NCN RISING

—— Annual Report 2016–2017 ——

Improving local and global health outcomes through nursing, research, and academic excellence



MENNONITE COLLEGE OF NURSING

Mennonite College of Nursing at Illinois State University creates a dynamic community of learning to develop exceptionally well-prepared nurses who will lead to improve health outcomes locally and globally. We promote excellence in teaching, research, service, and practice with a focus on the vulnerable and underserved. We are committed to being purposeful, open, just, caring, disciplined, and celebrative.

RISING

The vision of Mennonite College of Nursing is to be a premier college of nursing dedicated to improving local and global health outcomes.



Khara Holland
Khara Holland is a travel nurse who specializes in pediatric hematology-oncology. She is also a superhero.

Redbirds returning home Recruiting the best and brightest is key. When that talent comes in the shape of MCN alums, that's icing on the cake.





Around the college highlights
Our faculty, staff, and alumni are leaders in their
field. This year was no different.

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DEAN'S MESSAGE

If you follow the news, you know that the healthcare industry stands at the edge of the precipice of change. All of us connected to nursing, and to the larger healthcare industry, feel it. Things, as they currently are, cannot sustain.

So where does that put us?

When I think back on my first year as Dean of Mennonite College of Nursing, one thing stands out to me. As a college, we too stand on the edge. The vision of MCN is to be "a premier college of nursing dedicated to improving local and global health outcomes." I passionately believe that we have the potential to really embody that statement.

But how? Looking forward into the next year and beyond, I envision an MCN that innovates, educating a generation of nurses prepared to step into more primary care roles. Nurses poised to excel not only as caretakers, but to show great leadership in this time of uncertainty. Nurses who are passionate, engaged with their communities, and dedicated to the vulnerable and underserved.

We are already gaining momentum.

Last year I stated that one of my priorities would be to increase grant funding at MCN, and I am proud to say that we did

just that. Mennonite College of Nursing was awarded \$2 million in grant funding to support diversity in the nursing workforce by the U.S. Department of Health and Human Services, and a \$1.4 million Advanced Nursing Education Workforce Grant to prepare FNP students to practice primary care in rural and underserved settings. We are one of only seven in the country to receive both of these grants, and the only university in Illinois.

This coming year, it is my goal to do more. In order to provide further opportunities to our students, we are looking to increase scholarships from 93 to 100 in time for our 100th anniversary celebration, as well as looking for new and innovative ways our donors can get involved. We are exploring an immersive transcultural experience for our students in Panama. And we are continuing to build partnerships with area hospitals, including an exciting new partnership as one of Advocate Health Care health system's "Preferred Education Partners." In addition, a new "Dedicated Education Unit" at Advocate BroMenn will feature an apprenticeship-style clinical training model.

I admit change can be intimidating. However, times of change also open us up to opportunity. I am excited about what this next year, and this new strategic plan, will bring.

One thing, I can assure you, will not change. Mennonite College of Nursing will continue to deliver on the fundamentals that make us so strong: community, research, and academic excellence.

Here's to celebrating the past, while trailblazing into the future!

Best, Judy Neubrander, Ed.D., FNP-BC

MILESTONE ACCOMPLISHMENTS



ILLINOIS STATE UNIVERSITY MENNONITE COLLEGE OF NURSING ranked by U.S. News & World Report

PASS RATES





*10% higher than state/national averages





Leadership in Health Care Systems is the first course at Illinois State to receive the **QUALITY MATTERS**

DESIGNATION



and Technology's PATH TO EXCELLENCE **AWARD**

INCOMING CLASS FALL 2016

	GPA	ACT	APPLICATIONS RECEIVED	TOTAL ENROLLED STUDENTS
TRADITIONAL	3.81	27	1150	152
ACCELERATED	3.4	25	81	23
GRADUATE PROGRAMS	3.52		97	48

TOTAL ENROLLED STUDENTS

UNDERGRADUATE	628
GRADUATE	134

Welcome to the

MCN

TEAM

Back row, *left to right*, Emily McMahon, Barbra Oldenburg, Brenda Johnson, Susana Calderon, Becky LaMont

