

THE BEAT



for CUA School of Nursing Students

NURSING STUDENTS GO GLOBAL!

Concordia University Ann Arbor school of nursing's summer clinical offerings aren't your typical learning experience—they're immersive, life-changing, and global. Students can be gaining clinical hours by day and seeing wildlife like giraffes and lions by night.

By Rachel Thoms

In summer 2019, CUA nursing launched three global clinical sites for students to complete their community health and pediatric nursing clinical hours.

Forty-one nursing students spent time in Belize, Romania, and Kenya volunteering their time and talents in both rural and urban communities providing care and sharing God's love through their compassionate caretaking.

"Caring for people from various cultures from around the globe provides our students with a unique opportunity to learn and serve, both of which align with Concordia's mission," said Campus Dean and Associate Professor Cindy Fenske. "The students were able to use their skills to provide care, hope, healing, and knowledge to the people they served."

The summer trips are a part of dozens of distinct global learning opportunities offer by Concordia University in more than 30 different countries. Global

education courses are faculty-led study abroad opportunities that can be completed for course credit and typically last one to three weeks.

"We are thankful that the Lord has opened up so many opportunities for partnering with mission-based organizations so that we can give this opportunity to all of our nursing students."

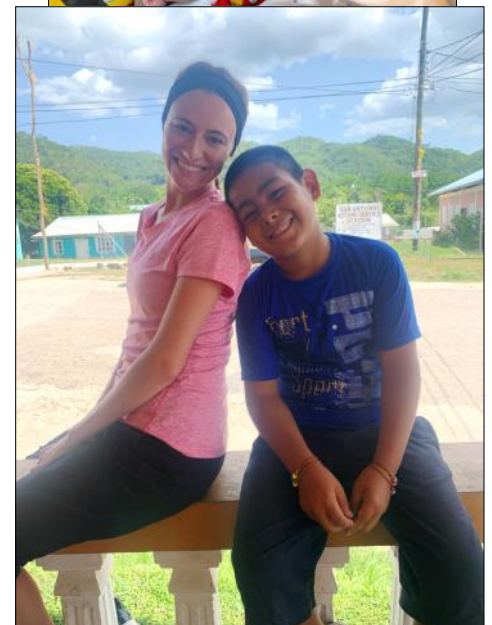
-Dean Cindy Fenske

2019 is the second consecutive summer that CUA's school of nursing has offered trips of this kind for nursing students, with no plans of stopping in future summers.

"We are thankful that the Lord has opened up so many opportunities for partnering with mission-based organizations so that we can give this opportunity to all of our nursing students," said Fenske. "Our hope

is to send students to these sites summer after summer, allowing us to make a considerable impact in the lives of those we are serving."

Upon their return, nursing students have been eager to share how they are forever-changed because of their global summer experiences.



Students and instructors at an orphanage in Kenya.

ABOVE: Student Dean Grimm in Kenya. BELOW: Student Sidney McClellan-Benedetti and a boy from the eyeglass clinic in Belize.



ROMANIA

July 12-26, 2019

Timisoara, Romania

Concordia nursing partnered with Missio Link International and Hope and Light Christian Association for a trip to Timisoara, Romania. Led by Professor Dr. Mihaela Zegrean, a group of thirteen school of nursing students spent their time learning to assess children and the extensive impact of socioeconomic factors on physical health.

“They didn’t have as much but used it so efficiently, both in the clinical setting and in general. Everyone was so grateful for what they had. In comparison to us they had so little but they made it work.”

-Student Carley Drzewiecki ('20)



Nursing students helping children learn how to dance at the Long Bridge Day Center for children with disabilities, Timisoara, Romania

While in Romania, the group worked with the partner organizations at many locations including the Victor Babes Hospital for Infectious Disease, Louis Tucanu Pediatric Hospital, Timis Emergency Hospital Pius Brinzeu, Social Services, and Buzias Re-Education Center for Minors.

