Allen College $2 Million+ Closer to Campaign Goal

Winter and Hall Estates Make Substantial Contributions to Promises to Keep

In the last few months of 2008, two estate gifts brought Allen College more than $2 million closer to its Promises to Keep fundraising goal.

On Oct. 17, the Allen Foundation received the first distribution of the Carlton and Thelma Winter Estate gift to Allen College, in the amount of $1 million. A second distribution of $500,000 was received January 13. The remainder, approximately $500,000, will be distributed when the estate closes later in 2009.

Carlton and Thelma Winter owned and operated Ben Franklin stores in Waterloo from 1959 through 1981. Carlton passed away in 2000 at the age of 87. Thelma lived 100 years and died in June of 2008. Of their approximately $14 million estate, they left more than $13 million to various charities. The Winters were longtime contributors to the Allen Foundation. “The gift from Mr. and Mrs. Winter is extraordinary and will have a lasting impact on Allen College and the Cedar Valley,” says Allen College Chancellor Dr. Jerry Durham. “The Winters’ support of Allen College and its students will greatly help the College achieve its core mission of educating tomorrow’s nurses and other healthcare providers for this region. We are very grateful to the Winters for their support of our college and this community.”

A second major gift came from the estate of Milton Hall. Hall graduated from Waterloo East High School in 1931. He was a Waterloo firefighter for 34 years, and was fire station cook for much of that time. He retired from the fire department in 1970, and worked for the Black Hawk County Assessor’s Office until 1977.

Hall’s $200,000 gift to Allen College will be used to establish a challenge scholarship for 40 Allen graduating classes (1959-1997). Each class will receive $5,000, and graduates from each class will be asked to give $5,000 in matching gifts. Once the gift account has reached $10,000, an annual scholarship will be awarded to an Allen College student.

To date, $6.6 million has been raised toward Allen College’s $7.5 million portion of the $15 million Promises to Keep fundraising goal.

Allen College Celebrates 20-Year Anniversary

Allen College has evolved from a hospital-based diploma school of nursing to its present status as a specialized, regionally accredited college granting undergraduate and graduate degrees in nursing and allied health. In the future, Allen College will pursue its core mission to “educate and develop individuals as healthcare professionals who are committed to caring, excellence and lifelong learning through educational and experiential programs and community service.”

The College is regional in that almost three-fourths of our students come from northeast Iowa, and more than 95 percent are Iowa residents. The vast majority of our graduates remain in Iowa to work following graduation.

Since its establishment as a college in 1989, the College has expanded the range of degrees and study options offered in response to a growing need for excellent healthcare providers. The most rapid growth in recent years has been the master of science in nursing (MSN) degree program, whose enrollment has grown from 30 students in 2004-05 to 120 students in spring 2009. The MSN program growth has occurred because the College now offers six tracks of study, including four tracks producing nurse practitioners. The growing shortage of physicians in Iowa and other states means that greater numbers of nurse practitioners will be needed in the future to care for an aging population.

In addition, the College will carefully review the need for new allied health programs that are responsive to evolving needs in the healthcare arena. In the near future, Allen College will also determine the need and student demand for a Doctor of Nursing Practice program that reflects changes within the nursing community.

Allen College will also fulfill its commitment to service by exploring opportunities for students and faculty to become more fully engaged with the communities it serves. Over the next 20 years, Allen College will undoubtedly expand its range of academic offerings in response to the ever-changing needs within the healthcare industry and the practice arena.

Allen College $7.5 million portion of the $15 million Promises to Keep fundraising goal.

Allen College Celebrates 20-Year Anniversary

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The current economic downturn is seriously affecting both healthcare and higher education. According to an American Hospital Association survey released in November, patient visits were flat or declined in the third quarter of 2008, and hospitals experienced an 8 percent jump in unpaid bills. Hospitals are providing increasing amounts of uncompensated care to persons who no longer have health insurance because of job losses. They are experiencing reductions in Medicaid payments, and in some areas, they are implementing layoffs, salary freezes and hiring freezes. Hospitals have also delayed or cancelled new building plans, equipment purchases and information technology upgrades.

During an economic decline, out-of-work people often go back to college to retrain for a new job or career. But colleges and universities are not immune from the effects of a recession. During the current recession, most state governments have reduced or plan to reduce support for higher education at a time this sector most needs the support. As a result, public colleges and universities (which 80 percent of U.S. college students attend) will be forced to raise tuition, increase class sizes, reduce their work force, defer maintenance and implement other cost-saving measures. In addition, the endowments of most colleges and universities have also declined precipitously over the past year, leaving fewer dollars for student aid and other essential uses of these funds. Many young people are uncertain where (or even if) they’ll be able to attend college because their parents are struggling just to make ends meet—at a time when colleges and universities are also facing uncertain futures.

Allen College has been fortunate during the current economic downturn. Because we have never had a large endowment, we have not depended on it for our operations. We have worked hard to maintain a tuition that is within the reach of most students, almost all of whom pay at least a portion of these costs with some combination of scholarships, grants, loans and work. Our enrollment continues to grow each year. We have a stable faculty and staff who are dedicated to supporting students and the mission of the College. But rest assured that we will continue to examine our priorities in order to ensure that students who want to attend Allen College can achieve their dreams. This year, for example, I have cancelled the annual scholarship dinner and will use those funds to support student scholarships. And I am examining our budget to identify other funds that might be used to provide scholarships to our deserving students.

I want thank our many donors and friends who have supported Allen College over the years and are continuing to do so even in these challenging times. Your unflagging support of our college and our students offers a beacon of hope for the future.