Front row, *left to right*, Valerie Wright, Jennifer Sedbrook

New faces not pictured: Olanna Pullen, Kileigh Guido, Carla Leber

FULL-TIME FACULTY

Kim Astroth, Ph.D., RN

Director, graduate program and professor

Paula Brown, M.S., B.S.N., RN Instructional assistant professor

Kimberly Buck, M.S.N., APN-BC Instructional assistant professor

Susana Calderone, Ph.D., RN Assistant professor

Seon Yoon Chung, Ph.D., RN Assistant professor

Mary Dyck, Ph.D., RN, LNHA Associate dean, research and professor

Valentina Fillman, Ph.D., RN Assistant professor

Nina Ford, M.S.N., RN Instructional assistant professor

Denise Hammer, D.N.P., RNC-NIC

Instructional assistant professor

Susan Hovey, Ph.D., RN Assistant professor

Melissa Jarvill, Ph.D., RNC-NIC Director, nursing simulation lab

Sheryl Jenkins, Ph.D., ACNP, APN
Professor

Brenda Johnson, Ph.D., RN Associate professor

Lynn Kennell, M.S., RN Instructional assistant professor

Cynthia Kerber, Ph.D., APRN, BC Professor

Myoung Jin Kim, Ph.D. Associate professor

Becky LaMont, M.S.N., RN, CNE Success plan coordinator

Cindy Malinowski, M.S.N., RN Instructional assistant professor

Blanca Miller, Ph.D, M.S.N., RN Primary investigator, PROUD Grant

Kathleen Morris, M.S.N., RN Instructional assistant professor

Judy Neubrander, Ed.D., FNP-BC

Sandy Nielsen, M.S.N., RN Instructional assistant professor

Nancy Novotny, Ph.D., RN, CNE Assistant professor

Teresa Novy, M.S.N., RN-BC, CWON Instructional assistant professor

Jamie Penrod, M.S.N., RN

Instructional assistant professor

Gail Petro, M.S.N., RN, ANP-BC

Instructional assistant professor

Yvette Pigman, D.N.P., APN, FNP-BC Instructional assistant professor

Carla Pohl, APRN-CNM, D.N.P. Assistant professor

O. Ed Reitz, Ph.D., MBA, NEA-BC Associate professor

Michele Shropshire, Ph.D.(c), RN Assistant professor Sandy Thompson, B.S.N. Extra help, NSL

Teresa Valerio, D.N.P., APN, FNP-BC, CBSM Instructional assistant professor

Mary Volle-Cranston, M.S., RN Instructional assistant professor

Amie Walker, M.S.N., RN, CCAP Instructional assistant professor

Denise Wilson, Ph.D., APN, CNP Associate dean, academics and professor

Wendy Woith, Ph.D., RN

Valerie Wright, Ph.D., RN Director, undergraduate programs and instructional assistant professor

STAFF

Lissa Bevins Administrative aide

Lana Blakemore
Administrative clerk

Marcia Buchs, M.A., B.S.N., RN NSL coordinator Diane Folken

Director, business and finance

Sue Franzen, MLS

Nursing and health sciences librarian

Kileigh Guido, M.A. Academic advisor

Amy Irving Director, events

Elizabeth Kosuth, M.A. Extra help

Susan Lynch

Assistant to the dean

Emily McMahonDirector, marketing and recruitment

Janeen Mollenhauer, M.S., LCPC Associate dean, academic support

Melissa Moody, M.S. Graduate program advisor



PART-TIME FACULTY

Theresa Bailey, M.S.N., RN Instructional assistant professor

Toni Bishop-McWain, M.S.N., RN, CNRN, CCRN

Instructional assistant professor Cheryl Carmack, APN, M.S.N.

Instructional assistant professor

Kim Chacon, M.S.N., RN Instructional assistant professor

Desha Cobb, FNP, M.S.

Instructional assistant professor Renell Composto, D.N.P., RNC

Instructional assistant professor

Joe Corbett, M.S.N., FNP-BC, APN, RN Instructional assistant professor

Hannah Corley, D.N.P. Instructional assistant professor

Dardelle Deckert, M.S.N., RN Instructional assistant professor Katie Ewing, M.S.N., RN Instructional assistant professor

Rachael Hudgins, M.S.N., APRN, FNP-BC Instructional assistant professor

Dave Jansen, M.S.N., RN Instructional assistant professor

Amanda Jester, M.S.N., RN Instructional assistant professor

Diane Johner, M.S.N., RN Instructional assistant professor

Susan Kaufman, M.S., RNC Instructional assistant professor

Carol Kelley, M.S.N. Instructional assistant professor

Kristin Kendrick, M.S.N., FNP-BC Instructional assistant professor

Shannon Laesch, M.S.N., APN, ACNS-BC Instructional assistant professor

Nancy Machens, FNP-BC, M.S., RN Instructional assistant professor

Elizabeth Madlem, FNP-BC, M.S.N., B.S.N. Instructional assistant professor

Michelle Maurer, M.S.N., RN Instructional assistant professor Cyndi Read, M.S.N., CPNP, APN Instructional assistant professor

Amanda Sass, M.S.N., RN Instructional assistant professor

Dana Saywer, M.S.N., RN Instructional assistant professor

Sandra Scheidenhelm, D.N.P., RN, NEA-BC Instructional assistant professor

Kelly Schuler, M.S.N., RN, CRN Instructional assistant professor

Keli Sidebottom, M.S.N., RNC-OB, CBC Instructional assistant professor

Michele Spading, M.S.N., RN Instructional assistant professor

Angela Stiner, M.S.N., RN Instructional assistant professor

Jessica Sullivan, M.S.N., FNP-BC Instructional assistant professor

Janet Sutter, M.S.N.

