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Spring 2012

## Loma Linda Nurse - Vol. 20, No. 01

Loma Linda University School of Nursing

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# NURSE

SPRING 2012



1,440 minutes.

**WHY BE ORDINARY**  
when you can be

*Extraordinary*



**Flannel Pajamas**  
LEAD TO WOMEN'S REFUGE CENTER

**JULIA PEARCE**  
Reaching out  
to others

## Dear Alumni,

It is difficult to believe that another year has passed and we are now in our one hundred and sixth year of educating nurses at Loma Linda. During this time we have graduated more than 8,400 nurses from our programs. We will be adding more in a few months. This year we have 558 students, including 27 in our off-campus master's degree program in Thailand.



This year we began our new nurse anesthetist program. It has been exciting to see our new, young faculty members develop a curriculum, prepare for the successful accreditation visit, and welcome their first class. The students are enthusiastic.

Last month our junior class was dedicated. It is always with a sense of pride that we watch as they dedicate their lives to the practice of nursing. **Helen Staples-Evans ('84)** challenged the class with her talk "One Thousand, Four Hundred, and Forty Minutes." We have included her talk in this year's **LOMA LINDA NURSE**.

In a few short weeks we will host you, our alumni, at our yearly reunion, April 13–15, 2012. We always look forward to seeing each of the honored classes and spending some time hearing your memories of nursing school and how you have used the education you received at Loma Linda University School of Nursing. Your stories make us realize that it is not the institution, but the individual graduates who build the reputation of Loma Linda University.

Thank you for your prayers and support to our school. I would love to hear from you individually and it is our hope that in the future we will be able to send you more frequent updates about our school.

Sincerely,

Marilyn M. Herrmann, PhD, RN  
Dean, School of Nursing

# NURSE

Spring 2012 | Vol. 20, No. 1

**Loma Linda Nurse is published by the Loma Linda University School of Nursing and Alumni Association.**

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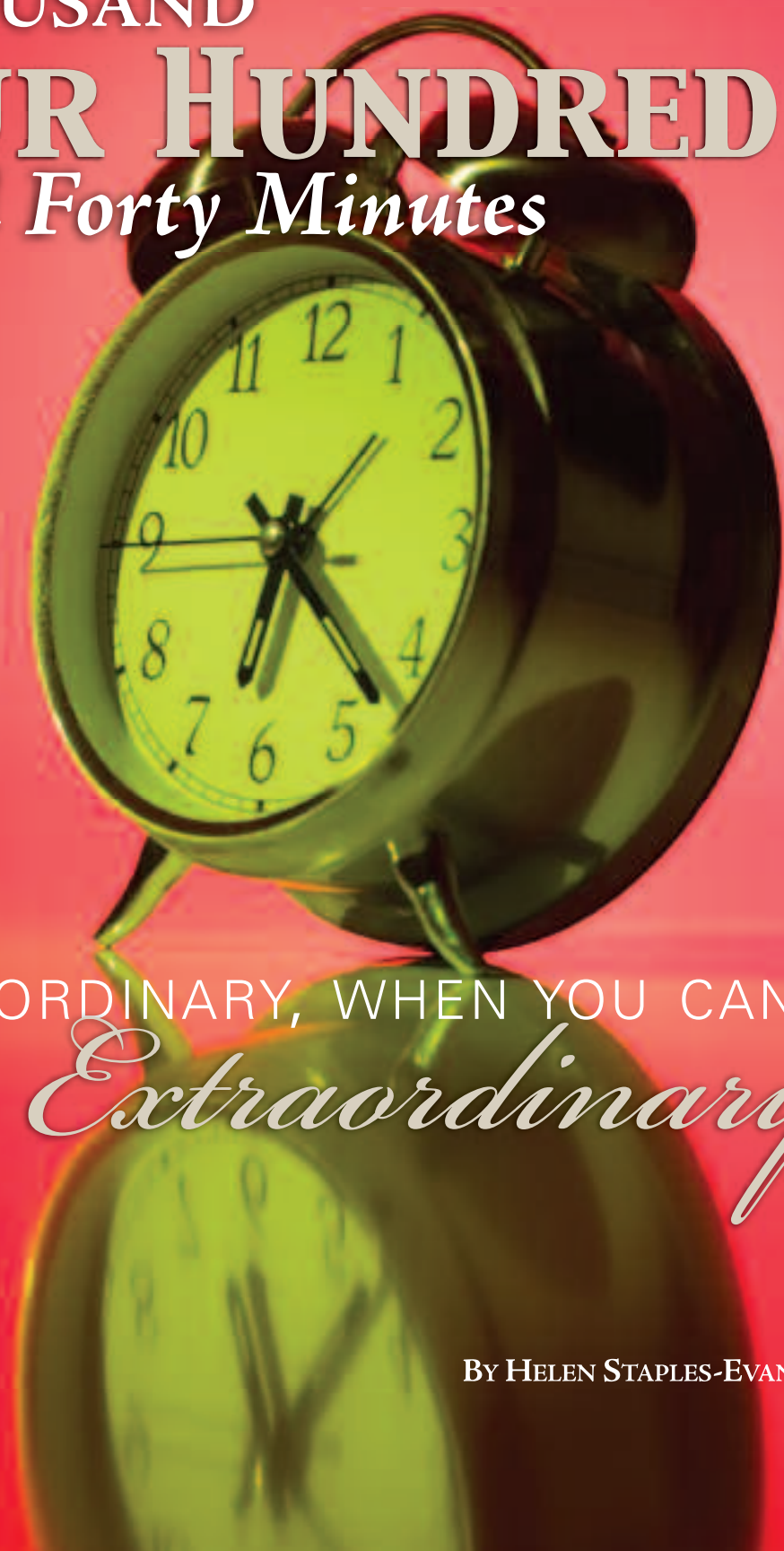
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# ONE THOUSAND FOUR HUNDRED *and Forty Minutes*



WHY BE ORDINARY, WHEN YOU CAN BE  
*Extraordinary?*

BY HELEN STAPLES-EVANS, MS '84

## One Thousand, Four Hundred, and Forty Minutes.

Each day we all wake up with the very same 1,440 minutes to use. It's what we do with them that makes all the difference. We all struggle with time, days seem to pass us by with amazing rapidity and if you are like me, we never seem to have enough time to get everything done. Days seem to move by in fast-forward and we wonder how we can accomplish our goals. However we have the same amount of time as the most successful people in history: Florence Nightingale, Jonas Salk, Mother Teresa.