Dr. Jerry Durham
Chancellor

Allen College would like to recognize and thank the several Philanthropic Educational Organization (PEO) chapters for supporting Allen College students. The PEO core mission is promoting educational opportunities for women. Now headquartered in Des Moines, PEO was started in 1869 by seven women at Iowa Wesleyan College. The organization has expanded to almost 250,000 members in chapters in the United States and Canada, including 10 chapters in Waterloo. Each chapter supports state and national projects. For more information, visit their Web site at www.peointernational.org.
Allen College Welcomes New Board Members

Two new members joined the Allen College Board of Trustees in January: Dr. Bev Smith and Dr. Joel Haack.

Dr. Smith is an associate superintendent for human resources and equity for the Waterloo Community School District. Born and raised in Iowa, Smith earned a bachelor’s degree in theatre and elementary education from Cornell College, a master’s degree in educational psychology and an education doctorate in leadership from the University of Northern Iowa.

Dr. Smith’s prior professional positions include elementary teacher, director of two child development agencies, elementary principal and adjunct professor in the education departments of both Wartburg College and the University of Northern Iowa. She has been very active in many civic and professional organizations and has served on many boards and in leadership positions throughout her career. She currently serves on the Allen Hospital Board and the Iowa Board of Educational Examiners and is president of the local chapter of Zeta Phi Beta Sorority, Inc.

Awards she has received include the Salute Award from the Northeast Iowa Chapter of Women in Communications Inc.; KBBG Citizen of the Year; Distinguished Emeritus of the University of Northern Iowa Price Laboratory School; the Human Rights Commission Education Award; and the KBBG Community Service Award.

Dr. Haack is dean of the College of Natural Sciences and a professor in the mathematics department at the University of Northern Iowa. He received his bachelor’s in mathematical sciences, his master’s in both statistics and mathematics, and a doctorate in mathematics from the University of Iowa.

Dr. Haack has taught at the University of Iowa and Oklahoma State University. He has held several positions in administration, including head of the department of mathematics at UNI. He has researched and published many academic papers and has presented numerous addresses and invited presentations at professional meetings, universities, colleges and high schools. Haack has received grants from NSF and NATO.

We look forward to the expertise Drs. Smith and Haack will bring to the Board.

SING! SING! SING!
The Allen College Chorus

A Tradition Returns to Allen

The Allen Chorus became a reality following auditions in December 2008. Director Stephanie Althof, who most recently served as the Choral Director at the United Church of Christ in Cedar Falls, directs the chorus. The chorus members include Allen College students and alumni, as well as Allen Hospital associates. The informal auditions have initially resulted in a 24-member chorus that began rehearsals in January 2009.

The Allen Chorus’ first concert date is scheduled for April 28. The chorus will rehearse from September through May and eventually perform at Allen College graduation ceremonies, alumni banquets and an annual holiday event. If you are interested in joining the Allen chorus, please contact Kristin Teig Torres at 319-226-2016 for audition information.
I remember a wonderful August day in 1987. All of the financial advisors in the office were gathered around the coffee pot, offering their tidbits of wisdom on the subject of “Will the stock market ever reach 3,000?” The market had enjoyed a bull run since 1982, and it appeared there was to be no end to the prosperity. Some naysayers in the group were adamant 3,000 was much too lofty, the market surely was in for a correction. Still others insisted that it would rocket through the 3,000 mark and never look back.

That was an enjoyable August, but then… October came. Black Monday. The market experienced the largest one-day stock market crash in history. The Dow lost 22.6 percent of its value, or $500 billion. It was October 19, 1987.

A number of explanations have been offered as to the cause of the crash, although none may be said to have been the sole determinant. It took only two years for the Dow to recover completely; by September of 1989, the market had regained all of the value it had lost in the ‘87 crash.

On October 9, 2007, the Dow reached 14,164. Investors were euphoric with their profits. But then, as Yogi Berra said, “Deja vu all over again!” The Dow began a gradual decline that accelerated in May of 2008. Many people are now wishing they had sold every security they owned on that blissful day in October. But in case you are like most of us and you did NOT sell in October of 2007, what do you do now?

By Frank Stepp, Vice President, Thompson & Associates

Here are several keys that will help you cope with an uncertain economy.

1. Learn from history
Times are tough, but they’re not uncommon. Since 1929, there have been 16 bear markets—including the one we’re in.

They generally last about 15 months and the average decline on the S&P is usually 33.5 percent, according to InvesTech. This bear market was declared in July—and so far we’re down almost 50 percent.

Remember, every bear market has experienced a recovery.

2. Recognize your emotions
You need to recognize why you are worried and anxious—and pinpoint where these emotions are coming from. You may be fearful that you will lose all of your savings. Perhaps you are responsible for someone else’s money, and you do not want to see anything happen to it. Some people are afraid of feeling embarrassed or ashamed if they have to rely on their children for money. The process of recognizing why you are fearful will help you feel less emotional about what’s going on. Now you can rationally begin to formulate a plan.

3. Stop watching the news
The media makes money by selling advertising. Advertisement spots are priced according to the number of viewers/listeners during that time slot. Panic breeds viewers. People are more likely to tune in to the news if they are anxious about the market. So, the media presents the news in such a way as to highlight the negative.

4. Consider your investments
Remember, for every share sold today in this crazy market, there is someone buying it; someone who realizes that America is on sale for 35 percent off. If your investment is in a retirement account and you continue contributing to the account, you are taking advantage of dollar cost averaging. That means you are still buying stock at today’s lower prices to offset the ones you bought at last year’s higher prices. When the market begins to regain momentum, your new investments will be making you gains from the start.

5. Educate yourself on alternative investments
If you can’t get comfortable with stocks and mutual funds, there are numerous investments that offer a fixed rate of return, and some even offer tax advantages.

Everyone is familiar with CDs, but annuities are another option. Annuities have been around for many years. But have you ever heard of charitable annuities? These are fixed-rate investments that pay you an income for life and then benefit your favorite charity. A portion of the income is tax free and you will also receive an income tax deduction in the year you set up the annuity. Call the nonprofit organization that made this information available to you for more information.

