses practiced and how patients lived. I learned that Yale nurses pushed boundaries, defined new roles, and got into things (including trouble) because it would be wrong to do less. This gave real meaning to Miss Goodrich’s phrase, “the adventure of thought and the adventure of action.”

“Adventure, thought, and action” has been my mantra over the past 13 years and believe me I’ve had enough to last a lifetime! Over this span of time YSN has occupied no fewer than three buildings, culminating in the major renovation of our current home; survived the Ruddle Review; gone through three major reorganizations; balanced our budget; launched a new doctoral program; added some new emphases in our master’s program; expanded our research initiatives; and weathered one of the most significant eras of health reform with our faculty practices intact! On more than one occasion I needed to remind myself that this was an adventure and that with a lot of thought and the right actions of a lot of people YSN would not only survive, but thrive!

One doesn’t lead the Yale School of Nursing in the traditional hierarchical sense; rather, one is guided by the values and voices of Yale nurses in making wise decisions at critical junctures. As I have used the mantle of the deanship to speak on behalf of nurses and the people we care for in policy forums, boardrooms, classrooms, and back rooms, your voices have always been with me -- clear, compassionate, and contextual about nursing and health care. Now it is time for someone else to speak on your behalf. So I leave you with the words of Kahlil Gibran:

“"My house says to me, 'Do not leave me, for here dwells your past.' And the road says to me, 'Come and follow me, for I am your future.' And I say to both my house and the road, 'I have no past nor have I a future.' If I stay here, there is a going in my staying; And, if I go, there is a staying in my going.'"

I am not entirely sure what road I will travel next. I know that I will surely miss the privilege of being your Dean but will carry your voices in my heart wherever I go. Thank you for being Yale nurses and for staying with me these last 13 years!
Correction: The Editors apologize for omitting Kimberly O. Lacey '97 as a co-author of the article, "Detecting Vascular Problems in Patients with Diabetes Treated with an Intra-Aortic Balloon Pump," which was cited in the Class News section of the December, 1997 issue of Yale Nurse.

Thanks to those of you who sent in a copy of your curriculum vitae in response to the call in the December, 1997 issue. We are still anxious to get as many as we can on file, so if you have not yet done so, please send us yours which will be used not only as a resource for students, but also as a record of the professional accomplishments of our graduates.

Graduation is scheduled for Monday, May 25, 1998. Commencement exercises on main campus will take place at 10:30 am, to be followed directly by the YSN ceremony at the Prince Street Park adjacent to the School, 100 Church Street South, beginning at 12:30 pm.

We are still looking for class pictures from 1934, 1959, 1970, and all those from the 1960's. Please look through your mementos, your files, your desk drawers, and boxes in the attic for a photo that we might be able to use. It will certainly be handled carefully, reproduced, and returned safely to you. Many thanks to those of you who did respond to our last request and sent or offered to send a class picture. We appreciate your efforts greatly and I know you will be pleased that your graduating class photo will now be framed and included with all the other photos to be hung in time for this year's Reunion Weekend and 75th Anniversary Celebration.

REUNION WEEKEND AND THE 75TH ANNIVERSARY CELEBRATION

Plans are well underway for the 1998 Reunion Weekend which will celebrate the 75th anniversary of the founding of the School. This year's activities will be especially festive and important as we commemorate not only the history of our remarkable school, but also the deanship of Judith B. Krauss who has brought YSN into a place of renewed national and international prominence. Yale President Richard C. Levin recently stated, "Long known for its strong clinical programs, the School has built new capabilities in nursing research and doctoral education under Judy's' leadership. We are grateful for her inspired and effective service." Judy will be stepping down from the deanship effective July 1 to rejoin the faculty. You won't want to miss her last Reunion Weekend as Dean, especially the unveiling of her portrait which will take place during the social hour preceding the Friday night banquet.

As part of the 75th Anniversary celebration the YSN Reference Room has issued a "wish list" of books needed for our collection. If you as an alumna/us would be willing to donate the cost of one or more of these texts to the School, a specially designed nameplate with the 75th Anniversary logo and your name and class year as donor will be placed inside the book's cover! Please consider this additional opportunity to celebrate in a very pragmatic and constructive way by contacting our Reference Room Librarian, Mary Angelotti, (203) 785-2396.

Under the supervision of Linda H. Pellico '89, exhibits commemorating our 75 year history will be on display in the rotunda of the Harvey Cushing/John Hay Whitney Medical Library, Sterling Hall of Medicine, 333 Cedar Street. These display cases will capture the essence of the growth and development of the Yale School of Nursing, educationally and clinically. Other displays will also be set up at the School, including old uniforms, caps, and special memorabilia. These exhibits will be a highlight of the weekend!

If you have never attended a reunion before now, make this your first. Guaranteed it won't be your last!
Recruitment is a Top Priority

Colleen Shaddox has recently been hired by the School to be the Recruitment and Retention Officer. She explains her decision to come to YSN and outlines her goals for this newly created position.

I've just joined Yale School of Nursing to do a job that's both dauntingly complex and fundamentally simple: recruiting students for YSN. The task is dauntingly complex because so many factors -- including a good many that we can't control -- play into a student's school choice. But it is also fundamentally simple in that I can answer the most basic question that a potential student asks: "Will I get a good education there?" with a resounding, "Yes!" In my short time here, I've already been deeply impressed by the commitment of our faculty to training students who will be skilled clinicians and innovative researchers, leaders in health care for the 21st Century. My colleagues here have been extremely helpful in orienting me to YSN, and I know that I'll benefit from their expertise in the years ahead.

Joining Yale School of Nursing is an exciting change for me. I've

Colleen Shaddox
spent much of my career in journalism and hope I can use the skills I've acquired to raise the public profile of YSN. After leaving newspapers, I took a year off to help run St. Ann's Soup Kitchen in Hamden, where I learned about fund raising, community organizing, and the awe-inspiring ability of human beings to maintain their dignity in the most difficult of circumstances.

I come to YSN directly from Southern Connecticut State University, where I was assistant director of public affairs. Learning, I believe, is the most exciting of all human activities. I dearly love working in an academic environment. At Southern, much of my work consisted of publicizing faculty research and student achievements, always with an eye toward improving enrollment. The university had been affected by many of the same issues that come to bear on recruitment at YSN, including student finances and negative stereotypes about New Haven. Through the efforts of many talented people, enrollment is now on the rise at SCSU.

My goal at YSN is not just to increase the applicant pool, but to make sure that our student body reflects the school's commitment to diversity. Because academically gifted minority students are heavily recruited by graduate and professional schools, I believe that YSN must establish relationships with minority candidates very early in their educational careers. Perhaps you know about the important work that the school already does with New Haven's Career High School. I hope to act as a resource facilitating that kind of outreach and also ensuring that we maintain contact with these prospective YSN students as they move through high school and undergraduate programs. I plan to build relationships with guidance counselors in local high schools as well as with career counselors in colleges that historically serve minority communities.

Too often, gifted students of color are pushed toward medical or law school, without due consideration of myriad other opportunities. I believe that I can make a strong case that nursing is a career with unique rewards springing from the extensive patient contact that most nurses enjoy, the sophistication of the care they provide, and the supremely humane model that informs their practice.

My true introduction to the world of nursing came two years ago. I'd gone to Yale-New Haven Hospital for a lumpectomy and found out while still in surgery that I had cancer. My eyes welled with tears as I thought about my two-year-old son, my husband, my mother, a dear friend who had recently lost her own mother to breast cancer. I will never forget the way that the nurse in the room reacted. Debbie took my hand and urged me to squeeze hers tightly as I pleased. "This is the best part of nursing," she told me. Debbie got me through the next hour. A great many people got me through the next year, but the advanced practice nurses who cared for me stand out as most instrumental in my recovery. They taught me to manage the side effects of chemotherapy and radiation. Most importantly, they never treated me as "a case," but as a person. They combined detailed medical knowledge with a wholistic perspective that helped me to make choices about my treatment and to take care of myself and my family.

