Dear St. John’s Nursing Alumni,

This is my final ECHO message as my term as alumni president ends in October. I wish to thank the following active board members for their dedication and service to the college: Kris Maurer, Bev Deaton, Bob Morse, Sharon Mast and Charlotte Bivens. You will notice on the ballot (see page 11) there are several vacancies on the board. If you are interested in serving on the board, please contact Nominating Chair Kris Maurer or Chancellor Aaron at (217) 525-5628.

I had the honor of participating in the St. John’s College May 2018 graduation. Graduating from nursing school is probably one of the best feelings ever. By completing your degree, you’re now ready to take on the next stages of your career. This is the point where you get to realize your dreams of becoming a nurse, put into practice what you’ve learned and conquer challenges along the way. Best wishes to all the new graduates!

Please remember to nominate an individual for the 2019 Distinguished and Young Alumni Awards. These awards are presented each year in recognition of exemplary dedication to the profession of nursing and our college. Please take a few moments to review the criteria at sjcs.edu/Alumni/Distinguished-Alumni-Award. We have many alumni worthy of this honor and welcome all nominations.

As I finish my term as your Alumni Association President, I reflect on the time I’ve been active on the college alumni board since 2006. It has been my honor to serve the college and work with many of you over these years. Best wishes to Chancellor Aaron as she strives to move the college forward by offering master’s level graduate degrees!

Sincerely,
Jean M. Becker, MPH, BSN, RN
Chancellor’s Message

Hello everyone! It’s so exciting to start another school year at St. John’s College. We welcomed 141 students and are so pleased to share about the diversity in the student body and faculty as we bring in the 2018-2019 academic year. We continue to have more second-career students, more men, more racial diversity and more first generation college students. We also have increased diversity in the faculty and staff. We have our first male faculty member, and our male student population has increased to 12 percent. I think these numbers will continue to increase since male nurses are making positive strides in the field of nursing. The demand for nurses equates with job security. Recently, the Higher Learning Commission directed that colleges of nursing develop a formalized diversity plan to ensure inclusivity and resources for all students. We are working with a consultant to assist us with this endeavor. Outcomes thus far include a more formalized recruitment plan and a community outreach initiative to grow our own future nursing students.

The nursing shortage calls for innovative solutions. We think engaging grade school and high school students from diverse populations with the simulation center technology and building their skills in the STEM courses is essential preparation. This is St. John’s College’s way of investing in our community’s youth while building human capacity for the future nursing workforce in the Springfield area.

I am so pleased to share we sent three faculty members and one staff member on a mission trip to Quito, Ecuador in August. This purpose of this mission-driven excursion was to assist at the Pan de Vida Mission in its clinic, hospital and school of nursing. Another goal is to explore the possibilities of developing a transcultural nursing program allowing undergraduate, graduate students and faculty to return to the Pan de Vida Mission next summer for an independent immersion clinical. An experience like this can provide an opportunity for students to be immersed into another culture, learn the people’s health beliefs and health practices. In addition, the students will learn more about the people’s spiritual aspects of care and treating the whole person. I plan to use grant funding for the transcultural experience next summer.

Our simulation center continues to thrive and be used by other HSHS hospitals for continuing education and risk management. I am currently writing a grant to allow funding for a mobilized simulation center. The mobilized unit will allow for travel to other ministry hospitals in the Central Illinois Division and into the Southern Illinois Division, as well as community colleges with nursing programs. We noticed during our partnership meetings with the community colleges in the southern part of the state that they don’t have high-fidelity manikins. This severely limits the learning opportunities their students can have in terms of teamwork, clinical reasoning and decision making in nursing care in a safe environment. The traveling simulation center will provide a resource to the hospitals and colleges of nursing to reduce risk and conserve their resources.

And finally, I want to congratulate Sister Marybeth Culnan, OSF, for being nominated the 2018 Distinguished Alumna. She was nominated by Jo Ellen Bretz (Class of 1964). Sister Marybeth was honored at St. John’s College of Nursing in May during a celebration in the Sister Charitas Alumni Room in the presence of several Hospital Sisters, many friends, former colleagues and members of the hospital and college boards. Sister Marybeth has had a career of leadership in nursing and has really been a trailblazer in setting a wonderful example for all of us in nursing practice and leadership. We will continue the celebration for Sister Marybeth at the banquet on October 6.