Charitable annuities are fixed-rate investments that pay you an income for life and then benefit your favorite charity. A portion of the income is tax free and you will also receive an income-tax deduction in the year you set up the annuity. Contact Matt Rolinger at Allen Foundation, 319-274-6712.
Murtis Smith
Supporting Andy’s Legacy

Murtis (Gordanier) Smith describes herself as “a depression baby” who grew up in the 1920s and 1930s near Postville, Iowa. After her mother died from unknown causes when Murtis was 10, she had to pitch in quickly to help her family of six through lean times.

She also had to save diligently for her own education, which included nursing school at the University of Iowa. That’s where she met her future husband, Dr. Andrew C. Smith, on a blind date. Married in 1952, the couple lived in Detroit, where Dr. Smith completed his internship and residency at Detroit Receiving Hospital while Murtis worked as an RN at Henry Ford Hospital.

In the mid-1950s, they moved to Waterloo, where Dr. Smith began a practice of internal medicine with Dr. Herbert Shulman. He became widely known as an understanding doctor and a good listener. He often stated, “I always felt if you gave the patient the time, they would tell you what was wrong with them.”

After 34 years of medical practice and work at Allen Hospital, the administration established the Andrew C. Smith, MD Scholarship fund upon his retirement in 1990. Murtis has graciously made arrangements for regular contributions to the scholarship fund ever since. Dr. Smith died in the fall of 2007 at the age of 82.

“Andy was just a wonderful man. He was very supportive of nurses and recognized how important their assistance was to physicians,” says Murtis. “Neither of us had money early on. So he would be happy that I gave to the fund again. And I feel like I’ve gone full circle.”

Allen College greatly appreciates the support of Murtis Smith. She typifies so many Americans who worked hard in difficult times, yet still find it easy to give generously.

2008-2009 Outside Scholarship Recipients

Thank you to the following individuals and organizations that offered scholarship assistance to Allen College students during the 2008-2009 academic year. Allen College institutional scholarship recipients and donors were acknowledged in the fall newsletter.

Algonia Community School Foundation, Iowa Dollars for Scholars Chapter
Chandra Foertsch
Amond Scholarship from the Trinity Health Foundation, Fort Dodge
Jenilee Burke
Cambridge Medical Center Auxiliary Scholarship
Kristin Carlson
Cedar Falls Business Professional Women
Leah Oppermann
Angela Schmitz
Cedar Falls Civic Foundation
Lynetta Felling
Charles City Branch of American Association of American Women
Robin Reicherts
Clayton County Farm Bureau
Nicoie Glawe
Edward B. Gnahn Scholarship
Whitney Bennett
Elkets from Waterloo
Roxane Cordex
Finley Hospital Scholarship
Kari Domeyer
Grundy County Memorial Hospital Foundation Healthcare Career Scholarship
Krystle Primus
Waverly Health Center Auxiliary and Waverly Health Center Medical Staff Health Career Scholarship
Joni Poppe
Hemophilia Of Iowa Inc. Scholarship
Matthew Patrilla
Henry Buresh Scholarship
Kayla Christensen
Sadie Oulman
Iowa 4-H Foundation Scholarship
Kara Moeller
Iowa Farm Bureau Federation Scholarship
Lindsey Lehmann
Iowa Hospital Education Research Foundation
Elizabeth Ash
Janna McClintock
Iowa Lutheran Hospital Auxiliary Endowment Scholarship
Peggy Black
Jo Behr Scholarship
Melissa Majewski
Kirkwood Foundation
Reghan O’Toole
Mabel Vacek Scholarship Trust
Melanie Smith
Mercy Hospital Foundation, Iowa City
Brenna Johnson
New Hampton Dollars for Scholars
Roxane Cordes
Brandon Rivers
Northeast Iowa Charitable Foundation, Oelwein
Alyssa Hannasch
Northeast Iowa Charitable Foundation, Oelwein
Emily Duffy
Samantha Stanford
Peach Lutheran Church Scholarship, Wall Lake
Stephanie Mahn
Pritchard Educational Fund, Cherokee, IA
Brittany Lux
Roth Jewelers, Waterloo
Jenilee Burke
Sac & Fox Tribe of the Mississippi in Iowa Scholarship
Sally Youngbear
Sinek Scholarship - Class 2005, Pocahontas, IA
Sarah Baade
Skiff Medical Center Auxiliary
Hiliary Van Sollen
Spencer Community School Foundation
Holly McClintock
St. Luke’s Healthcare Foundation, Cedar Rapids
Beth Meyer
Bonnie Seely
Tyson Family Foundation
Tesia Wickham
Western Home Communities Scholarship, Cedar Falls
Chelsey Courtnage
From student athletes arriving from school by van to senior citizens who are confused by the healthcare system—the Allen College health assessment clinic at the Waterloo Salvation Army is serving the underserved.

Part of the College’s service-learning initiative, the free clinic opened in October 2008 and is staffed by health assessment students enrolled in one of four nurse practitioner tracks of the College’s Master of Science in Nursing degree program. The students conduct complete health assessments under the supervision of faculty member Ruselle DeBonis. The clinic is open two days a week and staffed by one faculty member and up to four students. In the first months of operation, students evaluated 30 to 50 patients a month. They provide walk-in patients with head-to-toe physical examinations, cholesterol and glucose monitoring, and health education.

“We identify problems more often than not, so we try to refer patients to services available in the community, depending on the need,” DeBonis says. “We make referrals for almost 50 percent of our patients.”

Since the health assessment course is the first master’s level course that has a clinical component, the clinic offers students early opportunities to conduct physical examination and begin orienting to the role of nurse practitioner. The experience helps students develop their assessment skills in a lower-pressure environment than if they were working with a physician or nurse practitioner in a different setting.”