The opportunity to play a role in the preparation of advanced practice nurses both delights and humbles me. Attracting a diverse and highly qualified pool of applicants to this outstanding school is a mission that appeals to my love of working as a communicator and my commitment to improving the human condition. It's a wonderful job, but by no means one at which I can succeed alone. Fortunately, nurses are fantastic teachers, and I know that I can count on the students and alumni of YSN to educate me by sharing your experiences and your ideas. You are the ones in daily contact with potential students. I'd love to hear from you with suggestions on how we can let them know about the opportunities here at YSN. I want to know what influenced your own decision to attend Yale. Tell me how YSN helped prepare you for a rewarding career. And yes, tell me about what you didn't like about the program. Write, call, knock on my door. My e-mail address is colleen.shadox@yale.edu and phone is (203) 737-1376. I'm sure that with your help, this new position will seem much less "dauntingly complex" and much more "fundamentally simple."
Deborah Naveda is a Program Instructor in the Pediatric Nurse Practitioner (Primary Care) Program.

My journey back to Nagano to volunteer at the XVIII Olympic Winter Games had been planned for five years, but I had dreamed of such a day since childhood. I had always longed to return to the hills where I spent many warm summer afternoons on grassy hillsides or in the cool Lake Nojiri splashing and swimming with my brother and sisters. We were a care-free bunch of kids enjoying vacation in the glorious natural beauties of that enchanted place we called Nagano, the "long meadow."

Tokyo was a growing post-war city in the late 1950's when I was born there. My parents were finishing three years of language school and preparing to launch into a new life as missionaries. They had met at Yale University as graduate students a few years before while my father was studying theology at the Divinity School and my mother was at the School of Music.

I have lived a total of 19 years in Japan including completion of required education in Japanese in the Japanese school systems. I was home-schooled in English by my parents until I returned to the US educational system for the last two years of high school and subsequently higher education. It was a strange twist of luck and fate that I returned to Japan with my own children in the early 1990's for a few years as a US Navy wife. I rekindled many old friendships with those who shared years of primary education with me.

My ultimate joy from this trip is in knowing that I was able to share in giving something back to the people of Nagano. As a child I learned to dream and reach for the stars.
while playing in the hills. As an Olympic volunteer, I could see those stars in the eyes of the children of Japan, and I am honored to have been a small part in bringing life to their dreams.

The following thoughts are from an email Deb sent while in Nagano:

This has been a great time. My Japanese has been repolished in many ways. The language part has gotten a real boost as I learn to function in a Japanese office environment. I have also had to be reminded a few times of the cultural things, like not eating at my desk and use of the appropriate "keigo" (respect). They, the officers, have been most appreciative of my ability to calm raw nerves and to firmly deal with the angry and unreasonable visitor. Almost strangely, there have been no incidences where the police have needed to be called to escort anyone out. Many people come to this Main Accreditation Center [where I am working] looking for access and privileges that are beyond what would be extended to them, saying they have special circumstances. Watching the negotiation process has been very interesting!

My ability to survive in the Japanese temple-type dorm environment has also been invigorating. The women volunteers have been assigned rooms in an annex of the Zenko-ji Temple where the opening ceremony bell was rung. There is central heating and each room has a kerosene-type space heater. The common bath has no running hot water, requiring one to dip out the hot water from the bath to rinse off the soap. This, too, is unheated. Breakfast is always rice with miso soup and some kind of egg, pickle, and nori (seaweed). I love this and those of you who miss it can just imagine and drool....

I have met many people from the Salt Lake City games and I'm thinking about going there in 2002. Keep dreaming! In general the mood has been one of festive welcome, support, and sportsmanship which has been very refreshing. Grandma and Grandpa who came along have held out very well and are really enjoying the natural beauty of Lake Nojiri, as well as the hot baths. I look forward to the arrival of Ivan (my fifth grader) and my sister Becky to enjoy the last few days of the games and then travel on to Nepal. This has been a unique and singular experience which has allowed me to visit many places of my childhood, and to serve the Japanese people in such an international event. I am grateful for each of your roles in helping this to be possible. A hearty "thank you" from Nagano.

Deb (R) and her mother at Lake Nojiri
YSN Alumna Retires after 20 Years at Yale University Health Services

by Kate Stephenson ’94

Nina Relin Adams ’77 has been an integral part of many people’s lives in the Yale community: as nurse practitioner in the department of internal medicine at Yale University Health Services (YUHS), and as YSN preceptor and lecturer. An interview with Nina proved to be yet another example of the diverse backgrounds and interests of YSN alumnae.

Nina grew up in Queens, New York, part of a family of New York City school teachers. A self-proclaimed product of her time, she grew up in the 1950’s when Sputnik had brought bench science not only to the public eye, but also to a new level of respectability. Following graduation from the Bronx High School of Science, she attended Queens College in New York City, earning a BS in experimental psychology in 1962.

In 1962, she entered Yale University as a graduate student in neurophysiology. After five years she decided to take a hiatus in Italy where she had planned to do a post-graduate project. Living in Milan from 1967-1968, she reassessed her goals and returned to New Haven. Although she had completed all but the dissertation for a PhD, she decided she was ready to leave the bench sciences in search of more people-oriented work and was awarded an MS from Yale. "I realized I wanted to do clinical work," says Nina, and became involved in the community work she had grown to enjoy in her spare time.

From her experience on the Board of Directors of the Fair Haven Community Health Clinic, she accepted the position as its Director from 1971 to 1972. The clinic was based in an elementary school and had a budget of $30,000 a year. While living and working in Fair Haven, Nina met a nurse practitioner, Charlotte Januska, one of several individuals who inspired her to become a family nurse practitioner. Also of note is that Januska was the Chairperson of YSN's Community Health Nursing Program for a period of time, from which the current ANP/FNP program developed.

Hearing of YSN’s plans to begin its Three Year Program for Non-Nurse College Graduates, Nina planned to apply for 1973. However, when she learned that the program would not begin until 1974, she began to look elsewhere. She entered Southern Connecticut State University as a special student and graduated with a BSN in 1975. Then she immediately enrolled in YSN’s family nurse practitioner program and was awarded her MSN in 1977. Nina had always been interested in mental health issues and, in fact, she nearly completed all of the coursework for that specialty while in the FNP program. "Becoming a nurse practitioner was the best decision of my life," she recalls.

Nina wanted to return to Fair Haven Community Health Clinic as a nurse practitioner; however, as the center had inadequate funding, she followed her interests in mental health and took a position at Yale Psychiatric Institute from 1977-1978. In 1978, a nurse practitioner position opened up at Yale Health Plan (YHP), now YUHS. Nina seized the opportunity and committed to one year, "an internship year," as she saw it. Previously hired nurse practitioners had been linked to a physician and his or her caseload. In 1978, YHP was redirecting its focus to hire NP's with master's degrees who would develop independent practices. Nina was hired with the understanding that this was the direction in which she would move; as a result, she became one of the first NP's to practice independently at YHP.

In 1979, Nina discovered another of the many reasons she chose to remain at YHP: she wanted to teach, both in the clinical setting and the classroom. She began precepting YSN students at the end of that year and continued until her recent retirement.

When asked why she had stayed at YUHS for twenty years instead of a single year, Nina easily ticked off numerous reasons why her job--her career--had become "enormously satisfying." She says she agreed with YHP's belief in prepaid, organized, not-for-profit, non-fee-for-service care. "I liked the community, small town type of feel, as well as the coordination and integrity that came with the single chart. There was continuity of care based on a family practice model. It was a good learning environment and a nice way to care for patients." Nina also fondly recalls the special rewards that come from caring for some families across three generations.

