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Fall 2022

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Southern Adventist University

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SCHOOL OF NURSING

CHRIST-CENTERED EXCELLENCE, CARING – CONNECTING – EMPOWERING

THE SCHOOL OF NURSING IS ACCREDITED BY THE ACCREDITATION COMMISSION FOR EDUCATION IN NURSING

FALL 2022

SOUTHERN NURSING

Giving Day Success

April 6-7, 2022

Over 524 alumni, students, parents, employees, and friends made gifts to the School of Nursing on Giving Day, April 6-7, 2022. Contributions of all sizes added up to \$67,543! With such overwhelming participation, the School of Nursing took first-place wins in several challenges, bringing in an additional \$12,500 in prizes, for a grand total of \$80,043.

To add to Giving Day fun, each level of nursing students got involved and created short video clips to help promote Giving Day. The different class levels competed against each other for the most donors. Every year, Giving Day is an opportunity to give back to the School of Nursing and invest in the future of the program. This year, the focus was on honoring our beloved professor Bonnie Hunt (pictured at top right), who passed away shortly after celebrating her 90th birthday. Professor Hunt shared her passion for nursing with the students of Southern over a period of 45 years through teaching courses in medical-surgical nursing, pharmacology, and leadership. Even after retirement she continued to work with students by managing the ASAP program (Assisting Students to Achieve Professionally) in the School of Nursing.

The funds raised are being put to good use in the skills lab/simulation areas with equipment and tutorial services that promote nursing student success. So far, the school has purchased three SIGMA Spectrum infusion pumps and a Laerdal Nursing Anne Simulator geriatric manikin. The geriatric modules provide the physical realism needed in simulation to inspire emotional investment without sacrificing function. Geriatric modular add-ons physically modify the Nursing Anne Simulator to show an aged appearance.



School of Nursing Challenge

Table with 3 columns: Level, Donors, Dollars. Rows include Level 1 - Fundamentals (\$4,411.97), Level 5 - BS students (\$884.00), Level 2 - 2nd semester students (\$2,265.00), Level 3 - 3rd semester students (\$2,275.00), Level 6 - Graduate students (\$2,555.21), and Level 4 - 4th semester students (\$2,145.00).

Thanks to YOUR support, this was the best Giving Day ever and a special honor to Professor Hunt!

Message from the Dean

The summer raced by and fall classes have begun! While COVID-19 still lurks and plagues, we are grateful it has become less of a menace, and life seems to be assuming a more “normal” feel here in the School of Nursing.

This year, 2022, has been designated by the National League for Nursing as “Year of the Nurse Educator.” We have some of the very best educators on our wonderful team of faculty here. Their support of and love for our students and their commitment to student success is a blessing. They have made Southern’s School of Nursing #93 in the nation among private nursing schools, #39 in the Southeast region, and #7 in Tennessee in the 2022 ranking of best U.S. nursing schools. Data were collected from 3,000 institutions, and only 6% made the list of the best schools. I am proud of Southern, the School of Nursing, and our faculty for this accomplishment.

I am thankful for our students. They, too, make us proud. Our most recent quarterly report from the Tennessee Board of Nursing showed that 94.74% of our AS graduates who tested in the second quarter of 2022, and 100% of our BSN graduates testing in that same period, achieved a first-time pass on the NCLEX-RN. We hear many good things about our graduates as they go out into the workforce.

I am thankful for our alums and agency partners. Your support is tremendous! On our recent Giving Day (April 6-7) you

demonstrated your love and care for the School of Nursing and our students with record amounts of giving in honor of Bonnie Hunt. Bonnie’s family was touched by the generosity and love expressed in giving. Thank you so much!

God continues to bless the School of Nursing in so many ways. We covet your prayers for another good school year; for health of our faculty, staff, and students; and for the Spirit of God to touch the hearts of everyone here as we strive to be His instruments ministering in a hurting world.



Holly Gadd, PhD
School of Nursing Dean



Nursing Alum Gives Back

Linda Lesueur ('16 and '18) moved to Southern in 2013 to engage in the new vegetarian culinary arts program on campus, but God had other plans. Soon, Linda, who had worked many years in nursing, found herself pursuing advanced nursing education after completing her BS degree through the off-campus RN-BS Consortium program. Once retired, Linda wanted to do something special for the School of Nursing to recognize the many individuals who touched her life in meaningful ways during her education. Using her woodworking talents and numerous kinds of beautiful woods, she crafted two



beautiful plaques, which are now hanging on the wall on the first floor of AdventHealth Hall. Linda spoke to students during a convocation meeting at which she acknowledged that we all encounter many obstacles in life. Nursing school and nursing practice are particularly challenging. Linda and her plaques remind us that God and others He places in our lives help us through difficult times.