Ruselle DeBonis
Allen College Assistant Professor

Grant Awards

Nurse Faculty Loan Program (NFLP) – Dr. Nancy Kramer, associate dean of the nursing division, and Kathie Walters, coordinator of financial aid, prepared a grant application for the U.S. Department of Health and Human Services (HHS), which was funded in the amount of $71,037 for the 2008-2009 academic year, up from $20,659 for the 2007-08 academic year. MSN students enrolled in the education track meeting specified criteria will benefit from this federal grant through the Health Resources and Services Administration (HRSA) of the HHS.

Martin Luther King Day of Service – Service Learning Project – Mary Brown, associate professor of nursing, and Anna Weepie, assistant professor of nursing, submitted a mini-grant application to the Iowa Campus Compact, which was funded in the amount of $500 to coordinate a MLK Day service event on January 19, 2009.

Allen Community Engagement – Salvation Army Program (ACE-SAP) – Cathy Simmons, grant writer, and Ruselle DeBonis, assistant professor of nursing, submitted a grant application to the Community Foundation of Northeast Iowa, which was funded in the amount of $6,500 for the Allen College – Salvation Army collaborative activities.
Students Volunteer at Free Dental Clinic

On October 3 and 4, 2008, 25 Allen College nursing students learned that with just a few hours of time, they can give gifts that last a lifetime.

The Allen Student Nurses’ Association sponsored the effort to coordinate student volunteers for the first-ever Iowa Mission of Mercy, which provided free dental care to walk-up patients at the Five Sullivan Bros. Convention Center in Waterloo.

According to Iowa Mission of Mercy, 963 lay and professional volunteers provided care for 1,254 patients over the course of the event. The value of the services was $602,540. Patients drove an average of 40 minutes to attend, and 70 percent said they had no dental insurance. Nearly 50 percent of those treated said they hadn’t been to a dentist in more than two years.

Holly McClintock, co-president of the Allen Student Nurses’ Association, says in a profession based on service and helping others, it’s important to reach out and help in the community. “This event made us realize that just a few hours of our time can make a big difference in many people’s lives,” McClintock says. “The patients were so appreciative. The gratitude on their faces was priceless.”

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Loras and Allen Colleges Sign Nursing Program Agreement

Loras College is the latest institution to sign a collaborative agreement with Allen to enable transfer of qualified students from its BS program to Allen’s accelerated BSN program.

Students who complete certain course requirements at Loras College can then enter Allen’s 15-month intensive program to complete their BSN degree in just two summers and one academic year. All general education requirements for the nursing program will be fulfilled during the student’s coursework at Loras.
Faculty/Staff Recognitions

Dr. DeAnn Ambroson, professor of nursing
- Researcher on health literacy research study.

Brenda Barnes, director of the clinical lab science program

Peg Broadie, assistant professor of nursing
- Serves on the Fundamentals Steering Committee for FA Davis Company and is a chapter reviewer for the Wilkinson and Van Leuen “Fundamentals of Nursing” textbook.

Dr. Lisa Brodersen, professor of nursing
- Dissertation, “Approaches to Studying and Study Tactics of Baccalaureate Nursing Students.”
- Nominated for 2008 Outstanding Dissertation Award at the University of Northern Iowa.

Pat Buls, assistant professor of nursing
- Member: Geriatric Nursing Education Consortium (GNEC) 2008.

Rhonda Cue, assistant professor of nursing
- Member: Geriatric Nursing Education Consortium (GNEC) 2008.

Dr. Susan Dawson, dean of academic affairs
- Presenter: “Mental Illness in the Classroom,” to the American Association of Adult and Continuing Educators Conference, Denver, Colorado.
- Presenter: “Stigma by Association,” to the Lifelong Learning International Conference, Thunder Bay, Ontario, Canada.

Ruselle DeBonis, assistant professor of nursing
- Co-wrote a grant with Cathy Simmons, grant writer, for $3,000. “Innovative Community Projects” by Pfizer.

Dr. Jerry Durham, chancellor
- Contributed a chapter on plagues and epidemics to the forthcoming “Encyclopedia of Death and the Human Experience.”
- Served as co-chair of an expert panel on emerging and re-emerging infectious diseases at a November meeting of the American Academy of Nursing in Phoenix.
- In December, served as team chair for the Pennsylvania Department of Education to evaluate and conduct a site visit regarding the application from a hospital-based institution offering nursing and allied health programs to move from two-year college to four-year college status.

Kay Froehner, associate professor of nursing
- Elected INA Northeast Region Council secretary.

Dr. Jim Hauschildt, adjunct assistant professor of nursing
- In September, presented at the 19th Annual Nurse Education Tomorrow (NET) International Participative Conference at Churchill College, University of Cambridge, United Kingdom. The theme was healthcare education within universities and practice settings. It provided a unique opportunity to share ideas and experiences with a wide-range of colleagues interested in innovations and development in healthcare education.

Dr. Peggy Fortsch, associate dean, health sciences division
- Promoted to associate dean, division of health sciences, at Allen College.
- Promoted to team chair for Joint Review Committee on Education in Radiologic Technology (JRCERT) accreditation site visits. Chairred site visits for a program in Miami and a program in Conroe, Texas.
- Appointed education chairperson for the Iowa Society of Radiologic Technologists.

Kay Froehner, associate professor of nursing
- Elected INA Northeast Region Council secretary.

Mavis TeSlaa, assistant professor of nursing
- Member: Geriatric Nursing Education Consortium (GNEC) 2008.

Anne Weepie, assistant professor of nursing

Dr. Diane Young, professor of nursing
- Textbook reviewer for the following:
  1) Pearson—“End of Life Care in Nursing,” new text, by Guido.

JoEllen Kubik, assistant professor of nursing
- Presented “Detox Management: Increase Your Knowledge and Skills,” at Allen Hospital.
Diane Young—Evolution of Nursing Education

Waterloo native Dr. Diane Young has been teaching nursing for decades. With a PhD in nursing from the University of Iowa, Young was associate director of Allen School of Nursing from 1984-1987. She served as the school’s director from 1987-1993, after which she began teaching in Allen College’s BSN program.