Instructional assistant professor

Andrew Tharp, M.S.N., APN, FNP-BC Instructional assistant professor

Jane Tucker, M.S.N. Instructional assistant professor

Angela Turner, M.S.N., RN Instructional assistant professor

Debra Veach, M.S.N., RN Instructional assistant professor

Linda Ziemer, M.S.N. Instructional assistant professor

Assistant to the associate dean for academics

Chris Morgan, MBA

Director, technology

Barbra Oldenburg

Adminsitrative clerk

Matt Rutherford

Jennifer Sedbrook

Director, development

Assistant director, NSL

Heather Winfrey-Richman

Olanna Pullen, M.S.E

Coordinator, PROUD Grant

Information technology support associate

Tricia Wiegner, M.S.N., RN, RN-BC

NNUAL DEPORT 2016 2017

DEVELOPMENT UPDATE

First, I would like to recognize the incredible work of my predecessor, Jenny Ward. Jenny's 14 years of hard work with donors and alumni set a great path, creating scholarships and endowed funds that will support our college for years to come. It is my pleasure to continue to build upon the foundation she built.



With the upcoming centennial celebration and the launch of Redbirds Rising: The Campaign for Illinois State, it's an exciting time for Mennonite College of Nursing. As we honor our history, we are paving the way for future students to have an even stronger impact in our world. Support through Redbirds Rising will prepare nurses for the transformation of healthcare, attract top faculty, reinvent our learning spaces, and promote a national model for nursing education. Thanks to gifts from the donors listed in this report, MCN is already more than 65 percent of the way to our fundraising goal of \$7.5 million.

Fiscal year 2017 was a great year for philanthropy here at MCN. One of our Redbirds Rising campaign volunteers, Cinda Roth '65, committed one of MCN's largest planned gifts through her estate. The gift will provide opportunities for students and will honor her family's history with MCN through the Peter A. and Ella G. Schertz Scholarship. Cinda's plan to support the college for future generations through an estate gift is meant to honor her family's

strong history and connections to the college. Additionally, we endowed a new scholarship: The John and Karen Parker Endowed Scholarship. The Gertrude E. Skelly Charitable Foundation's continued annual gifts of \$15,000 to \$30,000 provide support in the form of scholarships for our accelerated nursing students. Khara Holland '12, whose career as a travel nurse is highlighted in this report, is a two-time recipient of the Skelly Nursing Scholarship. These are just a few examples of the many ways our alumni and friends are helping MCN rise to higher levels of excellence.

Our college launched several new and exciting initiatives this year, including the Student Leadership Academy and the exploration of a new Master of Science in Nursing–Master of Business Administration program. Both of these initiatives aim to prepare our graduates with the skills necessary to become not only exceptional nurses, but also leaders equipped to push the field of healthcare forward.

Over the past months, Dean Neubrander and I met with amazing alumni in Central Illinois, Chicago, Arizona, South Carolina, North Carolina, Colorado, and Florida. Each time I meet with Mennonite College of Nursing alumni, I'm struck by your passion and generosity. If we haven't met, I look forward to getting to know you and to the great work we are going to do together!

Sincerely, Jennifer Sedbrook



SCHOLARSHIP HIGHLIGHTS



28% Increase in gifts to MCN from last fiscal year





- Ralph and Louise Bellas Endowment for International Transcultural Nursing
- The Chad Guenther Scholarship
- Heritage Geriatric Nursing Scholarship
- Ruth Ryder Senior Geriatrics Award
- Watkins-Lamb Student Leadership Scholarship

MENNONITE COLLEGE OF NURSING | DONOR ROLL

July 1, 2016-June 30, 2017

YOUR SUPPORT ALLOWS US TO AIM HIGHER.

Mennonite College of Nursing at Illinois State University is grateful to the following students, alumni, parents, friends, corporations, foundations, faculty, and staff for their generous gifts and pledges.