Even though learning was constantly taking place, Zegrean shares that some of the most impactful moments on the trip occurred when the students were joyfully living life alongside the people they were surrounded by. “One of the most memorable moments for me was playing with children at Hope and Light foster Home. The smiles on the children’s face and on the students’ faces were priceless.” Said Zegrean.

Kassidy Grandoff ('20) chose to go on the trip to Romania, “because it was a different socioeconomic atmosphere and had a different medical structure than other trips that were offered. I wanted to experience the interesting culture first hand with our phenomenal tour guide Dr. Zegrean, who is from the city we explored.”

Kassidy learned how to be quite resourceful. It also taught her to be more appreciative for the little things that are taken for granted. Items as simple as water, over the counter medications, and family. The most memorable part of the trip for Kassidy was visiting the orphanages.

“It amazed me that these children understood that they were abandoned and went through such hardships, yet still were the most positive people I've ever met. They brought so much joy and laughter to us.”

“My Romania trip was an experience of a lifetime that most don't get the opportunity to have. It allowed me to experience a beautiful culture and real life struggles these people have to go through on a daily basis. The people touched my heart. Not only did it shape me into a better nurse but also a better person, able to care for those in need.”



Children teaching our students modern dances at St. Nicholas Day Center for children from disadvantaged situations, Timisoara, Romania.

INSTRUCTOR PERSPECTIVE—Romania

Mihaela Zegrean

This summer, 13 Concordia University nursing students had the opportunity of immersing themselves head first in Romanian culture in the city of Timisoara.

At the first clinical site, Hope and Light Foster Home, the students learned the art of interacting with 27 children. The most outstanding interaction was a little girl who tightly held onto one of our students, Megan Hardecki, from the moment she saw her and throughout our visit there. Megan looked just like her mother, who had died one week prior due to cancer.

Buzias re-education center for minors provided our students with a totally different perspective: how the effect of broken families and low socioeconomic status lead to hopelessness and crime. The students learned that through the programs offered at this center and the frequent presence of volunteers from Missio Link International, the incarcerated minors were learning to find God and hope for a better future. Hope was radiant and alive at two Social Services state-of-the-art centers in Timisoara: Long Bridge Center for Children with Disabilities and St. Nicholas Day Center for Children from disadvantaged families. The passion and drive of the employees at these centers were exemplary. In addition to performing many physical assessments, the students were taught by the children at these centers how dance can bring a spark of joy in any day. Joy and optimism were observed at two foster homes called Deborah homes, which house 16 girls saved from human trafficking and abuse.

Our second week in Romania was spent in clinical rotations at three hospitals, which provided students with exposure to a broad number of diseases and care settings such as intensive care, operating room, emergency department, cardiology, post-surgical and infectious diseases. The staff at all hospitals was very amicable and willing to help our students learn more.



Student Megan Hardecki with a young girl from the Hope and Light Foster Home in Timisoara, Romania.

Though we worked hard, we also played hard. The students enjoyed a variety of touristic activities such as paddle boating and playing ping pong in the heart of the Turda Salt Mine, wandering through Dracula's castle, stumbling upon the torture chamber, and admiring the antique architecture of historical buildings. I am looking forward to future clinical adventures in this vibrant European country where I was born.



Louis Turcanu Pediatric Hospital, Timisoara, Romania

L-R front: Tari Gizaw Gebresilase, Megan Hardecki, Tyffani Bryan, Instructor Mihaela Zegrean, Kassidy Grandorff. Back: Oliver Niedzwicki, Brendan Beerer, and volunteer Sebastian Timis.



Nursing students in front of the Opera House in downtown Timisoara.

L-R: Tommy Thompson, Mary Saleh, Carley Drzewiecki, Tyffani Bryan, Jacob Snead, Brenna Steele, Brendan Beerer, Kassidy Grandorff, Oliver Niedzwicki, Megan Hardecki, Meaghan Martin, and Launa Deleon.



KENYA

July 20-August 4, 2019

Nairobi, Kenya and Voi, Kenya

Two clinical instructors and seventeen CUAA nursing students traveled to Kenya, partnering with Hope Without Borders and spending time in both rural and urban areas.

