

Fall 1969

Caps & Capes - Fall 1969

Jane Lease

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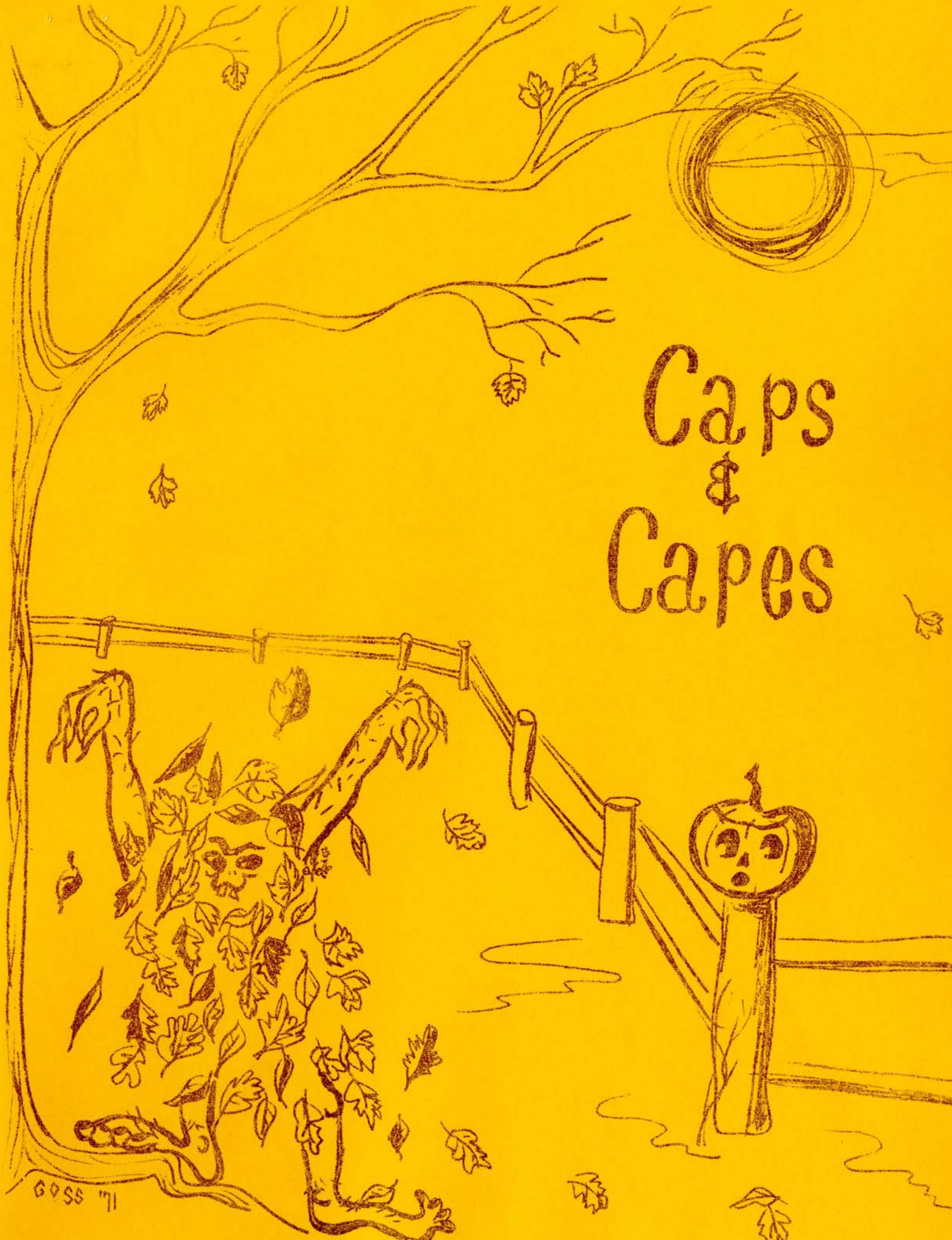
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Caps & Capes



Goss '11



A lot of freshman are leaving the clinical areas with that zealous light in their eyes somewhat dimmed. After a quiet, impressive capping ceremony, the trepidation of trying on a brand new uniform, and the practice lab sessions, many are finding their clinical experience a bitter letdown. Many feel they have made a grave mistake, that nursing is not what they expected it to be.