Why be ordinary when there are so many ways to be extraordinary as you use your 1,440 minutes?

### Why not have passion in everything you do?

I will never forget Bradley (not his real name). He was 3 years old and being treated for leukemia. He was a lively, full-of-life little fellow who loved to sing, particularly "The Itsy Bitsy Spider," complete with all of the hand motions.

Bradley was desperately sick from an overwhelming infection and had no reserves to battle it. His white blood cell count was low and despite multiple antibiotics, he was losing ground.

One afternoon it became apparent that he was slipping quickly, we called his Mom who was at work two hours away from the hospital. She immedi-

*This presentation was given to LLUSN students during the 2012 student dedication.*

ately promised us that she would race to the hospital, but when I went back to his room it was clear that Bradley would not hang on long enough for his mother to get there.

His blood pressure was dropping and he seemed quite unresponsive. One of his favorite nurses, whom, I might add, could not sing, started singing the "Itsy Bitsy Spider."

Almost immediately Bradley's blood pressure stabilized and went up. The nurse stopped singing and his blood pressure dropped. So she sang to Bradley, the same silly song for the next hour. Bradley's blood pressure had returned to normal by the time his Mom got to the hospital and the crisis had passed.

Bradley went on to survive. The last time I saw him he was in college, a tall handsome fellow. I forgot to ask if he still loved that old song. Bradley's nurse had passion, she used her 1,440 minutes that day to change Bradley's future.

### Why not be courageous?

Recently I read the story of Josh Ripley, a junior varsity runner for Andover High. He was making his way through the trail at the Applejack Invite when he heard a loud scream during the first mile of a two-mile race. Most of the other kids running didn't pay much attention to Lakeville South's runner, Mark Paulauskas, who was writhing in pain as they passed by. The only person who decided to pay attention was Ripley. Instead of running back and calling for help or running past, he did the only thing he could think of: he carried the injured runner a half mile back to coaches and family members. When Paulauskas arrived at

the hospital, doctors realized he had been accidentally spiked by another runner's shoe during the race. The injury required 20 stitches and a walking boot to keep the wounded area from opening up.

After carrying Paulauskas the half mile, Josh simply started off back on the course and successfully finished it, despite being winded. Josh made good use of his 1,440 minutes to make a difference in another boy's life.

### Why not have a positive attitude?

Just recently I spoke to a class and received a negative evaluation from one of the class members. I felt that twinge in my belly and thought, "How embarrassing. I was awful and I

**I thought, "How embarrassing. I was awful and I should never give that lecture again."**

should never give that lecture again." I completely forgot that all the other evaluations were positive. All I could think about was that negative one. I allowed myself to feel negative toward the writer of the criticism. "Who are they and could they do any better than I did?"

How much better if I had just put it in perspective that no one expects to be perfect (though perhaps your mother thinks you are perfect). And then asked God for grace to take the criticism and accept it without it paralyzing me.

*Story continues on page 18*

# Flannel Pajamas

## SELFLESS GIVING LEADS TO CREATION OF WOMEN'S ABUSE REFUGE

by Midori Yoshimura

**D**omestic violence victims find safety at Frieda's Healing Center in Spokane, Washington, thanks to an old pair of pajamas—and the generosity of the woman who wore them.

Frieda's Healing Center is part of the non-profit Women's Healing and Empowerment Network (WHE Network), which works to end domestic abuse.

The center is named in honor of Frieda Cook, the grandmother of Ingrid Blomquist, MD, associate professor at Loma Linda University School of Medicine.

Funds for the center came from the charitable trust Frieda established for the ministry and education programs of the Adventist Church. With the trust's remaining funds, Frieda's family did what Frieda would have done with her money: gave it away.

Dr. Blomquist says that her grandmother "loved to give money to the Lord's work," but Frieda's husband, a German immigrant, was very careful with his business and the family's funds. Though Frieda could buy whatever foods she needed, because she had

to feed the cowboys on their ranch, she had next to nothing for herself.

Frieda's background herding goats in the Swiss Alps and working as a maid in California's gold rush country didn't give her much time for formal schooling. However, life on the ranch gave her new opportunities to learn excellent money management skills.

Though her personal budget was slim, Frieda scrupulously saved her

food money to give her own, and other, children a Christian education.

Frieda was devoted to Christian education and mission work. The well-being of women and children, and what she could learn from them, also interested her.

"When she grew older, she wanted to do nothing but write checks for donations to missionary projects," remembers Dr. Blomquist. A worn-out, heavily patched pajama top is a testimony to her unselfishness. Using pieces of flannel sheeting, Frieda repeatedly patched her old pajamas by hand, so that she wouldn't have to spend money on herself.

The family's giving spirit continues through the next generations. Frieda's daughter, **Willma F. Cook Blomquist** ("Cookie") shared Frieda's active dedication to others. Willma was a '39 graduate of Loma Linda University School of Nursing, and completed her degree at White Memorial Hospital. While there, she also earned her nickname, "Cookie," from a nursing classmate. She was a true treat for others, too.

"My mother was the same as my grandmother," says Dr. Blomquist,



Frieda Cook

Willma's daughter, and Frieda's granddaughter. "She wanted to give away everything she had, in order to hurry up the Lord's coming." Dr. Blomquist also inherited the matriarchs' giving spirit.

"As a physician, I have a great interest in helping battered women," Dr. Blomquist says. "There's always someone you know who knows someone who's been the victim of domestic violence."

In addition to her interest in women's health, Dr. Blomquist continues her grandmother Frieda's interest in missions through her involvement in Loma Linda University Medical Center's internal medicine residency's international/mission elective. Dr. Blomquist has also volunteered in India, Africa, Mexico, and her local church.

To honor "two amazing women" (Frieda and Willma), their family chose to help create a shelter for women and children, says Dr. Blomquist. Frieda's Healing Center, originally named Cookie's Retreat Center, reopened its doors in 2010. Within the WHE Network, directed by Mable Dunbar, PhD, the center is

**Using pieces of flannel sheeting, Frieda repeatedly patched her old pajamas by hand, so that she wouldn't have to spend money on herself.**



one of three shelters for women in abusive situations.

