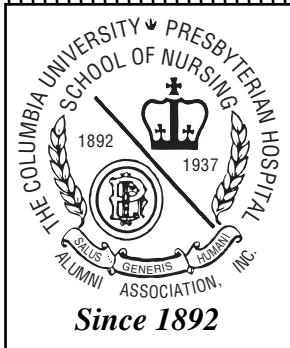


The Alumni Newsletter

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

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to bring together members of the
Columbia University-Presbyterian Hospital
School of Nursing Alumni*

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- membership
- pensions
- sick benefits
- scholarships
- research awards
- news
- reunion

PRESIDENT'S MESSAGE

Recently we polled the members of our corporation to determine their priorities for future endeavors for this Association. The results affirmed the commitment they have to our mission and undertakings. A large majority of votes were for us to continue our operations so our Board of Directors will now work on streamlining operations as well as continuing to support needy alumni, provide scholarship assistance to both the School of Nursing students/alumni and our own scholarship program providing qualified alumni with scholarships irrespective of the institution in which they are enrolled.

It is well known that the majority of our members come from earlier classes and their loyalty is greatly appreciated and made the Association the success it is today. But now we find the aging process and diminishing numbers have impacted our ability to carry out the mission that we have dutifully followed for over 120 years. Hence we are coming to decision-making time with the question to be answered. "How are we to function in the future?" Only you can help us answer that pivotal question and only through your active commitment can this organization continue to fulfill its mission.

Your Board of Directors asks you to respond to our call. We ask you to step up to help us in order to carry out the significant mission we have dutifully followed for over a century. We hope the "call" will entice some younger graduates who want to see this Association, along with its traditions, live on. Without the influx of willing members we will find it necessary to restructure and scale down our operations to manage the programs that are priorities.

While we are diminishing in numbers, the heritage we have, loyalty to our School, wonderful contributions our "Neighbors" have contributed to society over the century and beyond provide us with a pride in nursing and what we have accomplished for patient care. Bed baths, foot and back massages, dental care, morning vital signs, rotating tourniquets, 12 bed wards have ceded to private rooms, computers, insurers, testing, short term stays and data diagnostics etc. graduates being the nursing team leaders. May our contributions as "Neighbors" continue to impact the care individuals receive in this new health care environment.

As a member of the 'old guard' I rue the loss of the personalized care that once was. Nurses kept operating rooms sterile, doctors on their toes, patients comfortable, hospitals functioning, homes visited, families informed and effective planning so patients knew how to take care of themselves after discharge. Progress is a mixed bag – we lose some and we gain some. I hope what we have lost is not so detrimental to human care of people at their most vulnerable time because nurses, of necessity, have bought into the system that involves technology, cost control and bureaucracy over human caring.

The role of the nurse practitioner in the future of primary care is vital and always has been. Yet, with the increase of independent practitioners at this level, who is and will be at the bedside of the most vulnerable? Lastly, in 1966 in Texas at the ANA convention, Eli Ginsburg, a noted Columbia University sociology professor urged our profession to assume responsibility for 'nursing homes.' Named after our profession, he said that we had to deal with management and medicine in order to do so. Now, over 50 years later, we see the wisdom of a lost opportunity – to do what we can do best.

OUR ALUMNI AUTHORS

Thanks to Audrey SMITH Reed '64, we now have a signed copy of her great aunt's book, *The Public Health Nurse in Action* originally published in 1941. Marguerite Wales '20 was the General Director of the Henry Street Visiting Nurse Service in earlier days and a staunch advocate for visiting nurses. The receipt of this book prompted this request to see if other alumni would like to donate their volume to our growing collection.

Dorothy Reilly's *Clinical Teaching in Nursing* and one on behavioral objectives are still in use today. We do have a third edition of Anna Maxwell's *Practical Nursing* but are looking for the first edition. Of course there is the *Lippincott Quick Reference Book for Nurses*, which we own and is signed by Helen Young and Margaret Eliot. The owner was C. Nelson. Eleanor Lee's two gold standard histories of the *History of the School of Nursing of the Presbyterian Hospital New York 1892-1942* as well as *Neighbors*. Penny Buschman and Joan Arnold's first volume on *A Child Dies, A Portrait in Grief* is on our shelves. Mary R. Powell's *A World of Hurt - Between Innocence and Arrogance in Viet Nam* is signed by the author. A new book will be issued at the end of the year – *The Adventures of a Grenfell Nurse* by Rosalie Lombard. (See under Class News) One copy we do not have is Marjorie Peto's *Women Were Not Expected*.

