

Nurses Notes

Nursing Alumni Newsletter

Spring 2008

A Legacy of Nursing Service

By Pam Bobst

Less than a month after marrying her high-school sweetheart, Milton Lee, on August 4, 1936, Helen Warren Lee was sailing from San Francisco (with Milton) to Shanghai, China. They were headed back to the country where they had met.

Born in China to the first missionaries sent overseas from PUC, Helen followed in her parents' footsteps to PUC, graduating in 1936 from nursing. Afterward, while classmates were "boning up" for the State Board examination, Helen, by special request of a surgeon, was caring for one of his patients. She tried to study at night, but felt unprepared by the time of the exam. Still, when the class went to San Francisco to take the exams, they all passed and Helen received a high score.

As a 22-year-old newly graduated nurse, Helen arrived in China with Milton in mid-October. She opened a nurse-operated medical clinic in Mokiang, which was ten days' travel from the nearest hospital or doctor, with no running water, electricity or phones. U.S. mail took six weeks to arrive. With limited supplies provided by the Shanghai Clinic, her hydrotherapy training, and her fluency in Chinese, Helen tackled the challenge. She had been told that she would have plenty of teeth to pull, and so obtained ancient forceps from the "Thieves Market" in Hong Kong.



Her experiences in Mokiang were many and varied. She learned how to instruct patients in taking medicine in ways that respected their culture and superstitions. She delivered many babies, treated opium poisoning, tuberculosis, malnourished children, pneumonia, and yes, pulled teeth. She taught healthy living practices, trained others in artificial respiration, and administered their small supply of smallpox vaccinations. Helen always carried her medical kit, and on one occasion, with

assistance, she splintered the broken leg of a mule. Eventually, Helen had the assistance of Chinese trained nurses, which was a great help.

By the time she and Milton left the Mokiang area for furlough (after over six years), the district had a much-respected nurse-operated clinic, a thriving church school and seven churches. In 2006, at the age of 92, Helen and her daughter returned to this area of China and worked with a medical group that held a day-long clinic at the Adventist church. Helen gladly translated for the doctors.

Helen and Milton spent 47 years of mission service in China. Helen actively supported her husband's evangelistic meetings and presented health messages. During retirement, Helen undertook the daunting task of translating the

Save-the-Date

To..... **SHSHSN & PUC Nursing Alumni**

Date **April 19, 2008**

Time **2:00 - 4:00 p.m.**

Place..... **Ellen Christian Skills Lab #112 Davidian Hall**

Your Cup of Tea

We want to hear about all your experiences since your days at PUC. Please join your colleagues and fellow classmates for the 2008 Homecoming Nursing Tea.

Department of Nursing.....

Chair..... Nancy Tucker

Office Manager..... Cheri Wellborn

Admission Coordinator..... Pam Bobst

ADN Teaching Faculty..... Susan Bussell

Linda Cochran

Shauna Finley

Joan Hughson

Liss Leal

Karen Lewis

Kelly McHan

Gladys Muir

Bonnie Kugel Ramos

Shana Ruggenberg

Debra Winkle

BSN Teaching Faculty.....

Katie Schneider

Donna Streeter

Nancy Tucker

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news from your classmates

Send us your news. Fill out the response card and send it to the address on the bottom of the card.

1950, BS, Esther (Pavla) Tarangle

Esther is now retired from nursing, but enjoys volunteering at Adventist Frontier Mission.

1951, BS, Deltalee (McIntyre) Gates

Deltalee has worked in Med-Surg, Premature Nursery, office and x-Ray, and developed an LVN type program overseas. Her husband and daughter are deceased and her son is a nurse at St. Helena Hospital. She enjoys watercolor painting, croquet, reading and gardening.

1962, AS, 1992, BSN, Karolyn E. (Knab) Tibbits

Retired in 2007 from Kaiser, Vallejo, Karolyn is volunteering at church, has two grandsons, and enjoys scrapbooking and picture taking.

1962, ASN, 1993, BSN, Rose (Keim) Barquist

Rose is retired from Home Health, where she served as director of nursing. She now enjoys playing golf.

1962, AS, Linda (Lee) Crosier

Linda is a nurse supervisor at the Butterfield Trail Village in Hindsville, Arkansas. She enjoys spending time with her husband, four daughters, and grandchildren. Her main hobby is gardening.

1964, AS, Ruth (Henry) Tallant

Ruth works as a nurse resource consultant at the Country Villa Health Services in Sacramento. She has three sons and loves life and painting portraits in oil.