Located on five acres in the Spokane, Washington, countryside, Frieda's Healing Center is designed for women with children, and houses residents for up to six months. As a condition of their stay, residents participate in group counseling, individual counseling, and other support programs that the WHE Network offers. The center's clients can continue to work and go to school—and know they have a safe home awaiting them.

More than just providing refuge, the WHE Network is also dedicated to preventing domestic violence. "Educating people, families, pastors, teachers, and the community," according to the network's website, "is essential to eliminating abuse."

The WHE Network offers programs such as Project PROTECT (Preventing and Reducing Oppression to End Child Trauma), which uses workshops and parenting classes to increase awareness of child sexual abuse. "Men of Compassion" provides Christian counseling for the abuser.

In addition, the network's national, annual "Being There" conference helps victims of domestic abuse and their caregivers deal with abuse-related issues. The WHE Network also works with religious organizations to create policies and procedures that prevent child abuse, and help its victims recover.

At Frieda's Healing Center, hope happens daily, thanks to Frieda, "Cookie," and one patched-up pair of pajamas. ❀



# Lida Lucas: A whole lot of good

by Midori Yoshimura

**F**or Lida Lucas, ('61, MS'66) graduate of the Loma Linda University School Nursing, "making man whole" starts before adulthood. "When kids get frightened, just accessing health care is difficult," says this former public health nurse. However, in "Nurse Lida," students found a listening ear and guide to achieving whole-person health.

"Just being a friend of kids and parents"—Lida's description of her job—is only one aspect of her approach to nursing. Throughout her career as a public school nurse in Southern California, Ms. Lucas focused on whole-body health. She started from the top.

Nicknamed the "nice lice nurse," according to the *Country News*, for her presentations on the common school pest, Ms. Lucas's students could turn to her for much more than nitpicking. She also gave tooth brushing and flossing demonstrations, acting on her belief that academic success depends on physical well-being.

Ms. Lucas's lifetime career in the public school system meant that she worked with different generations from the same family. Knowing a student's family background prepared Ms. Lucas to prevent negative cycles, such as teen pregnancy.

"I do my mothering through my work," she told the *Paso Robles Country News*. Ms. Lucas dispensed "tough, tender love" to both students and parents, empowering them to

take responsibility for their role in student success. She remembers a city council member, successful real estate agent, and beautician as examples of improvements across generations.

Ms. Lucas considers her career to be "missionary work." As a district nurse caring for up to 5,250 students, being a positive influence kept her busy—and years later, she has not changed her pace.

Though Ms. Lucas may have left her office, she is still on call. Former students continue to contact her for her networking abilities, leadership skills, and helpful resources. The call's origin, for example, prison, might lead some to reject the call, but Ms. Lucas takes it in stride, picks up the line, and does what she can to help.

By choice, retirement does not free Ms. Lucas from a schedule. She main-



Lida Lucas ('61, MS'66)

tains the health of her pocketbook and her body by cleaning her gym's premises in return for her membership.

She has volunteered at a nearby dental clinic for disadvantaged children; faithfully stocked the pantry for her local Loaves and Fishes ministry; and served as the El Paso de Robles chaplain for the National Society of Daughters of the American Revolution.

Now, Lida identifies certain days by where she volunteers. Mondays are "Hospice Days," when she volunteers with the San Luis Obispo chapter of Hospice Partners. On Wednesdays, she helps at the Templeton Hills Christian School. With each student she helps, Ms. Lucas says "thank you" for her own Christian education.

A lifetime spent in an environment devoted to learning also influenced Ms. Lucas to take on new roles. As church librarian, a position she renamed "frustrated librarian," Ms. Lucas guided wayward books home, instead of students led astray.

Sabbath School secretary and unofficial record keeper, as well as school board member, are only a few positions she can add to her post-retirement degree.

Maintaining one's own good health can be a difficult task, but for Ms. Lucas, ensuring the well-being of students and herself was all in a day's work.

"I was paid to do what I loved to do," Ms. Lucas simply says. ❀

# School of Nursing professor and Medical Center selected for study

Several nurses from Loma Linda University Medical Center (LLUMC) and an associate professor from the School of Nursing are part of a national study that will potentially enhance patient safety and quality of care in health systems across the nation.

Fifteen health systems in the country were selected to participate in the study in addition to LLUMC.

Several nurses from 5th floor, 6200, and 9200 will take part in the study, titled "Small Troubles Adaptive Responses (STAR-2): Frontline Nurse Engagement in Quality Improvement."

Patti Radovich, MSN, RN, manager of nursing research at LLUMC is site coordinator for the study, and **Ellen Mockus D'Errico (MS'87) PhD, RN**, an associate professor of nursing at LLUSN is the site principal investigator. They lead the team of LLUMC nurses in the national research collaborative for the Improvement Science Research Network (ISRN) landmark study.

In this ISRN Research Collaborative, the team are investigating operational problems that frontline nurses encounter on a daily basis, such as missing supplies, non-functioning equipment, and failed communication.

The ISRN study will allow for a better understanding of how these small problems hinder patient safety and quality of care. LLUMC will use



**Ellen Mockus D'Errico (MS'87), PhD, RN**, (left) serves as site principal investigator and Patti Radovich, MSN, RN, serves as site coordinator for a new quality improvement study.

this opportunity to fill the gap in strategies that connect frontline staff with organizational learning for quality and patient safety.

"Selection as a site for STAR-2 was by competitive application." Dr. D'Errico states. "No doubt, Loma Linda was selected because of the strong partnership between the medical center nursing staff and School of Nursing faculty. We believe this is just the beginning of some wonderful, collaborative research efforts that the nursing staff and nurse researchers will be involved within the years to come."

Launched in October 2011, this landmark study and will continue through April 2012. As part of this ISRN Research Collaborative, nurses

at LLUMC will work on the scientific team to provide the evidence necessary to implement change within the health-care organization to provide care that is safe, timely, effective, efficient, equitable, and patient-centered.

Loma Linda University Medical Center was competitively selected from a national pool of applicants to participate in this Research Collaborative along with 15 other sites. The multisite, national basis of the study greatly strengthens the validity and accuracy of the study findings. The application process and high interest in the ISRN Research Collaborative highlights the need for quality improvement research and shared vision of improving patient safety. ❁

# New development officer joins School of Nursing

by Dustin Jones, MA

**A**ron J. Laudenslager recently joined the Loma Linda University Health System advancement team as a development officer.