No matter where the group was that day, they always began the day with devotions. Professor Peggy McLaughlin, an instructor on the trip, said that through the trip, Philippians 4:4 repeatedly came to mind: *“Rejoice in the Lord always: again I will say, rejoice!”*

The team’s days in Kenya were spent working alongside local health-care providers and exchanging cross-cultural health information. Students delivered hygiene packs to help keep boys and girls in school and to taught them about handwashing and learning and implemented other sustainable interventions to aid with various health issues and tuberculosis. Many students also focused their observations on HIV transmission, specifically the prevention of mother-to-child-transmission also known as PMTCT.

Senior Deane (Shapley) Grimm ('19) shares that her experience in Kenya will prepare her for her future as a nurse because of her gain knowledge, skills, and cultural insights.

“The whole experience was eye-opening. I appreciate my life and everything that I have so much more,” said Grimm. “This trip also encouraged me to put all my faith in God. The people there trusted God with everything they had, and they know He will take care of them.”



Nursing student Catrina Cortese assessing a youngster at a center for disabled children.



Nursing student Jensen Schuon distributing sunglasses at an orphanage.

Grimm says that one moment that really stuck out to her was visiting a children’s orphanage. At the end of their visit, the kids sang “This Little Light of Mine,” a reminder to Grimm to always shine His light no matter the circumstances.

Student Sarah Allen wrote, “We visited the Mukuru slums, the second largest slum in the continent of Africa. About 600,000 people live here. I mean, you obviously can see in the pictures the conditions that these people are living in. I’ve seen pictures like these thousands of times, but no amount of pictures or videos could prepare me to see it with my own two eyes. And, you can’t smell the pictures. I’m still in total shock. Speechless honestly.

However, nothing could have prepared me either for the genuine kindness these people displayed the whole time we were there. From the citizens that said, ‘hello!’, and shook my hand every chance they got, to the children that reduced me to tears the second I saw them. The citizens of Makuru also are so proud of what they do have, and are eager to share it with you. Constantly offering water or food (which we sadly couldn’t take), and thanking us simply for our presence.

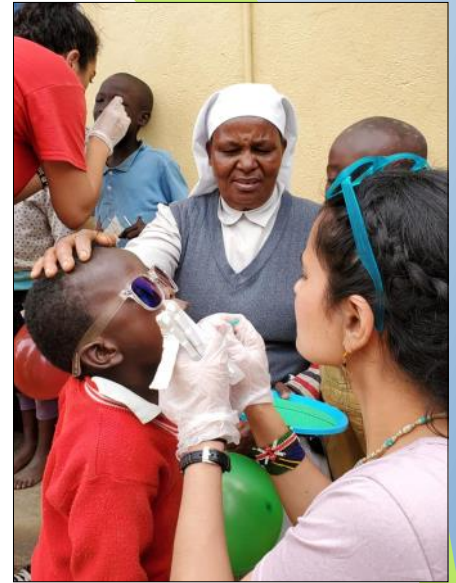
The children. These kids were the most well behaved, happiest, adjusted kids I’ve ever seen in my life. The only thing they wanted from us was us to just be there. Giving them a high five sent them squealing and laughing with glee, and you could see that us playing with them was the coolest thing in their world at that moment. Also, I wish everyone would be able to see the way these kid’s faces light up when you tell them that they will be receiving a toothbrush that day. One of the students asked one of the boys during an interview if he could have anything he wants, what it would be. He said soap. This is the most impactful thing I’ve ever experienced in my life.”

INSTRUCTOR PERSPECTIVE—Kenya

Peggy McLaughlin

Concordia Nursing students know how to hit the ground running! Our team of 17 CUAA Nursing students and 2 clinical instructors travelled to Kenya where we worked among urban and rural communities to provide care and to share God's love.