Charlene A. Aaron, PhD, RN

Chancellor
As I type this, we are beginning another academic year. This is a time of excitement and planning. I am teaching Diverse Populations II (DP2) again this semester. For those of you not familiar with the last curriculum change, DP2 is maternal/newborn and pediatric nursing. This course is taught in the fall to the general or traditional seniors in their third semester and then in the spring to the accelerated juniors in their second. For both of the cohorts, the semester they are enrolled in this course is challenging, so as I prepare I try to remind myself that yes, my expectations are realistic. I just need to convey this to the students.

I teach the maternal/newborn portion of the course. The course is arranged so students have lecture and clinical for each area concurrently. Pediatrics is the same way. One of the biggest changes to this course has been the Simulation Center. There is classroom space there, so I have lecture and then incorporate a learning simulation into three of my six lectures, as well as into their clinical orientation day. Students are able to interact with Lucina, who is the high fidelity adult simulation mannequin we use mostly for pregnancy and postpartum simulations. In this safe space, students can interact and participate in the care of a woman and her newborn and family during labor, birth and postpartum, as well as births complicated by pre-eclampsia/eclampsia, shoulder dystocia, breech presentation, cord prolapse and postpartum hemorrhage.

Classroom learning has evolved and is more interactive. While it is more preparation for the instructors, students have hands-on experiences timed with didactic coursework. The comments indicate this assists not just in learning, but understanding the course content. For those of us who studied under Mrs. Vann for Maternity Nursing and listened to her lecture from our open textbooks, presentation of didactic material has changed. Yes, there are times when I say please refer to such-and-such page in your textbook, but rarely do students bring books to class. Most students bring their laptops and follow the PowerPoint while taking notes on their electronic copy of the presentation. Some will print off, take notes and then type them later, but writing in the book, flagging pages and putting stars by specific sections is no longer the norm.

One activity I am excited to participate in this semester is an interprofessional education experience (IPE). The senior nursing students who are either in their third or fourth semester, along with pharmacy students, respiratory therapy students and EMS students, will participate in this day-long event. The focus this year is “opioid crisis.” There will be three simulations, as well as three tabletop discussions lead by faculty members of the various disciplines that students will rotate through. There also will be group sessions with community stakeholders. This topic is a national priority, as well as a community priority, so the decision was made to make this a student learning activity.

With IPE, students learn how to interact with various disciplines within the health care community. We model patient-centered care with a health care team approach. Patient care is not only in the acute hospital setting, but also pre-hospital, provider offices, outpatient and public health centers. All health care professionals are involved in ensuring the patient remains at the center of their care. Students not only learn what they will do as a professional, but what all of the members of the health care team do to help them transition into their professional role.

Linda L Blakley (’82)
Assistant Professor
2018 Distinguished Alumna

Sister Marybeth Culnan, OSF

On Friday, May 18, Sister Marybeth Culnan, OSF, was honored as the 2018 distinguished alumna by the St. John's College of Nursing Alumni Association.

Sister Marybeth is the oldest of three, with one brother and one sister. They lived with their parents on a farm and went to a one-room country school which was a one-mile walk to and from each day. After she finished fourth grade, she and her siblings were enrolled in a catholic grade school in Lincoln, IL. She always wanted to be a nurse, so after high school she enrolled at St. John’s Hospital School of Nursing “because of its good reputation, and it was close to her home.” She met the Hospital Sisters at St. John’s and was impressed by their willingness to do hard work, their happiness in doing little things for others and their coming together for prayer.

Sister Marybeth graduated from St. John’s Hospital School of Nursing in 1960 and entered the American Province of the Hospital Sisters of the Third Order of St. Francis that same year. She received a bachelor’s degree in nursing from Marillac College in St. Louis and was assigned to HSHS St. Vincent’s Hospital in Green Bay, Wisc.

She then went on to many other accomplishments in her career and education. Sister Marybeth stated, “The most important thing in my life is to do God’s will.” It seems he kept her quite busy these last 57-plus years. She has served the needs of the communities in which she has worked by guiding and supporting the administrators of the HSHS hospitals. She has seen many good things happen at the hospitals, which she humbly attributes to the Sisters, the employees, physicians and volunteers.

About the Distinguished Alumni Award
St. John’s Nursing Alumni Association acknowledges the personal, professional and community contributions of its alumni. The Distinguished Alumni Award is presented in recognition of exemplary dedication to the profession of nursing and our school/college. Nominees must be living graduates of St. John’s School of Nursing/St. John’s College Department of Nursing. Selection is based on exceptional professional accomplishments, including but not limited to contributions to nursing, community/public service, academic achievement and professional publications. St. John’s Nursing Alumni Association board members review all properly completed nomination packets and base their decision on content. Decisions are subject to final approval by the alumni association president and college chancellor.