Farewell and Welcome

Saying goodbye is always difficult, especially when it is to a talented friend and colleague who has given so much of herself to the School of Nursing. Sylvia Mayer (AS '71, BS '75) began her career in public health and educator roles and soon ended up teaching at Southern (1981-84). Following other teaching and clinical activities in California and Oklahoma, Sylvia returned to Southern in 2004. Since then, she has taught Community Health, coordinated the off-campus RN-BSN Consortium program, and for the past eight years served as director of undergraduate admissions and progression for nursing. With a big heart for people, Sylvia's network reaches far in connecting students and others with the resources needed for life and success. She is a nurturer and encourager, a servant leader. Sylvia models the core concepts of Adventist nursing: caring, connecting, and empowering.

Sylvia and her husband, Harold (a professor in Southern's School of Health and Kinesiology) have decided to retire and enjoy a different pace of life. They plan to remain located in the Collegedale area, which brings great hope for keeping Sylvia connected with the School of Nursing in new, retirement-friendly roles.

Thank you, Sylvia, for your 21 years of service at Southern and for sharing your gifts, talents, and wisdom during your time here. You will be missed!

Fortunately, the sadness of farewells is offset by the joy of welcomes. Nissa Haugen is our new director of undergraduate admissions and progression for nursing. Nissa is no stranger to campus, having received three degrees from Southern (AS '03, BS '05, and DNP with FNP emphasis '19). While in her graduate program, Nissa served as a pre-nursing student advisor, working closely with Sylvia Mayer. Nissa will continue some clinical practice as a family nurse practitioner in addition to her full-time role in the School of Nursing. It is exciting to have her with us and to tap into her new perspectives. **Welcome, Nissa!**



Congratulations

Congratulations to **Beckie Retzer**, our newest American College of Lifestyle Medicine (ACLM) certified nurse! She shares this distinct honor with three other professors in the School of Nursing who have passed the ACLM certification exam: Cindy Rima, Beth Snyder, and Lilly Tryon.



Congratulations to these nursing students who were awarded scholarships (\$10,000) plus \$1,000 from the Nursing Affinity Fund:

Pre-Nursing (\$500) – Christina Gibbs and Ana Maria Cornejo-Vallejos

AS/BS - Level 1 (\$500) – Mayanne Quion and Karissa Thomas

BSN – Level B1/L4 (\$500) – Sarah Delaware

AS/BS - Level 2 (\$500) – Deicy Sanchez, Hamilton Taylor Will, and Emily Meadows

BSN - Level B3/L6 (\$1,000) – Anya Smith and Kevin Bartolome

BSN - Level B3/L6 (\$1,000 from Affinity) – Lauren Lapham

AS/BS - Level 3 (\$1,000) – Ellen Morris, Issac Abraham, and Jeremy Hall

AS/BS - Level 3 (\$500) – Katherine Frykman and Ashley Johnson

Health Coach Certification Course Available to Non-Students

Patient education is especially important in preventing chronic diseases largely driven by dietary patterns, physical activity, and other lifestyle habits. But information alone isn't enough to empower patients to take an active role in their care or help them navigate the challenges associated with health behavior change.

In the Winter 2022 semester, the School of Nursing opened its health coach certification course to alumni and individuals who are not seeking a nursing degree. Eight students from varied disciplines, including nursing, physical therapy, public health, and law, completed the 16-week course in May.

Southern's health coaching course presents evidence-informed approaches to behavior change and teaches students the motivational interviewing skills and coaching strategies needed to help others move toward optimal health and well-being. Although taught from the perspective of advanced nursing practice, students do not need to be a health professional to take the course. Content is delivered through a blend of self-paced learning activities and weekly live training sessions via Zoom. Class sizes are small to allow for individualized support and mentorship.

One student reported: *"When I began this course, I thought it was important to inform my clients about their health conditions and about the foods that can help heal them, but this course has taught me that the most important part of coaching is helping clients develop self-efficacy. It's been a very eye-opening course, and I believe the knowledge and techniques I've learned will help me to be a more effective coach and help my clients to reach their health goals."*

Those who complete the course meet the training program requirement needed to sit for the national certification exam from the National Board for Health and Wellness Coaching (www.nbhwc.org). Graduate academic credit and nursing continuing education is also included.