In the capital, Nairobi, and in the city of Voi, we began each day with devotions. Throughout the trip, a verse that repeatedly came to mind was, "Rejoice in the Lord always; again I will say, rejoice!" (Philippians 4:4). Mornings and afternoons were spent with local health care providers with whom we exchanged cross-cultural health information. For example, a nutritionist at a center for developmentally delayed children explained that staples like groundnuts, oil, and milk were readily available and could be made into a nutritious, affordable, and palatable porridge. The team delivered some 300 hygiene packs to help keep girls and boys in school and taught them about handwashing. Several times, we made home visits where we learned about income-generating activities to empower groups of women and men affected by HIV. On a train ride from Nairobi to Voi, we traversed a countryside studded with baobab scaffolding and giraffe skyscrapers. Toward the end of our time in Kenya, we spent the day at an orphanage perched on a hilltop and assessed children's health status. The children and their caregivers were delighted to receive sunglasses, shoes, and toys provided by generous donors to our trip. We found time to see wild life, including elephant families, giraffes, and lions, before heading back to Michigan. This experience in Kenya helped me to be mindful, grateful, and joyful.



Nursing student Elaf Ernst performing a fluoride treatment.



Nursing students on rounds at Voi Hospital.



Nursing students Jensen Schuon and Kelsi Russell discussing hygiene with school girls in Nairobi.



Who is Hope Without Borders?

Hope Without Borders is a non-profit volunteer humanitarian non-governmental organization based in the Midwest USA with a focus on global, regional and local community relief and development impact and outreach. HWB is committed to bringing hope to communities in need by providing education, medical care and clean water.

WEBSITE: <http://hwb-intl.org/>

FACEBOOK: <https://www.facebook.com/hopewithoutborders/>



BELIZE

July 20-August 2, 2019

St. Ignacio, Belize and surrounding villages

Eleven CUA nursing students traveled to Belize in partnership with MOST ministries. This trip was led by school of nursing advisor Angie Raasch and simulation instructor Betsy Cambridge.

The purpose of the trip to Belize was to serve the people and expose students to medicine and nursing care in another culture while completing their pediatric and community health clinical hours.

"The biggest learning moment was the realization of how little medical care that many of the people we came into contact with had access to, including medicine and access to health providers," said Cambridge.

The group spent their days providing eye-glasses and medical clinics to under-served areas of Belize and observed in local hospitals and clinics. The students had many eye-opening experiences while observing, including the witnessing of births and many medical procedures.

Cambridge shared that one of her most memorable experiences was helping with the eye-glass clinics. "I was amazed to see people lined up out the door willing to wait hours to have their eyes examined and be able to obtain glasses to help them see better. They were so incredibly grateful to us for this simple, life-changing thing."

Tammy Delane ('20) shared a particular instance where she was able to do homecare on a young man that had been in a motorcycle accident. His family lived on the side of a mountain, so he was not able to walk down the mountain to come to clinic. His family came down and asked if the Concordia team could come and help him.



Led by Pastor Eliu, students make the trek up the mountain to help the injured patient.

adaptability to all of the different scenarios they encountered. Rayburn said she is eager to incorporate a well-rounded nursing perspective to her vocation as a nurse.

Rayburn also said she will never forget how excited the Belizean children were when they received a pair of glasses or sunglasses at one of their eye glass clinics.

"They wore their new glasses so proudly. One pair of sunglasses put such a happy smile on their faces," said Rayburn. "This truly made me realize how much I have and how fortunate I am."



A very satisfied customer!

"He had recently been discharged from the hospital, but still had many open wounds and was having an allergic reaction to his antibiotics," said Delane.

She joined a group who hiked up the mountain, dressed the young man's wounds, and provided him with pain medication. They were also able to educate the young man and his family on the antibiotic reaction he was having.

"The family was so grateful and appreciative, and it was such an amazing blessing and experience that we were able to help him," said Delane. "I learned that ways I serve my patients might feel insignificant to me, but to my patients it could mean the world. Small gestures like a listening ear and kind words can be as healing as the medical care I am providing.

Hannah Rayburn ('19) said she was touched by the civilians of Belize working together to help each other, interacting with kind hearts, and have open arms for one another when in need.

