

# THE BEAT

for CUAU School of Nursing Students



# GRADUATION!

*Edition*  
**DELTA CLASS**

## MEMORABLE MOMENTS

Rev. Dr. Ryan Peterson, *Vice President of Administration*



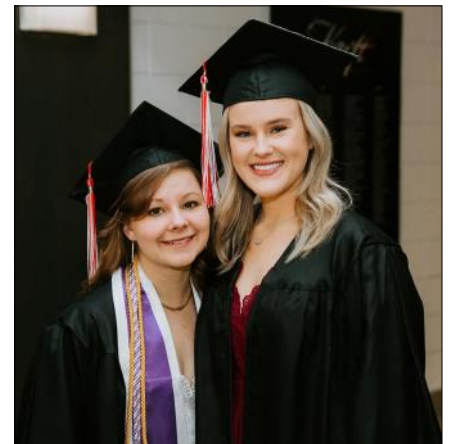
There are certain moments in life you will never forget. Some of them are etched in your memory because of the joy you experienced and others are unforgettable because of the pain they caused. All of them – the ones you will never forget – speak to the power of moments. Some of the moments most memorable in my own life have been times of transition and celebration: commencement ceremonies. I remember receiving my master's degree at an outdoor ceremony in the picturesque quad of the seminary I attended. I remember receiving my doctorate at a December commencement, and having all four of my children present for that occasion.

But before the graduation celebrations occurred, I also recall some tough moments. Would I finish this project? Would I ever pass my defense? For nursing students, your tough moments might be centered around these questions. How many check-offs will I need to do? How many clinical hours? What about the NCLEX?

In *those* moments, it was important to do two things:

1. Keep pressing forward.
2. Rely more fully on God's grace and strength.

This newsletter is celebrating the accomplishments and graduation of our Delta class, the third cohort of nursing students in the young but impressive history of the Concordia University Ann Arbor nursing program. But it is also designed to encourage you, whether you are a current student in the nursing program, a student in one of our other academic programs, a parent or friend of the University, or alumni of Concordia. Envision the day when you cross the stage. Envision the celebrations and sense of accomplishment. Envision the opportunities and challenges ahead of you. Keep pressing forward and rely more fully on God's grace and strength. Through it all, I encourage you to give thanks always. God has and will continue to strengthen you for every moment along the way.



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## “MURMUR”INGS FROM THE DEAN

Dean Cindy Fenske, DNP, RN, CNE, *Campus Dean*



The Delta cohort is filled with truly special and gifted people, who I know will have a significant impact on the lives of their patients and their families, as well as within the field of nursing as a whole. They have been engaged as leaders and servants with their classmates, the nursing students coming behind them, within the university at large, and also within the surrounding

community. They have been a joy to watch as they grew in knowledge, maturity, professionalism, compassion, and skills. At their pinning ceremony, I shared words from one of my favorite songs with them. I spoke these words as one of their loving mentors. I knew I also spoke for the rest of the nursing team, who viewed each and every one of the cohort as a valued part of our growing family. The song is “The Words I Would Say” and is sung by the group Sidewalk Prophets.

**Be strong in the Lord** – He is holding you in His hand and as you rely on Him, He will give you the strength you need to get through anything and everything. Nursing is tough mentally, physically, and emotionally. You will need His strength to be able to manage all that you will have to deal with.

**Never give up hope** – There is always hope, as Jesus has already won the victory. Remember that. Share your faith. Be the nurse that gives your patients and their family members hope, even in the bleakest moments.

**You’re going to do great things, I already know** this without a doubt. We have already seen great things. I will be excited to hear more about the effect you will have within the profession of nursing. Some of you will go on to graduate school, some of you will serve those in need overseas, some of you may become educators, some of you will care for those that no one else wants to help. Wherever the Lord puts you and whoever He puts in your path, care for them with excellence. Both great and small, all are equally important and valuable in His sight.

**God’s got His hand on you so, don’t live life in fear,** – As the Bible says in Proverbs, “Trust in the Lord with all your heart, lean not on your own understanding, and in all your ways acknowledge Him and He will make your path straight. This doesn’t mean the path will be easy, but it will be the path that will bring you closer to the Lord and one that will bring Him glory.

**Forgive and forget, but don’t forget why you are here** – Forgive others as Jesus has forgiven you. And remember the CUAA mission on which your education has been based. We are committed to helping students develop in mind, body, and spirit for service to Christ in the Church and the world.