Janice Parker

Cinda Roth

Mary Ryder

Rose Stadel

James and Linda Shirk

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Mark and Joni Smith

\$100,000+

State Farm Companies Foundation

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Advocate Health Care COUNTRY Financial Bruce and Leigh Anne Fredbloom Margaret Randolph Phyllis Schieber Gertrude E. Skelly Foundation

\$5,000-\$9,999

Heritage Geriatric Foundation David and Karen Magers John and Joanne Maitland

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\$1,500-\$4,999

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Cheryl Carmack
Monte Fisher
Illinois Heart & Lung
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William Greene
Betty Kinser
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Shauna Bivens

Ramona Brown

Trina Brown

Emily Bruehl

Mary and Charles Blythe

Crystal and Ben Bricker

Leslie Carter and Scott Bross

Kimberly Buck Marvin and Wanda Burnhardy Michael Butler Larry Byrd Lauren Carr **Delores Carter** John and Sue Chrisman Jason and Leigh Clay Joenita and Stanley Clemens Patricia and John Conte Jeanne and Warren Cooke Cooke Revocable Living Trust Phyllis and Dale Coulter Diana Currington Linda and George Cushing Janice and John Dall **Emily Davis** Margaret and Dirk de Werff Amy and Stephen Detig Eugene and Gerda Detweiler Glenda Dexter-Brown and Philip Brown Hannah and Robert Dignan Nancy Diller Margaret and Virgil Donze Linda and Stephen Douglas Susan and Jeffrey Dowell Shirley Drazewski Steven and Janet Dressler Marcile Duehr Sherry Duley Paul and Betty Duzan Mary Dyck Michelle Ebenroth Frederick Eisenhut Marilyn and Gary Elliott Louis and Connie Fegan Sally Fehrle Kathryn and Merle Ferguson Wilma Fever Amy Filter Gary and Judith Fish Constance Fitch Janet and Robert Flageole Herb and Carol Flescher John and Patti Floyd Diane Folken Dee and Dennis Foor Susan Franzen and Steve Volz **Taylor Froats** Tami and Scott Gadbury Michelle and Timothy Maurer Grace Ganieany

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Amy and John O'Brien Alexis Oduyale Mary and Paul Orns Dennis and Jane Ortinau Nancy Paceley-White Kelli and John Pasley Michelle Pastwa Mary and Larry Peterson Jay Pfister Jerome Pfister Linda and Jack Pfister Judith Pike Teresa and David Pratt lane and Michael Price Jane and Gregory Randall Joyce Raycraft Mary Rebbe O. Edward and Sue Reitz Helen Rexroat Jane Rieger Victoria Risley Katie and Matthew Roedl Lynne and Antonie Romyn Kaitlin Ross Iulie Rude Janice and Philip Rush David and Penny Sapp Teresa and Doug Saxton Peter Scaff Sharon Schertz Paul and June Schmidt Erin and Joseph Schmitt Kelly and Paul Schuler Becky and Rick Schultz Jerry Seiver Ruth Shaffer Fred and Anita Shears Velma and Richard Shetler Stan and Rene Shingles Allison Silcroft Renee Simons Trenor Delores Simpsen Julie and Kenneth Sinnett Karlee Skaggs Gary and Mary Slutz Marjorie Smith Mary Alice Smith Carol Smoots Gregory and Dawn Spencer Angela Stancy

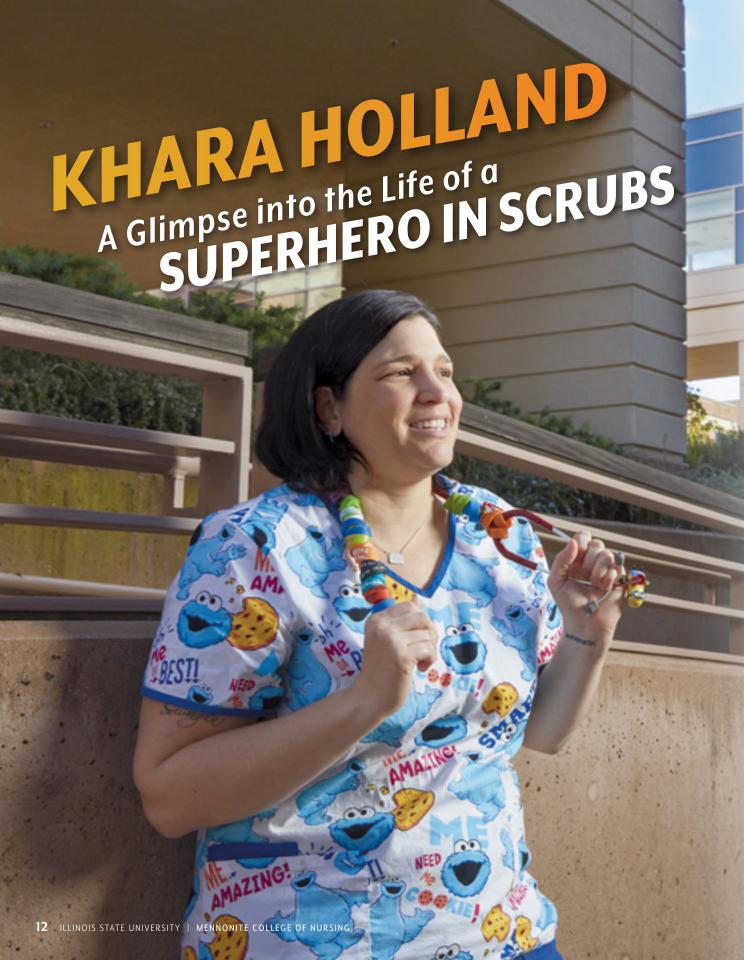
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Every attempt to ensure accuracy has been made. If your name has been omitted, misspelled, or incorrectly listed, please accept our apologies and contact Director of Development Jennifer Sedbrook at (309) 438-7178 or jsedbro@lllinoisState.edu.