Relax. The first clinical rotation (or two) is about the most uneventful nursing experience you will ever suffer through. (How do you feel better?) You perform a few rudimentary tasks under constant guarded supervision. Somehow the tasks you performed in nursing lab so easily are next to impossible with an instructor watching your every step. You feel awkward, tongue-tied, and so upset about getting that corner right that you can't talk to your patient.

You may even feel ill at ease in your new role as a student nurse. How do you tell someone it took you an hour to make one bed? Or that you counted 18 breaths and your instructor counted 20? It may get so bad that when a patient calls out, "nurse!" that you look for someone in a cap and white uniform.

I wish I could think of a better system - I can't. You do know relatively few procedures and need supervision at this point. The only thing you can do now is to do your procedures well and get signed off. Supervision will lessen in time and you will feel more independent. With independence comes confidence, in yourself and in your ability.

Clinical experience at this time can be terrifying or a time of learning. When you have your vital signs and beds done, talk to your patients and learn something about their fears and anxieties. Learn how important rapport is between nurse and patient. Then walk around the floor, explore utility rooms, watch a spinal tap, ask questions. Be curious - and eager to learn.

Director's Clip Board

The following letter was received from a grateful patient commending some of our student nurses - we have identified them as Julianne Marciniak, Nancy Lukiewski, Susan McMillan, Fern March, and Constance Maycott.

Dear Miss Bowman:

"You must be wondering why strangers are writing this note to you. The following will be self-explanatory.

"Mrs. _____ and I were patients in Jefferson Hospital from June 23, to July 3, on the tenth floor (Gynecological) room 1059A and B.

"Today, when everyone is so dissatisfied with "the establishment" we thought that you and your student nurses deserve a word of well earned praise for what you are doing in "your establishment".

"Since neither of us are good with names, especially those of foreign extraction, upon leaving we asked the nurses for their first names. We hope you will have no trouble in identifying them. Julie and Nancy were outstanding - also Susan, Fern and Connie. Their professionalism, ability, and innate kindness, - not to mention their beauty, made it almost a pleasure to be sick.

"You can be proud of the job you are doing and for the caliber of nurses that will continue to help all of us.

"Both of us have been patients in other hospitals. Your students stand head and shoulders above all of the others.

"Our sincere thanks to you and to your student nurses."

"Very sincerely yours,

Mrs. _____

Mrs. _____

We are pleased to announce the following new faculty members. Some you already know, others you have yet to meet -

Miss Ingegerd Larson, Instructor in Maternity Nursing

Mrs. Carol Woodruff, Assistant Instructor, Operating Room

Miss Patricia Moffitt, Assistant Instructor, Nursing of Children

Miss Vivian E. Ceceres, Assistant Instructor, Medical-Surgical Nursing

Just in case the juniors and freshmen are confused about the return of certain fees, I'll try to explain. When you were admitted we collected fees for your Student Council dues for three years and your NSNA membership dues which were then mandatory. Because of disinterest in NSNA as well as an increase in dues from \$5 to \$8, we decided to make membership in this organization voluntary. While we still believe you should belong to NSNA as a step to belonging to the professional nurse organization (ANA) as a graduate, we don't believe we should make it mandatory. If you have no use for the money, I'd suggest a subscription to AJN or a contribution to your class treasury.

The Alumnae Association is providing funds for two students to attend the SNAP Convention at Host Farm in Lancaster, October 27 to 30. Miss Gilbert and Miss Steinhagen have been selected to represent Jefferson.

Mrs. Ann Foley, Housemother, has been critically ill at West Jersey Hospital. Cards from you would be appreciated! The address of West Jersey Hospital is Mt. Ephraim and Atlantic Avenues, Camden, New Jersey, 08104.

The residence will soon be proudly wearing the following new items - a rug in the lounge, draperies, and TV sets.

Revised Student Health Policies will soon be placed in your mailboxes. We urge each of you to read them carefully and comply with them.

We were proud of our Chorus on Saturday, September 6 and wish more of you would be interested in continuing with this activity. Miss Riehle is willing, we are interested -- ARE YOU?? If so, please sign the notice on the bulletin board.

