

NORTH DAKOTA STATE UNIVERSITY

nursing

THE COLLEGE OF PHARMACY, NURSING, & ALLIED SCIENCES

alumni news

SPRING '10



Doctoral program:
progress, practice, success

Introducing Fatima ④

Volks' gift ⑦

SNA thrives ⑨

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a message from the associate dean

I was appointed associate dean of nursing and allied sciences at North Dakota State University on Aug. 1, 2009. It is an honor and privilege to hold this position because I have an opportunity to lead outstanding faculty, staff and students. As we look to the future, my vision is to expand student enrollment and number of nursing programs offered by the Department of Nursing. We also are planning to design a state-of-the-art simulation lab with special focus on interdisciplinary education. We can only accomplish these projects by building and strengthening our partnerships with alumni, healthcare leaders and the community. Together we can advance our commitment to innovative, evidence-based clinical education, nursing scholarships and the provision of quality care, especially to rural and underserved populations in North Dakota, which ultimately has the potential to impact health care at regional and national levels.

There are many exciting activities occurring in the Department of Nursing. I encourage you to frequently visit our newly updated Web site at www.ndsu.edu/nursing to read the latest student, faculty and department accomplishments. You can leave a note for me under the section, "Message for the Associate Dean."

On behalf of the Department of Nursing, I thank you for your support of our program. If you live in Fargo-Moorhead or are visiting the area, we would be happy to schedule a tour of the department and discuss the future of our program.

NDSU's Doctorate of Nursing Practice program helps fill primary care gaps

Heidi Saarinen worked as a registered nurse for three-and-a-half years at the inpatient rehabilitation department at MeritCare in Fargo. She loved her job – crying and laughing with patients, experiencing the rush of adrenaline that comes with stress and feeling a part of something greater. However, she would always wonder how her patients were doing once they left.

Becoming a family nurse practitioner doctor of nursing practice (FNP DNP) would allow her to increase longevity with patients – to get to know them and their families as they grow. A desire for this longevity and to further her education led Saarinen back to North Dakota State University, where the five-year-old doctorate of nursing practice is gaining momentum.

The Department of Nursing's Doctorate of Nursing Practice program is looking toward spring 2011 for accreditation by the Commission of Collegiate Nursing Education. The department has been shifting away from the master of nursing practice toward the doctorate since 2005, and it has now discontinued the master's preparation for the family nurse practitioner. The department continues to offer master's degrees for nurse educators and clinical nurse specialists.

Mykell Barnacle graduated from the program in 2008 and now works as a nurse practitioner for Lillestol Research LLC in Fargo. She helps perform phase three pharmaceutical research trials. "The DNP program really prepared me for my role as a health care provider," she said.

The doctor of nursing practice is a new national program that began in the early 2000s and is expected to become the standard by 2015. The first programs in the country were accredited in 2009-10. Dean Gross, assistant professor of nursing, said the new movement is an effort to add consistency to the clinical nursing doctorates around the country.

The doctorate of nursing practice is a three-year program at NDSU and is averaging 10 students per year. They take 86 credits and spend 1,000 or more clinical hours with patients.

"I absolutely love going through clinical rotations," Saarinen said. "I highly value the experience that I am already getting through these hours in the clinic setting and getting to learn from proficient and wise preceptors."



Heidi Saarinen, left, and Brooke Brekke are working their way to doctorate of nursing practice degrees. The program is expected to be accredited in 2011.

The program is geared toward registered nurses who are seeking advanced practice/family nurse practitioner. The program encourages students to have at least a year of experience after earning a bachelor's degree before applying. Once they have graduated, FNP DNPs can see patients to assess, diagnose, treat and provide health promotion and education. Graduates can work independently or collaboratively with doctors.

"Our goal is to provide care in rural or ambulatory care areas," Gross said. "Fewer physicians are moving into family practice. We are hoping family nurse practitioners will fill that gap in providing primary care."

First-year doctor of nursing practice student Brooke Brekke hopes to help fill that gap. "While practicing as an RN, BSN, I noticed the vast need for primary care providers," she said. "NDSU's DNP program was the perfect opportunity to make an impact in the health of the citizens in the region and society as a whole."

Brekke plans to practice primary care in the Midwest and aspires to work with students in nursing once she has graduated.

Samodien's passion for learning leads her to NDSU

It seems academia has, in some shape or form, filtered into all areas of Fatima Samodien's life. She is married to a college professor, has two school-aged children, is a part-time student and works in an educational environment. Samodien is surrounded by school, and it suits her perfectly. She loves learning, enjoys studying and dreams of writing a novel some day.

In Sept. 2008 Samodien brought her passion for education to NDSU when she became an academic assistant in the nursing department. Her primary duties include advising, assisting and managing approximately 50 nursing graduate students and 40 licensed practical nurse and registered nurse students. She also assists the chair and associate dean of the department with a variety of administrative duties.

"Working with the students is the most gratifying. When you get to help them from the registration process all the way through until when they graduate, you feel a sense of pride, like you've been a part of their lives. They become like your children or your friends," Samodien said.