Mark Your Calendar!

**September 1**
2nd Annual Scrubs RuN 5K

**September 10**
Scholarship Luncheon

**September 20**
Critical Thinking: Skills for the New Millennium

**Late September TBA**
Jill’s Garden dedication

**October 6**
Alumni Banquet

For more information, visit sjcs.edu.
Effective July 1, 2018, the department of continuing education (CNE) transitioned from St. John’s College of Nursing to HSHS St. John’s Hospital. The department of CNE will service the continuing education needs for St. John’s Hospital, the college of nursing, Prairie Heart Institute and Prairie Education and Research (PERC) in Springfield.

The department of CNE through St. John’s Hospital remains accredited as an approved provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

PERC, which is currently an accredited provider of continuing medical education (CME), is exploring options to possibly offer nursing CEs for the remaining HSHS system ministries during this time of transition.

The decision to move the department of CNE out of the college of nursing is due to upcoming separate incorporation planning for the college. The college must separately incorporate from St. John’s Hospital by December 2019. In accordance with the necessary stewardship responsibilities of running the college now and into the future, it has become necessary to focus on our primary objective, which is providing high quality nursing and professional health degrees and programs that foster the learner’s spiritual, ethical and professional development. To meet the needs of the community, we are focusing on growing enrollment in our traditional BSN and graduate courses for family nurse practitioner (FNP) and administration leadership tracks. We also plan to offer a doctor of nursing practice (DNP) program since all FNPs will need to achieve a DNP by 2025.

Department of Continuing Education moves to St. John’s Hospital

To contact the department of CNE at St. John’s Hospital, email ann.randol@hshs.org or call (217) 544-6464, ext 49020.

Class Agent RECEPTION

COME, MINGLE AND MEET OTHER ST. JOHN’S ALUMNI CLASS AGENTS!

Saturday, October 6, 2018
4:30 - 5:30 p.m.
Topaz Room, Northfield Inn & Suites
3280 Northfield Drive
Springfield, IL 62702

- OPEN BAR • HORS D’OEUVRES • PHOTOGRAPHER

RSVP:
Email Angela.McIlroy@hshs.org or call (217) 814-5160 by October 1.
El mundo necesita gente que ame lo que hace!

Translation: The world needs people who love what they do!

This is the slogan for Udla University located in Quito, Ecuador. A team of five from St. John’s College traveled to Quito in early August for nine days. It was a life-changing experience.

We partnered with a non-profit organization, Pan de Vida, located in Quito. Pan de Vida planned an action-packed trip for us. We started with team building at a park in the Andes Mountains. We then went to a beneficiary home to complete a health evaluation for the family.

On Sunday, we attended a local church and then helped Pan de Vida serve more than 100 people lunch after a bible study.

On Monday, we went into more beneficiaries’ homes to do health evaluations. These home visits were very enlightening. We also were able to visit the top hospital in Ecuador, and this is the only hospital in the country accredited by The Joint Commission. We then met with the Fullbright Commission to discuss future partnerships and research opportunities.

On Wednesday, we went to Udla University and spoke with the director of admissions, the acting dean of nursing and other faculty members to discuss the potential for an international partnership with St. John’s College students and faculty. After the meetings, toured the campus and simulation center. Wednesday evening we again assisted at Pan de Vida and a mini health fair.

Above: Meeting the Centro de Medicina Familiar La “Y.”
Below: Meeting at U.S. Embassy.

The city of Quito is in the northern highlands of Ecuador and is built on a long plateau lying on the east flanks of the Pichincha volcano. It is the capital of Equador and is closest capital city to the equator.
We hosted health fair for the ladies of the micro-business program and their families on Thursday.

On Friday, we visited the U.S. Embassy. While there, we met with the Cultural Affairs Office to discuss the proper protocol when bringing teams down to Quito. We then toured the health department of the Embassy. Friday evening we had dinner at the director of Pan de Vida’s house to reflect on the week.

Saturday morning, we hosted one last health fair before leaving for the airport. Overall, we completed 166 health evaluations for Pan de Vida beneficiaries. Pan de Vida has a social worker on staff who will follow up with the beneficiaries to arrange any further help they require.

From this trip, we discovered many opportunities for partnerships for our faculty, staff and students to have an international experience. We are very appreciative of this opportunity! We would like to thank everyone who helped make this trip become a reality!