So where is she headed now? Is there life after Yale? Nina thoughtfully described her life over the past twenty years at Yale as "a model issue." She describes the carefully introspective evaluation that she employed in order to...
achieve a satisfying balance in her professional and personal life. She would, over time, continually adjust the various aspects of her career and family activities to accommodate particular priorities at each stage of her life. For example, occasionally she taught more, but as she became more actively involved with her young grandchildren, she taught less. She next entered into a shared practice, an endeavor that succeeded very well, with Ivy Alexander (ANP, YSN faculty) and strongly supports the primary care setting shared practice model for any two people who are dedicated to a truly shared responsibility and caseload. "It is not simply working part-time; in fact it remains a full-time commitment!" Nina exclaims.

Always fascinated by film, Nina had taken courses at Yale and elsewhere when in 1996 she learned of and attended the first year of Film Fest New Haven. In 1997 she became even more involved. The opportunity of becoming the Programming/Managing Director for the 1998 Film Fest New Haven fell into her lap last summer and she accepted the exciting offer. Aware of the tremendous amount of work required and after much soul searching, Nina made the very difficult decision to retire from YUHS. The third annual Film Fest New Haven presented a weekend of high quality, independent films for New Haven audiences in early April.

Nina was happily very busy at the time of our interview. Although unsure of the details of her future, she will continue to be involved with YSN, film, and her family. Nina lives with her husband Moreson Kaplan in Branford, CT and enjoys spending time with her stepdaughter Julie and husband Brian, stepson Michael and wife Chrissie, grandchildren Alex (3) and James (6), and great-niece and great-nephew Andrea (6) and Matthew (2).
Each year the YSN Office of Alumni Affairs sends a letter to recent graduates, those who just graduated, and those who graduated over a year ago, inviting them to share with us their thoughts and impressions of the "real world" upon joining the workforce of advanced practice nurses. The following reflections from Joanne Sullivan '97 and Brian Geyster '96 were sent in response to our request and the Editors are pleased to share their experiences with the readership.

Joanne writes:

"In the spirit of YSN, I would be glad to offer my thoughts and impressions of how the 'real world' is going for me. In fact, I welcome the opportunity to do so, because it gives me a chance to reflect on my experiences at YSN and to assess how well I am performing in my current job.

"I accepted a position with Fallon Healthcare System in the Geriatrics Division, Long Term Care Program, Worcester, MA, as a geriatric nurse practitioner. My population is strictly nursing home residents. Most of my residents are relatively stable, but I do have a handful of patients that are subacute. They are quite ill and do require frequent monitoring and re-evaluation. The expectation is that I follow approximately 100 nursing home residents. We provide care as a team, which consists of a GNP and an MD. The MD is required by federal law to see each resident every 120 days and the GNP is required to see each resident every 60 days. When you are following 100 patients, you end up seeing different residents every day for routine visits, as well as managing episodic visits in between (flu season is brutal), and finding the time for new admissions. If you do not have good organizational skills, you quickly develop them!

"The importance of having a very supportive collaborating/supervising physician is key, especially if you are a new graduate. The first six months are very formative ones. You need to start to take ownership of your patients and make clinical management decisions on your own to develop the confidence to feel competent. It is scary. The first time I examined a patient and worked her up for a fever, the WBC was nearly 40,000 with 30 bands and the decision did not come easy to initiate the appropriate IV antibiotics and fluids (based on clinical exam and PMH) and call the family to determine whether they felt comfortable having the resident treated maximally in the nursing home. The first time you start someone on a new medication, write the prescription, and sign your name to it is scary as well. There will be so many firsts. The point to all of this is that you need to feel supported. You need a physician who knows what NP's can do, who is a true collaborator, and who enables you to make informed treatment decisions on your own...someone who is available when you need him/her, who truly enjoys teaching, will catch you when you fall, and pats you on the back when you are doing a good job, and who in the end, allows you to develop your own practice style (and respects it), even though it may differ from his/hers.

"As a new NP you are constantly refining your skills. It is important to set goals for yourself and even more important to know when you are in over your head and need help. (Some doctors think you do brain surgery, while others aren't sure if you can manage the flu!) I am very fortunate because I work with a group of 17 NP's. I have tremendous support. I can pick up the phone at any time and get a second opinion on how I am treating a wound or pressure ulcer, on policy issues regarding advanced practice, on OBRA regulations regarding psychotropic drug use, or on nursing home politics. I am never out there by myself without back-up. I believe strongly in collaboration, especially as a new graduate. Furthermore, I have very strong role models and experienced mentors to draw from.

"YSN gave me the foundation upon which to build my clinical skills and the knowledge base to begin to foster and nurture my professional development. I would be lying if I said I walked in on my first day of work (September 2, 1997) ready to manage all of my patients. There is no substitute for experience. You get the experience by working. There is no way around it. I still come home from work to look things up in a book nearly every night, but there is only so much you can learn from a book; most of it comes in time with experience and a careful melding of the academic world with the 'real world.' For those students in the GEPN Program who were obviously not nurses in their previous lives, I am living proof that prior experience as a nurse is not a requirement for the job.
"In so many ways, YSN seems like light years away, even though it has only been eight months or so since graduation. I believe YSN adequately prepared me as a geriatric nurse practitioner. In fact, I think YSN is quite demanding of its students and much more stringent than other programs. It is all worth it. Despite what you may or may not think, the YSN name still goes a long way. People respect the program and, in turn, expect you to be well versed, skilled, and competent in your field. It is your job to prove them right. Good luck!"

And from Brian:

"In May of 1996, Rebecca Froines ’96 and I started a small company called Community Nursing Specialists, LLC. It really started out as a ‘concept company’ designed to provide an array of community and home-based mental health services to high acuity psychiatric patients who could benefit from psychiatric nursing intervention. We presented our ideas to Staff Builders Home Health Care, Inc., which was looking to develop a mental health home care program in this area. By June of 1996 we had a contract with Staff Builders to develop and run their mental health programs in New Haven County.

"What started as a concept has grown into a thriving practice. We now have ten psychiatric nurse clinicians on staff and perform 150-180 in-home psychiatric nursing visits each week. Our partnership with Staff Builders has been everything we had hoped for and is mutually beneficial. Essentially, we function as an ‘in house’ sub-contractor for them. It’s a great arrangement for both companies. They get an independent group of highly skilled psychiatric nurse clinicians to manage their mental health programs, and we get an international home health care company to provide the infrastructure which allows us to practice our trade. It’s a win-win situation. Clinically, we’re able to assist psychiatric patients with the difficult transition from hospital to home. Our interventions have proven very effective in decreasing hospital recidivism and improving the quality of life of our patients, while reducing overall health care costs.

"Incidentally, two current YSN students, Robert Krause ’98 and David Stevenson ’98, are on our staff and have proven to be excellent practitioners of community-based psychiatric care. Also, Rebecca and I were appointed as YSN Courtesy Faculty last summer and had the pleasure of supervising Laura Ippolito ’99 for her community health rotation. Thanks to our experience with Laura, we look forward to having more students next summer!"

After receiving the April, 1997 issue of Yale Nurse in which some poetry written by Elizabeth Conway ’98 appeared, a classmate of Mary A. Pryor ’51 wrote to the Editors and suggested that we contact Mary about publishing some of her poetry. We did so and are pleased to share it with our readership. Mary briefly described her love for writing poetry and how this love has grown over the years.

"Both of my parents read for pleasure and, of course, read stories to their child. Aged six or so, I began writing poetry. My father dreamed of owning a printing press but settled, in his eighties, for a mimeograph and an active membership in the National Amateur Press Society. The leaflets that he exchanged with fellow members provided the model for my 'publishing.'