Todd and Tammy Keating





hara Holland is a traveling nurse. A traveling pediatric hematology oncology nurse, to be exact.

Peds-hem/onc.

That is how she introduces herself; the job comes first, then almost as a side note, her name.

"It's pronounced Cara. I tell my patients 'I care about you'," Holland explains. Then she laughs, "Or, Batman. One of my patients thinks my name is Batman."

She is four days from finishing up her assignment at Kalispell Regional Medical Center-Northwest Oncology and Hematology Pediatrics in Montana. A 2012 graduate of Mennonite College of Nursing's Accelerated

According to Holland, most of her colleagues would say that the best thing about being a travel nurse is the obvious: travel nurses get to explore.

"Travel nurses get to see places many people would never see otherwise," she says. "Like Montana. I probably never would have come to Montana."

Holland probably never would have made it to Normal, Illinois, either, if not for Mennonite College of Nursing.

"Before I decided to become a nurse, I spent eight years in the Army as a civil affairs sergeant. Afterwards, I worked in surgical pathology. I got to hold cancer in my hands and cut into it." Again, you can hear the

"I hear a lot of people talk about not being in love with what they do. I am absolutely in love with my job. I love travel nursing and no matter where I go, I love my kids."

B.S.N. program, Holland's specialization in pediatric hematology oncology means that she spends the majority of her time caring for children or teens suffering from blood diseases or childhood cancer.

Like the child who thinks her name is Batman.

But in a role where many would struggle, Holland has found her purpose. She explains, "I hear a lot of people talk about not being in love with what they do. I am absolutely in love with my job. I love travel nursing and no matter where I go, I love my kids," Her voice has a bit of an edge as she speaks—a blending of conviction, resolve, and quiet strength.

passion in Holland's voice as she speaks. One can almost imagine her standing there in her lab coat, inspecting cancerous tissue with scalpel in hand.

When Holland began looking at nursing schools, she knew she wanted to do an accelerated program; she already had a bachelor's degree and wanted to get her nursing career started as quickly as possible. Knowing that she was going to do whatever it took to be a nurse, Holland sent out applications to schools with the best National Council Licensure Exam (NCLEX) pass rates.

At the time, MCN's NCLEX pass rate percentage was in the upper 90s. Today, it still



Holland in Sucre, Bolivia

is, putting MCN approximately 10 percent above the national average.

"Originally, I got a letter that I was accepted to MCN, but not until next year. After that I got letters from a whole bunch of other schools saying the same thing. Then one day while I was at work, Janeen called from the Office of Student Support. She said, 'Hey, I know you are accepted for next year, but can you start in a month?"

Holland dropped everything, packed her car, and camped her way across the country. A mere three weeks later she started MCN's accelerated B.S.N. program.

Her first year was difficult. On top of the challenges presented by an accelerated program, she had been recently diagnosed with trigeminal neuralgia, a chronic pain condition affecting one of the nerves in the face. Right before the start of the semester, Holland's doctors changed her medications.

"They put me on anti-seizure meds. At the time, I didn't know anything about meds," she explains. "The side effects from this particular medication brought me dangerously close to failing all of my classes. I went to my patho instructor and basically said, 'I don't know what is going on. I know I am smarter than this."

Holland's pathophysiology professor responded positively, supporting Holland while she got to the bottom of the problem and transitioned off of the medication. She went from almost failing out of nursing school to earning As and Bs.