Young is currently studying at Saint Louis University to become a nurse practitioner (NP). “The college is continually adding programs, and one we want to start is a gerontological NP program,” she says. “And we didn’t have a gerontological NP on staff, which we really must have, so I volunteered.”

As she reflects on Allen College’s 20-year anniversary, Young notes many changes in healthcare education:

Economics – “In the last 20 years, college tuition and fees have increased about 400 percent,” Young says. Students today often must work while attending school, so professors are challenged to keep things relevant. “Their attention is often directed in many different areas, and we have to find more efficient teaching methods,” Young says.

For faculty, even though Allen College salaries keep pace with inflation and industry standards, faculty salaries in general don’t keep pace with salaries of practice professionals. There’s a tremendous faculty shortage, and nursing faculty nationwide are aging. On the upside, the economy also causes faculty to work longer, and expose students to the benefits of their seasoned expertise.

Advances in Healthcare – “The knowledge explosion in health and disease management is unprecedented, and the faculty have to keep current,” Young says. Now it takes far more reading and prep time than in the past. “So there’s more to teach, at a time when we have less time with students.”

The sheer amount of information available is staggering, Young says, and it changes every day. “We have to, more than ever, teach our students to be information seekers,” Young says. “We can’t possibly teach them everything they need to know.”

Technology – Healthcare advances, combined with or caused by technological advances, make today’s health education terrain new territory for many seasoned faculty.

“One of the big concerns is becoming too high-tech, low-touch,” Young says. “We have to find ways to foster the caring piece of healthcare: interpersonal skills, patient emotions. It’s difficult to do that without direct patient contact.”

Online classes—which Young both teaches and attends—present unique challenges as well, she says. They require up to double the work time as teaching a lecture class, and some faculty see less satisfaction in teaching online, Young says. “It’s challenging to stimulate critical thinking… and I think we become better teachers when we have personal contact with students.”

Despite the challenges in today’s healthcare education arena, Young remains excited about its opportunities. All of the above factors combined have contributed to an increase in the number of faculty going into practice and continuing their education, both of which benefit everyone, Young says.

“About half of our faculty are currently continuing their education,” Young says. “We’re blessed because the administration is very supportive, both in time and financial support.”

Ultimately, it’s an investment in the future of the college. “It’s about credentials, credibility, maintaining our expertise—and being an example to our students that we have to be lifelong learners,” Young says.

FEATURED FACULTY

Diane Young—Evolution of Nursing Education

Dr. Diane Young

“We have to, more than ever, teach our students to be information seekers.

“We can’t possibly teach them everything they need to know.”

Diane Young

Allen College Welcomes New Staff

Cynthia Harris, library assistant
Cynthia received her BFA from the University of Tulsa, with an emphasis in printmaking, art history and ceramics. She most recently worked as a geological technician and freelance artist. She is married to Tom, her husband of 24 years, and has one son, Hank, who is a sophomore at the University of Wisconsin. Cynthia enjoys weaving, spinning, knitting, dyeing, ceramics (especially tile making), horses, backpacking and cross-country skiing.

Wayne Richter, environmental services
Wayne joined Allen College last fall. He likes working at Allen College because of the friendly atmosphere and the variety of the work. When he’s not working at Allen College, he enjoys golfing, deer hunting, spending time with family and working on cars.

Allen College Nurses Achieve Certified Nurse Educator Status

Four more Allen College nursing faculty members have successfully achieved Certified Nurse Educator status: Dr. DeAnn Ambroson, professor of nursing; Mary Brown, associate professor of nursing; Anne Weepie, assistant professor of nursing; and Dr. Kendra Williams-Perez, professor of nursing.

Dr. Diane Young and Dr. Nancy Kramer previously achieved CNE certification. Between September 2005, and March 31, 2008, only 11 Iowa nurses achieved this certification.
Graduation Recap

Fall Graduation Ceremony

Allen College held its fall commencement ceremony on Friday, December 19, 2008 at 3 p.m. at Nazareth Lutheran Church in Cedar Falls. Twenty-one nursing students received Bachelor of Science in Nursing degrees and eleven nursing students received Master of Science in Nursing degrees. Fred Schuster, regional director for Department of Health and Human Services for Region VII served as commencement speaker.

Congratulations to the following graduates!

Bachelor of Science in Nursing
- Teresa Anderson, RN*
- Kathy Bell, RN
- Jan Davis
- Erin Deiniken
- Tracy Elliott, RN#
- Ashley Godfredson
- Carol Hellman
- Lucy Holmes
- Ellen Jaque
- Carolyn Johnson, RN
- Kimberly McCabe
- Bethany McGrane
- Kristine Nelson
- Lauren Osborne
- Krystle Primus
- Heidi Prose#
- Katie Roorda
- Angela Scally, RN#
- Rachel Thompson
- Tori Vinton
- Dena Wygle

Master of Science in Nursing
- Shelley Cahalan
- Lori Gaster
- Deborah Gingrich
- Jonathon Hennings
- Stephanie Hoenig
- Patricia Lehmkuhl
- Michele Malone
- Beth Meyer
- Brenda Oehler
- David Phillips
- Lori Townsend

ACADEMIC HONORS
*Summa Cum Laude (3.9 GPA or above)
**Magna Cum Laude (3.71-3.89 GPA)
#Cum Laude (3.5-3.7 GPA)

FIRST Leadership Cohort Graduates in 2008

The first class of the Iowa Health System (IHS) Leadership Cohort participated in graduation ceremonies December 19, 2008.

The IHS Leadership Cohort began in the fall 2006 semester. Leadership Cohort students complete the Master of Science in Nursing Leadership Track, which prepares them with essential skills for effective leadership in the current and ever-evolving healthcare system.