"When I was five, the family spent a winter in New Haven while my father attended Yale Divinity School. Then the family spent twelve years in Gilbertville, Massachusetts, a 'ghost' mill town, deserted by its factories.

"An interest in drama, beginning with church pageants and school plays, continued with drama at Grinnell where I earned a BA in 1947. Maybe poetry readings also provide a touch of theater.

"After acquiring that MN at Yale, I spent the next year working in the operating room at Grace New Haven and attending classes at the Yale School of Drama — no degree but a 'major production,' Third Floor West, December, 1952. I have not reread the play in at least forty years and do not intend to.

"After New Haven, I ricocheted between Nebraska, where my par-
ents lived, and New York City, catching the metropolis while it was still a glorious place to explore. "In 1960, my Grinnell major in English lured me into the Department of English at the University of Nebraska, Lincoln. With MA and PhD in hand, I joined the Department of English at Moorhead State, teaching the Literature of the Renaissance and, of course, freshman English.

"Over the years, I have 'published' collections of verse and distributed them mainly to cousins and friends. Mimeograph stencils on a portable typewriter yielded to an Apple Ile, then a Mac. Leaving the printing to Kinko's, I sew the gatherings (5 1/2 by 8 1/2) into index stock covers. Thanks to the Moorhead State University press, I also have three legitimate books.

"Topics for poetry generally 'find' me: a bicycle left in a snowbank, a face painter entertaining children at a street fair, or some odd remark on

Public Radio. Politics and other forms of nonsense inspire satiric rhymes. The renewed respectability of traditional meters pleases me. Free verse is fine, but not for a steady diet.

"Once again, I know that I have enclosed too many poems. Some of them might not have been written had I not been in the class of '51 at YSN. Others mark the "geography of experience" -- or just strike me as, perhaps, suitable."

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Poems from the 1950's:

DISTRICT 20

("Experience as a visiting nurse had something to do with this one.")

Behind the brown-stone church, the convent school; across the way, eat pizza, dance and dine; from second stories, lines of wash, oblique above board fences, arbor, green grape vine. Between the wire mill and the public baths, we, the familiar rabble, make our paths.

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From April, 1997:

FLOOD AS LINEAR

("The record Minnesota snowfalls of the winter of 1996-1997 had nowhere to go but outward in all directions. I had watched my first flood in Gilbertsville, Massachusetts the year of the 1938 hurricane when two-story walls of the abandoned red brick mills crumbled into the river.")

I thought of flood as linear, contained by longitudinal valleys' legdy brims, uprooting rocks and shearing roots and limbs, absconding with demolished bridges, stained by mud, by oil, by sewage, but disdained by cantilevered towns above the whims of rascal water. Never mind. It skims the valley, leaves it polished, tidied, drained. Our prairie floods pour overland, emerge from gopher holes and culverts, plow their tide, tsunami-like, a blind wall, field by field to fill the house and barn knee deep and urge the livestock onto island knolls, to glide up shuddering flanks, the frozen nostrils sealed.

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NOCTURNE, NEW HAVEN

Where Cedar crosses Congress, where darkness crosses light, the sooty chimney swallows weave nets of willful flight.

Beneath, down brick walled chasms, the heavy cars careen.

The sidewalk treetops burgeon in wild florescent green.

Harkness revealed, wreathed, hidden by level smoke blown by, towers in thorny Gothic, the chinks filled in with sky.

The neons slowly brighten.

The shell of darkness pales.

We turn to blunt the edge of time with song or talk or tales.
In the fall of 1974, the first class to enroll in the Three Year Program at YSN, twelve pioneering women, embarked on a trip through uncharted waters on their way to an advanced practice nursing degree. Eleven of the group would graduate in 1977. However, their journey to the MS would not be without twists and turns, and ups and downs. Former Dean Donna Diers ’64 recalled that the RN and non-nurse students had doubts about themselves and each other in those early years. She even says that, at times, the atmosphere was one of "sibling rivalry."

The Three Year Program students were dubbed "trouble makers" by some, but Donna recalls them more as pioneers, saying, "We were all learning together, and they protested sometimes. They even marched on my office and sat in. The program was new and there were bumps that needed to be worked out." In 1974-75, for example, both the research course and human development were taught in the first year, which was "seriously overloaded," admits Diers.

"Human development was later spread out into seminars in the second and third years and we changed the research sequence." Additionally, faculty needed to learn how to teach non-nurses. They were not accustomed to confronting the stressors with which these new students were coping. Donna points out that, "We did not realize how emotionally draining it was for adult learners to learn to take care of sick people." Some of the faculty resisted the new program because it was new, strange, and more work. "But Kit (Katherine) Nuckolls ’41, Chair of the pediatric program at YSN, and an MN graduate herself, turned the planning around by suggesting that faculty work backwards from what they knew best - specialty preparation - to what these students would need to have under their belts to enter any given specialty. That made the work interesting," adds Diers.

Uncertainty played a role in creating anxiety for the three-year students. They did not know when they would take their RN Boards, and in fact, they did not sit for the exam until February of 1977 because the state approval was late in coming. Additionally, the Connecticut Board of Nursing was very conservative at the time. The Nurse Practice Act stated that either a diploma or degree was necessary in order to qualify to sit for State Boards. Originally, there had been no plan to create an interim credential on the way to the master's degree. On the advice of John Q. Tillson, a senior law partner at the firm of Wiggin and Dana in New Haven who was consulted by the University on the matter, the Corporation approved a "Certificate in Nursing" to testify to the completion of the "basic" program, granted at the end of the second year. (Older graduates will remember that there had once been a Certificate in Nurse-Midwifery granted by the University before the American College of Nurse-Midwives took over the credentialing function, so this certificate was not all that unusual.) Tillson then wrote an administrative change into the Nurse Practice Act which added the certificate as an allowable credential to qualify to sit Boards. Interestingly, Tillson’s wife had been secretary to Yale’s President Griswold who closed the basic MN program.

The State Board was also concerned about what would happen if the
three-year students got their university certificates, sat the Boards, passed, and then dropped out of school. YSN argued that this was a non-issue for the Board, since students would have qualified under the Board's rules. If it was an issue at all, it would only be a problem for employers, not for the Board.

The biggest uncertainty was money. The first class was admitted and enrolled while the Kellogg and Johnson Foundations were contemplating YSN's application for three-quarters of a million dollars. The program opened with no additional funds except a modest amount from the School's Alumni Fund to support the science faculty member. "We just took a deep breath and plunged," Donna says. The Johnson Foundation pulled out, but the Kellogg Foundation pulled through with the full amount in a multi-year grant in December, 1974. "It was the best holiday present we could possibly have had. I got the phone call from the Foundation in the middle of our holiday party that year, thanks to Barbara Lee, the senior Program Officer, who turned out to be a great friend and advocate."

YSN continued to fine-tune the Three Year Program to accommodate the increasing numbers of students through the deanships of Donna Diers and Judith Krauss. In 1995, the program's name officially changed to the Graduate Entry Program in Nursing (GEPN); however, the vision and direction of the program has not changed, though certainly YSN has kept current with the rapidly changing demands of the health care and political systems.

1977 Three Year Program Graduates: Then and Now

The Editors surveyed the 11 graduates from that first graduating class of 1977 and heard back from nine of them. These surveys were conducted in 1997 and we apologize for any information that may no longer be current.