If you would like to have your book added to our growing historical collection, please send it on to the office at the address on the masthead of this Newsletter.

MISSING YEARBOOKS

We are looking for yearbooks from the following classes:

1939	1943	1962	All years after 1989
1940	1944	1967	
1941	1952	1986	
1942	1954	1987	

Would you care to donate yours to complete our collection?

MEET THE NEW BOARD MEMBER

Approximately fifteen years ago I volunteered to serve on the CUPHSONAA Distinguished Alumni Award Committee. I am still a member of this committee but now I am also volunteering my time as the latest addition to our Board of Directors. Although I reside in the Washington D.C. area, I am still able to “be present” at meetings via teleconferencing when I am unable to attend in person. I like this opportunity to “repay” a scholarship I received my senior year (Class of 1963). Your Board of Directors is such a dedicated group of fantastic women and it is my pleasure to join them in serving you.

So please come join me in being a good “Neighbor” and volunteer for a position on one of the many committees mentioned in the September/October letter. We'll have a lot of fun together.



Carol Martin '63

A CU GRAD ON 60 MINUTES

Each day we view television and view world events, happenings in science and medicine, but recently this program aired a different kind of emphasis. Go to <http://www.cbsnews.com/news/living-to-90-and-beyond/> so see this very interesting segment. You may want to read about Jane Whistler '36, <http://www.oregister.com/articles/died-530636-says-don.html>. Congratulations Jane, for your longevity and common sense.

THE CHANGING SCENE ON 168th STREET

Walking down this familiar street isn't quite as familiar as it has been. Much of the façade of the front door of Presbyterian (you know, the one that says “For the Most High Cometh Healing,”) is covered over with scaffolding as is the front entrance to the Medical School. Just inside the front door of PH is a surprise and the red flag outside the building indicates its location – the new Adult Emergency Room! That coupled with the adjacent Emergency Department's bay for innumerable ambulances (it holds five or six but that many again may line the street. All this makes 168th Street a very busy place. The Pediatric Emergency Room has a separate



Broadway entrance. Times are a'changing.

All of you know that on October 22, the School of Nursing broke ground for its new building, still on 168th Street but across Broadway, past St. Nicholas Avenue to Audubon. We will finally have a worthy home, a place to learn and a place to celebrate our reunions. The Dean and her committee are busy with interior design and a curator has been retained to assist her, the committee and the architects planning for attractive interiors.



Don Boyd, past president CUSONAA, Sandy Johanson, CUPHSONAA Board member and Dean Bobbie Berkowitz.

CLASS NEWS

**Alumni Notes deleted in online publications
to protect the privacy of the alumni.**

THE NEW NURSING CURRICULUM A MASTER'S DEGREE IN NURSING REPLACES THE BS ENTRY INTO PRACTICE.

Students graduating from our school will be expected to provide care in a rapidly changing health system that places a growing emphasis on non-acute care and the management of patients with complex chronic conditions. They will also be expected to understand the principles and practices of population-based health, the use of data and technology in clinical decision-making, and delivering care to patients and families from varied socio-economic and cultural backgrounds. And they must do all this while remaining true to the enduring values of nursing's long-held tradition of delivering safe, compassionate, and effective care for their patients.

Our faculty reviewed the school's curriculum to ensure that a degree in Nursing remains as valuable as ever. As a result, we will be introducing a number of important changes. Our new curriculum will include coursework and clinical experience on safe transitions of care and developing plans of care across care environments. We will place a renewed emphasis on medication reconciliation, better provider-to-provider communication, and cultural sensitivity. And, we will strengthen our focus on evidence-based practice and the value of research for improving the health of patients and communities.

With these additions to the curriculum, beginning in 2016, we will no longer offer a BS degree in nursing to college graduates. Instead we will accept students with non-nursing baccalaureate degrees directly into a 15-month MS program in nursing. Those who complete the program may choose to continue their education for a research doctorate (PhD) or clinical doctorate (DNP). Students in our streamlined MS/DNP program will be able to complete the requirements in 45 months instead of the current 54 months, saving \$26,000 in tuition expenses. Additionally, entry into a master's program increases opportunities for federal student loans while nurses with a DNP degree typically enjoy a \$33,000 higher average starting salary. We are also moving to accelerate our PhD program so students will graduate in three years.