Samodien also can relate to students because she is working toward earning her bachelor's degree in business administration. "It's nice. I get a chance to walk in both worlds," Samodien said.

Having worked in education for 15 years, the educational system is not new for Samodien, but the blustery winter weather in North Dakota is.

Samodien was born and raised in Cape Town, South Africa, where the average temperature in December is 68 degrees Fahrenheit. It was there that education brought Samodien and her future husband, Mohamed Saafi, of Tunisia, North Africa, together. She was working as an administrative assistant at the University of Cape Town; he was researching schools to pursue his doctorate.



Academic assistant, Fatima Samodien, welcomes visitors to the Department of Nursing.

They were married in 1998, and in 2001 education led the couple to the United States. Saafi was accepted into a doctoral program at the University of Huntsville in Alabama and Samodien was an administrative assistant at a private elementary school. There they witnessed their first snowfall, which amounted to about half an inch.

In 2008, Saafi joined the NDSU Department of Construction Management and Engineering as an associate professor. Their family moved to Fargo in August, and by September Samodien also had a position at NDSU.

She says there are not a lot of differences between the university in Cape Town and NDSU. "It is pretty similar, universities are universities."

The climate, on the other hand, proved to be a major adjustment. But her family has adapted really well. Her daughter, Hajer, who is eight, and son Adam, who is six, love the snow.

When they're not active outside, the family enjoys taking part in Taekwondo. Samodien earned her red belt while living in Alabama. She also enjoys belly dancing and has been taking a class to perfect her form – not surprising for this life-long learner.

Lee awarded grant to study gerontology

Gerontology is the scientific study of biological, psychological and sociological phenomena associated with old age and aging. As part of the baby boomer generation, Maggie Lee, assistant professor of nursing, realizes the unique needs of her generation and understands the importance of changing the methods of geriatric nursing to meet those needs.



Lee

Lee teaches Adult Health Nursing I and III and Gerontology Nursing at NDSU. To learn more about gerontology and apply it to her course material, Lee applied for and was chosen to attend the Faculty Learning about Geriatrics (FLAG) Program, an innovative development program for new and existing faculty to enhance their expertise in teaching geriatric nursing. In 2008, she attended the weeklong course, made possible by a grant through the University of Minnesota School of Nursing and the Minnesota Hartford Center of Geriatric Nursing Excellence, with a class of 17 others. Out of many applicants, she was one of a select few to complete the program in its inaugural year.

The one-year program included a five-day seminar, access to a variety of geriatric nursing teaching resources, mentoring to support individualized professional development plans and membership in a network of nurses with expertise in geriatric nursing education.

To be considered for selection, Lee provided a brief description of a potential geriatric nursing education project that she would develop and complete during the one-year FLAG Program. She already was teaching a gerontology nursing course at NDSU, and was the only one in the program to come with pre-developed course materials. She went into the program with the idea of expanding her existing course materials.

Part of the program included participation in phone conferences throughout the year. After the weeklong session, Lee was on a mailing list and stayed in touch with others who were interested in the same topics. She was assigned a mentor and together they discussed where she was at in her planning and how she was doing on her course work throughout the year. "It was a learning experience to participate in the conference calls with faculty members from other schools," Lee said. "They spoke of trouble getting their peers to accept the gerontology course, but luckily I didn't have any issues with that at NDSU." She said it was interesting to hear about the obstacles they faced and how they struggled in the process, and she told them of her positive experience here at NDSU.

Lee said the program was really beneficial to meet people with the same interests and a good chance to learn how to really promote gerontology in the baccalaureate program at NDSU. "This experience helped me to identify the content that was important to focus on in my gerontology courses and to make my content more pertinent and interesting to the student."

After completing the program, she specifically wanted to measure her students' desire to become gerontology nurses upon graduation. She had them fill out a survey at the beginning of the semester and again at the end. Her results so far have shown a slight increase in the number of students who would like to work in geriatrics after having taken her class.

Although it hasn't been tracked, Lee said that maybe one or two graduates per year enter into gerontology nursing. "Even though that may be a small number, the clinical experiences in gerontology they have while at NDSU open their eyes to the idea of working in or managing long-term care in the future, and that's a good thing," Lee said.

Gross attends quality and safety conference

Carla Gross, associate professor of nursing, was selected to participate in the Quality and Safety Education for Nurses (QSEN) sponsored by the American Association of Colleges of Nursing (AACN) in Washington, D.C., April 14-16.

The institute, funded by the Robert Wood Johnson Foundation, is designed to prepare nursing faculty to teach quality and safety content in the baccalaureate registered nursing program. The "train-the-trainer" initiative incorporates interactive course work focusing on six core competencies: patient-centered

care, teamwork and collaboration, evidence-based practice, quality improvement, patient safety and informatics.

Gross hopes the information can be incorporated into an inter-professional education course for the NDSU College of Pharmacy, Nursing, and Allied Sciences.



