

2015

## Linfieldpdx, 2015

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# Linfield *pdx*

LINFIELD COLLEGE | PORTLAND CAMPUS ALUMNI NEWSLETTER

2015



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## About the cover



The Linfield-Good Samaritan School of Nursing patch salutes our nursing students and identifies them at nursing clinical sites throughout the Metro area. Linfield nursing students and alumni have stellar reputations for their work and leadership, thanks to the dedication of faculty and staff at the Portland Campus.

(Daniel Hurst Photo)



### Contact us:

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for photos, videos, events and  
alumni news

## Mallie Kozy File

B.S.N. Duke University  
M.S.N. Medical College of Ohio  
Ph.D. Duquesne University

Prior to Linfield  
Lourdes University  
Medical College of Ohio  
(now University of Toledo)

## Notes from the dean

Greetings Alumni and Friends,

Thirty years ago this spring Linfield-Good Samaritan School of Nursing graduated its first students. Remembering this accomplishment gives me pause and allows me to reflect on this past year in the context of Linfield's longevity.

LGSSN maintains a high-quality education and graduates the very best students. Since I wrote you last, we were formally accredited by the Commission on Collegiate Education for 10 years and secured our ongoing approval from the Oregon State Board of Nursing. Two of our students earned highly selective awards through the federally funded NURSE Corps Scholarship Program. Our graduates continue to secure prestigious residency positions locally and nationally. Kaiser Permanente named LGSSN as their preferred educational institution in the region for their RNs who wish to complete their BSN. We serve a larger percentage of students from diverse backgrounds than any other program in the state. These are just some of the achievements that exemplify our legacy of excellence and commitment to both our students and the profession of nursing.

While maintaining our commitment to excellence, we are also in a period of significant transition. Longtime faculty members Noreen Johansson, Sue Butell, Vivian Tong NNand others have retired. While recruiting and retaining individuals who share our values and bring similar levels of expertise and passion into the classroom is challenging, we are thrilled with the newest members of our faculty and the fact that our alumni are interested in teaching with us.

We also face significant transitions in how we deliver our education and clinical practice. The Affordable Care Act requires more emphasis on delivering nursing care along a broader continuum than just acute care settings. Changes in health care reimbursement and growing numbers of nursing programs have increased the competition for traditional hospital clinical sites. We are now partnering with community agencies to deliver nursing care to those with limited access. For example, this spring, our students will provide health screening and wellness education to children of migrant workers.

Taking our students to areas with the greatest need for nursing services means that we are also going into areas with scarce resources. Greater reliance on our learning lab and simulated nursing experiences means a greater need for up-to-date technology and equipment. We rely on our alumni and partners to help us fund these projects. Your support and involvement allow us to negotiate these transitions with the means to continue our legacy of excellence while adapting to an ever-changing educational environment.

I hope you will join us for our Alumni Celebration this year to learn about some of these exciting changes and to celebrate our 30th anniversary. For details, please see the back page. I look forward to seeing you there.

Sincerely,

Mallie Kozy, Ph.D., RN  
Dean of Nursing



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# Mosher to receive Grimes award in April



Natural leadership and inspiration skills have earned Sara Mosher '01 the admiration of her peers – along with a number of awards in the nursing field.

Mosher, manager of care coordination with the St. Charles

Health System in Bend, is the recipient of the 2015 Lloydena V. Grimes Award for Excellence in Nursing from the Linfield-Good Samaritan School of Nursing.

She was also named the 2014 Oregon Community Health Nurse of the Year and was one of the 2014-15 National Association of Professional Women VIP Women of the Year. She was the 2011 Oregon Pediatric Nurse of the Year and received a 2012 Leading Practice Award, both presented by March of Dimes.

Mosher is passionate about improving the patient and family experience. From being a bedside nurse, to a clinical coordinator and now practicing in management, she focuses on the patient experience and leads by example. She has started her own business, Patient+Family Care, partnering with organizations to blend technology and medical care with a focus on patient and family support. [www.patientfamilycare.com](http://www.patientfamilycare.com)

Mosher, who earned a master's in health/health care administration/management from the University of Phoenix, is an active mentor and has served as a clinical preceptor for several Linfield nursing students. She is a sought-after national speaker. She has volunteered for the March of Dimes for 17 years, serving as head volunteer and member of the community board for Central Oregon. She was recently elected as a member of the Central Oregon Ronald McDonald House Charities Board of Directors as well.

