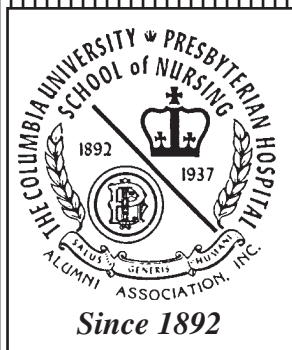


# The Alumni Newsletter

Columbia University-Presbyterian Hospital School of Nursing Alumni Association, Inc.

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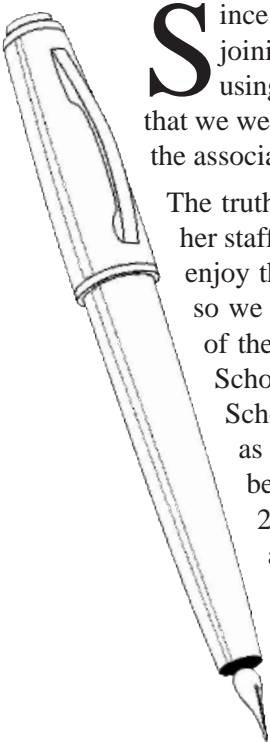
## MESSAGE FROM THE PRESIDENT

### Clarification

Since the reunion in May many have questioned whether our joining at the reunion is the first step in a proposed merger. By using the term 'joint reunion' we perhaps misled people to believe that we were in the process of a major change in our status – to merge the associations. That is not correct.

The truth of the matter is that through the efforts of the Dean and her staff plus the support of CUSONAA, we were able to mutually enjoy the day. The School's budget underwrote the reunion costs so we produced the Class of 1962 Memory Book and the video of the same class. While we wanted to help with the costs, the School preferred to use their own budget. Instead we gave the School \$30,000 for scholarship support. This hardly fits the bill as being 'joint' but we tried to do our share. We have again begun planning for the next reunion scheduled for April 26, 2013 and plans are shaping up nicely. I hope you are thinking about attending.

Our independence is important and one of the original reasons Anna Maxwell made the Association into a corporation – a voice and resource governed by its own Board and active members free of institutional controls.



## CUPHSONAA

*Columbia University  
School of Nursing*

## CUSONAA

## Reunion 2013

This Association is again planning with the School of Nursing's Alumni Association to celebrate the Class of 1963 and other milestone years at the Reunion. It will be held in Bard Hall at 168th Street on April 26th. Particulars about housing, agenda etc. will be forthcoming. Invite your classmates to come with you and join with us for 121st year of the School's founding.

# HELPING HANDS

*By guest contributor Lucinda Royce Webb '74*

For as far back as I can remember I knew I wanted to be a nurse. This became a greater focus as a teenager when I moved to Italy where my father was the head of the International Refugee Organization. We would travel to displaced-persons' camps in Europe and the Balkans. Bored with camp administrative matters, I was drawn to the camp health centers and clinics. There I could observe patient care and became intrigued by the cultural diversity of people from all over the Western world and their distinct responses to coping with health and illness. I was lucky upon returning to the United States to find a program permitting me to combine nursing and cultural anthropology as a double major.

I received my degree in anthropology, but before completing the additional two years required for the nursing component, I took time out to marry and have four children. I never let go of my original dream. My ambition sat on the shelf until my husband and I, planning to join the Peace Corps, enrolled in graduate school—he in mathematics and I at our School of Nursing. Before we could embark on our dream my husband died suddenly of hypertrophic cardiomyopathy. I was a widow with four children to raise on my own.

With the support and encouragement of Dean Helen Pettit at the Nursing School, I enrolled as planned: part-time at first. I graduated with a BSN followed soon after with a MSN in Columbia's first Adult Nurse Practitioner program in 1980. I had asked my medical preceptor, Dr. Michael Stewart, chief of Presbyterian's Vanderbilt Clinic known for his extensive medical experience abroad, if he could find me a summer position overseas. He arranged for me to join Project HOPE in Egypt, teaching physical assessment skills to female Egyptian students at the High Institute of Nursing (HIN) at Alexandria University. To my delight, I learned as much from my students about cultural health issues in Egypt, such as female circumcision, as they learned nursing skills from me.