1965, AS, Judith Dianne (Crandall) Kendall

Dianne is currently living along the northern coast of California, and she works as a traveling nurse to various states including Washington, Idaho, Hawaii, and Connecticut. She has three children and three grandchildren.

1968, AS, Barbara (Personius) Tone

Barbara lives in Southern California working in clinical research at UCLA School of Medicine. She has one 21-year-old daughter.

1970, AS, Nancy A. (Norman) Bryant

Nancy is a FND-C/PA at a Psychiatry and Family Practice clinic. She married in 1959 and has three sons who all graduated from Cal State Chico. Nancy graduated from UC Davis Medical School and has written two books on Breast feeding (Spanish/English), which are sold throughout the country. She has a private clinic where she sees patients; and her husband returned to college after teaching for eight years and became an RN.

1970, AS, 1994, Ph.D., Lynna Belin

Lynna is an adjunct assistant professor at LLU School of Public Health. She has two children, four grandchildren and is active with her family, friends. She also enjoys reading and writing.

1972, AS, Ardythe (Tym) Price

Ardythe has worked at Kaiser San Jose for 10 years. She was in Who's Who in Health Profession 2006-2007 and Who's Who America in Business 2007. She has two grown children, works to support orphans in Tanzania, enjoys reading and being with her boyfriend.

1972, AS, Pamela Christiansen

Pamela is a nurse consultant. She graduated from the University of Phoenix in 1997 with an MSN and currently works for the California Department of Health Services. She has a new grandson, Wyatt James Wetherbee, born April 2, 2007.

1972, AS, BS, BA, Yolanda (Olson) Leamon

Yolanda has retired from nursing and has changed professions to accounting. She is getting a Master's with accounting and finance and is working with her father's practice.

1973, AS, Jeannine Warren

Jeannine is retired, but volunteers at the Adventist hospital in her hometown of Sonora, California. She is currently the president of the auxillary, and is active in the church as a parish nurse. She has a son and a daughter, and she enjoys flower arranging and antiques.

1974, AS, Robin Hubert

Robin is a nurse in Outpatient/Recovery at Kaiser Santa Teresa. She has a daughter, Alexandra, who is a freshman at PUC.

1975, AS, PHN, Ella Martella

Ella is Director of Patient Care of Redbud Home Care at Redbud Community Hospital.

1976, AS, Donna (Hanson) McFarland

Donna lives in Walla Walla, Washington, and works as the discharge planner at St. Mary's Medical Center. She is married with two sons attending Walla Walla. She enjoys hiking, backpacking, camping, caving, traveling, and working with her local church youth group.

1977, AS, Marilyn (Ocheltree) Moore

Marilyn is working as a post partom nurse at Fremont Medical Center. She is married and has two sons. Marilyn has also volunteered for 11 years at a Prolife Pregnancy Resource Clinic.

1978, AS, MS, RN, CNS, PHN, Terry (Smith) Larsen

Terry is currently an education specialist at Tri City Medical Center in Temecula, California. She is currently attending University of San Diego.

1979, AS, Jill (Mallory) Theriault

Jill is currently not working due to health reasons. She has two daughters and misses California.

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1980, RN, CNM, Liz (Allgaier) Britain

Liz has just started a new nurse-midwifery practice in Nampa, Idaho, and is also involved in deliveries at a hospital and Freestanding Birth Center.

1981, AS, 1986, BS, Dee (Arands) Imai

Dee is currently living in Monterey Park, California, where she works as the patient care services manager at the Los Angeles Children's Hospital. She has two high school-aged children who attend San Gabriel Academy.

1983, AS, BSN, Carmen (Coy) Hardt

Carmen is Program Director of Social Rehabilitation at Crestwood Behavioral Health. She has five sons and enjoys traveling.

1984, ASN, Sandra (Frick) Haston

Sandra is working at the Harrison Medical Center in Washington, and is a member of the American Society of PeriAnesthesia Nurses. She and her husband, Michael, have one son, Alex.

1986, RN, Robin (Ziebarth) Wills

Robin is currently living in Idaho, building up her five acres with a garden, orchard, and vineyard. She volunteers her time at the local prison, Cottonwood Correctional Institute, leading out in Bible studies.

1987, AS, 1989, BS, Patricia (Dickson) Low

Patricia is working in the NICU at GAMC and is starting her twenty-first year working there.

1990, BSN, Bonnielea (Smith) Watson

Bonnielea worked in the ER Chest Pain Unit and is now retired. She married Bud Watson eight years ago and has two grandchildren. She loves knitting, quilting, and swimming.