*Marc Kaplan, Associate Dean, Marketing and Strategic Communications,
Columbia University School of Nursing*

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THE OLD NURSING CURRICULUM EXPERIENCE RECORDS

In the "old days" students were required to keep these records to document those procedures that they had done. Observe that the floor on which the experience was had is noted as are the initials of the nurse who supervised. While instructors were available on the units with ten students each, there were many times that head nurses and supervisors were pressed into service to observe the student. Thanks to Laurie Verdisco '58, we see that she did almost everything – except maybe poultices?

COLUMBIA UNIVERSITY THE PRESBYTERIAN HOSPITAL SCHOOL OF NURSING STUDENT EXPERIENCE RECORD			
GENERAL NURSING PROCEDURES			
Admission of patient	5/50	12W	5/81D
Airway			Tidal
Aseptic Technique (Medical)			Wound
Simple Resp.			Dressing carriage
Complete Resp.	11/57	2/14/58	14/58
G. I.	1/50	9C	Dressings
Contact			Continuous wet
Aseptic Technique (Surgical)			Hand and foot soak
Sterilization			Isantiment compresses
Gloves			Elevation of an extremity
Ambulation	12/55	9C	Emema
Amputation - care			Cleansing
Application of Counter Irritants			Retention
HOT water bottle	5/50	12W	Medicated
Ice bag	12/55	9C	Esophagoscopy
Poultice			Pre and Post care
Sponges	8/50	5E	Feeding a Patient
Bandages - ace	5/50	12W	Gastrostomy
Gauze or Mollin			Jejunostomy
Medicated	11/57	14E	Tube
Sitz	1/50	9C	Breack feeder
Tub			Kenny packs
Whirlpool			Inhalation
Beds - closed open	10/51	14E	Aerosol
Occupied	10/51	14E	Carbon dioxide
Operative	8/50	12W	Helium
Binders - abdominal	1/50	12W	Mom's inhaler
Double T	1/50	12W	Oxygen - Mask plain
Single T	1/50	12W	Nasal tube
Bladder irrigation	1/50	12W	Pressure mask
Blow bottles			Tent
Buerger's exercises			Irrigation Throat
Catheterization - female	12/55	9C	Wound
Male (set-up)	12/55	12W	Irrigation and care of
Cecostomy care	5/50	5E	Miller Abbott tube
Charting from order book	5/50	12W	Naso gastric tube
Colon lavage	5/50	12W	Medications (metric system)
Colostomy care	5/50	12W	Drops - Eye
Cultures - Blood	4/53	8E	Nose
Nose, Throat			Heparin drip
Urine			Hypodermic injection
Orchid			Intramuscular "
Vaginal			Oral
Wound			Pediculosis treatment
Convulsive care	5/50	12W	Pneumoencephalogram
Dentures	5/50	12W	Pre and Post care
Decubitus treatment	1/50	9C	Post-mortem care
Discharge of patient	1/50	9C	Post-operative care
Drainage - Chest			Posturing
Gravity			Pre-operative care
Postural	1/50	9C	Prosthesis
			Afternoon Care
			Cleaning of Unit
			Dauche, vaginal
			Medication-Intradermal

SIBLING GRIEF RESEARCH REPORT

Sibling Grief: A Brief Summary

By Joan Arnold, PhD, RN '69 and Penelope Buschman Gemma, MS, PMHCNS-BC, FAAN '64

The death of a sister or brother is a profound loss for surviving and subsequent siblings. This study explored sibling grief, how it changes over time, and its impact on personal and family development. The following steps were taken to develop an online survey instrument:

1. Survey items were derived from literature review and clinical experience.
2. Review of survey items for content and clarity by five nationally recognized experts in sibling grief, with final items receiving 80% agreement.
3. Demographics, survey questions and the SF-12 Health Survey items combined and reviewed by a class of CUSON graduate nurses for clarity and language.
4. One open-ended questions asking for any other information about a sibling's death.

Institutional Review Board approval was given by Hunter College-CUNY and Columbia University. The sample was derived from CUSON alumni, faculty, and staff invited to participate through online and mailed CUPHSONAA, Inc. and CUSONAA newsletters.