Since Mrs. McDowell was unable to return as our basketball coach, we were in quite a dilemma for a few weeks - Basketball Season about to begin with "no coach" for Jefferson! Finally, after many letters and phone calls, we secured the services of Mr. Sol Binik. We think he was worth all of our problems! We hope you will agree with us. We are all looking forward to a successful season beginning November 11th. Practice is Monday and Tuesday, 5:30 - 7 P.M. in Jefferson Hall.

We are planning a big recruitment event on Friday, November 28 and will be asking for volunteers to help us. Please watch for the notice and keep the date in mind.

LET'S WIN
NOVEMBER 11



IN OUR
SPOTLIGHT - FROSH

To be an all around freshman at Jeff, it is necessary to use your mind, body, and soul. Use your mind to prevent flunking out! With so many things running through the neurons of a student nurse's mind, it is hardly possible to keep from studying. "Fred called from Harvard to wish me a happy birthday... I'm so happy, my sister is going to have a baby... I wonder if Jim will call to put my name on his car... I should be getting an address from Franzy any day now... Norman and I had such a nice time at the frat party... Prithes, why do you... I wish I hadn't broken that bathroom shelf that first day on the floor."

Do you see how important the mind is to a hard-working freshman at Jeff. Jeff needs our bodies, too. Regardless of size or shape, our first-class basketball team needs more bodies! Our new coach, Mr. Binik, is capable of making any student into an excellent ball player. With our sincere efforts and his devoted coaching, Jeff is sure to win the league championship. Jeff can be number one! And---if we are careful, we won't have too many more "sore" players.

Soul is also essential around here. The terrific TGIF parties and frat-ernity dashes are really enhanced when soul girls from Jeff attend. Speaking of souls, every Tuesday at five o'clock there is a guitar-folk mass in the Commons. Anyone is welcome.

Coordinate your mind, body, and soul - get with the books, the basketball, and the boys!



DOGGIE FRIZZLE

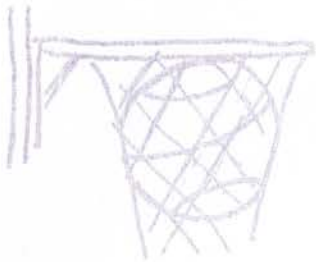
WATCH BULLETIN BOARDS
FOR DETAILS

EDITORIAL

As the first few rays of dawn start to break, my city will slowly come to life again. Probably no monumental discoveries or historical incidents will occur--none--just an ordinary day soon to be counted along with the hundreds that have preceded it.

From my view atop City Hall, I can see my streets starting to fill with people hurrying to accomplish their simple daily routines. They look so small and insignificant individually, but together they form a gigantic megalopolis, capable of performing almost infinite tasks. Stirred by forceful, provocative leaders they can accomplish much, but much can also be destroyed. How many times have we read where one person has provoked an entire group into destructive measures? Is this right to let one man decide the fate of hundreds?

Yes, my city has changed greatly since I first came, and with it, greater and more extensive problems than I ever encountered. Somehow though, I still feel that basically they can be related to one essential idea of understanding and respect for all fellow men. If we would practice this idea together, maybe in the future one of those ordinary days could turn out to be--"the day."



BASKETBALL



S N A P

"What will SNAP do for me if I decide to join?" This is the question that many of you are asking now that you must decide for yourselves whether or not to join your student organization. Your answer is dependent upon what you are willing to do for SNAP. All members are invited to participate in the many and varied programs sponsored by our Area One group. Every other month a mass meeting is held at a school of nursing in Philadelphia, and at these meetings, a special program is presented dealing with a subject of particular interest to you as a student nurse. As a member, you may have the opportunity to attend the annual area, state, or national convention, which will surely be an experience you will always remember.

Project Breakthrough affords the student the opportunity to do recruiting of minority groups into nursing. Our Public Health Committee has plans for visiting the Naval Hospital to be of service to those patients. They also plan to send packages to Vietnam during the Thanksgiving, Christmas, and Easter holidays, which include gifts, favors and decorations to brighten the holidays for those servicemen who are serving our country. These are just two of the many committees and projects we have planned for this year, but without the support from you, we can not hope to achieve all that we are capable of achieving. Will you be content to sit back and do nothing, or will you become involved and fulfill your individual potentials to the utmost? The decision is up to you.