Gross

Grandbois co-publishes two articles

Donna Grandbois, assistant professor in the Department of Nursing, and Greg Sanders, associate dean in the College of Human Development and Education, had their article, "The Resilience of Native American Elders," published in the September issue of the journal, *Issues in Mental Health Nursing*.

The article is unique in scientific literature because it focuses on strengths and resilience of American Indian elders from their perspective and is expressed in excerpts taken from their stories. The authors sought to give voice to the study participants by using an interpretive qualitative methodology that is built on the cultural strengths of storytelling.

Grandbois is an indigenous researcher who gathered the data from four different tribal groups in a four-state area.

She earned her doctoral degree in gerontology from the College of Human Development and Education at NDSU. Her master's degree is in mental health nursing.

Grandbois and Sanders also will publish "A perspective of American Indian/Alaska Native Nurses." The article is co-written by Randi C. Madison-Jacobs, an Alaska native, who directs the BRANN Program, a recruitment and retention program for Alaska Native nursing students at the University of Alaska, Anchorage.



Grandbois

Lundeen honored for outstanding patient diabetes care

Tina Lundeen, assistant professor of nursing, has been recognized for outstanding patient diabetes care. She is the recipient of a 2009 North Dakota Diabetes Care Provider Gold Achievement Award by the North Dakota Department of Health Diabetes Prevention and Control Program, in cooperation with Blue Cross Blue Shield of North Dakota.



Lundeen

The awards recognize care providers and clinics for excellence in managing the care of adult or pediatric diabetes patients during 2008. The awards' criteria call for 100 percent of patients having an annual office visit, 95 percent having an annual A1C assessment of blood sugar control, 60 percent of patients receiving an annual dilated eye exam, 85 percent undergoing an annual lipid profile and 80 percent having an annual kidney disease assessment.

"This is a big honor. As a nurse practitioner, it gives more credibility to what we do," Lundeen said. "There were 94 gold awards – 16 were nurse practitioners, six were physician assistants and the rest were physicians."

A nurse practitioner since 1995 and an NDSU faculty member since 2002, Lundeen is transitioning from private practice to higher education. She previously worked at MeritCare Island Park Family Medicine Clinic, which also received clinic acknowledgement in the award program. After that clinic closed, she moved to the Southpointe Family Medicine Department in January 2009.

In her practice, Lundeen primarily sees adult women as patients. "Obesity is a huge issue – it's something we talk about every day with probably half of my patients," she explained, noting that her research is rated to the obesity epidemic. "Obesity puts the patients at such high risk for heart disease and diabetes. Heart disease is the biggest health care problem in women, and diabetes is right there with it."

North Dakota Department of Health statistics clearly show an increasing problem. Between 1990 and 2003, the percentage of North Dakotans who were overweight increased from 35 percent to 39 percent, and the percentage of people considered obese rose from 12 percent to 24 percent.

According to the North Dakota Diabetes Prevention and Control Program, the number of state residents who have diabetes is increasing at an alarming rate. In 2008, 7.6 percent of North Dakota adults reported they had been diagnosed with diabetes. Another additional estimated 2.5 percent of the state's population has diabetes, but has not been diagnosed.

"Diabetes is a serious issue everywhere, and with the rise in obesity, we are seeing diabetes type 2 start at an earlier and earlier age," Lundeen said. "An annual blood glucose screening is very important for patients at risk for diabetes."

Lundeen earned her bachelor's degree from the University of North Dakota, master's degree from the University of Minnesota, and a Doctor of Nursing Practice from NDSU. The mother of two children, she also has two grandchildren and another is due soon.

Her son graduated from NDSU's Doctor of Nursing Practice program and is working for MeritCare in the orthopedics department. She notes proudly that she was one of his professors.

alumni news

Volks' scholarship helps student nurses succeed

Nursing runs in Megan Halvorson's blood. Her mother, grandmother and great aunts all were nurses. Her older brother also chose nursing and they are now in the same class. Even though Halvorson was somewhat destined to be a nurse, she selected the profession for her own reason – she wants to help people.

Tiffany Fritel chose nursing because she also wants to help others and it offers new challenges to conquer. "I love any opportunity that allows me to help people. I want to make a difference in their lives," she says.

Because Halvorson and Fritel are dedicated to helping others, someone decided to help them. Both are recipients of the Jeanie and Jeffrey Volk Scholarship, an honor given to a junior or senior nursing student who is a North Dakota resident with a grade-point average of 3.2 or higher. The recipient also must demonstrate a commitment to the nursing profession through a documented history of volunteer service.

Jeanie, AS '76, nursing, and Jeffrey, BS '77, civil engineering, credit their education and experience at NDSU with their ability to be successful with their careers. "By establishing this scholarship, we want to provide financial support for nursing students to help them complete their education and prepare for their careers," Jeanie said.

Following their graduation from NDSU, both Jeanie and Jeffrey used their education to enter the local job market in their fields of study. Coincidentally, they both invested their entire careers with their first employers: Jeanie with MeritCare Hospital in Fargo and Jeffrey with Moore Engineering Inc. in West Fargo. "Our education and career tracks allowed us to raise our four children, provide them the opportunity to receive undergraduate and graduate degrees to pursue their career goals and advance our careers in our chosen fields of study," Jeffrey said.