There were a total of 24 respondents and their mean age range of the respondents was 51-60 years. There were 31 sibling deaths. In one case, there were twin deaths. In five cases, all siblings died (3 = single siblings died); 2 = two siblings died).

In terms of birth order, 16 of the sibling who died were older or born before the respondent while 15 were younger or born after the respondent. Causes of sibling death in order of frequency were: illness, accident, homicide, suicide, congenital, pregnancy/delivery, and unknown.

The age of siblings at time of death ranged from at birth to 85 years of age: 0-18 years = 8 deaths; 19-34 years = 6 deaths; 35-62 years = 11 deaths; 63-85 years = 6 deaths.

The survey had three scales: relationship with sibling (Chronbach's alpha .92); intensity of emotional impact of death (Chronbach's alpha .90); family change (Chronbach's alpha .94).

The **Relationship with Sibling** scale included questions such as: My sibling was an ally in my life; We had a very warm and close relationship; We communicated openly; I trusted my sibling; We protected one another; I felt no connection to my sibling; I had a lot of conflict with my sibling; etc.

The **Intensity of Emotional Impact of Death** scale included questions such as: I fell apart when my sibling died; I felt guilty about my sibling's death; I was never fully myself again after the death of my sibling; My sibling's death left me feeling a vast empty space inside; I am filled with remorse about my sibling's death; I think about my sibling all the time; I have fully accepted the loss of my sibling; etc.

The **Family Change** scale included questions such as: Our family communication shut down after my sibling's died; Our family life was disrupted for a long time; Roles in our family were abandoned when my sibling died; I was not enough to make our parents happy; The favorite member of our family died; My sibling's death was the end of normal life in our family; The impact of my sibling's death was not acknowledged in our family; My family gave me a great deal of support after my sibling's death; etc.

Findings: The intensity of emotional impact of sibling death was found to be strongly correlated with family change ($r=.49$; $p=.02$), pointing to a reciprocal relationship between intensity of loss and family change; higher emotional intensity of loss results in greater change in family systems and greater change in family systems results in higher emotional intensity of loss.

Other findings included:

- A close relationship with a sibling is associated with good health ($r=.50$; $p=.02$)
- A close relationship with sibling is associated with deep gratitude for having known her/him ($r=.50$; $p=.02$)
- Religious practices protect me from the emotional impact of sibling death; Intense emotions keep me from attending religious services ($r=.45$; $p=.03$)
- When a sibling dies suddenly the emotional impact is more intense ($r=.42$; $p=.05$)
- With greater emotional intensity grief will be ongoing ($r=.49$; $p=.02$)
- With greater emotional intensity there are fewer downhearted and depressed feelings ($r=.37$; $p=.09$)
- The younger the sibling as time of death the more change in the family ($r=.43$; $p=.04$)

Qualitative responses included:

- As for the loss of a sibling – it is a unique experience – like no other – your sibling lives on with you.
- I think my early acquaintance with death has had a great influence on my career choices and quest for spirituality.
- My brother died three years before I was born – I was born on his birthday. I did not know who he was until I was six.
- I was nine years old at the time. It changed who I was and I believe who I was to become.
- I wish I had counseling as a child.
- The memories are stronger than the painful feelings of loss.
- Life just isn't the same when a bond so strong is broken.

In conclusion, it is not the nature of the relationship with the sibling but rather the intensity of emotional response to sibling death that alters life patterns.

We would like to thank Hunter College CUNY for a research award to support this study (PSC CUNY 43). Heartfelt thanks to the Columbia University-Presbyterian Hospital School of Nursing Alumni Association, Inc. and the Columbia University School of Nursing Alumni Association, Faculty and Staff for their thoughtful participation in this study.