Project HOPE said they wanted me to return to Egypt in 1984 to teach nursing students again, with the same staff and course



content as before. This time I would be in Upper Egypt, at Assiut University's HIN. I couldn't resist as I truly loved Egypt. My husband and I had our honeymoon there so I yearned to see the people, culture and archaeology that I had studied about. The tour was three months with ample time to study conversational Arabic, take R&R trips into the Western Desert and get to know Cairo and the Egyptian culture and people.

In 2007 a friend invited me to an Egyptian Christmas craft fair sponsored by a Washington D.C. based NGO (non-governmental organization) called Hands Along The Nile Development Services. There I met the Director who encouraged me to apply to join the 2008 Medical Mission to Egypt. I was immediately accepted, the only nurse practitioner to join Egyptian and American MDs on that first ground-breaking Hands medical mission. We worked in clinics and health centers in Cairo as well as in Upper Egypt in El Minya. Our only teaching facilities were giant barges anchored along the bank of the Nile. I was assigned to run workshops teaching Breast Self Examination and breast health. It is a topic of immense interest there as breast cancer is the highest cause of cancer in Egyptian





women. I also came prepared to run hands-on workshops in CPR/Resuscitation as well as first aid.

I returned in 2009 for the next medical mission and, in addition to the above topics, was requested to include infection control and family planning. An Egyptian-American medical student on the team provided access to medical internet information. Not only were we roommates in Cairo but she spoke Arabic and was a great assistant in teaching CPR.

Most notable in 2010 was a totally innovative and challenging new field of contact with the Egyptian population. We gave lectures and health training at the University of Minya's School of Nursing (male and female students). We participated in the very first Egyptian International Nursing conference of medical and nursing leaders from all over Egypt. Two of my former nursing students proudly came up to greet us. Just as the Hands office was preparing the curriculum and medical mission staff for the spring session in 2011 the Arab Spring upheaval spread across North Africa from Tunisia to Egypt and beyond, bringing our program to a standstill.

It is now 2012 and we at Hands are still waiting for permission to resume the work we all found so vital and meaningful in the past.



*Lucinda Webb is a graduate of Radcliffe College, and the School of Nursing. She is not only a pediatric nurse practitioner but a women's health care practitioner, a licensed physician assistant and is certified in OB-GYN and adult nurse practitioner. She has worked at several New York City hospitals as well as in Egypt, published and is currently an associate faculty member in the School of Nursing. Her column is reminiscent of the early years of the Alumnae Quarterly when PH nurses described their service in far-flung lands.*

## COLUMBIA UNIVERSITY -PRESBYTERIAN HOSPITAL SCHOOL OF NURSING ALUMNI ASSOCIATION SCHOLAR FETED

The first named Columbia University-Presbyterian Hospital School of Nursing Alumni Association scholar was recognized by the School and this Association. Tracy Papatkakis graduated summa cum laude from the University of California, Los Angeles, where she earned a BS in physiology and was a member of Fellowship for International Service and Health, a student-run organization that holds health clinics for impoverished patients living near Tijuana, Mexico. Before Columbia, Tracy was an emergency department scribe and was drawn to the fast pace of the department. Her goal is to provide patient-centered urgent care as an acute care nurse practitioner.

**Congratulations Tracy!**

## Distinguished Alumni Award nominations wanted

This year we plan to have four distinguished alumni awards, two from each association. This event is one of the highlights of our reunion festivities as those attending are continually impressed with what CUPH nurses have and are accomplishing in their careers.

We encourage you to nominate a classmates or colleague whom you believe meets the criteria for the award. Awards are given in the following categories: Distinguished Career in Nursing, Nursing Education, Nursing Practice, Nursing Administration, Nursing Research, Health Policy, In Memoriam for Life Time Achievement, Neighbors and an honorary award for a non- alumnus/organization.

You can find the form and criteria on our web page: [www.cuphsonaa.org](http://www.cuphsonaa.org) or call Denise Ewing at 914-481-5787 or Sarah Monrraga at [sm3098@mail.cumc.columbia.edu](mailto:sm3098@mail.cumc.columbia.edu) or 212-305-3472.

## RESEARCH OPPORTUNITY – PLEASE HELP IF YOU CAN –

**P**enny Buschman Gemma, MS, RN, PMHCNS-BC, FAAN (1964), Director of the Psychiatric Nurse Practitioner Program at the CU School of Nursing and Joan Arnold, PhD, RN (1969) Professor, Hunter-Bellevue School of Nursing have previously collaborated on a well-received book - *A Child Dies: A Portrait of Family Grief* - and a subsequent research study on parental grief in which alumni graciously participated.

