

# Nursing Alumni News

Winter 2006

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## Accelerated BSN Program Update

The first cohort of Accelerated BSN students began in August. Classes were located at North Hennepin Community College and Metropolitan State University during fall semester. Cheryl Tefer, Anoka-Ramsey Community College (ARCC) nursing faculty, taught the fall Pharmacology course for the cohort. This semester, the 23 students are taking their medical/surgical nursing course at Anoka-Ramsey-Coon Rapids Campus and two

other courses at Metropolitan State. Cheryl Tefer is the course leader for the medical/surgical course. As with most new programs, the experience has been one of continuous learning for the faculty and students. Administrators and faculty are breaking new ground as we create an integrated program with faculty from three distinct institutions. Selection of the second cohort for Fall 2006 began in February.

## First Nursing Alumni Scholarship Planned

### Seeking your input for the first Nursing Alumni Scholarship at ARCC

Would you like to help plan the establishment of a nursing alumni scholarship at ARCC? The ARCC Foundation and Nursing Department need your help in laying the groundwork. The scholarship fund will be established in honor of ARCC nursing graduates. The fund will provide an annual award for a nursing student(s).

You and others who join the task force will meet once or twice this spring. The task force

will plan the award criteria, the fundraising goal and timeline, and the marketing efforts. We will launch the plan in June, culminating in August with the closing celebration of the college's 40<sup>th</sup> anniversary year.

For more details, contact Evelyn Gedde, executive director, at 763-433-1189 or [Evelyn.Gedde@anokaramsey.edu](mailto:Evelyn.Gedde@anokaramsey.edu).

## Nursing Program Admission Changes Approved



The nursing program instituted significant changes to its admission criteria and procedures in January 2006. This is the second consecutive year in which a major change in admission procedure has occurred. The lottery procedure that was instituted last year

proved to be very unpopular with students. The new procedure consists of selective criteria that include GPA, ACT score, number of general education credits completed, and perform-

ance in required science courses. Additionally, the minimum GPA was raised to 2.75 and minimum ACT score was raised to 19.

The impetus for change included student feedback, the increasing intellectual challenges of the workplace, the increasing need for Associate degree (AD) grads to be prepared for RN-BSN completion programs, and the elevation of the NCLEX-RN passing standard in 2004. The new criteria and procedure can be viewed on the Nursing Department web page at [http://webs.anokaramsey.edu/nursing\\_program](http://webs.anokaramsey.edu/nursing_program).

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### Special points of interest:

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- ARCC Nursing Alumni Reunion Plans

## New Nursing Computer Lab Added

In January, the Coon Rapids Campus nursing lab gained a nursing computer lab. Students now have access to 15 computers rather than only 6 in the open lab room. An increasing amount of required and supplemental learning occurs through the Internet,



computer software, CD-ROMs and DVDs.

This expansion is celebrated by students, faculty, and staff. The Coon Rapids Campus enrollment has grown to more than 300 students this year so use of the lab space is at its highest ever.

## New Construction Underway

Construction began in January on the new instructional building at the Cambridge Campus. When construction is complete in the summer of 2007, the nursing program will occupy a new nursing lab and classrooms. The expanded space will allow us to schedule lab classes in the instructional lab rather than using a larger classroom next door. An open lab will be available for student computer use, study space, and skills practice.

Also under construction at Cambridge is the Lift Center. This lab

will contain four patient bed stations, didactic instructional space and patient lifting equipment. The Lift Center is one outcome of a nearly \$400,000 Minnesota Job Skills Partnership grant to provide training for employees of Cambridge Medical Center and Grandview Christian Homes on safe patient handling techniques and principles. Students from both campuses can be fully trained in safe patient handling in this Lift Center. The Lift Center will be a wonderful adjunct nursing lab space for the Cambridge Campus program.

## Third CEU/Networking Event Held

A group of 20 ARCC nursing alumni and community members attended the Third CEU/Networking Event on October 12, 2005. Susan Gerberich, faculty in the School of Public Health at the University of Minnesota, presented information

from her original research, the Minnesota Nurses' Study. The study documented work-related violence against nurses. Participants enjoyed a networking reception in the cafeteria following the presentation. Thanks to all who attended!