1993, AS, 1996, BS, MSN, Leanne (Swenson) De Silva

Leanne is dually certified as an FNP and PA. She is married to a now-retired professional baseball player and has one baby boy and another on the way. She works in a rural health clinic and works with a lot of migrant workers.

1993, AS, 1994, BS, Pamela (Marshall-DeLuce) Madala

Pamela is a nurse practitioner in CPMP Hepatology.

1992, AS, 1994, BS, David Klingbeil

David works as an office nurse for Federal Occupational Health. He is married to Tammie Lynn, and has two daughters.

1998, AS, 1999, BSN, Melinda (Lagorio) Lagorio-Sanchez

Melinda is living in Lodi, California, and is currently a stay-at-home mom for her two children. She volunteers at her son's school.

1998, AS, 1999, BS, Lorena Rodriguez

Lorena works at Feather River Hospital in the PACU. She is married and has two boys ages 7 and 8.

1998, BS, Linda Noyes

Linda is on the nursing faculty at Hanford Adult School.

1998, BA, AS, Julie (Hill) Alvarez

Julie is finishing a BSN online through Florida Hospital College. She also teaches beginners at church and is busy with her 2-year-old daughter.

1999 AS, BS, 2000, BSN, Kimberly (Casey) Marlow

Kimberly will be graduated from California State University Fresno with her Master's in Nursing and Family Nurse Practitioner. She married David Anderson on August 12, 2007, in Capitola, California.

2000, AS, 2001, BS, Rebeca (Kirk) Braswell

Rebeca obtained her CCRN in 2005 and is currently a RMICU staff nurse at St. Josephs Medical Center. She has worked in Resp./Med ICU since 2001, serving as supervisor for one year before going part-time. She is married with three children ages 3 1/2 years, 2 years, and 2 months.

2000, BS, Anahid Ananian

Anahid is a nurse evaluator at the Department of Health.

2002, AN, Katherine (Bennett) Schmidt

Katherine is living in South Carolina, and works as an RN at St. Francis Eastside. She is currently pursuing her BSN degree, and teaches CPR classes.

2004, AS, Yvonne N. Angwenyi

Yvonne is a Telemetry staff nurse at California Pacific Medical Center in San Francisco, CA. She is currently working towards her BSN at San Francisco State University and enjoys reading and travel.

2005, RN, AN, Mona Liza Mendoza

Mona Liza is open heart surgery trained and ACLS trained. She is also working in the Tele med surg unit.

In Memory**1969, AS, BSN, Kathleen (Williams) Robbins**

Kathleen passed away after a battle with cancer. She enjoyed working as a Labor and Delivery nurse for many years.

1993, BSN, Basilia (DelaCruz) Kerwitz-Ede

Basilia passed away in January 2007 following a two-year battle with cancer.

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A Legacy of Nursing Service (Continued)



scriptures into scripts that would allow *The Bible in Living Sound* to be available in Chinese. Professional voices were hired to record the scripts and the finished product is in great demand today.

Helen is the last remaining member of the nursing class of 1936. The family legacy in health care continues with Helen's daughter Sylvia Lee Fillman, who graduated from PUC's nursing program in 1963; her daughter-in-law Aura Lindgren Lee, who graduated in 1964; and her grand-nephew Derek Bobst, who is currently a nursing student. Helen now lives in the Napa Valley at the Adventist Retirement Estates in Yountville.

Documentary Features Nursing Students

By Kelly McHann

Journey of Healers won Best Documentary at the 2007 Sonscreen Film Festival. Written and directed by T.J. Gleason, a PUC student majoring in film and television production, the film captures the passion and persistence of nursing students as they work to reach their goals. T.J., who worked at the front desk in the nursing department for three years, offers a compassionate window into the lives of these students as they endure tough work schedules, difficult patients, sleep deprivation, single parenting and learning among new languages and cultures. *Journey of Healers* follows the challenges and achievements of six students in their journey to become nurses. Through it all, we share in their enthusiasm, determination and faith. Blessed Gwebu, a nursing student who features in the film, wrote and performed the music. The cast of PUC students also includes James Crays, Lidia Dima, Caroline Dos Santos, David Koenig, and Jennie Oldenkamp. PUC alumna and faculty member Jeni Guth is also featured. The inspirational story encourages all of us to persevere through our struggles to ultimate triumph. If you are interested in more details or ordering *Journey of Healers* visit www.tjgleason.com.