**Take your time and pray** – Talk to the Lord throughout the day, often. Pray for yourself to be able to provide your patients with the absolute best care, every single minute of every single day.

Pray with and for your patients and their families as they may be dealing with difficult times, and pray for your coworkers, your unit, your facility, and for all caregivers. Nursing is difficult and challenging, but what you do is so important to those you serve.

**Thank God for each day** – The Lord’s mercies and blessings are new every day. He will strengthen and renew you.

**His love will find a way** – His love will find a way when there seems to be no way, when we can’t find a way. He is the God of the impossible. Trust and believe on that.

I hope that each of you find the job the Lord has prepared just for you and that you are able to use your skills to serve those He places in your path.

### The Words I Would Say

*Three in the morning  
and I’m still awake  
So I picked up a pen and a page  
and I started writing  
just what I’d say  
if we were face to face.  
I’d tell you just what you mean to me.  
I’d tell you these simple truths:  
Be strong in the Lord and  
never give up hope.  
You’re going to do great things,  
I already know.  
God’s got His hand on you so  
don’t live life in fear.  
Forgive and forget,  
but don’t forget why you’re here.  
Take your time and pray.  
Thank God for each day.  
His love will find a way.  
These are the words I would say.*

Source: LyricFind

Songwriters: Sam Mizell/David Frey/Ben McDonald

The Words I Would Say lyrics © Warner Chappell Music, Inc, Music Services, Inc

# NURSING AWARDS

The nursing team created graduate awards based on the four value words on our cornerstone wall, which is found just inside the simulation center. These values of **SERVICE**, **EXCELLENCE**, **COMPASSION**, and **INTEGRITY**, are preeminent in our program. We expect all of our students and graduates to emulate these values in their lives and as they care for their patients. An additional award, The **Nightingale Award**, was created as a tribute to Florence Nightingale who viewed nursing as her calling from God. It is meant to highlight a graduate who exemplifies this type of character. The award recipients do not know they are receiving the award until their names are called.



## FLORENCE NIGHTINGALE

Hattie Thomas—presented by  
Dean Cindy Fenske, RN

*“For the sick it is important to have the best” ~Florence Nightingale*

Florence Nightingale is an iconic figure who is responsible for the philosophy and underpinnings of modern day nursing. Prior to her, nursing was looked down upon as unimportant and was a low status

job. Through her efforts, nursing was reborn into the trusted profession we know today. The name of Florence Nightingale is often associated with nursing excellence, compassion, service, and the ability to care for others no matter what the conditions. Florence Nightingale viewed nursing as her calling from God and gave her life and passion to the care of others. It is in her name that we give this award to a graduate who displays these same qualities.

The award this year goes to a student that is highly accomplished in many areas of nursing. They embody so many of the facets that make a great nurse. They are compassionate, exude excellence, have a servant’s heart, and maintain the highest level of integrity. In spite of numerous challenging roadblocks that could have derailed their educational journey, they worked hard, maintained focus, and always did their best, without ever once complaining. Their work was always done reliably and with excellence, even with a heavy work schedule. This person excelled at thinking like a nurse. They were consistently able to manage and prioritize demanding patient situations during both clinical and simulation, using a high level of nursing judgment and confidence in their decisions. The nursing team felt strongly that this person clearly represented the ideals that Florence Nightingale held so dear.



## EXCELLENCE

Ilona Rozina—presented by Anita  
Simmons, RN

Excellence is one of our program’s cornerstone virtues. It is defined as the demonstration of actions and character that show merit or greatness that are above the expected level. The excellence award is for a nursing student who demonstrated advanced problem-solving skills in theory and clinical practicum courses, as well as a

commitment to success in complex situations.

The student we are recognizing today has demonstrated excellence through preparedness, hard work, and perseverance - both academically and clinically.

In compiling a list of this student’s attributes, I spoke with my fellow colleagues who had nothing but high praise for this individual. Instructors describe this student as always prepared and never looking to take any shortcuts. In simulation, she wasn’t afraid to question a perplexing or incomplete patient report, asking “Why?” and “What if?” in order to connect all the dots. Clinical instructors describe her using words like team player, flexible, cheerful, passionate, and dedicated regardless of the circumstances. Theory instructors call her a top student, a leader in her class, always submitting high quality work and leading the way academically.

This student experienced a few hurdles early in her academic career- including passing her first nursing skills class one-hand, literally, as she overcame a wrist injury. She expanded her family and had a baby while in the program. She always found her balance, pushed through, and never let family changes, health problems or her job to be an excuse for completing schoolwork that was anything less than excellent.