According to Holland, that "there-for-you" attitude was one embodied by all of her professors. "My clinicals were amazing. Now, as a practicing nurse, I see so many students get dropped off with no clinical instructor involvement. I remember my first time in a hospital, I was the lucky student who got the first nurse. I was really excited about it."

Holland laughs.

"The nurse abandoned me. Nurses are really busy. Sometimes other priorities have to take precedence and students can get lost in the shuffle. It was a really hard thing, but my clinical instructor was always there. She stepped in to make sure we got answers to questions. And it was not just that one clinical instructor. All of my instructors supported us and made sure we got the experiences we needed. I do not see many schools doing that."

Now, Holland is a passionate advocate for students. "I love taking students. A lot of nurses don't like it, but taking students is one of my favorite things. I credit Mennonite for that."

The passion for learning and teaching she acquired during her time at MCN ties into her favorite thing about travel nursing—the potential for learning and growth. "I have been to some really phenomenal hospitals. Every place you go does things a little differently, and I have been able to take the best practices from each hospital and bring them together with my own practice. When you spend your career at the same hospital, you do not see how other places do things. Ultimately, you don't grow as much."

Holland's current role is a bit different from the normal travel nursing gig. Kalispell had a need for a specialized pediatric oncology clinic, and brought her on board to help build the program.

"Before, all the kids from this area were sent to big cities like Seattle for treatment. These are kids from rural Montana," Holland explains, "Sending them to big cities is overwhelming to them emotionally, and overwhelming financially for their families."

Holland knows that her travel nursing experiences prepared her for her current role. "For example, Children's Colorado does this one thing that makes everything better ... San Francisco does this other thing that's really cool and helps kids adapt. I grabbed from and adapted things I learned in all of these different places, and used that knowledge to build Kalispell's policy."

When asked if there is anything she dislikes about the job, Holland laughs. "Packing. I hate packing." And then, more seriously, "And saying goodbye. Here, I am the nurse. I have become very close with my patients. I do not just know the kids—I know their families. I know their cousins and the name of their dog. I know everything about them."

Holland is quiet a moment, and in her silence hangs the unspoken truth, many of her kids do not make it.

Next, Holland is heading to a research hospital on the East Coast. She is excited, in part because her late grandmother was a nurse there, but mostly because the assignment is allowing her to follow one of her former patients. The patient, let's call that child A., has not had the best life, she explains. "A. is the one who thinks my name is Batman," Holland says, smiling.

The child's family is in the picture, but on their own terms. When asked what that means and if it happens a lot, she answers thoughtfully, "Sometimes. Sometimes, kids do not take meds well. And, these kids *have* to take their meds, so it can be extremely frustrating for already stressed-out parents. In other instances, parents have to work in order to keep their insurance, and so that limits the amount of time they can be in the hospital."

Then, her tone brightens, "I don't want this to seem like all kids get abandoned. Everyone wants to cry for my kids, but that is the exception, not the rule. Cancer is hard on the entire family, but most families get stronger from it. I work with amazing families who put the entire world aside for their kid. It is truly amazing what love can bring out in a child."

Holland almost fostered A., but a pair of former colleagues beat her to it. They have been instrumental in helping the child catch up to developmental milestones. And while A. has responded to treatment, hospital staff has not been able to find a cure, and the child keeps getting sick. The research hospital thinks it might be able to help.

"Being in a new city is overwhelming, and sometimes it is just nice to have a face you know. This hospital is giving A. a chance, so I am going there, and am going to be A.'s Batman."

Holland explains that if she were not a travel nurse, she would not have that opportunity.

"These kids are superheroes. If I get to see A. reach this next birthday, that would be amazing. If I see A. go into remission and stay in remission—that's the dream."

*At time of printing, A.'s scans and labs were clear. A. is growing tall and about to start school for the very first time. Holland believes A. is going to change the world someday.

If you connected with A.'s story and want to help similar children, Holland encourages you to donate blood regularly and become an organ donor.

Like many MCN alumni, Khara benefitted from private scholarship support as a student. She's now a positive force in the lives of her patients. Learn how you can support student scholarships and develop future leaders like Khara at

RedbirdsRising.IllinoisState.edu

/ISUGiving



REDBIRDS RETURNING HOME

he continuing mission of Mennonite College of Nursing is to prepare exceptional nurses who passionately work to improve health outcomes, both in their communities and globally. Many pieces must come together in order to see success in that mission. Recruitment of excellent students, high curricular standards, and support from alumni and friends are all pieces, but our mission cannot be accomplished without excellence and innovation from our faculty and staff.

That means that recruiting the best and brightest is key.