In addition to working with the fundraising and campaign organization for the School of Nursing, Mr. Laudenslager will also work in coordination with other development officers from across the system.

“My goal,” says Mr. Laudenslager, “is to meet our alumni, work closely with them, and discover what their passions are.”

“I then see my job as helping people connect with their passions at Loma Linda University,” he adds.

Mr. Laudenslager graduated from Walla Walla University, Walla Walla, Washington, in 2009 with a bachelor’s degree in business administration. He is currently attending Loma Linda University and will graduate in 2012 with his master’s degree in business administration from the School



**Aaron J. Laudenslager**

of Public Health’s new hospital administration program.

Since 2009, he has worked as program director for Helping Hands Pantry, where he led and managed the organization to provide food and clothing to more than 9,000 families.

Using both direct solicitation of

cash and in-kind gifts such as land and vehicles, Mr. Laudenslager raised more than \$1 million for Helping Hands Pantry. In addition to his work in raising funds for this worthy cause, he also organized and scheduled more than 200 volunteers on a weekly basis.

“At Loma Linda University and at the School of Nursing, there are so many opportunities for making a difference in other people’s lives,” he says.

“From student scholarships to educating nurses overseas to helping the local community, there is so much good that can be done here. I am excited to connect with our alumni in a meaningful way that will have a lasting impact both in their lives and the lives of those they help.”

Mr. Laudenslager has already been able to connect with several alumni and is looking forward to getting to know as many alumni as possible. He can be contacted at (909) 558-1000, extension 33284 or <alaudenslager@llu.edu>. 📧

## Join LLUSN’s new Facebook page!

We have just started a new Facebook page, and we are realizing that it is missing an important component:

**You!**

[www.facebook.com/lluschoolofnursing](http://www.facebook.com/lluschoolofnursing)

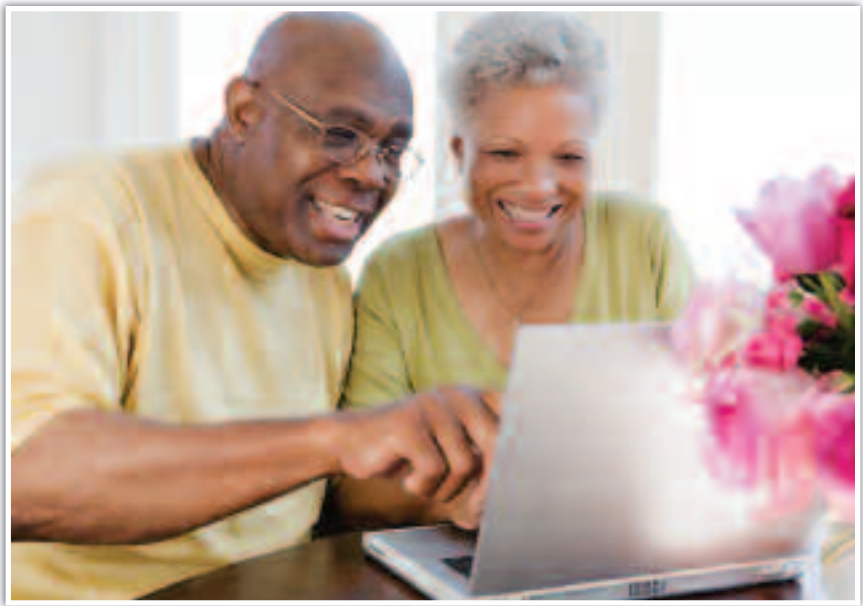
# Giving beyond the checkbook— certificates of deposit and low dividend stocks

**G**ifts of cash are an important source of support for nonprofit organizations and Loma Linda University greatly appreciates them. We also appreciate that there are many individuals who would like to provide additional support but find it necessary to preserve cash for other needs. This series of articles explores other helpful and tax-smart forms of giving: giving beyond the checkbook.

If you are like many people, you may have a CD you rolled over several times. With CD rates at a fraction of where they once were, it may merit considering a worthy alternative with more lasting value. One of the best things you can do with that old CD is to turn it into a new Charitable Gift Annuity. You'll likely have higher payment rates and find benefits that no amount of rolling over can match.

Alternatively, if you are tired of watching the ups and downs of today's stock market or have a stock that needs to find a higher calling, your stock can be used to fund a Charitable Gift Annuity. It is important that you transfer the appreciated stock to us—never sell it yourself. When you transfer it, you will find that some of your capital gains are eliminated on your gift and the remaining gain is spread over your lifetime.

A Charitable Gift Annuity is a lifetime contract with fixed payments.



Unlike a CD or securities, when you fund a Charitable Gift Annuity you know what your payment rate is this year, next year, and for as long as you live. Additionally, a Charitable Gift Annuity offers you other benefits like

a charitable income tax deduction for part of the funding amount and partially tax-free income.

Just as the decision to fund a gift annuity brings a lifetime of benefits, it is a permanent solution, so please call us and your advisor to see if a Charitable Gift Annuity is right for you. You can also take comfort knowing that the CD or stock you use to fund a Charitable Gift Annuity will have lasting benefits. Any funds remaining after a lifetime of payments to you will be used to further the mission of Loma Linda University.

Together with our office of planned giving, we would be pleased to answer your questions about Charitable Gift Annuity options. Call the office of planned giving at (909) 558-4553 or e-mail at <legacy@llu.edu>. 🌸

These rates are just one reason a Charitable Gift Annuity is a win-win proposition. Listed below are rates for one-life Gift Annuities (please call for information on a two-life annuity):

Age	Rate
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90	9.0%

# Donors and friends celebrated during School of Nursing KJN brunch

by Dustin Jones, MA

The School of Nursing couldn't continue to prepare qualified nurses without the help of friends and supporters. Those individuals are celebrated each year with a special recognition brunch. The Kathryn Jensen Nelson (KJN) Society Brunch was held Sunday, April 10, 2011.

"This year, we had one of the best programs we have ever had," says Carrie Bryner, MBA, immediate past director of development, LLUSN. "As always, I am pleased to see our loyal supporters and the honored alumni return to campus for this special event."