Jeanie and Jeffrey made volunteer service a part of the scholarship because they firmly believe giving back to the



Jeanie and Jeffrey Volk

community is an important part of developing responsible citizens and future leaders.

The 2008 inaugural winner and a senior from Grafton, N.D., Halvorson is active in the NDSU Student Nurses Association and the NDSU College of Pharmacy, Nursing, and Allied Sciences Ambassadors. Through these organizations, she has volunteered for service projects and programs including Go Red for Macy's, Go Red for NDSU, Ticket to Your Success, Discover NDSU, the Ronald McDonald House, YWCA, Alzheimer's Walk, Great American Smoke Out, food drives, sandbagging and vision screenings.

A senior from Cooperstown, N.D., Fritel was the 2009 recipient of the scholarship. She also is a member of the Student Nurses Association and participates in service projects

and programs including Salvation Army bell ringing, the Ronald McDonald House, Adopt-A-Highway Cleanup and collecting canned goods for charity. She also volunteers on an ambulance squad as an emergency medical technician in Cooperstown.

Halvorson and Fritel are both grateful for the Volks' generosity. They used their scholarships to pay for college expenses such as books, tuition and nursing fees.

Having raised four children, the Volks have seen the difficult time students have meeting the financial demands on them to complete their education. "By providing this scholarship opportunity, we want to support nursing students who are committed to the medical field and have demonstrated their willingness to volunteer," Jeanie said.

Both recipients are on course to graduate in May 2010. Halvorson is working as a nursing assistant on the oncology floor at MeritCare. She says she enjoys every minute and would like to get a full time job there. She also enjoys obstetrics and pediatrics. Fritel also plans to work in a hospital setting in the Fargo-Moorhead area, possibly in the emergency room.

Ambassadors have busy fall semester



The Pharmacy, Nursing, and Allied Sciences Ambassadors were busy with numerous fall semester events. The ambassadors kicked off the semester with Ticket to Your Success, an event providing students access to information related to the college. We also had an annual retreat including ice breakers, professionalism and college majors training to prepare us for the upcoming school year. We became officially recognized as a student organization by NDSU's Student Government in September.

October was our busiest month with many highlights. We gave numerous building tours to prospective NDSU students with Discover NDSU days, walked in the Homecoming Parade and met alumni at the 50 Year Reunion and the Pharmacy National Advisory Board.

We set up a booth providing information about H1N1 and ways to stay healthy. We also handed out individual hand sanitizers to students. An opportunity to help with an elementary after-school program called The Great Healthcare Adventure allowed our ambassadors to show third and fourth graders future careers related to the majors in our college.

Elections for officers for the next calendar year were held in November. The executive team is responsible for the goals the organizations generated at our fall retreat. We finished out the semester by giving hot cider and muffins to our fellow students to wish them good luck on finals.

The semester has gone by fast, but our group is continuing to grow and mold together with the help of our advisers and college. We look forward to future events and opportunities to serve our college.

Mary Raven, Ambassadors president

2010 Ambassador officers

President: Mary Raven

Membership chair: Jason Lind

Secretary: Tyler Rogers

Dean's liaisons committee: Haylee Preabt

Recruitment chair: Mckaya Schmit

Public relations chair: Katie Montag

Special events chair: Ashlie Seifert

Historian: Amanda Jorgenson

Pharmacy liaison: Alexia Hoefs

Nursing liaison: Danielle Hasslinger

Allied Sciences liaison: Tania Peters

Pharmaceutical Sciences liaison: Praveen Shukla

SNA president excels; organization thrives

Call it a quest for excellence with a dash of destiny thrown in. NDSU senior nursing student Sarah Roehl has enjoyed an outstanding collegiate career as she follows in the footsteps of her mother and grandmother.

"My mom is my role model," Roehl explained, noting her mother is an intensive care nurse at St. Cloud Hospital in her hometown of St. Cloud, Minn., and her grandmother was a public health nurse. In addition, her sister Kelly is a dietitian in Chicago and sister Erin is studying to be a physician's assistant at the University of Minnesota. "At home during supper, we often find the topic of conversation switching from a normal family conversation to something regarding health, nursing or health care in general."

Perhaps it was fate, but Roehl, who is president of the Student Nurses Association (SNA), is on a similar career path. She wants to work in an intensive care unit, with a long-term goal to eventually further her education and become a nurse practitioner or nurse anesthetist.

Even though family history strongly suggests a trend, her parents, Rick and Aleen Roehl, never pushed her into pursuing a career in health care. According to Roehl, it was a class on human biology that piqued her interest when she was a junior in high school. That led to an internship and then a part-time job at St. Cloud Hospital.

"I just loved it. I thought what the nurses did was so cool. That was a confirmation of what I wanted to do," Roehl said. "With healthcare, there is so much you can learn. It is always changing, and you can challenge yourself. I've always liked school, so going into a profession where there is always something new to learn is interesting to me."