## Call for Graduation Pictures



We are in the process of gathering graduation pictures of all the RN classes from ARCC. We are going to display them on a wall in the nursing areas of each campus.

Currently, several years are missing. We are appealing to you to help us complete our project. If you had a graduation picture taken in one of the following years, look through your boxes of old pictures and see if you

can help us out. We would be very appreciative if you could mail us an 8x10 colored copy so we can complete our Wall of Honor. Or email us a scanned copy. You can send it to [Bonnie.Severson@anokaramsey.edu](mailto:Bonnie.Severson@anokaramsey.edu). You may also call 763-433-1125.

These are the years we are missing:

- Cambridge Class of 2004
- Coon Rapids Classes of 1969 through 1981, 1983, 1986-1990, 2001, and 2002

Please help us honor all our grads!

## Share an accomplishment with your former classmates!

"I am now working at St. Joseph Hospital, West ICU in Lake St. Louis, Missouri and love it." - Michelle W., class of 2002

"I would like to say thank you to all the faculty and the nurses that I graduated with from the Cambridge Campus. I consider everyone that shared in that experience my family. I am starting my second semester as a BSN student at a satellite site for Viterbo University. I am in a class with 10 women that have been in the nursing profession from 6 months to 20 years. I am also working on the Med/Surg unit at Amery Regional Medical Center in Amery, Wisconsin. It is great to share experiences and learn from sister nurses on a daily basis. I encourage everyone that finished the ADN program to continue their education at one point in their lives. You'll never regret it." - Samantha M, class of 2004

"Russ and I have moved into our first house together and I am working at Methodist Hospital in Orthopedics and General Surgery." - Michelle L, class of 2005

"After 6 months of employment at United Healthcare in Edina, I received a promotion and raise. My new title is Physician Engagement Manager. I work directly with physicians and practice managers to improve patient outcomes with the use of data analysis and incorporation of EBM guidelines. Every day I go to work, I am learning, challenged, and amazed. With this new position, I will be working directly for the National Engagement Manager and have an opportunity to be involved with the development of national standards. The education I received at ARCC was very thorough and gave me a strong base on which to build. Please give my best to all of the instructors and tell the second-year students to hang in there, the opportunities are many, and they will be successful. Thanks for everything," - Janet Z., class of 2005

We would like to hear from you, too. Visit us on the web at [www.AnokaRamsey.edu](http://www.AnokaRamsey.edu), click on Alumni and Friends, and let us know. Hope to hear from you!

## Five-Year Class Reunion Plans

Remember that “whiz kid” in class who seemed to already know everything? How about the class clown who everyone knew couldn’t possibly become a good nurse? The study partners without whose help you couldn’t have passed the program? Your peers with whom you shared your vital signs? Those who shared your frustrations, triumphs, and failures? Do you ever wonder what path their lives took? Did their dreams become reality? Was Bill able to join the Peace Corp and help the needy? Did Lisa get to continue her education and become an instructor? And Jane, did she ever marry that doctor she constantly daydreamed about?

“I wonder whatever happened to...” are thoughts that ramble around in all our minds. So let’s try and answer them. Since many alumni have moved great distances from the Minneapolis/St. Paul area, we thought having a class reunion twice a year through either the newsletter

or the web would be a great way of including everyone no matter where they call home. So here’s our first attempt to see if anyone has an interest in satisfying some of those rambling thoughts.

A form called “Alumni Reunion” has been added to our nursing alumni web page. On it you can share information with your former classmates. Let them know the course your life has taken since graduation and find out what path their lives have followed. You can simply answer the questions or submit a few sentences of your own. You can also mail us the information or call 763-433-1125.

We plan on highlighting different years every 6 months. But we would be happy to share any information with fellow classmates no matter when you graduated. On this first attempt, we would like to highlight the graduates of 1969, 1974, 1979, 1984, 1989, 1994, 1999 and 2004.

We ask that you please help us plan these class reunions. You won’t need to buy a new dress or even get your hair cut. You won’t need to exercise to lose those few extra pounds you’ve gained. You only need to share a few words. And while it’s fun to see your peers, the best part of any reunion is sharing the journey that has taken them to where they are today.