In Memoriam

1940	Marjorie COPELAND Allen	May 13, 2014
1942	Virginia ANDERSON Deluke	March 10, 2013
1943	Esther VANTILBERG Berliner	February 4, 2014
1944	Carole COOKE Beal	June 1, 2013
1944	Rebecca SHOEMAKER Dellavo	August 11, 2013
1948	Harriet TILTON Daams	February 21, 2013
1949	Estelle GIUDICE Hartmann	April 27, 2014
1952	Pearl JORDAN Brewster	July 30, 2012
1956	Christine VOSS Vandekerck	January 13, 2013
1957	Mary BOUTON Wilson	May 19, 2013
1960	Helen BRANDT Battiste	January 31, 2014
1967	Karen THORN Penner	June 4, 2014
1973	Laura FLOWERS LeFevre	March 16, 2014
1986	Milton AUSMAN	November 30, 2011

1940

Marjorie COPELAND Allen, of Bella Vista AZ was graduated in 1935 from Arms Academy in Shelburne Falls and attended college at University of Massachusetts at Amherst and graduated from Columbia-Presbyterian School of Nursing in 1940. She married Malcolm Allen and leaves a son and daughter and granddaughter.

1949

Estelle GIUDICE Hartmann died at Wingate nursing home in Sudbury MA. She departed this life with the same irascible spirit that characterized her remarkable life. She was 87 although she'd prefer that no one know that. Estelle (though even her kids called her "Mrs. Hartmann" sometimes) hit the gate running, entering Columbia University and emerging a nurse. Her decades-long career encompassed everything from pediatrics (when she helmed a wing at St. Elizabeth's Hospital) to geriatrics (at a New Brunswick, N.J., nursing home). She was an instructor in Public Health at the School of Nursing in the middle and late 1950's. She ended her nursing career at Freehold Hospital and then became a substitute teacher in New Brunswick. Along the way, she met the love of her life, Henry "Hank" Hartmann, who swept her off her feet and within months down the aisle in 1958. They had four children who never tired of hearing the story of their courtship.

Estelle refused to be pigeonholed. She was a mom who adored her children, all the while maintaining a career tending to those in need. Giving back to the community became a way of life, whether it was with the League of Women Voters, Welcome Wagon or her kids' PTAs.

She was a skilled baker who created what was widely considered the World's Greatest Pineapple Upside Down Cake, but she could also take scraps, a few spices and expired canned goods and turn them into a gourmet meal. She loved to travel, telling Hank to pack his bags after she made the reservations and paid the deposits. She was a Jersey girl

at heart, but after two subsequent moves, she gleefully created a new life for herself in Atlanta (where she volunteered with Hank during the 1996 Summer Olympics) and Dover DE.

Artful to the core, she painted lovely landscapes (which she sold for \$2 each at a garage sale, much to the chagrin of her kids), cross-stitched ridiculously complicated designs (including Christmas tree skirts deemed too beautiful to put under a tree) and sewed myriad dresses for her granddaughter and her doll. Naturally, her kids always had the best Halloween costumes, though perhaps none better than the year she turned them into the Fruit of the Loom characters.

She lost herself in good books, bridge, contract gin and board games, teaching her grandchildren the agony of defeat by trouncing them in Trouble. She loved to laugh at herself, could tell a ribald joke with the best of 'em, lived for March Madness and her son's high school football games and demanded silence during "Jeopardy!"

Estelle is survived by her three children who have more stories about their mom than they can possibly remember. In addition, she leaves behind three grandchildren, and several generations of kids from a New Brunswick cul-de-sac who never could or will forget "Mrs. Hartmann."

1952

Pearl Jean JORDAN Brewster studied theater at Rollins College in Florida, and received her Bachelor of Science degree from Columbia Presbyterian in New York City. She worked for many years as office nurse with Dr. John Argue of Wilson NY, and as a nurse supervisor at the Newfane and Gasport health care facilities. Her great joys in life were world traveling, volunteering in the arts and medical fields, singing and performing, reading, gardening, genealogy, and spending time with her children and grandchildren. Her lifelong optimism, cheerfulness and sense of adventure will be remembered with love by family and friends. She is survived by four children and eight grandchildren.

1957

Mary BOUTON Wilson is survived by her four children, 12 grandchildren, and four great-grandchildren, a brother and many friends. Always the compassionate and caring person, she pursued her nursing education through the years at Drew University, Columbia, Syracuse, Cortland and Oneonta with the completion at SUNY Binghamton as a CFNP. She met and married Doug in 1956. Mary was an active member of the First United Methodist Church in Endicott and Dimock Camp meeting for over 50 years. Throughout the years, she balanced raising a family, working, being active in the church, and being a beloved part of the Camp meeting. Outside of her work, she continued to be a nurse wherever needed, at Sky Lake, Dimock and at the UE Band Camps in the 1970s. She retired as a CFNP in 2001. She has been a member of Sigma Theta Tau, Eastern Star and a past Queen of Daughters of the Nile. A passion that Mary and Doug shared was love of travel. Mary traveled to all seven continents and had the adventures of riding a camel, an elephant and a rhino.