Students complete core coursework for the MSN degree. Additional courses related to organizational theory, principles of leadership and innovative strategies are vital components of the program. Practicum experiences are tailored to enhance individual student career goals. Graduates will possess a strong knowledge base to facilitate leadership roles in multiple urban and rural care settings.

Participants of the Leadership Cohort consist of IHS employees. The first cohort included IHS employees from St. Luke’s Cedar Rapids and Finley Hospital in Dubuque. The second Leadership Cohort began in the fall 2008 semester. This cohort includes IHS employees from Allen Hospital, Iowa Health Des Moines and St. Luke’s in Cedar Rapids.

2008 Graduates’ Awards & Honors

JANE E. HASEK EXCELLENCE IN NURSING AWARD
The nursing faculty of Allen College select the graduate who best incorporates the values and beliefs of the mission and philosophy of Allen College in his/her professional and personal life. This award was named in recognition of the first Chancellor of Allen College, Dr. Jane Hasek, for her visionary leadership in the establishment of the College. The December 2008 recipient of the Jane E. Hasek Excellence in Nursing Award was Carol Hellman.

ALLEN COLLEGE SERVICE AWARD
Selection of the Allen College Service Award is made by the Allen College faculty for students who have provided outstanding service to the College and as ambassadors in the community, and have demonstrated a strong commitment to the core values espoused in the College philosophy. Recipient of the December 2008 Allen College Service Awards was Rachel Thompson.
Record MSN Enrollment
A record 119 students enrolled for the spring 2009 semester in the Allen College MSN program. The new record is a 49 percent increase from the 80 students enrolled in the program in fall 2007. It marks the fourth consecutive year of record enrollment for the program.

Allen College master’s students are enrolled in one of the program’s six tracks: Acute Care Nurse Practitioner (ACNP); Adult/Gerontological Nurse Practitioner (ANP/GNP); Adult Psychiatric Mental Health Nurse Practitioner (APMHN); Family Nurse Practitioner; Health Education; or Leadership in Healthcare Delivery.

Overall, 2008 was another strong enrollment year at the college. Enrollment in the undergraduate BSN program was 279 students. Another 29 were enrolled in the two-year ASR program. Total enrollment, for all three programs (MSN, BSN and ASR) was 416 students. In 2007, the college’s sixth consecutive year of record overall enrollment, 462 students were enrolled.

The dip in overall enrollment was attributed to the recent conversion of the BSN program to an upper-division program. As a result of this change, freshmen students are no longer included in Allen College’s enrollment figures.

RN-BSN Program with Allen Hospital Shows Success
Fall 2008 marked the first semester of Allen College’s cooperative arrangement with Allen Hospital to turn RNs into BSNs. The program, which is an initiative throughout Iowa Health System (IHS), allows IHS nurses to complete all required nursing courses for the BSN degree in two years while continuing to work full- or part-time.

“We have 20 students enrolled in the Allen Hospital cohort right now,” says Barb Seible, Allen College assistant professor and RN-BSN coordinator. “They take two online, eight-week courses a semester and one in the summer.” Students are only required to visit campus for an orientation and then five or six times per semester. IHS offers significant financial assistance to students in the program.

“I think they’re all handling it well and are very appreciative of the opportunity,” Seible says.

Judy Renaas, vice president of clinical services and chief nurse executive at Allen Hospital, says the online classes are efficient and effective and provide the autonomy working nurses need.

Renaas says that nurses who pursue their bachelor’s degrees not only enhance their employment opportunities, but also gain a broader perspective on healthcare. The RN-BSN program benefits the nurses, the hospital and ultimately, patients.

“Broadening their education enhances critical thinking skills, sophisticated their communication skills and begins to develop leadership skills in nurses,” Renaas says.

Allen College Explores DNP (Doctor of Nursing Practice)
Allen College is exploring the possibility of establishing a Doctor of Nursing Practice (DNP) program. At present, approximately 80 schools of nursing offer the DNP, and this number is expected to reach 200 by 2015. The purpose of the program will be to prepare nurse clinicians to assume leadership positions in clinical practice, clinical education or executive management. The DNP program, if established, will build on the College’s current MSN program which includes four nurse practitioner tracks and tracks in education and leadership. DNP-prepared nurses can help to close the gap in the number of primary care, acute care and mental healthcare providers and to address the growing shortage of nursing faculty.

Nurses who pursue their bachelor’s degrees not only enhance their employment opportunities, but also gain a broader perspective on healthcare. The RN-BSN program benefits the nurses, the hospital and ultimately, patients.
Allen College Introduces Division of Health Sciences

In 2008, Allen College introduced a new division at the college for Health Sciences. The College’s existing Associates of Science in Radiography (ASR) program was partnered with two new programs, Clinical Laboratory Sciences (CLS) and Nuclear Medicine Technology (NMT) to create the new division of Health Sciences. The ASR program is a two-year Associates of Science degree program. The CLS and NMT programs allow eligible students to gain a Bachelor of Health Sciences degree from Allen College. For the CLS and NMT programs, students can enter the program after completing approximately three years of undergraduate education (meeting the course specific prerequisites classes) and complete their bachelor’s degree at Allen.

Another available option is for students who already hold a bachelor’s degree (meeting the course specific prerequisites classes). They can apply to either program and gain a second bachelor’s degree in Health Sciences from Allen College. For the CLS and NMT programs, students can enter the program after completing approximately three years of undergraduate education (meeting the course specific prerequisites classes) and complete their bachelor’s degree at Allen.

The Allen College Clinical Laboratory Science program is working hard to be ready for the first students to start in August 2009. Our first clinical affiliate, Allen Hospital, is on board, and we are working to add other potential affiliates in the next couple of months. We are also working on accreditation through NAACLS, the accrediting body for laboratory programs. Curriculum is in the development stages, and textbooks and other learning resources are under review at this time. Finally, Allen College is now an official site for P.A.C.E.® continuing education seminars, with the first held in January 2009. This allows area laboratory professionals the chance to obtain live continuing education credits close to their workplace.