Mosher is the 25th recipient of the Lloydena Grimes Award, established in 1991.



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## *Loveridge memoir available on web*

It was 125 years ago in April that Emily Loveridge stepped from a train in Portland and by June, she had launched the Good Samaritan School of Nursing, a rich heritage of nursing excellence that continues today. "Miss Emily" became a revered northwest leader in nursing and served as superintendent of the school for 40 years, preparing hundreds of students for the nursing profession. Near the end of her career, she wrote her memoir, *As I Remember*, chronicling her life and the growth of Good Samaritan. To read her memoir or view other photos chronicling the history of the school, go to

[digitalcommons.linfield.edu/nurs\\_loveridge/](http://digitalcommons.linfield.edu/nurs_loveridge/).

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# Showing nursing students the world



Vivian Tong

Vivian Tong opened the eyes of countless nursing students to health care around the world during the 10 January Term courses she taught in five different countries – China, India, Russia, Singapore and Thailand.

Tong, professor of nursing at the Linfield-Good Samaritan School of Nursing, retired in January after 22 years of teaching.

The January Term classes explored health care and delivery in other countries and included visits to clinics and hospitals, and sometimes travel to remote villages. Tong called her first January Term class to China the best of all her experiences “because it was my first adventure and it was my

parents’ homeland.” Her most challenging class was to India, co-taught with Professor Bev Epeneter. “The students weren’t afraid to interact with anyone and they were very engaged,” she said. “We learned a lot from our students.”

Tong, who taught and coordinated acute care nursing education, earned accolades from coworkers and students. As a professor of nursing at Linfield, she was the recipient of the Samuel H. Graf Faculty Achievement Award and was invited to be the faculty keynote speaker in 10 closing convocations/nursing pinning ceremonies. She was considered a role model for teaching, advising and student engagement.

“She was our touchstone, keeping our standards high and keeping the student experience primary in any deliberations,” said Dean Mallie Kozy.

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# Following in her mom’s footsteps

Justine Beaton’s foot fits perfectly into her mother’s Dansko nursing shoe. And that’s just as it should be for this pair of nurses, whose careers have followed strangely similar paths.

“Ever since I can remember, I knew I wanted to work with babies and follow in my mom’s footsteps,” said Beaton ’13.

Her mother, Sami (Stovin) Berger ’88, earned a Linfield nursing degree and went to work on the Labor and Delivery floor at Legacy Good Samaritan Medical Center, where she had completed her senior practicum. Two years later, surrounded by colleagues in that very unit, she gave birth to her daughter, Beaton.

Two decades after, Beaton finished her senior practicum in the Good Samaritan Labor and Delivery unit, earned her Linfield nursing degree and accepted a permanent position there.

“I have coworkers who trained my mom and were there when I was born,” she said.

What’s more, the family is also connected to the bronze piece of art in Loveridge Hall, which depicts a nurse bending over a patient. The nurse is Berger, and the photo that inspired it was taken by Beaton’s father, Bruce.

When it came time for Beaton to choose a college, she applied to Linfield and one public institution.

“Linfield was actually more affordable than the public school because of the financial aid offered,” she said. “The small college atmosphere and being able to talk with pro-



Justine Beaton ’13 and her mother, Sami (Stovin) Berger ’88, both graduated with Linfield nursing degrees and went to work in the Labor and Delivery unit at Legacy Good Samaritan Medical Center – two decades apart.

fessors outside of class was important. We had a couple of professors at the campus who taught us both.”

Beaton said she’s received wonderful career advice from her mother over the years.

“It has been incredible to have her support throughout school and in my job,” she said. “When I have a rough day, I can call her and she encourages me. She knows what I’m going through.”

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# Alumni move to the head of the class

When Megan Ludena '04 and Julie Fitzwater '06 returned to the Linfield-Good Samaritan School of Nursing this fall, they stood in front of the class, not seated alongside other students.

And they are finding teaching challenging and invigorating in their new roles as visiting assistant professors of nursing.

Both have been working in the nursing profession since graduation: Ludena in obstetrics, labor and delivery, and Fitzwater in acute trauma care, and as a clinical instructor at Linfield for the past five years.

Both knew they wanted to teach and have completed master's degrees and plan to enter Ph.D. programs, perhaps as early as this fall.