An excellent student, Roehl also is a member of the College of Pharmacy, Nursing, and Allied Sciences Ambassadors, a member of the Nursing Student Council and a SPIN instructor at the Wallman Wellness Center.

"Sarah has proven to be an excellent leader and SNA president. She has worked very hard at involving members and keeping participation at the highest level I have seen since becoming adviser of the group," said Karla Haug, assistant professor of nursing and the association's adviser. "SNA has had an excellent year. Their involvement in the community has been outstanding."

The group's approximately 50 active members participated in many service projects, including raising heart health awareness through the Go Red program, blood pressure screenings in



Senior nursing student Sarah Roehl has led NDSU's Student Nurses Association through a highly successful year.

the Memorial Union, volunteer work at the Ronald McDonald House and Healthcare Equipment Recycling Organization (HERO) in Moorhead, cleaning up litter along a section of the I-94 corridor and a bake sale with proceeds going to relief efforts in Haiti.

"I just hope I have set an example of how to be successful in not only nursing school, but other aspects of life," Roehl said of her experience as SNA president. "I really have tried to be approachable and friendly to younger students, and help provide a little guidance in how to do well."

And Roehl clearly knows how to succeed. Last summer, she was among about 120 students from across the nation to be accepted for internships at the prestigious Mayo Clinic in Rochester, Minn.

"I really liked how the Mayo Clinic is such a teaching hospital. I was part of the float pool, so I went to a different area almost every day. I got a ton of experience," she said. "Mayo is such a specialty care place, and the diagnoses and surgeries were so different from what you'd get at most hospitals. It was so exciting."

Looking ahead, Roehl hopes to land a nursing position near the Twin Cities. "NDSU has done a really good job preparing me. I've always felt my professors really cared about me and pushed me to learn," she said. "I think I'm ready. I'm excited for a new challenge and more responsibility."

TenBroek named NDSU 2010 Student Nurse of the Year

Heidi (Luinstra) TenBroek laughed as she described her mother's reaction when she announced her career plans. "She said, 'Are you SURE you want to be a nurse?'" remembered TenBroek, an NDSU junior who is majoring in nursing and minoring in child development.

"She was delighted I had decided to go to nursing school," TenBroek explained. "But, she wanted to remind me how a nurse works nights, weekends and holidays."

After all, TenBroek's mother, Marcia, loves the nursing profession. She is a staff and charge nurse on the Cardiac Surgical Intensive Care Unit at St. Mary's Hospital of the Mayo Clinic in Rochester, Minn. Her passion focuses on pediatric patients with congenital heart disorders.

"I'm a caring and nurturing person, too. My mom has been a nurse for as long as I've been alive, so I'm excited to follow in her footsteps," TenBroek said, noting three of her aunts also are nurses.

Her choice of profession did not materialize quickly. Out of high school, she took a job in the radiology department of Mayo Clinic, followed by a stint at Fairview Southdale Hospital in Edina, Minn. During that time, TenBroek found herself watching and admiring the work of the nurses, and she decided that is what she wanted to do.

It's clearly been a good decision – TenBroek has excelled. She has been selected as NDSU's 2010 Student Nurse of the Year. "It's a huge honor for me," said the 28-year-old. "It's a real honor to be looked upon highly by my professors and classmates."

An active board member of the Student Nurses Association at NDSU and the statewide level, she hopes to continue her education with a master's degree and doctorate. She envisions a career as a nurse practitioner, eventually running her own clinic. "I can see myself moving up in leadership or management. I do like the leadership and authority aspects," said TenBroek, who grew up in Brownsdale, Minn., and attended Hayfield, Minn., High School. "My dad is the business manager at Akkerman Inc. in Brownsdale, so I get that part of my personality from him. I get my caring/nurturing side from my mom."

Loretta Heuer, associate dean for nursing and allied sciences, describes TenBroek as one of NDSU's outstanding student nurses. She notes TenBroek is consistently on the dean's list, has been inducted into the National Honor Society and received the Kiwanis Club Nursing Leadership Scholarship for 2009-10.

"I believe she will make considerable contributions to the profession because of her deep devotion to nursing and exemplary leadership skills," Heuer said. "She is an excellent role model for other student nurses."



TenBroek

TenBroek, meantime, has enjoyed her time at NDSU and she praises the quality of her education. "Our teachers want us to be the best nurses we can be. They teach from the heart. They never just throw you in and leave you with a question mark over your head. They want us to learn something new every day," she said.

While she is uncertain what area she wants as her specialty, TenBroek's upcoming summer internship as a member of the resource team at MeritCare in Fargo should give her a better idea of her future field. "Down the road, I can see myself overseeing a clinic. But whatever I do, I want to make sure I never lose focus on patient care," she said. "I think you always need to remember the reason you got into nursing is to care for patients."

TenBroek is married to Jeremy, who graduated from NDSU in 2003. She is the daughter of Doug and Marcia Luinstra of Brownsdale, Minn.