During their time serving the people of Belize, the group had to be ready to act in all situations, responding with flexibility and

INSTRUCTOR PERSPECTIVE—Belize

Angie Raasch and Betsy Cambridge

As we sat at the airport awaiting our departure to Belize, we looked around at the 11 anxious and excited faces of our students and wondered what we were going to experience on our journey. Now looking back at our trip and all that we experienced, we were amazed at the goodness and mercy of God.

Upon arrival at the airport, our first experience was driving for 2plus hours on a non-air conditioned school bus (in 90- degree humid weather) that took us across the country from Belize City to the city of St. Ignacio, our headquarters for the trip. St. Ignacio, located in the Cayo district of Belize. Cayo district is home to 20,000+, serviced by one hospital, one ambulance, and various clinics and pharmacies around the region. The landscape we all noted was stunning: rolling hills, lush greenery, palm trees and beautiful flowers. We also noticed run down homes, clothes hanging out to dry, run down or rotted vehicles in yards and roadways that lacked good, sturdy pavement. It was clear to all of us, that we had entered a country with much different living standards than we experience in the United States.

Eleven nursing students were blessed with the ability to provide two days of medical clinics. During the clinics they were able to experience running each part of the clinic, check-in/triage, vitals and assessment, assisting the physician and documentation, and pharmacy including dispensing and teaching. Over 200 patients were seen during the clinic days. Dispensing over 2,000 Ibuprofen (which can cost between \$.50 - \$1.00 a tablet in Belize), over 2,500 Acetaminophen, and over 3,000 adults and children's vitamins were distributed as well as various other over the counter and prescription medications. As instructors, observing students working with the patients was so rewarding. Our students demonstrated so much compassion for these patients and found creative ways to educate them about their medicines and illnesses.



Student Abe Abdallah



L-R: Instructor Angie Raasch, student Tammy Delane, Instructor Betsy Cambridge, student Michelle Bofenkamp

Three days of eye glass clinics were held in two different cities. It was such a joy to see our as they fitted over 300 patients with eyeglass and sunglasses. What a joy it was to see their face light up as they could read again after not being able to for years. One favorite story was of a woman who we almost declared blind. We watched as our students took time and care to carefully test her eyes and search for that perfect pair of glasses. The joyful smile that filled her face and the tears in her eyes as she was able to see again filled the room.

For the remainder of our trip we were privileged to spend time observing in the local clinics and hospitals. Students spent time observing procedures, in the Emergency and Admissions departments, pre and post-natal clinic's, experienced the differences in hospital policies and procedures, and welcomed three babies into the world. We were also able to tour a private hospital. Once again, we learned how truly blessed we are.

Throughout the trip we witnessed students grow in many ways. They tried something new, went an extra mile to make a patient comfortable, climbed hills to patient's homes for a home visit, and climbed a 130 foot tall Mayan ruin when afraid of heights. A Bible verse that came from one of our evening devotions: Ephesians chapter 3:20-2. "Now to him who is able to do immeasurably more than we can ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations forever." Quickly became the theme for our trip. It was heard being whispered as we climbed to the top of the ruins, as we climbed hills to patient's homes into unknown situations, and as we faced new experiences each day.



Who is MOST Ministries?

Mission Opportunities Short Term (MOST Ministries) is a Christian non-profit organization that connects, trains, and sends short-term mission teams throughout the world, in response to requests from missionaries and church bodies. MOST Ministries provides for the physical and spiritual needs of more than 10,000 people each year by connecting Goers, Senders and Receivers. It is a commitment to the Great Commission that has compelled MOST Ministries to go far and near for the sake of the Gospel since 1989. <https://www.mostministries.org/>

The School of Nursing has been blessed with generous donors...



Dean Cindy Fenske and Sandy DeWitt

DEWITT ENDOWED SCHOLARSHIP

We are grateful for Sandy, who was our first donor to establish a nursing scholarship endowment at CUAU.