1960

Helen BRANDT Battiste served as an Assistant Director of Nursing at the University of Arizona Department of Psychiatry and continued her education at the University of Arizona in Tucson. She remained there and taught at the University after graduation. She also worked in hospice there as well as a community mental health consortium for drug and alcohol program. She is survived by one son.

1967

Karen THORN Penner, RN died on June 9, 2014, after battling pancreatic cancer for more than two years. She is survived by Lester, her husband of 44 years, daughters Judy Perry and Deborah Bernstein and four grandchildren.

OUR NEW EDITOR

Eileen McLaughlin Styles '58 has been appointed the new editor for our publications. She will be assisted by our editorial staff: Vi Gommer, Pam Heydon, and Pat Jones. Maintaining communication with our membership is vitally important.

Thank you Eileen!!

If you have news, send it to our administrator, Denise Ewing at admin@cuphsonaa.org.



A BANNER YEAR FOR NURSING SCHOLARSHIPS

In addition to the \$50,000 given to the School for undergraduate students and another \$50,000 awarded through our own Scholarship Committee to alumni, we are pleased that the Nurses Educational Fund (NEF) has awarded two scholarships entitled the Ada Mutch Memorial Scholarship that is for the exclusive use of School of Nursing that may attend Columbia or another institution.

The awardees are:

For doctoral work, **Caitlin O'Connell** - Caitlin has been a pediatric nurse for 11 years. She received her nursing degree from the University of Pennsylvania. Her first position was in the Pediatric Intensive Care Unit of New York-Presbyterian. After completing a Master's at Columbia she took her first nurse practitioner position at New York University Medical Center and Bellevue Hospital Center in an outpatient office of an academic pediatric cardiology practice. Upon moving to Massachusetts worked as a nurse practitioner position in pediatric cardiology at Boston Children's Hospital and is currently, a nurse practitioner at Boston Children's Hospital on the pediatric cardiac surgical step-down unit. Caitlin will attend Northeastern University in the DNP program.

For master's level work, **Rachel Moscicki** - Rachel holds a BS in Psychology from Vassar College and AAS in Nursing from SUNY Ulster. Her nursing career has focused on emergency nursing. She is currently a dual degree Master's student at Columbia University and will achieve a dual masters degrees, in Nursing and Public Health. Upon graduation, Rachel plans to practice as a geriatric primary care nurse practitioner. Her clinical focus is the prevention and management of chronic respiratory disease and providing quality health care for underserved populations. Her ultimate goal is to achieve a PhD in Nursing and pursue a career in research.

The October issue of the School of Nursing Newsletter featured a student to whom CUPHSONAA awarded a scholarship last year:

Connie Yip '11 '13, a psychiatric nurse practitioner, "decided that my dream job didn't exist and I needed to find an alternative." She did! Three jobs, not just one – a private practice with two offices in Manhattan specializing in the LGBTQ population and caregivers of children that have behavioral issues; a second in substance abuse with an city agency and a third, part-time at a psychiatric center. "To get the career I wanted, I had to be honest about my goals, and transparent with potential employers about how prioritizing my family life was leading me to seek part-time jobs, I cast a wide net to make my career work, going all the way back to the people who helped shape my clinical self as a student" Yip says.



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WE'D LIKE TO KNOW

We would appreciate information concerning your professional and/or personal life for our files and for publication in the Alumni Magazine. Please mail or e-mail a current photograph. Our e-mail address is: info@cuphsonaa.org

Current Name _____

Name at Graduation _____ Class _____

Husband's/Wife's Name _____

(Indicate whether Dr./Mr./Rev., etc.)

Home Address _____

(Number)

(Street)

(City)

(State)

(Zip) Check here if new []

E-mail _____ Phone _____

Current Employer _____

(Position)

(Institution)

(City)

(State)

(Zip)

We invite you to become a member of the Alumni Association: _____ \$25.00 Enclosed.

PERSONAL NEWS: Weddings, births, adoptions, community activities, news of your family

PROFESSIONAL NEWS: Promotions, appointments, papers published or delivered, new ideas implemented