They are now continuing their research into the grief experience of siblings. Since so little is known about how death affects siblings in the family, Penny and Joan have asked that we poll our membership to ask for help in their study sample. All information is governed by strict research protocols as well as the privacy of individual submitters. Institutional Review Board (IRB) approval is pending at Columbia University Medical Center and Hunter College.

Can you help? If you have experienced the death of a sibling at any time would you consider participating in this study exploring sibling grief?

Your assistance will further research in this little known arena. For more particulars, please contact: Penny at prb3@columbia.edu or Joan at jar0004@hunter.cuny.edu

## OUR CONTINUING MISSION

Recently we heard from one of our stipend recipients to remind us that what we plan for ourselves in life doesn't necessarily happen. This was apparent when the Association began its then pension fund over 120 years ago.

A stipend recipient writes:

*On Christmas Night, 2005, with five apartments vacant in my building, I fell down the back stairs. I called one friend to let my landlady know and then called 911. In the ER I found out I had a fractured C3 neck (not broken) and I wore a neck brace for 6 months with some rehab because my balance was not good. I intended to work until I was 80 but saw that as a dim possibility. I went through savings and ended up in good public housing and living simply on Social Security.*

*All I ever wanted was to be a bedside nurse but things changed with the introduction of good aides and LPN's to patient care. I never thought of myself as a good administrative nurse as I preferred people rather than desk and paper.*

*I never paid yearly dues to Columbia – so I don't, in a sense, deserve the Alumnae Association's help – but I am truly grateful.*

*Although I am nearing 80 I have an irregular heartbeat. (I take some supplements, but no Rx drugs.) I feel fine, but I probably won't be around much longer.*

## PRACTICAL HINTS FROM THE AJN 1907 Vol VII #1

My, how times have changed, in this case for the better. Can you imagine trying to improvise in doing either private duty or home visiting and having to cope without antiseptic soap, air fresheners, disposable flexible tubing?

“In either giving a high or low enema, a soft rubber catheter is much better to use than a hard point.

When feeding a patient who is lying in bed, if liquids are placed under the tongue instead upon it, the patient is not liable to choke.

Dry mustard rubbed on the hands removes the odor of pus and feces.”

## Scholarships Available for Graduate Students

### Eligibility:

must be Columbia nursing alumnus and currently enrolled as a full time student in any accredited program. A letter of acceptance and proof of intent to register for fall enrollment is also acceptable. However, award will not be granted until all requested information has been submitted and approved.

### Application:

[www.cuphsonaa.org/scholarships.html](http://www.cuphsonaa.org/scholarships.html)

**Deadline: February 15th, 2013**

# MEET YOUR BOARD

## Sandra McLaughlin Johanson '64, PhD, RN

I grew up hearing about the Alum Association from my mother who had been an enthusiastic member since her graduation in 1933 (Harriet Deleuran was a classmate and life-long friend). I have been involved with the Scholarship and Research committees and more recently with the Finance Committee and Board. I am committed to support of our graduates professionally, socially and financially. Our organization provides a way for us to keep in touch with each other and the School. Not only did our time together in Maxwell Hall provide me with a basis for a terrific career, but forged bonds of deep friendship. I guess that is what "Neighbors" means to me.

Our great educational base permitted a lot of job flexibility and made continuing my education easy. As times changed, I pursued a Master's and then a PhD in Nursing at NYU enabling me to teach, conduct research, and establish a private practice as a Psych/Mental Health therapist interested in the "mind/body" connection. I have been interested in women's reproductive cycle mood disorders ever since our student days and more recently in psycho-oncology. I continue in private practice as well as volunteer jobs leading support groups for women with gynecological cancers and groups for children who have had a parent die.

My two children are grown and I now have a labrador retriever and a cat to liven up the house. I have appreciated the opportunity to serve on the Board of our Alumni Association..



## Joan Ambrose McCormick '61, JD, RN

Joan has served as a member of the Finance Committee since 1987 and was Treasurer from 1997 – 2002. She raised horses, dogs and children for many years in Kentucky, worked as a nurse at the University of Kentucky Medical Center as well as graduated from Kentucky's Law School with a practice in Elder Law.