Faculty Changes

By Nancy Tucker

The nursing department says goodbye to pediatric instructor Jeni Guth this year as she moves forward in her professional education, and to BSN coordinator, Carol Williams, as she semi-retires into a part-time position at Memorial Hospital in Santa Rosa.

We welcome two new instructors to the ADN program.

Gladys Muir comes to us from a midwifery practice in Apple Valley, Calif. She graduated from PUC with nursing and education in 1983, and completed her midwifery at Baylor College of Medicine in Texas and her MSN from Samuel Merritt College in Oakland. She also has an MA in counseling and guidance from Loma Linda University. She contributes great maternal-newborn expertise and bilingual skills to the program. Before moving to Apple Valley, Gladys spent 10 years at the Guam Adventist Clinic and has volunteered in Uzbekistan, Ethiopia and Paraguay.

Bonnie Kugel Ramos is also a PUC graduate of nursing and German in the class of 1977, with a BSN from Andrews University, an MS in psychiatric nursing from Loma Linda University and an FNP from Oregon Health Sciences University. She has taught for PUC at the Glendale and White Memorial campuses, for Atlantic Union College, Riverside Community College and Oregon Health Sciences University. She also brings a variety of clinical practice including family practice, the U.S. Army, Yellowhawk Tribal Health, correctional facilities and mental health hospitals.

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Nursing Students and Missions

By Gladys Muir



Jessica Bowen and Julie Meyer, recent nursing graduates of Pacific Union College, have recently put their nursing skills to the test in the Philippines, Kenya, and Nigeria.

Jessica Bowen, currently completing her BSN at PUC, spent four weeks on the island of Puerto Princesa in the Philippines during the summer of her associate degree program. She preached 18 sermons in 14 days to an average of 45 people, despite wind and rain. On the trip, Jessica says she learned that as a Christian and a student nurse, she had a great capacity to love and serve people she had never known or seen. "This is what it means to be a Christian nurse and follower of Christ — to help others in need, whether physically or spiritually. Jessica also spent about a month in

Kenya preaching to people on the streets. "It was worth it to preach the love and hope of Christ's message, even in the middle of a dark cow field at night," states Jessica.

Before completing an AS degree in December 2007, Julie Meyer spent last summer at the Ile-Ife Adventist Hospital in Ile-Ife, Nigeria. Shocked by how primitive the hospital was, even though it is the "best" Adventist hospital in Nigeria, Julie says, "What surprised me the most was how one nurse was assigned to up to 24 patients at a time with no nursing assistants to help." It sounded impossible at first, but eventually, Julie discovered it was doable. Through all the challenges, feelings of inadequacy and even concerns of returning with AIDS, Hepatitis or Tuberculosis, Julie rediscovered her desire to offer her skills and knowledge to help those in need. "My Nigerian summer really gave me a passion and love for the nursing profession because I really felt like I was making a difference despite my inexperience. ... I am still amazed at how spiritual and committed the people of Nigeria are to their faith. I really felt like my relationship with God was alive there and that I was beginning to understand what real faith was all about."



Welcome to "Real" Nursing

By Brindusa Radoias

After completing an AS degree in nursing at PUC, many graduates continue on in the BSN program. This is an entirely different ballgame, and as "real" nurses, the students have a lot more responsibilities. Levi Gore, one of this year's BSN students, likens the experience to "being run over by a Mack truck." But he takes comfort in the camaraderie that exists among nurses: "I am always thankful for my co-workers who are always willing to give help, advice and encouragement." This sentiment seems to resonate with many of the students. Zeta Gore says, "I am so thankful for merciful, patient, experienced nurses that are willing to nurture new grads. ... Practicing the art of nursing can be daunting for a new RN, but I've found comfort in knowing I am never alone on the floor." Our new nurses receive assistance on a daily basis from their co-workers; however, many are also eager to ask for and receive divine assistance. Jessica Bowen tells of an experience she had with a patient after praying for guidance during her shift. "A still, small voice told me to check the patient. Not two seconds later ... I found her hemorrhaging. I was able to stop the bleeding and call for help. This was no accident. The Lord is always there helping," she says. To others, God manifests Himself through more subtle means, showing love and encouragement when they need a morale boost. Rochelle Dunn tells about a time at work when she "just didn't seem to do anything right." She prayed for peace and that night, an eight-month old patient acted as the vessel for God's message. "He reached up with his tiny hands, pulling my finger down, and gave me a kiss." Other BSN student testimonials are all in the vein of thankfulness for different blessings. Please keep them in your prayers as they continue on this special journey of healing.