Allen College is currently taking applications for all Health Sciences programs for 2009. For specific requirements needed to qualify, or to fill out an application, please visit www.allencollege.edu or call 319-226-2000.

Student Awards and Honors

The October meeting of the Northeast District of the Iowa Society of Radiologic Technologists was held at Sartori Hospital in Cedar Falls on October 21, 2008. The Allen College ASR Level 2 students prepared and entered their scientific posters into competition against other student posters from Covenant.

Allen College students Kassie Adams and Whitney Pagel received first place for their poster entitled “The Buzz on Rheumatoid Arthritis.” Rhian Littlechild and Megan Vaughan received second place for their poster “Pneumonectomy,” and Natalie Mangrich and Lora Hunt received third place for their poster “The Beat on Dextrocardia.” Congratulations!

It Runs in the Family

Mother and Daughter Graduate Together

Nursing often runs in the family—but it isn’t often that two members of the same family earn their BSNs at the exact same time, in the exact same place. Especially family members from two generations.

In December 2008, Jan Davis and her daughter, Ellen Jacque, graduated from Allen College, side by side.

Throughout her business career, Jan always knew she wanted to go back to college someday. “I took my daughter to orientation at Allen, and a light bulb went off,” she says. “I decided that’s what I wanted to do for the rest of my life.”

The pair began their general education studies at Hawkeye Community College in 2004, and transferred to Allen College in 2006.

While her college experience was different from what she’d expected, Ellen says she wouldn’t trade it for anything. “It was more fun than I could have ever imagined,” she says. “School is so stressful, and my mom was always there to kind of pep me up and remind me why I was doing it.”

Between some deaths in the family and the birth of Ellen’s baby, the family had its share of additional stress while they were in school. Jan agrees that the personal and academic support they provided each other really helped. “When I was hanging from the ceiling, worrying about something, Ellen was always there to bring me down,” she says.

The two have different academic interests, so mother and daughter had very few classes together in their last two semesters. Ellen is interested in OB and pediatrics, while Jan is interested in gerontology. She is already pursuing her master’s at Allen College with the eventual goal of becoming a gerontological nurse practitioner.

Neither of them could have made it without the support of Jan’s husband. “He had to work seven days a week to support me during this,” she says. “He has no idea how much I appreciate it.”

“I took my daughter to orientation at Allen, and a light bulb went off. I decided that’s what I wanted to do for the rest of my life.”

Jan Davis
**Student Snippets**

**Name: Lindsey Clewell**  
Program: Associate of Science in Radiography  
Graduating: May 2009  
Hometown: La Motte, Iowa

**About Lindsey:**  
Lindsey is president of Allen College Student Radiography Organization (ASRO).

Lindsey always knew she wanted to be in the healthcare field, and was attracted to the ASR program because of its clinical focus.

“One of the best parts of the program is getting hands-on experience,” she says. Lindsey hopes to continue her education in Allen’s new nuclear medicine technology program, for which she plans to apply next year.

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**Names: Cassandra & Kyle Frost**  
Programs: Both in Bachelor of Science in Nursing  
Kyle – Dec. 2010  
Hometowns: Cassandra – Waterloo, Iowa  
Kyle – Dike, Iowa

**About Cassandra and Kyle:**  
Cassandra and Kyle met when they were teenagers. Their first child, Cade Alan, was born on December 23, 2008. Kyle always knew he wanted to go into nursing, and he earned his LPN at Hawkeye Community College before enrolling at Allen. Cassandra took her general education courses at UNI, and was studying biology when she became interested in her husband’s clinical LPN work.

“All actually enrolled in Allen first,” Cassandra says. “It’s fun, being in school together. Kyle’s a year behind me, so he’s taking courses that I’ve already taken, and we can talk about our different clinical experiences.”

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**Allen Students Rock the Vote**

The Allen College community service committee—a group including students and faculty—knew the 2008 presidential election was too important for their organization to ignore.

“We knew there were quite a few people who hadn’t voted before, and we wanted to get them excited about the election,” says accelerated BSN student Kathi Eggleston.

On October 21, 2008, Allen’s first Rock the Vote rally attracted between 75 and 100 people. Local speakers from both campaigns were invited to present at the non-partisan rally, and balloons and prizes added to the event’s festivity. At least 20 people registered to vote.

Eggleston credits the event’s success to the committee’s promotional efforts. “We started by posting blogs online, interviews with faculty and students about the importance of voting,” she says. “I think a lot of people were intrigued by them, and one person came up to me and said they helped get her interested in the election.”
Alumni News

The 2009 Allen College Alumni Reunion, April 24 and 25

The 2009 Allen College Alumni Reunion will kick off with a special celebration on Friday, April 24, for the classes of 1959, 1984 and any classes prior to 1959. Graduates of these classes and their guests will join Dr. Jerry Durham for a special reception in Barrett Forum. It is a wonderful way to catch up and celebrate accomplishments that occurred 25, 50 or more years ago. An All-Allen College Graduate Lunch will take place on Saturday, April 25, starting at noon. Tours of the College and Hospital will follow. The elegant Allen College Alumni evening will begin at 5 p.m. on Saturday with a social hour at Sunnyside Country Club in Waterloo. This beautiful banquet facility will be the backdrop to sparkling conversation with your classmates, friends and family.

Don’t miss this fantastic weekend!
Contact Allen College Student Services/Alumni Affairs for more details at 319-226-2000.