She serves on the Finance Committee and the Board. "My personal life is finally slowing down. I resigned as the Treasurer of the Watch Hill Lighthouse Committee after serving for 27 years. My other organizations are The Watch Hill Cabana Group, Treasurer; American Pointer Club, Board Member; and Pointer Associates of New England, Treasurer. My business life includes being a real estate broker. I am looking forward to the changes which may be ahead for the Alumni Association. We have worked diligently on this for so many years."



## Janice Cobb Ziembra '74, BS, RN

"I started my involvement with the AA by joining the Awards Committee. Then I progressed to the Board, acting as Secretary for six years. It was been rewarding to be a part of the workings of the Association. The challenges with the emergence of the other association were never-ending, but a core group of alumni stayed steadfast to our mission. I have always very much enjoyed being a part of such a talented and caring group of women.

I currently work per diem at my previous job of over 20 years at an Internal Medicine office. I am mostly retired, and love dividing my time between my two lives in CT and NH. I have been married to Mitch for 36 years. He was with me during my Columbia years as well. Our daughter, Missy, is happily married and lives near us in Greenwich. I am very much involved in volunteer work in town. It is a joy to have the time to pursue interests now that I am no longer working full-time."



# CLASS NEWS

## 1940

**Janice MELLINGER Bange** of Westport, CT, wife of the late George E. Bange, was 92 at the time of her death. She had been a resident of Westport for 52 years, was a graduate of Mt. Holyoke College and the Presbyterian Hospital School of Nursing. Upon graduating she worked in the Columbia Presbyterian Medical Center emergency room and subsequently was employed by the City of Norwalk as a school nurse for 25 years. Survivors include one son, Walter and two granddaughters, Suzanne and Jacqueline.

## 1951

**Rachel CONTENT Fields** writes, "Ever since I can remember I had wanted to become a nurse. How fortunate I felt to be able to start my nursing education not only where I wanted to study nursing, but as a foreigner of only two years in this country.

My three years as a nursing student I remember fondly. My English improved, and I made lifelong friends from our Class of 1951.

After graduation I attended my Bachelor Degree and my Public Health credentials. I worked as a Public-Health Visiting Nurse in Seattle, Washington then headed to California, raised two children, then returned to work as a school nurse in San Jose, California for 20 years.

In retirement we traveled worldwide, but now I'm just glad to be close to home. We have two grandchildren and hope to celebrate our 60th wedding anniversary next year.

My nursing education served me well. I am still asked for my medical advice by friends and family. I have loved being a nurse."

## 1953

**Beverly GOULD Menze**, 82 died in the Hospice at the Avon? House in Naples FL. She attended Elmira College for Women and then graduated from Columbia

University-Presbyterian Hospital School of Nursing. She worked as a Registered Nurse in New Jersey, Massachusetts and Florida. She volunteered many hours at the Humane Society Naples and at the Unity Church. Beverly had a passion for painting, jazz, travel, cats, skiing, and golf. She is survived



by her children, Linda, Gary (Susan) and Karen; grandchildren, Erin, Jason, Katarina and Karoline; and great-grandchild, Burke.

## 1956

**Susan SWIFT Doherty** wrote to explain that we had misprinted several details from her Alumni note in the Summer, 2012 Alumni Magazine. Our apologies. Here is the correct information "My son is an ADA in Brooklyn, NY. Next, "I," not "we," am returning to a former garden apt and my phone number is 443-928-9930." In addition, Susan's name should have appeared on the Neighbor's Honor Roll for a contribution for the 2011-2012 Fiscal year.

## 1961

**Naomi ATRUBIN** writes, "I'm on a cardiac board at the Mayo Clinic. I visit 4 federal prisoners once a month at the Federal Medical Center in Rochester. My last position, before I retired, was as a psychiatric nurse."

## 1962

**Joan OGLE Hill** passed away at UT Hospital, September 12, 2012, age 75. She attended Tennessee Wesleyan College, was a member of Kappa Delta Phi Sorority, and crowned Miss Tennessee Wesleyan. She obtained her B.S. in Nursing from Columbia University in

New York City in 1962 and worked as a nurse at Presbyterian Hospital until 1965. From 1965 to 1999 she was Clinical Director of Critical Care at the University of Tennessee Medical Center. Following retirement, she cared for her parents, as well as her sister-in-law, Frances Hill. Joan's career and hobbies centered on serving others. She was preceded in death by husband, Jack Hill; and nephew, Troy Ogle. She is survived by her son, Jack Hill; son and daughter-in-law, Jason and Rebecca Hill; brother and sister-in-law, Joe and Jane Ogle; special sister, Linda.