Fitzwater said she was approached two years after graduation about serving as a clinical instructor and jumped at the chance. "It's exciting and fun and I learn when I have others around me asking questions," she said. "I love the constant inquiry and how the students look at something in a different way than I have."

Ludena wanted to teach to help make the nursing education more diverse. "A more culturally competent workforce can better address health care disparities and provide more culturally congruent care for patients," she said.

"I've never had an instructor who looked like me," she said. "I've never had an African-American nursing professor and I've never worked directly with other black nurses. It's important for future nurses and nursing students to have someone they can relate to. The nursing profession has done a lot to increase males in nursing and efforts are being made to increase ethnic and racial diversity, but it hasn't happened yet."

Both admit the academic environment has been an adjustment and they



*Megan Ludena '04, left, and Julie Fitzwater '06 have switched roles and now are teaching at the Linfield-Good Samaritan School of Nursing. Both knew they ultimately wanted to teach and have found it both challenging and invigorating. They now work alongside some of their former professors who are mentoring and encouraging them in their new roles.*

were surprised at the amount of time it takes to prepare for class. Making sure they are teaching the type of information that new nurses need to pass the licensing exams and begin their careers is just one of their challenges.

"Because we are still working, we know the newest outcomes in research," Ludena said. "However, the bulk of what we need to teach is the basic skills and knowledge, not the latest in clinical trials or upcoming drugs."

Finding techniques to engage with students and prompt discussion in class can also be tough.

"It's important to give them a broad overview, figure out what concepts they need to know and how to make that con-

tent interesting," Fitzwater added.

Ludena often uses case studies or pop culture in her classes. For example she used a clip from a "Downton Abbey" episode to talk about preeclampsia during pregnancy. And, she uses case studies to address issues related to drug use and domestic violence. Because nursing is a hands-on profession, Fitzwater provides students with a prosthetic arm to practice giving IV medications.

The faculty at LGSSN has created an environment in which they mentor, support and encourage young faculty.

"It's clear that they value us and they are helping us get adjusted to the new role so that we can be good teachers," Ludena said.

# Creviston is ambassador for nurses



*Jake Creviston '08 once had ambitions of being an art teacher, but he has found a creative outlet in nursing leadership. "Leadership scratches my creative itch," he said. "In this day and age of health care reform, there's a lot of room for creativity and grassroots efforts."*

advocate in the nursing industry.

Recently, he earned the "Breakthrough Leader of Nursing" award sponsored by the Future of Nursing: Campaign for Action, one of only 10 winners chosen nationwide. In addition to his doctoral work at OHSU, Creviston is a psychiatric mental health nurse practitioner at the Amenda Clinic in Portland. This year, he will complete a clinical residency at the Portland Veterans Affairs Medical Center.

The national recognition validates Creviston's work and also includes training. He will attend a leadership development seminar at the Center for Creative Leadership, funded by the Robert Wood Johnson Foundation, and also serve as a nurse ambassador to raise awareness of statewide nursing issues. For example, Creviston is a member of the public relations and communications subcommittee for 10KNurses, which seeks to have 10,000 nurses on boards across the nation by 2020.

"This honor affords me the opportunity to do more things I'm passionate about," said Creviston, a member of the Oregon Action Coalition, which looks at the future of health care through the role of the nurse. "It's impor-

tant to get nurses to the policy table, both at the state and national level.

When Jake Creviston '08 began his search for the perfect career, his goals included horse trainer, BMX bike rider and art teacher. Fast-forward 20 years, and Creviston has found his niche in the nursing industry.

Creviston, a doctoral student of nurse practice at Oregon Health & Science University, is a dynamic activist, leader and

*"Nurses are on the front line working with patients, and have a unique vantage point of direct patient care from which to increase outcomes and patient satisfaction. We can provide that perspective to higher levels of leadership by working with government groups and health policy boards."*

*- Jake Creviston '08*

tant to get nurses to the policy table, both at the state and national level.

"Nurses are on the front line working with patients, and have a unique vantage point of direct patient care from which to increase outcomes and patient satisfaction," he added. "We can provide that perspective to higher levels of leadership by working with government groups and health policy boards."

Raised in a family of nurses (including his mother, aunt, two grandmothers, godmother and cousin), Creviston served in the Coast Guard and planned to pursue a career as an elementary school art teacher when an epiphany changed his direction.