The KJN Brunch, named after one of the School of Nursing founders, honors those who give \$250 or more to the School of Nursing during the previous year. It is held annually on the Sunday following the LLUSN homecoming weekend.

During the brunch, Dr. Herrmann gave a report of how the school has performed over the past year. She indicated that enrollment has increased for the school. In fact, Dr. Herrmann reported, the school has done such a great job in recruiting new students that Ms. Bryner has announced she will be transitioning from development into the field of nursing.

"It was a bittersweet time for me as I realized that I had just planned my last KJN brunch," adds Ms. Bryner. "I am grateful for the opportunity to meet with everyone, honor those who



Friends of the School of Nursing (from left) Janice Ratzmer, Billie Jo Sammons, and Sylvia Ahn pose for a picture just prior to brunch.

support our school, and give a report on the school's progress. Thank you to all the attendees and alumni that have made my job working for LLUSN some of the best years of my life."

Dynnette Hart, DrPH, then took the stage and invited up undergraduate student Jacqueline Horn. Ms. Horn shared her personal story of how she decided to become a nurse and how her life was changed by choosing LLUSN.

"My spiritual life has been greatly influenced by the people here," Ms. Horn said. "I learned how to pray here."

Elizabeth Bossert, DNS, associate dean of the graduate program, interviewed a graduate student, Janice

Palaganas. In addition to working toward her graduate degree in nursing, Ms. Palaganas is operations manager for the Medical Simulation Center at LLU.

Ms. Palaganas shared with the audience a video tour of the Medical Simulation Center and how it helps all students on campus train for all kinds of medical scenarios. Ms. Palaganas hopes to use her doctorate degree to help encourage group training and team building among different groups on campus.

For information on how to become a member of the Kathryn Jensen Nelson Society, please contact the School of Nursing at (909) 558-9101. ❁

# Alumni welcomed during annual weekend reunion

by Dustin Jones, MA

**S**chool of Nursing classmates that hadn't seen each other for more than 50 years, in some cases, were reunited during the LLUSN alumni weekend, held April 8 and 9, 2011.

The weekend began with events on Friday that included tours of West Hall and the new Centennial Complex. Sabbath morning church service was presented by the golden anniversary class of 1961, with Sabbath school presented by the silver anniversary class of 1986.

The highlight for most alumni occurred Sabbath afternoon during lunch, where the classes separated into groups and reconnected with each other. Several memories were shared, along with tears.

"I want to thank all the alumni who came to celebrate the alumni weekend," says Zelne Zamora, DNP, president of the School of Nursing Alumni Association. "I enjoyed hearing you share your stories about your time here at the School of Nursing and your adventures in your respective nursing careers. We share in your successes as nurses, missionaries, educators, and community leaders."

Just prior to the alumni banquet, several LLUSN students prepared a presentation of their recent mission trip to Botswana with Dolores Wright, DNS, associate professor.

The banquet started with a roll call from Dr. Zamora, who read off the years as classmates stood to be recognized.



**Banquet attendees June (Kobayashi) Yoshida (left) and Eleanor (Deer) Fedak, both members of the class of 1961, share a smile during the festivities.**

Marilyn Herrmann, PhD, dean of the School of Nursing, gave a brief report on the state of the school, including the successes and the challenges.

"Our teachers continue to instill a love for missions in our students," said Dr. Herrmann. "Under the guidance of faculty members, we have students working with at-risk populations in San Bernardino, completing mission electives in Africa, groups going on SIMS mission trips, while others have helped tutor children in after-school programs in our community."

"It is only because of the generous support of you, our alumni and friends, that we have been able to help both faculty and students with scholarship support so that they have been able to continue with their studies."

Dr. Herrmann noted that 95 stu-

dents received a total of \$225,000 in scholarship assistance.

"Some of these students would not have been able to continue in school without your generous support," Dr. Herrmann continued. "On behalf of those students and faculty I would like to thank you for sharing your financial resources with them."

Several classes made financial donations to the school during the alumni weekend. These gifts totaled more than \$63,000.

"The School of Nursing has been continuously blessed with generous alumni," says Carrie Bryner, MBA, immediate past director of development, School of Nursing. "It is truly amazing to see the impact that these funds have on the students in our program. On behalf of the School of Nursing, please accept my sincere gratitude for the commitment you, as alumni, have made. It makes a big difference."

Dr. Zamora was also very passionate about the involvement of alumni in the school, and how it benefits current students.

"I especially want to thank Roxy Games and Lisa Highton who were instrumental in getting their respective classes to participate in the worship services," states Dr. Zamora. "We hope you continue to support nursing education here at Loma Linda University School of Nursing. Thank you for your monetary gifts to the skills lab and student scholarships. It is because of each of you that we continue to flourish 106 years later!" ❀

# Honored classes celebrate during alumni homecoming





*Class of 1951*



*Class of 1981*



*Class of 1985*

## Dear Alumni,

How fast a year can pass; it seems like only weeks since our last alumni celebration. I would like to remind you that our next alumni weekend is April 13-15, 2012. We hope to see many of you there. It is a special one for me as it is my 25th Anniversary for the class of 1987. I am looking forward to seeing my classmates, as well as celebrating the



honored 60th, 50th, and 10th year anniversary classes.

Our theme this year is "Seasons of Service." Service is an integral part of Loma Linda University's mission statement. Over the years, nursing has flourished in the service to others, not only abroad, but in our own communities locally. While the seasons and years have changed, our quality of nursing service has not. We have seen changes in how to deliver the care, but the steadfast education on the human touch is the staple of our education here at Loma Linda University School of Nursing. We have been around for over 100 years because God has blessed our mission service to others.

We hope as you come celebrate and reminisce about your education here at Loma Linda that you also remember and give thanks to the One who gives us wholeness. Welcome back to school! We look forward to seeing you alumni weekend.

I would like to leave you with these thoughts from Matthew 25:34-46, take the time to read the whole passage about service, but I would like to end with the quote found in Matthew 25:40.

"The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.'" (KJV).

God bless you all,

Zelne Zamora, DNP, RN '87  
President, Alumni Association



# School of Nursing Alumni Association names Alumni of the Year and other awards

by Dustin Jones, MA

Several awards were presented during the Saturday evening banquet, including four Merit Scholarship Awards. Receiving these awards were Emily Cunningham, Christian Rucibwa, Cheary Shelim, and Svetlana Welebir.