When that talent happens to also come in the shape of Mennonite College of Nursing alumni, that is just icing on the cake.

Mennonite College of Nursing is proud to announce the return home of alums Valerie Wright and Becky LaMont.

Valerie Wright is MCN's director for Undergraduate Programs. She has her doctorate in nursing practice, RN and CNE (certified nurse educator), and is passionate about obstetrics, leadership, and neonatal intensive care.

Becky LaMont is MCN's Success Plan coordinator. She has her Master of Science in nursing, RN and CNE.

We caught up with them to weigh in on their experience here, what brought them home, and what they hope to accomplish going forward.

MCN: Tell us a bit about yourselves, maybe something people wouldn't ordinarily know?

Valerie: I grew up on a farm outside of Paxton, Illinois In first grade, my teacher made us write down what we wanted to be when we grew up. I wrote that I wanted to be a nurse and wanted to work with babies. (Valerie spent 15 years as a neonatal intensive care nurse working with babies at Carle Foundation Hospital.)

Something most people don't know? I teach yoga and did my teacher training in Costa Rica.

Becky: I was born and raised here in Normal, so I guess you can say I am a townie. And, when I was in grade school I attended classes here in a program called College for Youth. So you could argue that I'm a Redbird returning home twice.

MCN: What do you do here now?

Becky: Boiled down, I help students succeed. I work in tandem with our program directors and academic advisors in order to help ensure students have access to the resources necessary to thrive. Sometimes students have a hard time

balancing everything, and nursing school can be quite different from previous course work. When a high-achieving student doesn't hit the marks they are used to with the methods that worked for them in the past, it can be anxiety-provoking. My goal is to help support these future Redbird nurses.

Valerie: As the undergraduate director, it is my job to ensure the success of our students and the undergraduate program as a whole. I truly feel blessed to help lead a program that I attended almost 20 years ago, and I do not take that responsibility lightly. It is my hope that I will "carry the torch" of the outstanding MCN tradition for many years to come.

MCN: You both did your undergrad at Mennonite College of Nursing. What drew you here initially, and/or what brought you back?

Becky: Honestly, I was not a traditional student at MCN. I did my first two years of college here at ISU and was even in the Gamma Phi Circus. I

> moved away for a few years, and then came back to the community. I finished a few courses at Heartland Community College, then entered MCN. I think

> > because

of my



MCN graduating class, December of 1998. Becky LaMont is in the first row, second from the right.

experiences, I have an appreciation for nontraditional students.

What brought me back? I always wanted to teach or to become a nurse, so it is funny that now I do both. And, who doesn't want to be a Redbird?

Valerie: I really wanted some place that I could call home for the rest of my working career. Leaving Carle Foundation Hospital was really hard for me; I was there for 15 years. But, I was recruited by Danville Area Community College to be their director, and I was like, 'OK, you've got to step outside your comfort zone, and go and do it.' Plus, the office was painted pink, and I LOVE pink.

There are a lot of people who career hop—I do not want that. All of my experiences have led me here. I wanted a place I could call home, and it is just great that Mennonite College of Nursing WAS my home.

MCN: What do you think makes Mennonite College of Nursing different? Did your experience prepare you in any way that you think was unique?

Becky: I feel like I finished with a level of professional polish that allowed me to handle things that were uncomfortable. I was able to be collaborative and forward-thinking. I knew how to not just solve problems at face value, but be a real advocate for the patient.

Valerie: I feel like I got a very well-rounded education here. I also was on top of what I wanted to do: I knew I wanted to work in neonatal intensive care (NICU). Brenda Lessen was here at the time, and I knew she worked in NICU. I did an independent study for a week at St. Francis, in their NICU. I also did neonatal resuscitation; nobody made me do that. I looked for opportunities to make me more marketable.

I think one of the greatest strengths here is the caring and compassion that comes from the faculty, as well as their dedication to excellence. Even when I was working at Carle Foundation Hospital, I could see that MCN students were a cut above the rest. We would have leadership meetings, and the MCN students always stood out. Not because they were forced to, but because it was just the culture.

MCN: We can all agree that healthcare, as an industry, is shifting. What do you see as the biggest challenge faced by nurses?

Valerie: I think the biggest challenge is that as our population continues to age, we do not have spaces for them in hospitals, nor are there enough nurses to care for them. We HAVE to focus on wellness and prevention. And we are so far away from that. Patients are no longer admitted to the hospital with just one condition. They have multiple diagnoses and are severely ill. As an industry, we do not do enough education or promotion of nutrition or exercise. It's just, "Take this pill ... take that pill." And all of a sudden the person needs 20 pills. Nurses have a unique opportunity to change the culture of our healthcare industry in promoting health and wellness.