Debbie Berkowitz, Community Health Nursing (CHN), FNP
Debbie is certified in college health. After graduation and until 1980, she practiced as an FNP at Rutgers University Health Services and then at North Central Bronx Hospital Ambulatory Clinic where she also taught in the family practice residency program. From 1980-86 she practiced at Columbia University Health Services, directed a women's health program, did adjunct teaching for Columbia University School of Nursing, and directed its CPR/first aid program. She also started an ergonomics program. Now she does consultative work in wellness and ergonomics for a computer firm. Debbie is married to George Moskowitz and their daughter Samantha (13) plays competitive soccer, and is active in gymnastics, basketball, and track events. Debbie keeps busy traveling with her daughter for athletic events, attends PTA meetings and temple, enjoys running, and is busy renovating their home in Port Washington, New York. YSN's effect on her life and career? She entered the Program at the age of 19 directly out of college, and graduated at 21, thus a young professional with plenty of time ahead of her to be a nurse, teach, publish, and be a continuing educator for PACE. She says that YSN prepared her well and gave her the comfort to lecture and present to others. Advice to graduates in 2000? "Be prepared for changes in the health care environment and how your role can and will evolve."

Wendy (Gerol) Frost, PNP
Wendy has been a NAPNAP certified PNP since 1981. She began her career teaching and practicing community health nursing at Rush University College of Nursing in Chicago, Illinois from 1977-79. From 1979-84 she practiced as a PNP at Michael Reese Hospital in Chicago where she covered the newborn nursery and provided well child care in the PNP clinic. From 1984-1995 Wendy took time off from nursing to have two children and do lots of volunteer work for the PTA, library, and health fairs. She returned to nursing as a school nurse in a junior high school in 1995 where she is also involved in the Illinois political arena surrounding the controversies of the school nurse certificate. Wendy lives with her husband Steve and two children, Jared (14) and Sloane (12), in Buffalo Grove, Illinois. For fun, she likes to camp, read, golf ("I'm trying"), and, yes, she still does needlepoint! She continues to be actively involved with her children and their pursuits. YSN's effect on her life and career? Wendy reflects that she was an angry YSN student as she found herself questioning what she was doing and where she was going with her life. She "fell into" nursing, but she found the YSN education empowering. "It made you feel capable, well-educated, well-trained, and as a result, I felt encouraged to effect change."

Advice to graduates in 2000? "Remember that every encounter with a patient has potential for making a difference. Treat your patients as people, not as diagnoses. You will know you've made a right choice when you discover you've made a difference."

Anne (Ford) Hoff, PNP
Anne is NBP/NAPA certified and continues her PNP certification. She completed a University of California at Berkeley Extension
Eva Janson, Maternal-Newborn Nursing (MNB)
Eva's career synopsis begins with 17 1/2 years in her first job after graduation, to which she asks, "Is that a record?" She worked as a nurse-midwife for the Humboldt County Health Department Perinatal Clinic from 1978-1994 and was the first CNM with hospital privileges in Humboldt County, California. From 1994-97 she was a CNM at Eureka General Hospital Midwifery Service in Eureka, California. Since February 1997, she has practiced at St. Joseph Hospital in Eureka. "I have been a part of the community for almost 20 years and have delivered babies of babies! It’s been very rewarding to assist women and families in the birth of their children and to see them grow up." Eva lives in Eureka with Sherman Schapiro and two cats, Sadie and Sophie (each age 4). For fun, Eva likes to run (4 half-marathons), swim, travel (Australia, New Zealand, China--with a maternal-child health tour, Scotland, Switzerland, Ireland). She loves movies, cooking and eating, and supports animal rights.

Nancy McLean, MNB
Nancy has worked since graduation as a full-time CNM. For the first year after leaving YSN, she worked in New Haven. Then from 1978-1985 she practiced at the
University of Rochester, New York, also teaching both undergraduates and graduate students from time to time. Since 1986, she has worked for Albany Ob/Gyn in Albany, Oregon. Nancy lives with her husband Douglas Gamet in Albany, Oregon. She has two children, Owen (18) and Stuart (14) Holdren, and three stepchildren, Andrew (25), Nathan (22), and Elizabeth (19) Gamet. Her activities include being on the board for the Albany Boys' and Girls' Club and she spends lots of time at various theater, music, and sports events in which their children are participating. YSN's effect on her life and career? "The first day of school when Donna Diers announced that, 'Nursing is an all-consuming profession,' I remember thinking, 'This woman is really sick!' Now I understand exactly what she meant in both the positive and negative senses! I have never regretted my time at Yale. It was a high point in my life and has proven an excellent preparation for my life's work. I still admire Donna's vision in birthing the Three Year Program."

Kate Sullivan, MNB
Kate has done clinical nurse-midwifery practice since she graduated. Although she has not done further degree work, Kate has completed many courses since graduation. Along the way, she has educated midwifery, medical, and nurse-practitioner students, as well as residents in Ob/Gyn, medicine, and pediatrics. She also has done some writing and publishing around HIV infection. Kate lives in Newton, Massachusetts, and is a "fanatical white water kayaker."

Celestine (Silva) West, PNP
Celestine was completing a postmaster's FNP program at University of Utah with plans to provide primary care to the chronically mentally ill. She gives a synopsis of her career from present to past. Currently she works in inpatient psychiatry. Before that, Celestine was a program director for the Utah State Child Medicaid Program, earlier was in inpatient child psychiatry, and before that she was health coordinator for a Head Start program, and "once upon a time, a PNP in a rural California health department." She lives with her husband Robert West and her daughter Martha Silva ("Jamie," age 17) in Salt Lake City, Utah. Celestine likes to walk the dog, go to the movies, and volunteer her time with an "Alternatives to Violence" Project. YSN's effect on her life and career? "Because of my opportunity to study at Yale, I've been able to work in a variety of settings, always been able to work. I find myself content to be... "

'doing nursing' rather than 'practicing medicine.' My education at Yale gave me a perspective that nursing is a unique and valuable life pursuit. Advice to graduates in 2000: "Take all of the opportunities at Yale, both in the School of Nursing and in the other colleges—it is worth it."

Debbie Ward, CHN, FNP
Debbie earned a PhD in health policy from Boston University in 1988. Her professional history began with a joint appointment to YSN and YNHH/Primary Care Center from 1977-1985. She spent two years on a Pew doctoral fellowship in health policy at Boston University from 1985-1987. Since 1987, she has been on faculty at University of Washington School of Nursing. She recently was appointed as a trustee of Group Health Cooperative of Puget Sound, a not-for-profit HMO. Debbie lives with her husband Andy on Bainbridge Island, Washington. Her children are son, Jake (23) and daughter, Casey (18). Her family still remembers the YSN holiday party. YSN's effect on her life and career? "I still think nursing is as good a way as any to pursue feminist and egalitarian ideals."

Thoughts from Dean Judith Krauss on GEPN Students Today

"The modern day idea of GEPN is almost a quarter century old; and, its predecessor, the MN program, makes the concept of graduate entry into nursing downright ancient. Yet our nursing colleagues still consider this a revolutionary notion and not one which will dominate nursing education programs anytime soon. Some things have changed. Nursing no longer debates whether graduate entry is possible. Instead, the debate is whether the degree awarded for such programs should be a master's or a doctorate. Even so, substan-

tially less than 5% of all entry-level nursing programs are post-collegiate. These programs are considered leadership programs and, frankly, that's fine with me because I don't believe that just any nursing faculty can successfully implement this model. I think one has to be grounded in a university setting which values and is committed to liberal education and innovation.

"Are there still tensions between RN and GEPN students? Sometimes, especially when we call attention to them! We have grown exponentially since the first GEPN students joined us in 1974. We now admit over 50 GEPN students each year. So, the mix of GEPN and RN students is much different than it was 24 years ago, and like 24 years ago, there are some people who think the mix is just right and some who think it's unbalanced. If I can borrow an overused phrase of the nineties, our goal from the beginning of the GEPN Program was to make a 'seamless transition' from basic to specialty education and to blur the distinctions between RN and non-nurse students, such that one could not easily tell the difference between these students once they were together in the classroom or practice setting and one could surely not tell the difference once they graduated. From the beginning, we wanted to reduce the potential for tension between RN and GEPN students, playing to the strengths of each.