In addition, two Alumni of the Year Awards were also presented during the alumni banquet. **Greg Van Fossen, MS ('86)**, and **Naomi Bullard, MS ('61)**, were the recipients of the coveted awards presented by the LLUSN Alumni Association.

Greg Van Fossen is originally from Riverside. Greg's father encouraged him to choose an occupation involved in helping others. He also had an inter-

est in aviation, which he passed along to his son. Mr. Van Fossen was taught to fly by his older brother, Dennis, and received his private pilot certificate the summer after graduating from La Sierra Academy in 1982.

He worked at Loma Linda University Medical Center from 1984 to 1994 in orthopedics, cardiothoracic ICU, and critical care transport. In 1986 he completed his bachelor's degree in nursing at LLU. Following his graduation, he then decided to explore a more independent role in nursing which would build on the clinical experience he had gained. He went through the nurse practitioner course at Sonoma State University and received

his MS degree in nursing in 1991.

While working in the clinics of Riverside–San Bernardino Counties Indian Health he met his wife, Chrystal, at a Halloween party in 1992—she was dressed as Cleopatra. They married in 1993. In 1995, he and Chrystal moved to Washington where he worked in family practice for about six years.

Since then, Mr. Van Fossen has worked in various settings including mobile health care, emergency medicine, urgent care, and occupational medicine.

The family moved to Banning in 2001, and then on to Northern Indiana in 2004 where their current legal residence is. They started to provide support to a missionary family with Adventist World Aviation in 2002. In 2007, that family invited them to come do mission work in Guyana. As part of the preparation for moving to Guyana, Mr. Van Fossen completed additional flight instructor ratings and attended Adventist Frontier Missions training for missionaries, along with his wife. He is presently completing the mission pilot training at Mission Aviation Fellowship in Nampa, Idaho, in preparation for their move to fulfill a six-year commitment as missionaries.

Mr. and Mrs. Van Fossen, along with their 12-year-old son and 11-year-old daughter, have rented out their home and are staying with friends until they move to Guyana.



Merit Scholarship Award winners Svetlana Welebir, Cheary Shelim, and Christian Rucibwa pause to listen as their names are read by Kathie Ingram, MSN, associate professor of nursing (left). Not pictured is Emily Cunningham, who also received a scholarship.

Also receiving the Alumna of the Year Award was Naomi Bullard. Ms. Bullard attended Oakwood College (now Oakwood University), Huntsville, Alabama, and came to Loma Linda University in 1958 where she received her nursing degree in 1961. For the next six years, Ms. Bullard taught at Loma Linda University School of Nursing, where she also worked on her master's degree. After completion of her degree in 1967, she pursued her dream to help others in the mission field.

From 1967 to 1980, Ms. Bullard went to Mugonero Adventist Hospital, in Rwanda, as a "sister tutor" to what initially started out as a nurses aide program. Through her commitment to service and excellence, this small program became a school of nursing with the collaboration of three other teachers. By this time, this school of nursing was only the second in the country. In 1972, the Trans-Africa Division news bulletin, *Outlook*, celebrated the first class of 11 male nurse graduates. During her time in Rwanda, she took a furlough to visit Switzerland where she studied and became fluent in French to accommodate the shortage of French-speaking teachers at Mugonero Hospital.

In 1983, Ms. Bullard returned to the United States and accepted a position as assistant professor at Oakwood University. In 1996, she left Oakwood to return to East Africa where she served as a nursing instructor until she



Greg Van Fossen, LLUSN class of 1986 (right), is presented the School of Nursing Alumni Association Alumni of the Year Award from classmate Lisa Highton.

retired in 2002. Her years of dedication to nursing, service to others, and love of teaching have provided her with a life of joy. She now lives in Florida with her family.

Ms. Bullard was not able to attend the alumni banquet because of health reasons. However, her classmate and

friend, Sylvia Skantz, represented Ms. Bullard and received the award on her behalf.

"Ms. Bullard's love of nursing and concern for her student's well-being has been cherished by many who worked with her or were taught by her," said Ms. Skantz. 🌸

## Homecoming weekend

Don't forget to join us for homecoming weekend  
at Loma Linda University School of Nursing

*April 13 & 14, 2012*

## 1,440 Minutes: Why be ordinary?

*Continued from page 5*

Set your mind to pay attention to the positive things that occur. We all have the capacity to choose, and this is why two people can experience exactly the same set of circumstances and yet have completely different experiences.

### **Why not be a leader, coach, or mentor?**

Just recently I watched a very small girl following her dad on the beach. Dad was tall with long legs and as they walked through the soft sand, the little girl was struggling to step only in her father's steps. Then, as I watched, the father looked back and saw what was happening. He began to shorten his steps so the little girl could follow in his footsteps. In faith, each of us follow in someone else's footsteps—your parents, perhaps a teacher, or someone you admire. Each one of us also leaves footprints to guide others, a child, a friend, a patient, or a coworker. No one should be left to walk the path alone. What kind of footprints are you leaving behind?

### **Why not find beauty in everything?**

When I was a nursing student I met a young man named Ian. He was almost the same age as I was, 18, but that is where the similarities ended. He was diagnosed with rheumatoid arthritis as a young child, and was treated with high doses of steroids. These treatments stunted his growth and left him blind.

He came from Manchester, England, but was at Groote Schuur Hospital in South Africa for treatment. So here he was in a foreign country, all alone, and yet he was one of the most positive people I have ever met. His dream was to go up Table Mountain to "see the view of the harbor." So we worked it out and several of my nursing student friends and I spent the day showing Ian the sights of Cape Town. We rode up the cable car, and walked around the top of Table Mountain. Ian asked lots of questions about what we could see, how many ships were in the bay, did we see any whales, and which flowers we could see.

We had a marvelous day, mostly because of Ian. He loved everything

about the day, but it was not until the next day that he really made me catch my breath. He wanted me to write a letter for him to his mother. He dictated and I wrote as fast as I could. He described to his mother in detail the views of Cape Town, describing it as the most beautiful view he had ever seen! His face was alight with the description of it all and I was humbled at what we so often take for granted—how we often complain about the unimportant when there is so much beauty around us.