"Reflecting on my love of people and interest in science, it hit me like a ton of bricks – I'll be a nurse!," he said. "The next day, I applied to college and I've never looked back."

At Linfield, Creviston reveled in the close-knit atmosphere and strong community. He served as student body president, participated in a January Term course in Cameroon and, on his own accord, volunteered in Guatemala. He and several Linfield classmates co-founded Sustainable Health Abroad, an NGO for health care in Uganda and Mexico.

"It was nice to be on a small campus dedicated toward social justice and liberal arts," said Creviston. "It became an incubator for my leadership skills."

His plans include establishing a clinical practice where he can offer holistic mental health care and increase access for financially strained patients. He would also like to teach.

"The undergraduate level is the perfect place to instill the notion that nurses will be leaders and teachers," said Creviston. "I don't believe you can separate those things from nursing. It's just a matter of how deeply you engage in that work."

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# Taking advantage of opportunities

Ana Gutierrez Lemus '15 has taken advantage of every aspect of her Linfield education – from studying abroad to securing internships at Virginia Tech University and the Mexican Consulate in Portland.

Lemus, a nursing major and the daughter of Mexican immigrants, grew up in Salem and spent summers as a child working in the fields alongside her parents, helping pick berries and other crops. Although her parents didn't have educational opportunities, they encouraged her and her two siblings to work hard in school.

As a first-generation college student, Lemus was both fearful and excited when she arrived at Linfield. With the support and encouragement of other students, staff and faculty, she has sought out challenges and opportunities to broaden her education.

"I have tried to make the most of my undergraduate experience like many of my peers and to learn to analyze and think critically every day," said Lemus.

Her internships offered varied experiences. At Virginia Tech, Lemus spent a summer conducting research in organic chemistry through the Multicultural Academic Opportunities Program. She said the intense program constantly challenged her to learn and understand new concepts, skills and techniques. Her professor took the time to explain new material, and gave her the freedom to conduct experiments that allowed her to apply what she was learning.

At the Mexican Consulate, she had the opportunity to help organize and coordinate the Binational Health Week, which included a vaccination clinic, medical screenings, blood pressure checks, and other health promotion and education activities to the Latino community.

In addition to taking part in internships, Lemus studied in Spain and Morocco during January Term, volunteered in a Habitat for Humanity build over spring break her freshman year, participated in two United States Hispanic Leadership Institutes, has been involved with student



*Ana Gutierrez Lemus '15 said at Linfield she learned to search and take advantage of opportunities that enriched her life, including studying abroad, securing two different internships, participating in leadership institutes and working on a variety of community service projects.*

government and faculty search committees on the Portland Campus, and is currently volunteering at the Susan G. Komen organization.

One of the biggest advantages at Linfield has been the support of the faculty and the opportunity to network through the many people she has met. The variety of her experiences has enhanced her organizational and communication skills and reminded her to keep an eye on the big picture instead of worrying about small details.

"At the consulate I reported to many people, so I learned how to communicate and be open about what I needed and what they needed me to focus on," she said. "I learned how to work with different personalities and how to prioritize projects."

Lemus hopes to attend graduate school and become a nurse practitioner and may someday pursue her doctorate and teach. She said at Linfield, she learned the importance of belonging and contributing to community. "My liberal arts education allowed me to analyze and view life from different perspectives and different populations," she added.



## Save the date!

### Founder's Day: Legacy of Compassion and Caring

*Please join us at the 2015 Linfield-Good  
Samaritan School of Nursing Alumni  
Celebration*

**Saturday, April 25**, Montgomery Park,  
2701 NW Vaughn, Portland

2 p.m. | Registration, social time  
3 p.m. | Program: Nursing school update:  
Dr. Mallie Kozy, dean of nursing  
*Keynote speaker: Jake Creviston '08*  
*Lloydena V. Grimes Award presentation*  
*to Sara Mosher '01*

*Reception follows*

*For more information or to register for the Class of '65 reunion or the alumni celebration, contact [alumnipdx@linfield.edu](mailto:alumnipdx@linfield.edu) or go to [www.linfield.edu/portland/alumni/](http://www.linfield.edu/portland/alumni/) and click on events and reunions.*



*Denise Fall '98, right, was presented with the 2014 Lloydena V. Grimes Award for Excellence in Nursing by Mallie Kozy, left, dean of the Linfield-Good Samaritan School of Nursing.*