## CEU Healing Touch Classes Offered

Need CEUs? Healing Touch Classes will be offered at ARCC.

What is Healing Touch? Healing Touch is an energy based approach to healing. The practitioner uses touch to clear, energize, and balance the human energy system thus affecting physical,

emotional, mental and spiritual health and healing. Healing Touch may be used to restore, energize, and balance the energy system to help a person self heal. Learn Healing Touch at two upcoming classes at ARCC. Healing Touch - Level I will be offered March 30 - April 1; Thursday,

6:30-9:30 p.m., Friday, 9 a.m.-6 p.m., and Saturday 9 a.m.-5 p.m. Level II will be offered May 19- 20, Friday 9 a.m.-6 p.m. and Saturday, 9 a.m.-6 p.m. Cost is \$325 and CEUs are available. Call 763-433-1200 to register.

## College-wide Alumni Program Under Way



(MnSCU) system, the college is

In accordance with goals established by ARCC's strategic plan and the Minnesota State Colleges and Universities

launching a college-wide alumni relations program. Its formation will allow ARCC to build quality connections with its alumni, many of whom remain in the area and have expressed interest in becoming more involved with the college and its students' academic experiences. ARCC's new Alumni Relations Director, Michael

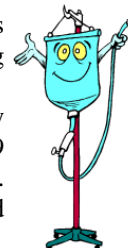
Wall, will be leading new programs for alumni and collaborating with alumni affiliation groups such as the current Nursing Alumni program. Alumni are welcome to contact the Alumni Relations office at 763-433-1597 or Michael.Wall@anokaramsey.edu.

## New Nursing Lab Manager

Welcome to Tracey Moretter, our new part-time nursing lab manager at the Coon Rapids Campus. Tracey began the position on Thursday, February 2, 2006, and will work 20 hours per week. Adding this position allows us to extend open lab hours until 9:30 p.m. on Wednesdays and

9 p.m. on Thursdays. This provides greater access to the lab for evening students.

Tracey most recently worked at Mercy Hospital in the float pool. She is a 1999 graduate of the ARCC nursing program. Tracy joins Pat Giese (Coon Rapids) and

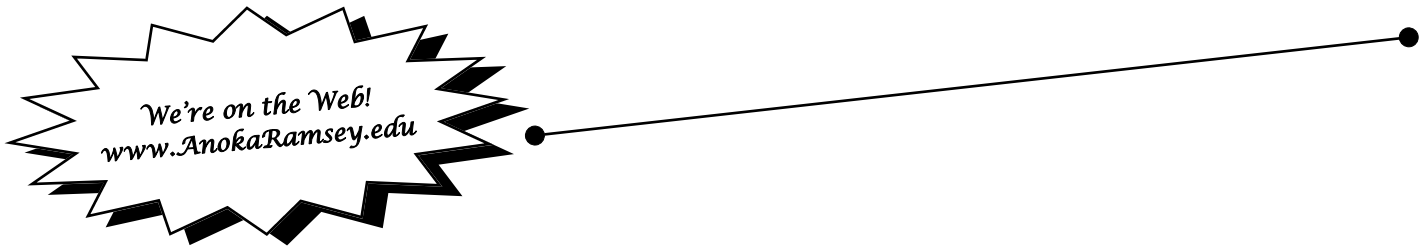


Sarah Jennissen (Cambridge) as our lab manager team. We're proud to be “batting 1,000” for hiring our own graduates as our nursing lab managers.

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## Looking for Past Scholarship Recipients

Were you a scholarship recipient when you attended Anoka-Ramsey Community College? If so, please telephone or email [Evelyn.Gedde@anokaramsey.edu](mailto:Evelyn.Gedde@anokaramsey.edu) (763-433-1189). Let her know your name (include maiden name, if applicable), address, phone number, email address, year of graduation, and the name of your scholarship.

The ARCC Foundation is beginning plans for a scholarship reunion for past scholarship recipients and the donors of those scholarships. Your self-identification will help the foundation's planning efforts. Thank you.