### **Why not do something you've never tried before? Why not dream big?**

Nathaniel Hawthorne came home heartbroken. He had just been fired from his very boring job in the custom house. His wife, rather than responding with anxiety, surprised him with joy. "Now you can write your book!"

He wasn't so positive, wondering what they would live on while he wrote it. To his amazement she opened a drawer and revealed a wad of money she had saved from housekeeping. "I always knew you were a man of genius," she told him. "I always knew you'd write a masterpiece." She believed in her husband. And because she did, he wrote and because of that, every library in America has a copy of *The Scarlet Letter*. He changed the world with his 1,440 minutes, but so did she. You have the power to change someone's life simply by the words you speak, your touch, your actions.

### **Why not have conviction, character, value?**

Florence Nightingale used her 1,440 minutes to change the lives of





School of Nursing students pose for a photo following the 2012 student dedication program.

many soldiers during the Crimean War in 1856. So many so that Henry Wadsworth Longfellow immortalized her in his poem *Filomena*, which in part is as follows.

*When'er a noble deed is wrought,  
When'er is spoken a noble thought,  
Our hearts, in glad surprise,  
To higher levels rise.*

*The tidal wave of deeper souls  
Into our inmost being rolls,  
And lifts us unawares  
Out of all meaner of cares.*

*Honor to those whose words or deeds  
Thus help us in our daily needs,  
And by their overflow  
Raise us from what is low!*

*Thus thought I, as by night I read  
Of the great army of the dead,  
The trenches cold and damp,  
The starved and frozen camp,*

*The wounded from the battle-plain,  
In dreary hospitals of pain,  
The cheerless corridors,  
The cold and stony floors.*

*Lo! in that house of misery  
A lady with a lamp I see  
Pass through the glimmering gloom,  
And flit from room to room.*

*And slow, as in a dream of bliss,  
The speechless sufferer turns to kiss  
Her shadow, as it falls  
Upon the darkening walls.*

*As if a door in heaven should be  
Opened and then closed suddenly,  
The vision came and went,  
The light shone and was spent.*

*On England's annals,  
through the long  
Hereafter of her speech and song,  
That light its rays shall cast  
From portals of the past.*

*A Lady with a Lamp shall stand  
In the great history of the land,  
A noble type of good,  
Heroic womanhood.*

*Nor even shall be wanting here  
The palm, the lily, and the spear,  
The symbols that of yore  
Saint Filomena bore.*

“When He came down from the mountain, great multitudes followed Him. And, behold, there came a leper and worshipped Him, saying, ‘Lord, if Thou wilt, Thou canst make me clean.’ And Jesus put forth His hand, and touched him, saying, ‘I will; be thou clean.’ And immediately his leprosy was cleansed.” Matthew 8:3

Oh, the power of a godly touch. Haven't you known it? The nurse who cared for you, or the teacher who dried your tears? Was there a hand holding yours at a funeral? Another on your shoulder helping you out during a difficult time? A welcome handshake when you did not know anyone?

You all have been blessed with the Master's touch, you use your hands to pray over the sick. Remember, our prayers may be awkward, but the power of prayer is in the one who hears it and not the one who says it. Pray to make a difference, to provide for their needs, that reassuring touch during a difficult procedure. You have the power of touch.

You have 1,440 minutes to use—use them wisely. ❀

# Dr. Julia Pearce: Reaching out, above, and *abroad*

by Midori Yoshimura

**G**raduation ceremonies have long ago ended, and black-robed seniors have long since put away their regalia, but one woman is still applauding. **Julia Pearce**, ('62, MS'65), PhD, salutes Travis Air Force Base graduates of the LVN-to-RN nursing program—which she helped initiate at Pacific Union College (PUC).

While Dr. Pearce was chair of the PUC nursing department, she responded to the United States Air Force's request to help establish an LVN-to-RN program at Travis Air Force Base.

Though their military training is often unacknowledged in the civilian world; with an RN license, students earn a universally recognized degree.

"Between you, me, and the fencepost, this program is a really good deal," says Dr. Pearce.

Tailored to scheduling needs, the LVN-to-RN program is a unique on-base nursing program in the Air Force. Military professionals' full-time jobs, family duties, and possible deployment call for a nontraditional program.

Dr. Pearce also helped develop an RN-to-BSN program, allowing military graduates to qualify as commissioned officers. She presented both programs to PUC's accrediting commission, the Western Association of Schools and Colleges, which required her to "push a little," just like nursing students.

"Students have the push to stay focused, and can handle the pressure," Dr. Pearce praises. Even if personnel are deployed before graduation, they often



**Dr. Julia Pearce with graduates and Brigadier General Thomas P. Kane, commander, 60th Air Mobility Wing and host of the Travis Air Force Graduation ceremony.**

take their textbooks with them and return to complete their courses, she notes.

This respect for dedication is mutual. At the June, 1999, graduation pinning ceremony, the Air Force awarded Dr. Pearce with her own distinction: two eagles, symbolizing an honorary colonelship.

"I was in a state of shock," Julia says. After the officer awarded her, she saluted Dr. Pearce, and Dr. Pearce responded in kind. "But I was told my salute was a little weak," she says with a laugh.

That's not the only way Dr. Pearce reached out to those beside and beyond her area.

Though she had never ventured beyond Canada and Mexico, October, 1998 took her to Scoala Postliceala Teologico-Sanitara Adventista de Ziua a Saptea, an Adventist school in Braila, Romania. On her first voyage overseas,

Dr. Pearce didn't arrive unprepared. She brought the school's fledgling nursing program many boxes of nursing curricula, as well as material on medical ethics.

Sri Lanka's American College of Health Sciences was another beneficiary of Dr. Pearce's aid. Now named the International Institute of Health Sciences, the school owes many of its nursing resources to Dr. Pearce's shipments. To thank her, the school invited her to its 2003 official opening as one of two guests of honor. The other guest was the Sri Lankan minister of health.

With packing priorities in place, Dr. Pearce attended the event, and later returned for the college's first graduation ceremony. In 2010, she received a package in the mail: a medallion from the school, honoring her contributions to the school's medical library.

"Loma Linda University encourages

## In memory of those who have passed

students to be prepared to do more,” Dr. Pearce explains. For her, “more” weighs 300 pounds—the total amount of medical textbooks and materials she personally took with her to the college.