"In an odd way, celebrating this anniversary of the GEPN Program brings distinctions into bold relief and runs the risk of opening old schisms which have long been healed. I'm glad that this mini-celebration falls under the umbrella of our larger 75th Anniversary celebration - a celebration of all Yale nurses. I am struck that the stories of our first GEPN graduates read much like the stories of all our graduates. These are bright, committed people who have myriad interests, fine minds, sharp wits, and interesting lives. What's wonderful is that more often than not they consider their extraordinary lives to be just ordinary, which makes them more humane and better nurses! The more important question is not what's the difference between GEPN and RN students, but what's the difference between a Yale nurse and all others. Vive la difference!"

1997 GEPN Graduates

Thirty-nine GEPN students graduated from YSN in 1997 with the MSN degree. These graduates are employed from coast to coast; as CNM's, PNP's, GNP's, ANP's, and FNP's; in birthing centers, HIV clinics, private practices, school-based clinics, state and federal agencies, HMO's, hospitals, and community health centers. From 1977 to 1997, the GEPN class size has more than tripled, and the breadth of career experiences continues to be amazingly diverse. Advanced practice nursing has twenty more years under its belt and many more Yale nurses caring for patients and bringing increased awareness to the public about "what we do." From the Three Year Program in 1974 to the Non-Nurse College Graduates Program to the Graduate Entry Program in Nursing in 1995, Yale School of Nursing has continued to educate advanced practice nurses and shape the health care environment. YSN's first Dean, Annie W. Goodrich, believed in a program where nurses brought with them a liberal educational background. Indeed, her unique vision has helped to produce many caregivers who, had it not been for YSN's program, may never have known what it is to be a Yale nurse. ■
Politics and the policy process have always held some degree of fascination for me. Growing up in a democratic ward in Chicago provided early exposure to the questions that arise about the political process, and familiarity with the saying “vote early and often.” Many things contributed to an ongoing interest in the process and issues, including a long-term involvement with the American Legion Junior Auxiliary and the opportunity to serve as a delegate to Illinois Girls State during high school. Little did I imagine that this would lead to a chance to get an insider’s view from the Hill.

This past November, I returned from spending 14 months as a Robert Wood Johnson (RWJ) Health Policy Fellow in Washington, DC. It was an incredible year that far exceeded any of my expectations and taught me a great deal about policy and politics. It offered me many opportunities and has given me a new perspective on the health care system. Friendships that developed with the other fellows will last a lifetime and none of us returned the same people we were when we left our home institutions. There were many risks involved leaving home for a year, leaving an academic setting for the year, being away from friends, becoming a member of a new group of Fellows, living in a new city. While it is difficult to condense all that occurred into a brief article, I am hopeful that this description of the year will provide some insight into the process of applying for the fellowship, my reasons for taking the risks, and the richness of the experience that I had.

A little over two years ago, in October, a brief memo crossed my desk. It described an opportunity to apply for a position as an RWJ Health Policy Fellow and had an application form attached. Having spent some time working on policy issues related to injury control, as well as alcohol and injury, and wanting to learn more about this area, I decided to look into the possibility of applying. Of course there were many questions that arose. What would it be like to live in DC for a year, away from family and friends? What effect might this have on career growth? Did I have a reasonable chance of being accepted? After receiving strong encouragement to apply, I wrote the required essays and waited to hear whether or not I would be interviewed. In January I received notice that I was a semi-finalist and in February was invited to Washington, DC for interviews along with the other 11 semi-finalists. The interview process was an all day affair, with each of us being interviewed by three panels consisting of members of the fellowship board and the current fellows. The questions were challenging and it was difficult to know what the final outcome might be. During breaks between interviews there was an opportunity to interact with the other candidates and, of course, to wonder which of us would be in the group of six finalists. At dinner that evening, which took place at the National Academy of Sciences, it seemed that the informal interview process continued.

Two days later a Federal Express envelope arrived. I knew that it contained either an acceptance or rejection letter, so I took it into my office and slowly pulled the cardboard strip to open the envelope. As I took the letter out of the envelope, I realized that it was not merely a letter, but several pages of information. I had been accepted as one of the six 1996-97 Robert Wood Johnson Health Policy Fellows!

I moved to DC in late August and orientation began the day after Labor Day. The orientation itself was an incredible opportunity to learn about policy and to get to know the other Fellows, as we spent five days a week together, traveling around DC to meet with people who were briefing us. We spent two and a half months meeting with heads of Federal agencies;
directors of professional organizations; policy researchers and consultants; and people at agencies we would eventually depend upon for information. In addition, we spent time learning about the Federal budget process and health care financing.

I had several objectives that I wanted to meet through the activities of the program. One of these was to work in an office that would give me the opportunity to become involved in a variety of health policy issues. In addition, I hoped to explore the ways in which a Senator, whose views frequently differ from the majority, would have an effect on the policy process and the political process involved, and to learn more about the interplay between Federal and state policy and political decisions. Therefore, I chose to work in the office of Senator Paul Wellstone (D-MN). Senator Wellstone is a member of the Labor and Human Resources Committee and is much more liberal than most members of the Senate, which frequently puts him at odds with his colleagues.

Having worked in trauma, critical care, and emergency medicine was great preparation for working in a Senate office! While an office environment is quite different from a clinical or health care setting, it was equally stimulating and very busy. Having grown up in the Midwest, I had a few advantages. I understand Midwestern culture and there was no need to learn to speak Minnesotan! There was always something happening in the health policy arena, which often led to an immediate need to respond to requests for information about a bill that was being introduced or debated, or a policy issue that was affecting Minnesota constituents. Because of Senator Wellstone's commitment to health related issues, the health policy staffers in the office were kept very busy.

My day-to-day responsibilities involved meeting with constituents, staffing the Senator for these meetings, writing memos and briefing the Senator on issues, reviewing correspondence being sent out by the health legislative correspondent, writing speeches and floor statements, working with Legislative Counsel to draft bills and amendments, staffing the Senator for Labor Committee hearings, and working with the press staff. I had the opportunity to spend a great deal of time with Senator Wellstone and spoke with him about health policy issues almost on a daily basis.

Tobacco was a major issue and was of particular concern to Senator Wellstone, in light of the public health issues surrounding tobacco, as well as the Minnesota lawsuit that was filed against the tobacco industry. The Senator became a member of the Democratic Tobacco Task Force which was chaired by Senator Conrad. Various stakeholders in the proposed settlement, as well as those who were not included in the settlement, briefed the task force. In addition, the Senator was instrumental in preventing an attempt to limit the amount of money that states could pay attorneys with whom they contracted for assistance in their lawsuits.

With respect to state and Federal interactions, it was possible to observe the effect that Federal legislation has on a state that has had very progressive health care policies. Because of the frequent contact with the state office, as well as constituents from the state, it was possible to discuss implications of Federal legislation and to work to make it more effective and beneficial. One of the most interesting aspects of this was learning about how much the State of Minnesota differs from other states with respect to its policies.

Looking back on the experience, it is possible to remember many specific incidents that occurred and to see the human side of politics and policy. Meetings with constituents, who had important issues to bring to our attention, provided much to think about. Many of these stand out in my mind when I think back upon the year. For example, there was a family who met with us to advocate for suicide prevention efforts, as they had lost not one, but both of their children to suicide. There were nurses who were part of a unique program, the Block Nurse Program, in which nurses who live in the neighborhood work with their neighbors who are homebound or who need assistance. A woman who has experienced the consequences of Parkinson's Disease at a young age worked tirelessly with us on legislation to provide funding for research into treatment and cure. Advocates for persons with mental illness met with us on a regular basis to ensure that the mental health treatment parity regulations would be written appropriately.
Members of the Minnesota Senior Federation were sure to remind me on a weekly basis that they were not pleased with the cost of prescription drugs and that they felt they should be able to import their medications from Canada or Mexico.