Lindy Manuel
Student Services Coordinator

The Ecuador team included Dr. Gloria Brummer, Dr. Char Shallow, Lindy Manuel, Dr. Judy Shackleford and Gabriella Burdette, a student from Gulf Ontario studying neuroscience.
The Nurses Guild: A Sect of Faith Community Nursing

The nurse’s guild is an organization with a spiritual foundation that is made up of volunteer members of a local church. Its mission is to provide comfort and support to members and the community during regular worship services and special events, such as weddings and funerals, education and a connection to resources. Different churches have different qualifications to be a part of the nurse’s guild. This includes an age limit, which could be as young as 15 years of age, having some type of experience in health care, but the most important is to have the ability to be humble, caring and compassionate with a strong desire to help and serve others.

The nurse’s guild is so important, not only to the church community, but to the entire community because it is the connection between faith and physical well-being. Many people in certain vulnerable populations, such as the African American population, do not have a trust in, the means or access to adequate health care, education and preventative treatment. The nurse’s guild ministry can help to facilitate and improve this process through the services offered through their local church and ministry.

Every year my local church, The Church of the Living God Temple #4, under the leadership of Bishop E.F. Grey Jr. attends a holy convocation in different states. This past July the convocation was held in Dallas at the Double Tree Hotel. There were four churches from our area that attended, along with many from as far as California, Indiana, Louisiana and Texas. The national assembly, which is the governing body of the Church of the Living God under the leadership of Bishop Jerry L. Maiden, Sr., hosted up to 700 members for a spiritual gathering for one week. It was at this year’s holy convocation the national nurse’s guild decided to organize a health fair to offer to the constituents. We offered free blood pressure and weight checks, calculated BMI and discussed health risk factors as related to their BMI, age, sex and family history. We provided information on hypertension, stroke, cardiovascular disease, motor vehicle safety and accidents, cigarette smoking, healthy eating, drug use and even special sessions for those going off to college about the importance of sleep, eating healthy and stress relief. Announcing it on the first day and unsure of the turnout we persevered on.

I am quite pleased to say we had more than 100 members attend the health fair and several guests of the hotel thought it was something offered by the hotel. I am still receiving texts and emails from those that came by the health fair expressing their appreciation for whatever service that was provided to meet their individual need. I explained to the national and local nurse’s guild ministry that we have to offer a multitude of services and be prepared to search for answers for those that serve, for the ministry may be all they ever see of health care until something lands them in an emergency department. My takeaway of this would be if this health care fair could affect so many individuals on a trip away from home with little planning and little resources imagine what it could provide to the local area and community. The service of the nurse’s guild may be to visit someone in the hospital, holding their hand for comfort and allowing them to speak on their fears with someone that has the ability to connect on a spiritual level as well as with the knowledge that can help them to understand what is happening to their body on a physical level.

To goal of the nurse’s guild ministry is to make a connection between health care and spiritual care, which impacts one’s mental ability resulting in wholistic care. The existence of the nurse’s guild is not to take the place of the pastor, nor the physician, but to assist them in the facilitation of care for their church member and their patient. For the doctor may not have the experience, knowledge or time to meet the spiritual demands of the patient and the pastor may know little about the medical concerns of the patient, therefore making the need of the nurse’s guild ministry that much more important in making that connection.

Tia Fitzpatrick, DNP, FNP
Instructor
### Name Hometown

Arianna Anderson .................. Springfield, IL  
Annamarie Antonacci  
Randi Ballard.......................... Kilbourne, IL  
Corey Boosinger.................. Springfield, IL  
Abigail Burgener  
Allison Clavin .................. Nokomis, IL  
Hannah Collier.................. Taylorville, IL  
Bradley Dinsmore ............... Chapin, IL  
Emily Ebken .................. Easton, IL  
Jessica Elsila .................. Springfield, IL  
Emily Fleigle .................. Morrisonville, IL  
Lindsey Fleming .................. Pawnee, IL  
Blake Garrison.................. Vandalia, IL  
Rachel Gennicks ............... Greenville, IL  
Ashley Gleason .................. Rochester, IL  
Anna Habing .................. Teutopolis, IL  
Katelin Hadley .................. Taylorville, IL  
Brittany Hays .................. Cantrall, IL  

### Name Hometown

Taylor Jenkins .................. Auburn, IL  
Amanda Killam .................. Carlinville, IL  
Alayna Kolb .................. Litchfield, IL  
Abby Lipcman  
Amanda Nolen .................. Rochester, IL  
Kara Pattie .................. Jacksonville, IL  
Jennifer Perry  
Olivia Primm .................. Athens, IL  
Danielle Quinn ............... Mumbia, India  
Katelyn Ruholl ............... Teutoplis, IL  
Ashley Skinner ............... Pleasant Plains, IL  
Michael Steiner .................. Williamsville, IL  
Ann Sullivan .................. Rochester, IL  
Kassy Tibbs .................. Springfield, IL  
Alyssa Travis .................. Litchfield, IL  
Harley Warren  
Kristen Wheeler .................. Auburn, IL  
Bailey Young .................. Pawnee, IL
Please welcome ...