COMPASSION  
*Integrity*  
SERVICE  
*Excellence*

## CHAPEL @ the NORTH

*Come join us for worship in the chapel on the 2nd floor.*

### M-T-TH-F:

Livestream from main campus

### Wednesday:

CPR @ 10:35 with FREE STARBUCKS





## INTEGRITY

Susan Sielicki—*presented by Peggy McLaughlin, RN*

The award I am giving today is for a student who exemplifies Integrity. Integrity is defined as soundness of moral character and adherence to ethical principles. The Book of Proverbs mentions integrity: “Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.” (Proverbs, 10:9, GNB) and, “If you are good, you are guided by honesty.” (Proverbs, 11:3, GNB). From the Biblical standpoint, integrity is associated with unfailing transparency. For Concordia Nursing, integrity means doing the right thing even when it goes unnoticed, and is an attribute of the very best nurses.

And so we expect Concordia nurses to display aspects of integrity: to be heartfelt and honorable. Our integrity award goes to a student who is a leader without being a grandstander. And so this graduate goes about every day ready to hit the ground running. She has a genial mien, and you know you can trust her. She can be counted on to follow through, and always with a smile. It’s been said about this student that, “She is unflappable.” To me, that’s a pretty good thing to be able to say about an RN to be. To me, the most striking mark of this graduate’s integrity is her alacrity—her “cheerful willingness”. She remembers the specifics about things that are important to whoever she’s with, like asking about an upcoming visit from my sisters, and giving her characteristic encouraging nod as I describe my dog’s latest antics. No matter how trivial the conversation topic, you never get the feeling that she has somewhere else to go. Our integrity award winner is someone who strives to be herself at her very best, all the time. She is a Concordia Nurse.



## SERVICE

Stanley Stinson—*presented by Betsy Cambridge, RN*

Service is defined simply as that act of doing something for someone else without the expectation of being rewarded. Let us consider this Bible verse from 1 Peter as we think about what it means to serve others. “Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in various forms.” 1 Peter 4:10

The very nature and art of the nursing profession implies caring for and meeting the needs of others. As we have told these students many times, nurses meet people in the midst of some of the toughest challenges of their lives. An average nurse will provide care for the patient based solely on the provider orders given. A service-oriented nurse will seek ways to serve the patient and individualize care based on knowing the patient’s story; taking into account the challenges and desires of that patient. Concordia nurses are service-oriented nurses.

Because service is so important to us at Concordia, we have a program designed to reward students for their service both on campus and outside of campus. The program is called the Nurse Excellence Program. Each semester students are rewarded for their hours of service. We have three levels of awards. Students who earn 20 or more hours of service time earn the highest level or platinum level award. I am always amazed at the generosity of our students who are going to nursing school and many who are already busy with have jobs and families, yet still find time to serve others. The student we are recognizing today has achieved the platinum level NEP award all 6 semesters of the Concordia Nursing School program. He has volunteered a total of 727.4 hours doing medical mission work for the homeless population in Detroit. Through his volunteer work, he has offered many of our other students the opportunity to share in this mission. I honestly believe that service is in the very fiber of his being. I am proud to recognize a gentleman who has a heart for service to others.



## COMPASSION

Tommy Thompson—*presented by Kathleen Sheehan, RN*

When I think of a compassionate nurse I think about someone at the bedside that is focused on counselling and comforting a patient or family that is suffering or having to make a difficult decision. When thinking about the student that will be receiving this award, I thought of this but I also had another image. A compassionate student that is intent on displaying compassion through administrative change. As I said we can show compassion in many ways. We join in suffering as families and patient make difficult decisions. We join organization that lobby for better patient outcomes. We become leaders in our places of work and help shape policy and procedure that require organizations to deliver better care. This is particularly important when nurses are caring for the most vulnerable populations such as the elderly. I personally witnessed this student exercise compassion at the bedside but listened as they began to formulate plans to actively find solutions for better patient care in this setting. I watched and listened as the administrative wheels begin to turn and the ideas for

improving patient care on the administrative level began to flow. What I heard was a student that deeply cared about the well being of the elderly population and the desire to make improvements in this care setting. So compassion is not simply expressed during the one-to-one interaction with a patient it is also expressed on the administrative and leadership level. Through the clinical experience this student was motivated to help, wants to be an active participant and is moved to act through a sense of compassion specifically for the elderly population.