FOR INFORMATION AND MEMBERSHIP FORMS
COME TO ROOM 409

MARSHMALLOW OF THE ROCKS

On September 29, 1969, Jefferson School of Nursing's Annual Student-Faculty Picnic was held. It started out like usual, with everyone attending making hogs of themselves, filling up on hotdogs, sods, potato chips and toasted marshmallows. A group of juniors went trail-blazing into the woods, only to show up right before the buses left. The rest of the students started to partake in a few jeopardizing activities. Meanwhile the Faculty enjoyed all the food left.

The first game was tossing water balloons. Also known as "how to make an enemy in no time flat." A few onlookers in the park wanted to participate, but we graciously turned them down.

Then there was a game where a group of unfortunates were chosen to look for a mini-nut in a ton of flour with their noses, pick it up between their teeth and run back to the starting line. Senior Donna Webster was the winner of that stunt.

One of the highlights of the picnic was the pie-eating contest. The Faculty finally started participating in these "games"? Miss Godwin, Mrs. Johnson, and Miss Grossman were the brave souls in this contest, or were they still hungry? Well, the person who proved to have the fastest jaw was Senior Christine Reed.

The Juniors finally had their glory in the relay race where you had to move with a balloon between your legs. They looked like professional "Buncies."

Though the group that showed up was small, it was an event that all who attended will remember when they look back on their days at Jeff.



REFLECTIONS

Did you ever watch a youngster get ready to go out on Halloween night and stop to think why you don't get dressed up anymore for sheer fun and enjoyment?

Why do we, as we mature, have to take everything so seriously? Wouldn't it be fun to dress up in a clown outfit or whatever, and go knocking door to door for trick or treat?

It is true, that adults have many responsibilities and many times families who depend on them. But no matter how many responsibilities one has it won't shatter the world to let your hair hang down once in awhile.

Adults need to observe children and try to gain some of their carefree attitudes. The world has too many problems for one person to take, and ponder without some method of unwinding.

Halloween is just an example of how as we grow older, tend to forget the true meaning of relaxation.

Watch the children this October 31st and try to capture some of their mysterious joy; if you are lucky you might. I'm sure they would love to give you some if they were able.

Remember: Let your hair down - smile - Be a child again.

No trick ----- It's my treat!

THE STARS KNOW ALL, TELL ALL !



SCORPIO - October 24 - November 22

Born this month, you have an insatiable sweet tooth and, more often than not, have a pile of empty candy wrappers stashed away in your closet. You are often seen shuffling down dusky streets with a paper bag firmly in your grasp - beware of the effect this may have on your good name! You are often at odds with your maid - ever since she discovered that half-decomposed jack o'lantern on your radiator. You will be lucky at games of chance, unlucky in love, and bound to lose \$20 in the phone booth this month. Within the next three weeks, you will receive three pieces of junk mail, pull an "all nighter" for an anatomy exam, and have your pet cat throw a screaming fit for reasons unknown. All in all, this augers a risky month for you, so be careful! Flip all your mattresses and volunteer for paper-wipe duty!

MORATORIUM



On October 15, 1969, the students of Jefferson did their thing along with the rest of the nation in observing a day of moratorium. Jefferson held its own observation from 11 A.M. to 12:15 P.M. in the Commons Building. The guest speaker was the Reverend Carpenter, who gave his own views on the War in Vietnam and what he thought should be done to put an end to the killing; that is, withdrawal of all U.S. troops from Vietnam. A movie was also shown. The film was made in several hospitals in Vietnam and showed a few of the mazy innocent war victims, many of them children, who were crippled, minus a leg or arm or injured in some way as a result of the bombing and/or shelling on their villages. At 12:45 P.M. a small group of medical students and student nurses met in front of the Commons Building and marched to J.F.K. Plaza, where a total of 15,000 people were gathered in protest of the war in Vietnam.

Hopefully the spirit of October 15th moratorium will be carried over to the November 15th march on Washington. In the spirit of peace

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H A P P Y H A L L O W E E N !

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Contributors:
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1969

Sundae Festival

Nov 20th
Thursday



only
60¢

Rec. Room
2-6 p.m.

See you there!