Nord named NDSU 2009 Student Nurse of the Year

The NDSU Student Nurses Association named Amanda Nord, a senior from Fosston, Minn., 2009 Student Nurse of the Year.

According to Karla Haug, assistant professor of nursing at NDSU, the contest judges had a difficult time selecting the winner this past year. "Amanda stood out for her passion for nursing as well as her strong leadership skills," Haug said.

Initially, seven nominees are selected by nursing faculty. The seven nominees presented a brief introduction and why they should be named Student Nurse of the Year at a Student Nurses Association meeting. The attendees of the meeting, pre-nursing and nursing students, then select three students.

The three candidates prepare an autobiographical essay for the judges. The essay includes a philosophy on nursing, a summary of goals, reasons why the candidate would like to be named Student Nurse of the Year and a summary of involvement in the Student Nursing Association at all levels. A panel of judges interviews each candidate to determine a winner.

Nord competed in the Nursing Student's Association of North Dakota state competition against Student Nurses of the Year from other North Dakota institutions.



Nord

"She is a great student, is well liked by her peers and has a very strong passion for nursing," Haug said about Nord. "She has great leadership potential and I know she will go far in her nursing career."

Nord said she was honored to be the 2009 recipient of the award. As Student Nurse of the Year and as a member of the Pharmacy, Nursing, and Allied Sciences Ambassadors, she promotes nursing by displaying compassion and knowledge about the nursing profession.

Nord serves as the Breakthrough to Nursing director of the NDSU chapter of the Student Nurses Association. She also is a student mentor to underclassmen, assisting them with learning required nursing skills.

"I believe that in order to be a successful and competent nurse, one needs the ability to take information obtained in the classroom and apply it skillfully and professionally in the clinical setting," said Nord. "My goal is to inspire nursing students to accept the challenges of the profession and to never lose their compassion and honor for the respectful career they have chosen." Following graduation, she plans to pursue employment at a local facility in the critical care unit and obtain her Certified Registered Nurse Anesthetist licensure.

Calling all nursing alumni ... We want to hear from you!

We like to know what our alumni are up to, so please take a moment to tell us about yourself. Feel free to share a story or memory of your time spent in the nursing program. E-mail your name, class year, job information and other updates (career changes, honors, moves, etc.) to: Loretta.Heuer@ndsu.edu.

2009 nursing scholarships



Hazel B. Berve Trust Scholarship
Jordan Idso, *West Fargo, N.D.*



Dakota Medical Foundation Scholarship
Lindsey Bren, *Dickinson, N.D.*
LeAnn Colby, *Fremont, Neb.*
Brett Halvorson, *Grafton, N.D.*
Allyson Helling, *Thief River Falls, Minn.*
Lisa Jaspers, *Jamestown, N.D.*
Shane Johnson, *Alexandria, Minn.*
Kanao Kabaki, *Japan*
Tierney Kudrna, *Dickinson, N.D.*
Heather McIntyre, *Fargo, N.D.*
Chelsea McLain, *Bloomington, Minn.*
Evelyne Niyonzima, *Byumba, Rwanda*
Alicia Peterson, *Appleton, Minn.*
Nicole Reed, *Flandreau, S.D.*
Ranelle Sando, *Casselton, N.D.*
Tyler Scott, *Pelican Rapids, Minn.*



Dean's Scholarship - Nursing
Amanda Nord, *Fosston, Minn.*
Sarah Roehl, *St. Cloud, Minn.*



Dick (1971) and Beth (1990) Marsden Scholarship
Andrea Knopik, *Killdeer, N.D.*



MeritCare - Albert Ronice Scholarship
Nicole Reed, *Flandreau, S.D.*



Prairie St. John's Scholarship (Fargo, N.D.)
Rosa Jacobs, *Bismarck, N.D.*



Albert and Celeste Brauer Scholarship
Kelli McCarren, *Bismarck, N.D.*



EM Eggert Scholarship by the Kiwanis Club of Fargo
Megan Halvorson, *Grafton, N.D.*
Kolby Schaeffer, *Bowman, N.D.*



Helge and Ingeborg Melby Lindbo Scholarship
Erin Wilmes, *Bismarck, N.D.*



MeritCare - Oswald Ronice Scholarship
Teresa Haman, *Lakota, N.D.*



Presentation Sisters Scholarship honoring Dr. Mary Margaret Mooney
Ashlee Morrow, *Fargo, N.D.*



Georgia Lee Crowe Memorial Fund
Amanda Booke, *Dickinson, N.D.*



Dakota Medical Foundation Scholarship by Donald (1973) and Jane Matthees
Marti Hoekstra, *Twin Valley, Minn.*
Chelsea Witt, *Northfield, Minn.*



Agnes (1969) and Ryan (1957) Harrington Scholarship
Darcy Oien, *Halstad, Minn.*



MeritCare - Alyce Ovidia Grangaard Scholarship
Alissa Beckstrand, *Jamestown, N.D.*
Samantha Evans, *Carrington, N.D.*
Teresa Haman, *Lakota, N.D.*