Ife Muyiwa-Ojo, MSN, RN

Immediately before joining the St. John’s College staff, Ife Muyiwa-Ojo worked at Memorial Medical Center. Before becoming a nurse, he was an information technology engineer with several years of tutoring, network and database management experience.

Ife received both his bachelors and masters of science in nursing from Western Governor’s University, his adult-gerontology primary care nurse practitioner (AGPCNA) degree from Maryville University (current) and his doctorate in nursing practice (DNP) from Grand Canyon University (current).

He is currently teaching NSG 333 Health Assessment (labs), NSG 336 MedSurg (clinicals).

Barb Huttman, MSN, RN

Barb Huttman grew up in Rhode Island and has a bachelors of science in microbiology from University of Rhode Island. She received her bachelors of science in nursing from University of North Carolina at Chapel Hill and her masters of science in nursing from Benedictine University.

Barb has lived and worked overseas as a science teacher for the Peace Corps in Kenya, East Africa, and she and her husband ran a Habitat for Humanity project in Guatemala, Central America.

For the past 27 years, Barb has worked at St. John’s Hospital in various roles. For the last 12 years, she has been a central nurse educator doing orientation for new staff at HSHS St. John’s Hospital. She has two grown children and three grandchildren, and is currently teaching the Professional Practice Immersion course and will teach lecture content in Medical Surgical Nursing III.

Genevieve Kragnass, PhD, RN

Genevieve Kragnass is teaching NSG 520 Advanced Pathophysiology and NSG 522 Advanced Health Assessment.

Carrie West, MSN, FNP

Carrie West is a urology FNP at SIU Medicine. She received her bachelors of science in nursing at St. John’s College and her family nurse practitioner masters degree from Southern Illinois University, Edwardsville.

Carrie teaches NSG 526 Practicum 1 (Pediatrics).
Linda (Roney) Robinson ('68) started working in surgery in her hometown hospital in Mount Vernon immediately after graduation and worked there for 21 years, most of those years as director of surgical services. She was among the first group of nurses in the country to become certified for perioperative excellence by the Association of Perioperative Nurses. She continued working in that capacity in hospitals in Atlanta, Maine and Florida with a short stint (five years) as a nurse consultant for a surgical supply company. After working 45 years, she retired and spent two years traveling and spending time with her five grandchildren. She felt unfulfilled in retirement, so she recently returned to nursing on a part-time basis as a staff member in endoscopy at one of the Emory hospitals in Atlanta. Linda remarried in 2015 and lives with her husband, a former assistant district attorney for the Fulton County Superior Court. They dated for 18 years. Linda stated she is appreciative of the solid nursing education she received at St. Johns, and it has served her well her entire career.

Judith Wells ('58) wants to remind and encourage all of her fellow classmates to attend the alumni banquet in October. It is the 60th reunion for her class, and she's looking forward to seeing all of you there!

CONDOLENCES to the families of:
Mary Kathleen Cory ('68), Eileen Streb ('70) and Colleen Johnson ('73) whose mother, Mary A. Lazzeri, passed away June 3, 2018.
Anne Felber ('72) whose brother, Josef “Joe” Asafailo, passed away May 26, 2018.
Margaret F. (Schuerman) Kuznik ('45) who passed away July 1, 2018.

To the Hospital Sisters of the Third Order of St. Francis on the death of:
Sister Marie Chang, OSF, who passed away August 21, 2018.
We are interested in you!

Please take time to drop us a line about your professional activities, honors, employment or other items of interest.

Please mail to:
St. John’s College
729 E. Carpenter Street
Springfield, IL  62702

Email: information@sjcs.edu

Name __________________________________________
Year graduated ___________________________________
News ___________________________________________
_________________________________________________
_________________________________________________
_________________________________________________
_________________________________________________
_________________________________________________
Where are you working?__________________________
_________________________________________________
_________________________________________________
Email address __________________________________