And there was the never-ending workload. One evening at about 8:00 p.m. I was finishing up a speech that Senator Wellstone was to give the next morning. As I walked downstairs to put it in the briefing book, I ran into the Senator who said that an issue had come up about the tobacco lawsuits that were occurring in the states, and that there was potential for some amendments to be introduced in the morning that would limit the amount of money that states could pay to attorneys who were working on the suits. He said that he would probably need to do something about it the next morning, and he wasn’t sure he would be able to present the speech as scheduled. He also needed a bit more information about some of the issues related to the tobacco suits. We decided to meet about the tobacco issue first thing in the morning. The next day, I arrived early and we spoke about the amendments. He had decided that he wouldn’t be able to give the speech, as he had to be on the Senate floor to respond to what happened. So I called the group that he was addressing and traveled over to their conference to present the speech.

Not all of the year involved work in the office. Many activities took place outside of the office. Monthly breakfasts with IOM staff and other Fellows provided an excellent opportunity for discussion of current issues. Our group of Fellows was very close, and we met weekly for breakfast at Au Bon Pain in Union Station. I discovered that the rest of the group was very willing to try some creative presentations for our report to the alumni during a reunion weekend in October and we wrote and choreographed a rap song and dance number. (Watch out for “The Brothers of Reform and the New Paradigms.” We haven’t cut a record yet, but you never know!) There were also many receptions, regularly scheduled dinners, and some great opportunities to tour the city. Being considered Congressional staff provided an opportunity to see parts of the Capitol building that are not generally accessible to the public. While most weekends were spent back in New Haven (if only Amtrak had frequent train-riding miles!), my husband Bruce (Carmichael ‘82) and I spent at least one weekend a month in DC. We had staff tickets to the Inauguration, and watched the parade down Pennsylvania Avenue from the stands. Later that evening we watched the fireworks from the rooftop of my apartment building. The James Madison Building of the Library of Congress, which had been under renovation for quite some time, reopened during the year and we were able to attend the opening weekend tours. On the Fourth of July we had the opportunity to listen to the symphony concert on the west lawn of the Capitol and view the fireworks over the Washington monument from the vantage point of the balcony of Senator Daschle’s office. Later in the summer an insider’s tour of the Hirshorn Museum was arranged. In addition, we explored the museums, the zoo, the wide variety of ethnic restaurants, and often just hung out on the Mall. Even coming up the escalator from the Metro every morning was inspiring, as the view across the park included the beautiful dome of the Capitol.

Re-entry into the “real” world of academia was something the Fellows discussed often during the year. In the previous year’s class, one person had remained in DC and two others were in the process of interviewing for jobs with Federal agencies. We talked about who would stay and where we all might be in a few years. As it turned out, three of us extended our time in DC. While the fellowship generally runs for a year, we had the chance to remain in our respective offices for two additional months. In May Senator Wellstone and his staff began to ask if there was any possibility of extending my fellowship. I was able to negotiate this with the Section of Emergency Medicine at Yale, an opportunity which gave me a chance to see some pieces of legislation move through the entire process.

Coming home has been an adjustment for me. There are many things that I truly miss about DC and the Hill... my daily dose of national news with a political slant in the Washington Post; Peet’s coffee every morning at Au Bon Pain, and Starbucks in the Senate dining room; riding the metro; the wide variety of restaurants and shopping within a few blocks of my apartment; weekends on the Mall and in the museums; and the energy of the city. A stop at Au Bon Pain in New Haven, the purchase of the Post on occasion, and a mail subscription to its editorial weekly; as well as a few trips to DC and some continuing work for Senator Wellstone have helped to ease the separation. But coming back also gives me the opportunity to use the skills and knowledge that I gained during the year and to reflect on what it has meant for me and what it is likely to mean for my future. At this point, I am uncertain as to where it will lead, but I know that I have benefitted greatly from the experience. It took a great deal of tolerance on the part of my husband, but he also gained much from his monthly trips to DC. Was it worth the risks? You bet it was! ■
Deborah Chyun ‘82 and Marjorie Funk ‘84, Program Director and Associate Professor in the Adult Advanced Practice Nursing Program respectively, presented study design and statistical testing at the 70th Scientific Session of the American Heart Association in Orlando, Florida. In addition, Marge and Sally Richards ’97 participated in a poster session on the presentation of myocardial infarction. In February, Deb and Marge also attended the national conference, “Cardiovascular Health: Coming Together for the 21st Century.” Marge’s oral presentation was on the, “Association of Race with Presenting Symptoms and Delay in Seeking Treatment in Patients with Coronary Heart Disease,” co-authored with Sally B. Richards ’97 and Kerry Milner, DNSc ’98. Deb’s poster presentation was entitled, “In-Hospital Mortality after Acute Myocardial Infarction in Patients with Diabetes.” Her co-researchers were Julia Kling ’97, Jill Obata ’95, and Christine Tocchi ’97. Marge recently received funding from the Hewlett-Packard Corporation for a one year research project concerning atrial fibrillation in patients discharged after cardiac surgery. Co-investigators are students Christy Bebon ’99 and doctoral students Barbara Stahl and Heather Wilcox; Janet Parkosewich ’85; and Associate Professor Paula Milone-Nuzzo. Finally, Marge gave the keynote address, “Impact of Nursing Research on Care of the Patient with Heart Disease,” at Sigma Theta Tau’s induction ceremony in February. The induction was held at 500 Blake Street in New Haven.

Sally S. Cohen ’80, Director of the Center for Health Policy at YSN, and Linda Juszczak ’99 (DNSc) were the winners of the Journal of Pediatric Health Care’s Ellen Rudy Clore Excellence in Writing Award for their manuscript, “Promoting the Nurse Practitioner Role in Managed Care,” published in the January, 1997 issue. The award was presented at the NAPNAP Annual Conference in Chicago on March 20, 1998.

Ann Williams ‘81 (R) is pictured with colleagues (to Ann’s right) Dr. Nancy Angoff, Assistant Clinical Professor of Medicine, and Dr. Ronald Angoff, Associate Clinical Professor of Pediatrics, at the Polish Association of Infectious Disease Physicians and Epidemiologists in Gdansk last September, where they gave talks on the clinical management of AIDS.
Jessica Shank Coviello, faculty in the Adult Advanced Practice Nursing Program, and several of her cardiovascular students conducted heart disease risk assessments for women at the Connecticut Post Mall in Milford, CT on February 24, 1998. The effort was organized together with the Regional Visiting Nurse Agency and in cooperation with the American Heart Association (AHA) in observance of American Heart Month which focused on cardiovascular disease and its impact on women. Participants were assessed, had their blood pressure taken, and received printed materials from the AHA. Heart disease is the number one killer of American women. Over 240,000 women die of heart disease every year, five times the number who die from breast cancer.

Margaret Grey '76 recently published two articles in Diabetes Care, “Short-term effects of Coping Skills Training for Adolescents,” and “Personal and social factors associated with quality of life in adolescents with IDDM,” both of which were co-authored with Elizabeth (Liz) Boland '95, Susan Sullivan-Boldyai '99, Chang Yu and W. V. Tamborlane. In addition, Margaret and Liz have presented, “Clinical and psychosocial predictors of success with intensive therapy in adolescents with Type I diabetes,” at the American Association of Diabetes Educators; “Coping skills training to help adolescents with diabetes achieve DCCT treatment goals,” at the Society of Adolescent Medicine meeting in Atlanta in March, 1998; and will be presenting, “Coping skills training (CST) for youth with diabetes,” at the American Nurses Association Convention in San Diego in June, 1998.