Nursing Alumni Scholarship
Rachel Jennen, *Fergus Falls, Minn.*
Vanessa Lien, *Milnor, N.D.*
Miranda Utter, *West Fargo, N.D.*
Chelsey Woulfe, *Oakdale, Minn.*



Jeanie and Jeffrey Volk Nursing Scholarship
Tiffany Fritel, *Cooperstown, N.D.*



LeRoy C. Justesen Memorial Scholarship
Heidi TenBroek, *Brownsdale, Minn.*

Thank you to the following alumni and friends for their gifts which allow us to carry on the tradition of excellence in nursing. Every effort has been made to ensure accuracy, but errors or omissions may have occurred. Please bring any such errors to our attention. For more information about gifts that directly benefit the nursing department, contact Sara Wald, director of advancement, at 701-231-6461 or Sara.Wald@ndsu.edu.

Jan. 1 to Dec. 31, 2008

American Legion
 Darin and Julia (2000) Anderson
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 Tosha L. Bayer (2008)
 Rebecca Behnke (2007)
 Carol (1976) and James Bell
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 Marge Boldenow (1976)
 Douglas and Leann Bremner
 Dawn (1995) and Jeff Brenamen
 Linda M. Burchill (1981)
 Linda (1979) and Howard Carver
 Sandra (1986) and Kevin Christianson
 Andrew and Erica (2001) Cooper
 Florence E. Deaner
 Patricia DeMers
 Donna (1995) and Leon Dunham
 Keith Eberhardt (1994)
 Leonard and Jane Eklund
 Susan (1982) and Lon Engberg
 Amy J. Fisher
 Mark and Gayle Friesen
 Nichole (1995) and Timothy Fritel
 Carol (1973) and Scott Funfar
 Jill (1983) and Thomas Furrer
 Sylvia (1966) and Robert Gonzales
 Diane Goodmanson (1974)
 Elizabeth S. Grandbois (1990)
 Beverly J. Greenwald
 Dean and Carla Gross
 Karla (2005) and Marc Haug
 Stephanie J. Hesse (1986)
 Robert (1977) and Jonell (1973) Hinnenkamp
 Karen (1971) and John Holien
 Bryan (2001) and Sandy Howard
 Dave Idso
 Jo Ann (1980) and Edward Jameson
 Peggy L. Janecky (1972)
 Wanda (1978) and Keith Jasch
 Kari (1984) and Timothy Joachim
 Sarah Kaspari Baker (1984) and Raymond Baker
 Sandra (1974) and Larry Kelly
 Norma Kiser-Larson and David Larson
 Kenneth Knutson (1981) and Evelylin Vetter
 John and Carol Koepcke
 Brenda Kvamme Luedeman (1974) and Gerald Luedeman
 Julie (1982) and Jerry Lambertz
 Laura (1974) and David Langemo
 Jeffrey and Rebecca (1981) LeDoux
 Margaret S. Lee
 Robert (1978) and Iris Leppert

Tina M. Lundeen
 Donald and Jane Matthees
 Marjorie McCullagh
 Bette (1974) and Bradley Messner
 Terryl Miller
 H. J. and Pam (1977) Mullen
 Diane (1976) and John Nevers
 Gloria J. Nysveen
 Karen (1983) and Gayle O'Leary
 Rebecca L. Olson (1987)
 Mary (1981) and David Peloquin
 Janel V. Pender (1981)
 Lori J. Peterson
 Laura Pommerening (2007)
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 Deb (1979 & 2007) and Randal Schneibel
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 Kristi (1980) and Leon Selensky
 Arvada and Loren Simcoe
 Marcia (1974) and Steven Sjulstad
 Jessica Smolen (2007)
 Alicia (2007) and Tyler Sorby
 Jana L. Stenson (1983)
 Sandra (1978) and Alan Stokke
 Shila (1996) and Dan Thompson
 Wendy (1982) and Dale Thompson
 Remar (1973) and Mark Thorsness
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 Jeff and Jeanie (1976) Volk
 Lori L. Wightman (1980)
 Beth E. Wodrich (1990)
 Mary M. Wright
 Sandra (1982) and John Zander
 Anne (1982) and Jeff Zarling

Matching Gift

Robert Half International

Jan. 1 to Dec. 31, 2009

Sandra Abbott (1960)
 Paul and Connie Abrahamson
 Jean Anderson
 Carol (1976) and James Bell
 John and Erin Bertel
 Hazel B. Berve Trust
 Ruth (1977) and Scott Blilie
 Dawn (1995) and Jeff Brenamen
 Amy (2008) and Ryan Bro