Arriving at the hospital, “I wanted to lie down on the floor and cry,” Dr. Pearce says. The school and hospital’s desperate needs encouraged her to continue her contributions abroad.

She acknowledges that “it’s easy to let wonderful opportunities pass because they’re not convenient or they cost money. We’re all terribly busy doing good things.”

Dr. Pearce credits her missionary family and LLU faculty as inspiration for “a whole approach that goes beyond borders.” LLU nursing leaders like Maxine Atteberry, Maureen Maxwell, and Mary Monteith were devoted to patient care. In addition, LLU’s international nurses showed Dr. Pearce practical examples of service abroad. Also, as she says with a laugh, “I didn’t know how to stay out of trouble.”

At home in St. Helena, California, she continues to serve others. In June 2011, 25 new graduates of the Travis Air Force Base LVN-to-RN program received their AS degree; countless students in Romania and Sri Lanka study from the nursing materials Dr. Pearce sent; and in St. Helena, she provides transportation for her elderly neighbors.

“When people need help, that’s the time to do,” Dr. Pearce says—and backs up her words, preparing six more boxes for Sri Lanka. ❀

**Liliana Villamil ('05)** passed away on August 25, 2011, after a long battle with cancer. Liliana was born in Caracas, Venezuela, on June 20, 1976, the second of three children. Following a bone marrow transplant at City of Hope Hospital in Duarte, California, she was reborn September 17, 2008. Liliana was well-traveled, and lived all over the world and the United States beginning at a very early age—from her birth in Venezuela, to formative years spent in Colombia and Puerto Rico, to attending Ruth Murdoch Elementary School in Berrien Springs, Michigan. From there Liliana attended Greater Miami Academy in Florida, and graduated with honors from Garden State Academy in Tranquility, New Jersey. She called Texas and New York home, before being accepted to La Sierra University, Riverside, California, in 1994. She began her journey toward becoming a nurse at La Sierra. Throughout her childhood and teen years, Liliana was an accomplished classical pianist, flutist, and gymnast. Her love for knowledge and immeasurable capacity for caring led Liliana to her studies and several degrees in nursing; including her bachelor’s degree from Loma Linda University and a master’s degree in nursing, specializing as a nurse practitioner in women’s health from Cal State Fullerton. Liliana’s life as a professional began as a surgical tech in the labor and delivery unit at Loma Linda University Medical Center. She served as a labor and deliver nurse at both



**Liliana Villamil ('05) passed away on August 25, 2011, after a long battle with cancer.**

Corona Regional and UCLA Medical Centers. In May of 2008, Liliana began her hard and arduous battle with cancer; which like any other challenge in her life, she faced head on. Never complaining, always with a smile and a kind word for everyone. After a long and difficult battle, her body weary, yet spirit and resolve intact, she succumbed on August 25, 2011. She is survived by her parents, brothers Rudy and Ronny Villamil, and her ever-loving and supportive boyfriend, Dennis Chan.

**Dorothy Shull Lowry ('48)** died December 12, 2011.

**Betty Beach ('52)** has passed away. The School of Nursing has not received any further information.

## Near and far

**Nora Schmederman Frushone ('57)**, celebrated her 104th birthday July 5, 2011. When she was born in 1907, in Junction City, Kansas, Teddy Roosevelt was president and a first-class stamp cost 2 cents. In 1933, she moved to California, and four years later, she married Joseph Frushone. Nora says that the accomplishment she is most proud of is her career in nursing. She spent 32 years at Patton State Hospital, a state psychiatric hospital in Highland, California, where she was supervisor of the operating room for 15 years. The other 17 years she worked as a supervisor, teacher, and assistant to the director of nurses. In 1957, at the age of 50, she earned her bachelor's degree in nursing at Loma Linda University. For her 104th birthday, Nora was featured in the *Redlands Daily Facts* newspaper. Nora is a resident of Mission Commons retirement community in Redlands, California.



**Nora Schmederman Frushone ('57)**, celebrated her 104th birthday July 5, 2011.



**Mae Dickman Holland ('52) and her husband, Bob, at Clearlake, California in October, 2010.**

**Mae Dickman Holland ('52)** writes "Greetings to all of my nursing classmates. I have enjoyed hearing from you. This year has zoomed by. I got a new hip because osteoarthritis had completely destroyed the cartilage. I went home the next day without pain or follow up physical therapy, though I may need to have the other hip done as it is starting to hurt." She has traveled extensively with her husband, and enjoys any time that she can share with her grandchildren.

**Doris Sheldon Schuld ('52)** writes, "I am reminded of those interesting and fun experiences we shared during our time at Loma Linda and the White—you know, the good old days! We count our blessings, but take nothing for granted; knowing that at our advancing age anything can happen! But, so far so good! We did go on our planned cruise

to the Panama Canal in April and had a wonderful trip with many interesting stops along the way. We are planning another cruise that will start in Miami and end up in Spain, where we will spend some time before flying home. Even though traveling is becoming more of an effort for us, we figure we should keep going as long as we can!"

**Wally Anderson Snyder ('52)** writes "Don and I have not done any traveling this year, but have enjoyed visits from family members. We celebrated our 50th wedding anniversary on August 4. I recently fell down and hit my forehead and had two black eyes over Christmas. We have lived in our Palm Desert home for 17 years, and are thinking about moving into a smaller home or apartment now. But we've been thinking of that for a couple years, so we'll see!"



## Contact Us | Loma Linda

*Nurse* is interested in hearing about your life after graduation from the School of Nursing. Here are some of the things we would like to use in our alumni news section. We would like to know about your professional achievements, research, awards, graduations, interesting stories, what is happening in your career or family life, travel, moves, marriages, and births or deaths. If you have a current picture of yourself, we'd appreciate receiving that too. We look forward to hearing from you!

Just send or e-mail information to us, and we will write it up for you. If you have been featured in local newspapers, send us a copy of the clipping. Your story may even become the basis for a feature article.

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First name | Last name (including maiden name if applicable)

Year(s) of LLU graduation | degree(s) received

Address

City | State | Zip | Country

Home phone | E-mail

Spouse's name (including maiden name if applicable)

Children's names, birthdates, and connection to LLU (if any)

Here's the latest (attach a separate sheet, if necessary)





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