Wendy Holmes, Associate Professor in the Adult Advanced Practice Nursing Program, presented in Rhode Island to a chapter of the Oncology Nursing Society on late effects of BMT. She also authored a chapter on childhood leukemia in Oncology Emergencies. Courtney Lyder, Associate Professor and Coordinator, Gerontological Nurse Practitioner Track, had a poster presentation titled, “Validity of the Braden Scale in People of Color,” at Pace University Research Day. In addition, he was funded to write two reports for the US Health Care Financial Administration (Medicare) entitled, “Examining pressure ulcer prevention in Connecticut Long-Term Care Facilities,” and “Preventing Pressure Ulcers in Acute Care Settings: A National Study Using the Medicare Quality Indicator System.” Courtney also recently published, “Perineal Dermatitis in the Elderly: A Critical Review of the Literature,” which appeared in The Journal of Gerontological Nursing; and “Validating the Braden Scale for the Prediction of Pressure Ulcers in Blacks and Latino/Hispanic Elders: A Pilot Study,” which he co-authored with current students David Stevenson '98, Rupinder Mangat '98, Ophelia Empleo-Frazier '99, and YSN staff members Chang Yu, Gerri Emerling and James McKay, in Ostomy/Wound Management.

OLD AGE IS A STATE OF MIND

In summary, one might briefly outline some of the main needs of the older person as follows:

- A chance to be useful, creatively productive
- A chance to be active
- The need to be loved or wanted
- The need for financial security
- A chance to be a free human being

In order that these things may accrue to him, the senior citizen has certain tasks for which he alone can be responsible. Briefly these are as follows:

- To learn to adjust to declining physical capacity
- To learn to compensate for loss of friends and family as inevitable death removes them from the scene
- To learn to live happily in spite of reduced income, loss of social status due to loss of useful, respected place in society
- To learn to utilize effectively increased leisure
- To develop a basic philosophy toward life for later years

In amplifying this last statement there should be some discussion of the religious implications involved. If we induce our senior citizens to believe that all change and advancement in life are perfectly timed, perfectly tuned, and harmonized in divine order and good will, they may find the adjustment to advancing years not too difficult to make.

After all, old age is just a state of mind. The philosophy of the candle might prove an inspiration to many an oldster. This couplet, the source of which escapes me, is as follows:

I'll soon be dead, the candle said,
I, inch by inch, decline.
But I make light of my sad plight
For while I live, I shine.

Margaret Cushman '76 received in January the National Association of Home Care’s Member of the Year award and the Virginia Henderson Award for excellence in nursing. She continues to serve as VNA Health Care President and Chief Executive Officer.

Nina Relin Adams '77 retired from a 20-year career as a nurse practitioner at Yale University Health Services. She is currently the Programming/Managing Director for Film Fest New Haven, which held its third annual independent film festival April 3-5.

Karla Knight '77 is a nurse consultant in Maynard, Massachusetts. She recently wrote an article entitled, "Asthma intervention: helping children breathe a little easier," The Nursing Spectrum, Vol. 1, No. 5.

Danuta Bujak '81 was awarded a PhD in research and theory development in nursing from New York University. Her dissertation is entitled, "Daily hassles, trait-anxiety and cognitive appraisal of stress in early Lyme disease as predictors of health status at follow-up." In March, Danuta left her job as an instructor of medicine at New York Medical College at Westchester County Medical Center to accept a position as assistant professor at the University of Maryland School of Nursing and School of Medicine in Baltimore. Recently, she co-

Prasama Sangkachand '91 (L) and Karin Nystrom '95 take a short break from the rigors of learning at the National Teaching Institute of the American Association of Critical Care Nurses in Orlando, FL, May, 1997.

Carole McKenzie '83 continues as Clinical Director of Women and Newborn Services at Kapiolani Medical Center (KMC) in Hawaii, where she led the way in establishing a family birth center. She and Joanne Amberg '86 helped to bring midwifery services to KMC, a major breakthrough for women's health care in Hawaii. Daughter Katie (12) has been steadily recovering from a serious automobile accident and has just returned to school part time. Sons Rory (10) and Ryan (21) are doing well.

(Kindly submitted by fellow alumna, Elizabeth Keller '87)

Linda Demas '89 accepted a position with Clinical Associates of Connecticut in Guilford.

Stacey Young-McCaughan '89, Lieutenant Colonel, US Army Nurse Corps, currently holds a nursing research position at Brooke Army Medical Center in Fort Sam Houston, Texas.

Janetta Yanez '92 and husband Paul Glickman had a nine pound, nine ounce baby boy, Caleb Samuel, on October 21, 1997. He joins brother Jonah (2). Midwives at the Maternity Center, a birthing center in Bethesda, MD, attended the delivery.

Karen Chiang Strong '93 has been living with her husband Jim in Nottingham, New Hampshire for the past 15 months. She joined a family practice associated with Frisbie Memorial Hospital in Rochester and says that work has never been better. Karen and Jim are new homeowners and are settling in nicely, even under the pressure to learn to ski!

Kathy Kaspar '94 and husband Fred Konkel welcomed daughter Hannah Dunn on November 25, 1997. She joins brother Oliver (3).

Kristen Kelly '94 is in her second year of the clinical psychology doctoral program at CUNY and continues to live in Greenwich Village.

Michelle Kennedy '94 accepted the position of coordinator for the new subacute unit at the Washington DC Veterans Affairs Medical Center. She utilizes both her clinical specialist and practitioner training to run the unit. She continues, to a lesser extent, seeing patients in the outpatient clinic. Michelle is now living in Arlington, Virginia.

Elizabeth Boland '95 received an Alfred E. Mann MiniMed Research Award in December 1997 for the project, "Long-term effects of MDI and CSII on youth with type 1 diabetes."

Dena Kazmin '96 married Adam Moes, a massage therapist also studying acupuncture, in November, 1997. They are living in the mountains outside of Carmel, California. She has just started working in a CNM group practice in Salinas, California.

In Memoriam


Florane Crooke Canning '30 died on February 12, 1998.

Elizabeth James Dotterer '33 died on July 4, 1997.

Charlotte L. Warden '33 died on July 7, 1996.


Emily W. Mendillo '36 died on December 30, 1997.

Olga S. Pohl '36 died on November 30, 1997

Ruth Kozak Trombly '37 died on September 17, 1997.


Patricia L. Hemingway '45 died in 1990.

Muriel Clement '46 died on February 23, 1998.

Virginia D. Leonard '50 died on October 16, 1997.

Cynthia D. Butler '74 died on February 6, 1991.

Anthony DiGuida, a member of the DNSc Class of 2000, died on February 3, 1998. A specialist in occupational health nursing, Anthony was studying the economic impact of occupational health nurses on workers' health. His love of nursing and his joy at learning will be remembered by all who knew him. The School and Delta Mu Chapter of Sigma Theta Tau have established a prize in his honor to be given at commencement each year to a graduating DNSc student whose dissertation best advances nursing knowledge through superior clinical scholarship and leadership and whose research offers promise in promoting a healthier population.

Doctoral students Sharon Eck (L) and Kerry Milner presented posters at the Sigma Theta Tau 34th Biennial Convention, 75th Anniversary Celebration, in Indianapolis, Indiana, in December, 1997.

Monique Carasso '98 was awarded the Richard D. Frisbee III Foundation Scholarship, named in memory of Richard D. Frisbee III who died of acute leukemia in 1989. The scholarship is given to a student with an interest in oncology. Monique is in her final year of the Adult Advanced Practice Nursing Program, Acute Care Nurse Practitioner Track.