## 1971

**Sallie PROVINCE Mink** – Emily Frank, Sallie's daughter, wrote, "I wanted to let you know that Sallie Mink passed away on April 14th, 2012. She lost her battle with brain cancer. I know Columbia was very important to her, especially since her mother, Jean Smith Province '39, graduated from there as well."



"Sallie was a very passionate and extraordinarily effective person," said Dr. J. Raymond DePaulo Jr., Director of the Department of Psychiatry and Behavioral Sciences at the Johns Hopkins School of Medicine, and a friend of nearly 40 years. "She was a great psychiatric nurse, and adolescent depression was an interest of hers. Families found that she was invaluable and a great resource. She was able to get them where they needed to go," Dr. DePaulo said.

Sallie graduated from Elmira College and the School of Nursing followed by two years at CPMC before going to John Hopkins where she became educational director of the Depression and Related

Affective Disorders Association after a hiatus to raise her family. She then moved to the Adolescent Depression Awareness Association affiliated with the hospital. "If we could intervene early, then we could give them back their lives and opportunity," said Dr. Swartz. "Sallie was a truly amazing nurse. She was the rare combination of warmth, kindness and knowledge, and that's incredibly rare." The program was so successful that it expanded to 14 other states. She also helped develop the Department's annual Mood Disorders Symposium. Ms. Mink is survived by two sons, a daughter, a brother and a sister. (Excerpted and edited from the *Baltimore Sun*).

### 1975

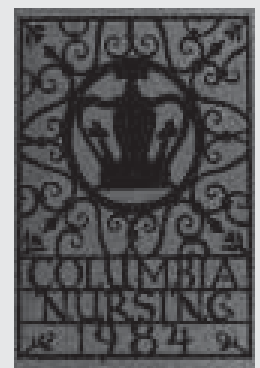
**Mary WILSON Bassis**, a graduate of DePauw University, Columbia University and Yale is an advanced nurse practitioner and a mother of four. She has her own private practice as well as serving as the hostess and wife of the newly retired President of Westminster College in Utah.

**Holly B CASSELLS** writes: I am writing to you as well as the CUSON Alumni Association because I thought all CU nursing alumni and students might appreciate a piece of news about one of my classmates **Joan SEKLER**, who was recognized by the Center for the Study of Political Graphics for 50 years of activism and her accomplishments as a documentary film maker. Yes, she is a nurse and also a physician's assistant but for many years has been a social activist addressing issues of human rights. In the past 20 years she has made several important documentary films that have been nationally recognized, with at least one nominated for an academy award. The website <http://www.politicalgraphics.org/home.html> shows her picture and the award. She has been tireless in her efforts to combat inequities since our days in nursing school when she agitated against racism in health care. Hope you can acknowledge her contributions. If you wish to contact her, her email is [joan.sekler@gmail.com](mailto:joan.sekler@gmail.com)

*Holly is the Director of the Nursing Graduate Programs at the University of the Incarnate Word in San Antonio Texas.*

## JUST DISCOVERED OLD YEAR BOOKS ON LINE: 1936-1937, 1943-1987

Another marvel of the Internet! You can view old yearbooks online by going to [www.archive.org](http://www.archive.org) (be sure you do not add a 's' to archive). Type in the search box at the top of the page: Presbyterian Hospital School of Nursing NY and you will find a treasure trove of publications related to our School. Enjoy a trip down memory lane.



### *In Memoriam*

1940	Janice MELLINGER Bange	January 6, 2012
1942	Elizabeth DILLINGHAM Bliven	June 2, 2012
1946	Charlotte SHAKESPEARE Badgley	Unknown
1953	Beverly GOULD Menze	April 27, 2012
1955	Josephine GHIA	February 20, 2012
1962	Joan OGLE Hill	September 12, 2012
1965	Katherine RICE	July 2012
1967	Anita GROENFELDT McKeown	June 20, 2012
1971	Sallie PROVINCE Mink	April 14, 2012