Jeanette Buerkle (1988)
 Jonelle (1979) and Birch Burdick
 Lucille Campbell
 Catherine (1971) and Charles Carlson
 Linda (1979) and Howard Carver
 Andrew and Erica (2001) Cooper
 Clinton Crowe
 Florence E. Deaner
 Patricia DeMers
 Orville and Genevieve Eidem
 Earl and Phyllis Endersbee
 Susan (1982) and Lon Engberg
 Teresa (1995) and Tim Erholtz
 Neal and Karen Eriksmoen
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 Jill (1983) and Thomas Furrer
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 Paul Greiving
 Dean and Carla Gross
 Tod and Do Gunkelman
 Debra (1977) and Bradley Hanson
 Ryan and Agnes Harrington
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 Sarah (1992) and Richard Hedeem
 Patrick and Ann (1982) Hedger
 Justin (2008) and Kayla (2008) Henderson
 Patricia (1985) and Daryl Hendricksen
 Mary (1980) and Calvin Hertel
 Karen (1971) and John Holien
 Rose (1978) and Kirk Holmes
 Cindy (1980) and George Hopkins
 James and Carol Hoskins
 Chuck and Cathy Hounshell
 George Hull
 Wanda (1978) and Keith Jasch
 Michael and Kara Johnson
 Steven Johnson
 Richard and Helena Johnston
 Norman and Eunice Jones
 Kurt and Cynthia Kessler
 Sara M. Kiefert (2006)
 Norma Kiser-Larson and David Larson
 John and Carol Koepcke
 David and Sheila Krapp
 Catherine L. Krawczak (2008)
 Brenda Kvamme Luedeman (1974) and Gerald Luedeman
 Julie (1982) and Jerry Lambertz
 Laura (1974) and David Langemo
 Margaret S. Lee
 Robert (1978) and Iris Leppert
 Nancy and Timothy Levin

Jean Lindgren
 Tina M. Lundeen
 Prakash and Sandy Mathew
 Donald and Jane Matthees
 Maxine Mattson
 Dianne (1975) and Marlyn Matzke
 Sherry Messmer
 Stacie (1980) and James Metelmann
 Terryl Miller
 Mary Margaret Mooney
 Loren and Jodi Nelson
 Randall and Nancy Nelson
 Diane (1976) and John Nevers
 Georgia G. Nygaard (2007)
 Dawn (1983) and Ernie Nygord
 Gloria J. Nysveen

Matthew and Therese Opat
 Park Place Condo Association
 Mary (1981) and David Peloquin
 Janel V. Pender (1981)
 Prairie St. John's
 Richard and Connie Richter
 Dan and Maria Roark
 Jo Ann Rosenberg
 Fatima Samodien
 Carol (1971) and Terrance Scheel
 Fred and Virginia Scheel
 Joy (1988) and Scott Schell
 Ronald Schmidt
 Robert (1994) and Michelle Schmiegl
 Deb (1979 & 2007) and Randal Schneibel
 Joan (1982) and Franklin Shepel

Kathleen A. Sherman (1977)
 Arvada and Loren Simcoe
 Marcia (1974) and Steven Sjulstad
 Jana L. Stenson (1983)
 John and Sherri Stern
 George and Jean Thompson
 Shila (1996) and Dan Thompson
 John and Carroll Thune
 Jeff and Jeanie (1976) Volk
 Mark and Julie (1989) Waldera
 Lindsay D. Weidler (2006)
 Beth E. Wodrich (1990)
 Sandra (1982) and John Zander

Years shown reflect nursing class year.

a message from the advancement office



Wald

As we look to this spring in the Red River Valley, it is easy to remember how spring semester 2009 was not typical for NDSU students. Just like in 1997, the Red River surged and NDSU students were again asked to help hold back the water. As you would expect, our students responded with vigor and fully immersed themselves in the fight. They worked

day and night filling sandbags at the Fargodome and Sand Bag Central, and helping build dikes across the city. Proud hearts and able bodies made high school and college students leaders in the fight, not followers. The need was great and the response was even greater.

As hard as they worked, students were aided by untold numbers of people in the community. The spirit was strong throughout the region during the fight, as my personal experience illustrates: I was filling sandbags at the Fargodome with some college staff members and, when our shift ended, we were greeted with homemade treats.

I asked the other volunteers who provided them, and they explained that an older woman who was unable to shovel sand or toss bags brought boxes and boxes of homemade goodies, along with the promise that she would continue to bring treats until the flood threat was over. The lemon bars she made were some of the best I have ever tasted.

Those few weeks fighting the flood last year really got me thinking about the impact we can make in each other's lives. Even though this woman could not physically fill or lift a sandbag, she did her part in the fight. This is an example of the human spirit at its best. As long as we are all committed to doing our part, great things can happen.

As a college, our part is to educate students to the highest standard and provide them with opportunities they cannot get at other colleges. We hope you will help us maintain this standard of excellence by staying engaged with the nursing department and considering an annual gift. Your annual gifts assist us with purchasing educational items that enhance our students' lives.

Sara Wald
 Director of Advancement
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www.ndsu.edu/ndsu/nursing

nursing alumni news

SPRING 2010 • VOL. V • ISSUE 1

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Fargo, ND

NDSU

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Designer: Rebekka DeVries

Photographer: Dan Koeck

Copy editor: Kathy Laid

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