Mrs. Sandy DeWitt served as a nurse at Olin Student Health Center on the MSU campus, dedicated to providing a full range of health services to the student population. In her retirement, she enjoys her continued volunteer work with the Clare County Baby Pantry, a non-profit organization created for the purpose of providing assistance to needy families of Clare County who have children under the age of five years. Sandy's wide interests and

JONES ENDOWED SCHOLARSHIP

The Jones family is a Michigan State University family. Ron and Marvel met on that campus as undergraduates and married just before their senior year. Upon graduation, Ron entered the family business, Dawn Food Products, Inc., and became the company's second-generation owner. While Ron was growing the family business, Marvel focused on raising their three children, Carrie, Chris, and Connie, and serving at Redeemer Lutheran, Jackson MI.

When the Joneses' youngest daughter, Connie, was diagnosed with juvenile diabetes at the age of 9, Marvel turned to her church family, including her friend and trained caring minister John for support. Connie's condition required daily care and monitoring, a responsibility Marvel was more than proud to undertake. As their roles as caretakers expanded, Ron and Marvel developed close bonds with the care providers, particularly nurses, who treated their daughter and supported the family.

Years later when they toured CUAU, they were most interested in learning about the School of Nursing. After meeting Dr. Cindy Fenske, dean of the School of Nursing, and learning how dedicated she is to the students and to Christ's teachings, the Joneses knew exactly where to direct their support. With the help of the Office of University Advancement, the Joneses established the Ronald L. and Marvel C. Jones Nursing Scholarship Endowment to provide



Ron and Marvel Jones



Doris Delventhal

SERVANT'S HEART SCHOLARSHIP

A servant's heart global travel fund...

Doris Delventhal was a Christian nurse with a servant's heart who worked for over 60 years, mostly in the Ann Arbor and Ypsilanti, Michigan area. She was a dynamo of a person and nurse who only stopped working completely at the age of 88 after breaking her hip. She spent her career in labor and delivery, volunteering at the pro-life pregnancy counseling center and in hospice. Caring for others in need and telling them about Jesus were the most important things to Doris. During her lifetime she prayerfully and financially supported many on mission trips around the world. She told her friends and family that she learned her compassion from watching her father regularly visit and care for those less fortunate, and hearing him say, "everyone God created deserves respect, compassion, and love."

Her daughter, MariLee Crandell has established a fund in honor of her mother to support CUAU nursing students' opportunity to care for others during global clinical opportunities. This fund will

THANK YOU for your generosity!

2019 Servant's Heart Scholarship Recipients

*L-R: Lexys Williams, Alicia Morales, MariLee
Crandell (daughter of Doris Delventhal), and*



2019 DeWitt Nursing Endowment Scholarship



Rebecca Ivankovics



Bernard Kasanda

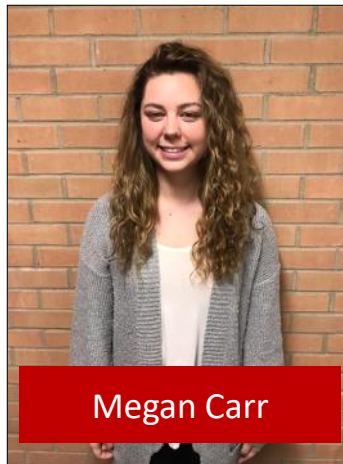


Deane Grimm

2019 Jones Nursing Endowment Scholarship



Madison Andreone



Megan Carr



Katie Farley



Taryn Heinonen



Meaghan Martin



Alexis Mccullough



Olivia Perry



THIS COULD BE YOU!

In semesters to come, the school of nursing is eager to increase global education opportunities for Concordia nursing students. To learn more about global clinical opportunities in the school of nursing, contact **Leah Tweedale** leah.tweedale@cuaa.edu or (734) 995-7462.



THANK YOU!

Without our global partners, these moments wouldn't be possible. Thank you for your continued support of Concordia University School of Nursing.



Located at:
3475 Plymouth Road
Ann Arbor MI 48105

Mailing address:
4090 Geddes Road
Ann Arbor, MI 48105