RECAP OF WINTER/SPRING ALUMNI ACTIVITIES

January 26, 2009
Alumni Reception at the Westin Crown Center
Brasserie Bar in Kansas City

March 25-27, 2009
Alumni Association Annual Fund Phone-a-thon
Funds raised benefit Allen College Students and programs.
If you missed our call, it’s not too late to support Allen students.
As mentioned earlier in his newsletter, a generous gift was given by Mr. and Mrs. Hall to match Allen College donations.
Help us help Allen College students receive the priceless education that you received!
Please mark your donations to Allen College Alumni Association Annual Fund and mail to: Kristin Teig Torres/Alumni Affairs
Allen College
1825 Logan Ave.
Waterloo, IA 50703

April 24- 25, 2009
Alumni Reunion

Alumni Receptions

Alumni Receptions were held this past fall in Des Moines, Rochester, MN and Chicago.
At the Rochester reception, JoAn Headington (’66), Sandra Hart (’69), Mary Shirk Marienau (’71) and Dr. Jerry Durham pose for the camera while Darlene Clikeman (’58) and Joy Steigerwald (’58) share a laugh.

ALUMNI REUNION SCHEDULE
Friday, April 24
25-Year and 50+ Year Receptions (classes of 1984,1959 and prior)
5 p.m., Barrett Forum Student Center
Allen College Campus
1990 Heath Street

Saturday, April 25
Annual Luncheon and Tours
12 p.m., Barrett Forum Student Center

Annual Dinner
5 p.m., Social Hour
6 p.m., Dinner and Program
Sunnyside County Club
1600 Olympic Dr.
Waterloo, IA
(formal invitation/RSVP card will be mailed)

CRAFT SALE
The 2008 Allen College Alumni Association Craft & Bake Sale was held on October 10.

The annual event raised more than $3,000 for the Alumni Association and had the Allen Café brimming with one-of-a-kind crafts and artwork. DeLoy Wilson (’53) and Betty Wexter (’52) worked the entire day, raising nearly $1,000 on the bake sale!

Mark your calendars for the 2009 Craft & Bake Sale scheduled for Friday, October 9.
Mary Shirk Marienau has always been a trendsetter. When she wanted to transfer to Allen School of Nursing in 1969, she had to receive special permission from Ms. Turner, who directed the program—because Marienau was getting married.

“There were only six or seven married students,” Marienau says. “We were called the ‘out students’ because we didn’t have to live in the dorms.”

A year later, she had to go back to Ms. Turner to ask permission to stay in the program—because she was pregnant. “My daughter, Jennifer, was the first baby born to an Allen nursing student,” Marienau says. She went on to say, “Although I was first, two more babies were born to classmates that year.”

Now the director of the Master of Nurse Anesthesia Program at Mayo Clinic in Rochester, MN., Marienau is working to help create the school’s Doctor of Nursing Practice (DNP) program. She is also working on finishing her own PhD through the University of Minnesota.

She received her bachelor’s degree from the University of Northern Iowa in 1976 and began Mayo’s nurse anesthetist program in 1977. “When I came here, I was going to be here for two years, and then I was going to move to Chicago or Saudi Arabia,” Marienau says. “But 32 years later, I’m still here.”

They’ve been a busy three decades. After completing her nurse anesthetist certificate, Marienau earned her master’s degree from Winona State University while working full-time and raising her daughter as a single parent.

Meanwhile, Marienau grew more and more interested in leadership and education. In 1987, she became a site visitor for the Council on Accreditation of Nurse Anesthesia Educational Programs (COA). In 2008, she was named vice chair of the national council, based in Chicago.

Since Mayo’s nurse anesthetist program is not housed in a School of Nursing (it’s in the School of Health Sciences), it technically does not fall under the mandate that all advanced practice programs have to be at the DNP level by 2015. Still, Marienau says, it’s important. “The handwriting is on the wall,” she says. “We have to do it to remain relevant.”

Marienau is researching everything from curriculum to funding, faculty to credentialing, in hopes of getting the DNP program started in 2013. She also hopes to have her doctoral dissertation done this spring. “I’m developing a grounded theory for the recertification process for nurse anesthetists,” she says.

While supervising her students’ research also adds to her workload, Marienau says their work continues to excite her. She looks at how nursing education has evolved, and she likes it.

“I think the didactic portion of our education has become much more formalized,” she says. “I think we really have started to acknowledge that evidence-based medicine is the best way to go…. My catch-phrase is, ‘This is a dynamic program.’ Just because we did it that way last year doesn’t mean we have to do it that way this year.”

Marienau—now a grandmother and even step-great-grandmother—spends as much time as possible with her family. She hopes that next year she’ll discover what she actually likes to do during her free time. “I used to like to travel, but I have to do it so much, it’s not really as enjoyable as it once was. I’m looking forward to being able to read a book for fun.”

Alumni Recognitions
A special thank-you goes to Kathy Janssen, Betty Wexter and Madeline Wood for their many years of service on the Alumni Association Board. These ladies retired from the Board December 2008 and were recognized at the December Alumni Association Board meeting.
You can help shape the future of Allen College and Allen Hospital by donating to Allen College. Your generous donations will help finance special projects to enhance the quality of our education and the realm of our services. Contact Allen College or the Allen Foundation to find out how you can make a difference.

Dr. Jerry D. Durham  Matt Rolinger
Chancellor      Director of Development
Allen College  Allen Foundation
319-226-2015  319-274-6712
durhamjd@ihs.org  rolingmd@ihs.org

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TRANSCRIPTS

All transcript requests may be submitted in writing and mailed to:

Allen College
Attn: Transcripts
1825 Logan Ave.
Waterloo, IA 50703

Transcript fees:
Immediate Service - $8.00
48-Hour Business Service - $6.00
Faxing Service - $13.00
Student Copy - $6.00
Please include the year you graduated, your name at graduation, the address where the transcript should be mailed and the transcript fee, payable to Allen College.

For a copy of the transcript request form, please visit our Web site at www.AllenCollege.edu. Use the page search menu to find the form. Direct any questions to Enrollment Management by calling 319-226-2000 or by e-mailing allencollegeadmissions@ihs.org.

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Check out the News and Events (Events Calendar) on our Web site at www.allencollege.edu to keep current on events!