Becky: Nurses are aging out. Which means it is a good time to be a nurse because hiring is vibrant, but there is a high need for nursing. Specifically, community-based nursing and high-end critical care.

MCN: With those challenges in mind, what do you see as the biggest opportunities for nurses?

Valerie: Nurses have the ability to influence people to change. And I think we have a unique ability to teach our students how to influence people. It does not take a master's degree or a doctoral degree to teach somebody proper eating or exercise. But, you have to influence them to want it. That is where we are falling short.

Becky: MCN's America's Promise integration hits on the above nicely. The program is teaching the leadership skills necessary to take public health initiatives and drive them forward.

MCN: Finally, if you could give one piece of advice to our young students, what would that be?

Becky: Read more than necessary. We all try to find some magic something that's going to put the knowledge in our head. And, while there are many apps, videos, and study books that will help, old-school reading and note taking are still critical to success.

Valerie: What's your "Why"?

If you do not have a solid why? it is going to be really hard to make it through. When you are up at 2 a.m. studying for a pathophysiology test, and all of your friends are going out and enjoying Thirsty Thursday, you better have a good why.

Those students with a solid why-maybe their dad had cancer, and the nurse taking care of him had an impact on them, or maybe their mom was a nurse-those are the students who are going to do whatever it takes to make it through. So I always ask my students, "What's



Wright in Troyer Hall on her first day of clinical.

your 'why'? Why do you want to be a nurse? What makes you passionate about nursing?" I then encourage them to constantly remind themselves of their why, especially during the trying times in nursing school.

OLLEGE HIGHLIGHTS-

s a celebrative community of life-long learners, commitment to research, scholarship, and academic excellence is in our DNA. Our faculty, staff, and alumni are leaders in their fields. This year was no different.

Mennonite Nurses Alumni Organization Alumni Awards

- Distinguished Alumni Award–Marsha Reeves
- Early Career Achievement–Jennifer Stouffer Kelsey
- Service Award-Tom Carroll
- Spirit of Nursing Award–Crystal Roseberry Smith

RESEARCH AND FACULTY ACHIEVEMENT

Pohl receives research initiative award

Carla Pohl joined Illinois State University's Mennonite College of Nursing faculty in 2012 as assistant professor. She teaches across the undergraduate and Doctorate of Nursing Practice programs, is a certified nurse midwife, and an expert in public health. Pohl's work with the America's Promise Schools Project, funded by State Farm Insurance Cos., in partnership with school districts in Central Illinois, is making a substantial difference in children's health. Since her appointment in 2012, Pohl has published or presented 12 peer-reviewed papers in journals and international/national conferences.













From left, Blanca Miller, Seon Yoon Chung, Myounglin Kim, and Carla Pohl

FACULTY HONORS HIGHLIGHTS

K.S. ASTROTH

Research Writing Award–Nephrology Nursing Journal (2016)

SEON YOON CHUNG-ASSISTANT PROFESSOR

Nurse Educator Scholarship-Harvard Center for Medical Simulation (2016)

KILEIGH GUIDO-ACADEMIC ADVISOR

UIC Provost's Excellence in Undergraduate Advising Nominee (2016)

BLANCA MILLER-ASSISTANT PROFESSOR

Top Registered Nurse-International Nurses Association (July 2016)

MYOUNGIIN KIM-ASSOCIATE PROFESSOR AND

COLLEGE STATISTICIAN

Outstanding College Researcher Award, College of Nursing, Illinois State University (2016)

GRANTS

MCN Awarded \$2 Million **Diversity Workforce Grant** from U.S. Department of **Health and Human Services**

The four-year Nursing Workforce Diversity grant, distributed through the Health Resources and Services Administration (HRSA), will allow \$500,000 each year toward recruitment and retention of underrepresented groups to the nursing profession, as well as leadership development throughout the educational experience.

MCN Awarded \$1.4 Million Grant to Focus on Rural and **Underserved Populations**

MCN was selected as one of 50 recipients in the country by the U.S. Department of Health and Human Services for an Advanced Nursing Education Workforce Grant. The two-year grant will provide \$700,000 per year to prepare students enrolled in MCN's Family Nurse Practitioner program to practice primary care in rural and underserved settings through academic and clinical training.

WANT TO LEARN MORE? —

The above are just a few examples of the incredible work being done at Mennonite College of Nursing. For more information on: alumni organization; grants, awards, and publications; Strategy and Planning Council; and scholarship recipients, visit Nursing. Illinois State.edu/Annual-report/2016-2017.



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