## NURSE EXCELLENCE PROGRAM

Betsy Cambridge, RN

*Fall 2019 semester award winners for Nurse Excellence Points by cohort:*

### **DELTA CLASS:**

Becky Ivankovics - platinum level award  
Meaghan Martin - platinum level award  
Mackenzie Gilmer - gold level  
Jensen Schuon - sliver level award



*These 3 senior students achieved the platinum level award for all 6 semesters in nursing school and received a special award at graduation:*

Stanley Stinson  
Deane Grimm  
Kimmy Thompson

### **GAMMA CLASS:**

Tyler Prihoda - platinum level award

### **EPSILON CLASS:**

Allison Garstecki - sliver level award  
Alexandria Hall - sliver level award

***Great job everyone!! Keep up the good work!***

More information about the Nurse Excellence Program can be found at the student Blackboard site: **CUAA Undergrad Nursing Students > Content > Nurse Excellence Program.**

We are going to do something a bit different this semester with our Nurse Excellence Program. This semester we will have a friendly competition between classes to see which class can earn the most volunteer hours. At the end of the semester the class that completes the most qualifying volunteer hours will get a

**PIZZA PARTY!!!** If you are struggling to find opportunities to volunteer, see the NEP information in the CUAA Undergrad Nursing School blackboard site. Also, check with Betsy Cambridge for other cool ideas and opportunities. Let's do this....Concordia Nursing students DO make a difference in the community!

## CAREER ENGAGEMENT STUDIO

Joey Bialkowski and Lisa Johnson



As you work diligently in the new semester, the Career Engagement Studio would like to remind you that we are available to assist you in your professional development needs. The Studio is open on main campus Monday-Friday

9:00am-5:00pm and at **North Building on Wednesdays from 1:00-3:00pm.** Drop in or schedule an appointment today for tips on interviewing, professional attire, etiquette in the workplace, and more. We look forward to serving you as you continue on your vocational journey!

## COMPLIANCE CORNER

**DID YOU KNOW** that letting items expire in either CastleBranch or ACEMAPP can hinder you from being placed into a clinical rotation? It's true! Even during breaks such as summer, holidays, or winterim, you must keep tests, certifications, immunizations, and assessments current. Also, if any of your requirements expire during a clinical rotation, you can be removed from that rotation. Any absences related to non-compliance are unexcused.

Email or see Jim Birdsell for any assistance with your accounts. He is here to help!

**Jim Birdsell — [james.birdsell@cuaa.edu](mailto:james.birdsell@cuaa.edu) — office #211**



**Did you read about the PIZZA PARTY?**

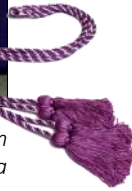


## SIGMA THETA TAU INTERNATIONAL



Sigma Theta Tau International (STTI) is a prestigious nursing honors organization that has been in existence for 95 years. It supports nurses in their efforts to improve world health. Students must be invited by the Governance Committee of Sigma Theta Tau International in order to apply.

19 Concordia Nursing students were inducted into the organization on December 14, 2019. The purple cords they wear signify their membership in STTI. To find out more: <https://application.stti.org/>



CENTER: Mihaela Zegrean, faculty counselor for the Phi Beta chapter FRONT: Madison Andreone, Tommy Thompson, Elaf Ernst, Meaghan Martin, Mackenzie Gilmer, Olivia Hoeksema, Deane Grimm, Hattie Thomas BACK ROW: Sha'Lynn Williams, Ilona Rozina, Catrina Cortese, Susan Sielicki, Sarah Allen, Kimberly Thompson, Megan Carr, Astou Traore NOT PICTURED: Robert Riehl, Taryn Heinonen and Robyn Jackson

## NEXT UP: OMEGA CLASS GRADUATION SPRING 2020

**OMEGA STUDENTS:** Apply for graduation as soon as possible! *Portal > Student Tab > Apply to Graduate*

**Saturday afternoon, May 16: Pinning Ceremony:** Chapel of the Holy Trinity, Central Campus, time TBA

**Sunday, May 17, 11am: Baccalaureate:** Chapel of the Holy Trinity, Central Campus

**Sunday, May 17, 2pm: Commencement:** Field House, Central Campus

## CONGRATULATIONS!



Congratulations to Sha'Lynn Williams for representing the Delta class for her Academic Excellence. Faculty from Concordia's academic departments nominate one student per academic year who represents excellence in and out of the classroom.



SCHOOL OF NURSING

Located at:  
3475 Plymouth Road  
Ann Arbor MI 48105

Mailing address:  
4090 Geddes Road  
Ann Arbor, MI 48105