The course is being offered in the Fall 2022 and Winter 2023 semesters. For more information or to register, please visit southern.edu/academics/nursing/health-coaching-certification.html



**APPROVED
TRAINING
PROGRAM**

2021-2022 Nursing Club Officers

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Whole-Food Plant-Based Eatery Now Open on Campus

The Garden at KR's is the new predominately whole-food, plant-based (WFPB) venue on campus with a reputation for fresh, crave-worthy fare that is predominantly gluten-free. Many of its dishes are ethnically inspired with delightful flavors from the Mediterranean, Asia, Africa, and the Americas to better awaken the palate of our diverse campus culture to the myriad possible flavors in plant-based cuisine. With the start of Fall 2022 semester, the Garden at KR's is now open Monday through Friday from 11 a.m. to 2 p.m., with plans to extend hours gradually.

Created in response to student pleas for less-processed food options, the eatery allows the broader campus to "taste and see" that a WFPB menu can be incredibly enjoyable as well



Bonnie Musgrave, Maggie Pickins, Isabella Beaumonte (front row)
Gideon Nyambiya and Nathan Mejia (back row)

as nourishing for mind, body, and soul. The endeavor takes a giant step toward a future where healthy lifestyle will be the preferred method to prevent, treat, and reverse chronic diseases. A collaborative grant from Ardmore Institute of Health (AIH) transformed this project from dream to reality.

Ripples of inspiration and timely conversations brought multiple individuals across campus with similar hopes and dreams together in this venture. How their Spirit-led response to student pleas for less processed, yet delicious food options, and how AIH's support through a collaborative grant transformed this project from dream to reality, is an incredible story. In a nutshell, this is what happened.

Several nursing professors sought to increase the campus impact of the Lifestyle Medicine emphasis in their DNP program. While in prayer for guidance at one of those early meetings, more than one thought of opening a WFPB eatery at KR's Place in the old student center. The space had been unused following the opening of CK2 in the new Bietz Center for Student Life. At about the same time, Stephanie Guster, the president's senior adviser for diversity, spoke with Tom Verrill, senior vice-president for Financial Administration, about the use of the now empty KR's Place for a caffeine-free coffee alternative shop. Simultaneously, those at the vegetarian culinary arts (VCA) program were seeking divine guidance for new avenues to showcase their cuisine. Then, through God's providences, all of these isolated parties came together under the direction of Tom Verrill, including Teddy Kyriakidis, director of Food Services. Recognizing the alignment between AIH's vision, mission, and passion and this opportunity, two nursing professors and the VCA lead spear-headed an AIH grant proposal. The Garden at KR's, made possible by a collaboration between Southern and AIH with a generous grant from AIH of \$160,000, was indeed an answer to many prayers. The group greatly appreciated the site visits from Ron Stout, MD, MPH, and AIH's president and CEO and Janet Solomon Calhoun, AIH's senior vice-president and COO. Part of the grant is for The Garden at KR's is to be a pilot program, developing a sharable tool-kit that can serve as a springboard for similar endeavors at other institutions, thereby extending the impact of AIH's investment. Long-range plans include further growth as well as potential for lifestyle research opportunities.

Maggie Pickens, a graduate of Southern's vegetarian culinary arts program and an experienced chef, serves as the director. She works in conjunction with culinary arts lead Bonny Musgrave to give vegetarian culinary arts students an opportunity to practice and display their skills. The Garden at KR's served lunch two days a week during the last half of this past winter semester, and they have catered several events, as well. Feedback has been overwhelmingly positive.

Curious how the name was chosen? Students who participated in the lifestyle programs on campus were asked for name suggestions and then polled. "The Garden"—submitted independently by Sarah Delaware and Dawson Stephens, two of our sophomore nursing students—was the winning entry, and "at KR's" was included to honor the spirit of dedication exemplified by KR Davis, former dean of students. His care for and connection with Southern students is a quality we want to honor and sustain at The Garden at KR's.



Save The Date



Florence Oliver Anderson Lecture Series

Michelle Glenn

Surviving Survival: A Journey Back to Physical, Mental and Spiritual Wellness

A true adventurer, Michelle “Micki” Glenn has always enjoyed the thrill of a new challenge. However, her life was changed forever when she was attacked by a shark in 2002 while diving off the uninhabited French Cay in the Turks and Caicos Islands. Quick actions by her orthopedic surgeon husband, and others who assisted, stopped the bleeding. Her survival instincts kicked in and she was in for the fight of her life! It took sheer determination and faith to make the incredible journey back to physical, mental and spiritual wellness.

When

Tuesday, October 25, 2022, 8:30 a.m. to 12 p.m.

Where

Iles P.E. Center on the campus of Southern Adventist University

Cost

FREE to current SAU students, faculty and staff. \$30 for community guests. Continuing Education certificates available upon request.

The presentation will be livestreamed. To pre-register and for more information, visit our website at southern.edu/academics/nursing/events/florence-oliver-anderson-lecture-series.html or call Jenifer Anderson at 423.236.2155.

