

# LEADING

in the community



NYU | MEYERS

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In memoriam:  
Jennifer Goldschmitt MA '03  
Gale Robinson-Smith, PhD '83,  
MA '77

## 14 STUDENTS



## RORY MEYERS COLLEGE OF NURSING

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### LEADERSHIP

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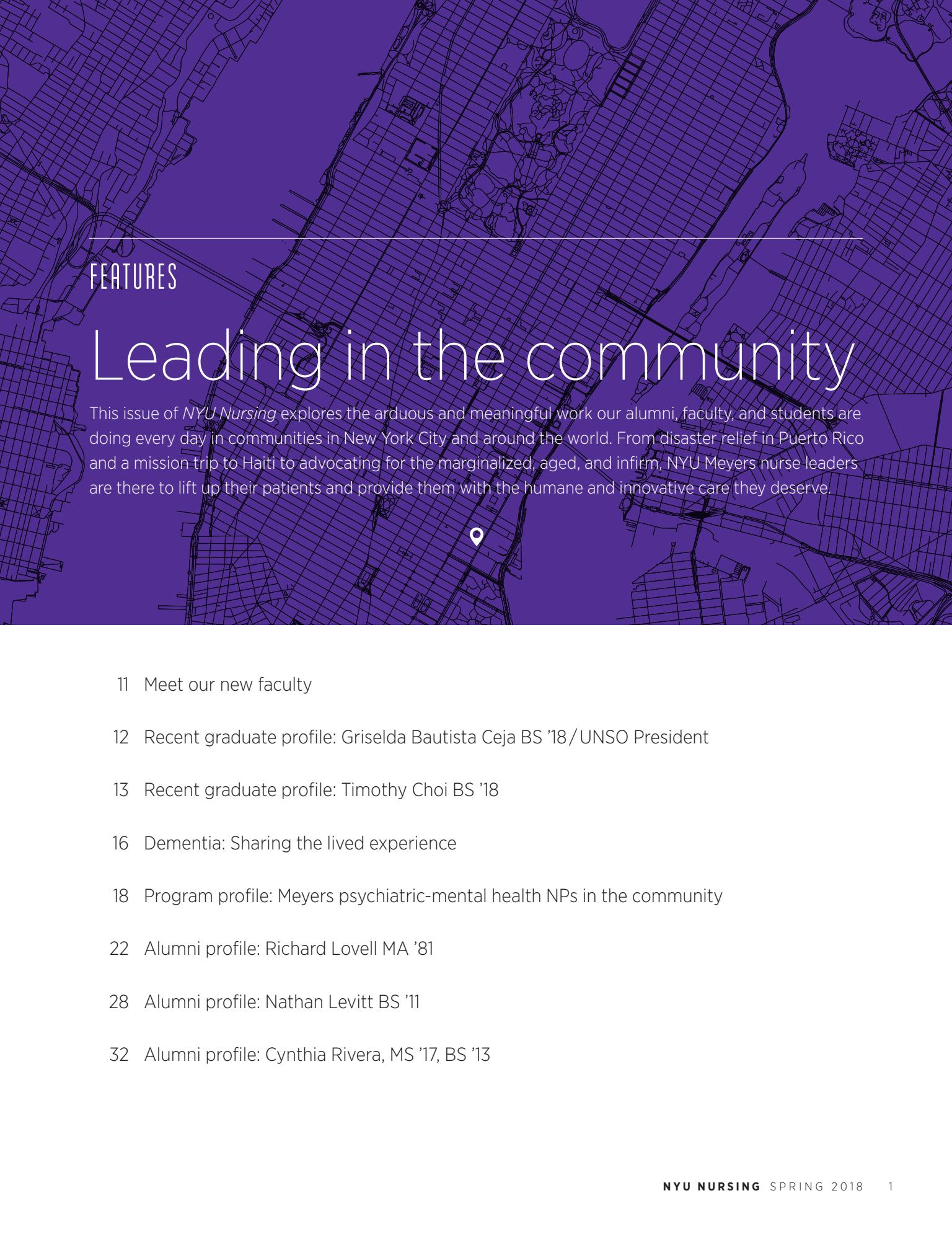
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## FEATURES

# Leading in the community

This issue of *NYU Nursing* explores the arduous and meaningful work our alumni, faculty, and students are doing every day in communities in New York City and around the world. From disaster relief in Puerto Rico and a mission trip to Haiti to advocating for the marginalized, aged, and infirm, NYU Meyers nurse leaders are there to lift up their patients and provide them with the humane and innovative care they deserve.

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## DEAN'S CORNER

Dear all,

The 2018 academic year has come to a close and we now have 645 new Meyers graduates ready to embark on advancing quality, innovative, and humane healthcare for their patients. Kudos to all of them for their hard work this year; they've made us all so proud.

There has never been a more exciting time to be part of the Meyers community! We've realized some terrific accomplishments this year including some highlights which we present to you in this issue of *NYU Nursing*.

### LEADERSHIP

- Associate Profs. **Winslow Burleson** and **Allison Squires** received tenure for their outstanding teaching and research contributions to the University and healthcare at-large.

- Recent PhD alumna **Melissa Ojemeni** was selected for the prestigious Afya Bora Fellowship in Global Health Leadership, the first NYU student to receive this honor.

- Undergrads **Kate Foos** and **Jaime Robinson** were named to the Intercollegiate Athletic Advisory

Committee's Honor Roll for basketball and swimming respectively.

### SERVICE AND RESEARCH

- Associate Prof. **Ab Brody** received a five-year \$3.8 million grant from the National Institute on Aging, part of the NIH, to create an evidence-based intervention for home health clinicians to improve the quality of life and reduce unnecessary healthcare utilization for people living with dementia and their caregivers.

- Mathy Mezey Prof. of Geriatric Nursing **Christine Kovner** was awarded ENRS's Distinguished Contributions to Nursing Research Award.

### DIVERSITY AND INCLUSION

- We welcomed Prof. **Jacquelyn Taylor** from Yale as the inaugural Vernice D. Ferguson Chair in Health Equity. Prof. Taylor, recipient of the Presidential Early Career Award for Scientists and Engineers by President Obama, is a distinguished researcher whose work focuses on the interaction of omics and social factors that contribute to health disparities in underrepresented communities.

- This year's Estelle Osborne Legacy Celebration was extended to a month-long series of events that promoted and fostered belonging, including presentations on equity in higher education and healthcare, transgender health awareness, and public health ethics.

- We hosted a *What diversity means to me* submission contest and received many moving projects from students. The winner of the contest, new BS grad **Faizah Nushrat Yeasmin**, produced a terrific video that displayed the interconnectedness of nursing and an open heart.

- This fall, we will welcome three additional first-year Meyers scholars who have received full scholarships, including room and board, thanks to the generosity of the Meyers family.

Wishing you a safe and restful summer!

Eileen Sullivan-Marx, PhD, RN, FAAN  
Dean & Erline Perkins McGriff Professor

## THE DEAN'S LIST



Follow me on Twitter [@EileenSullivanM](https://twitter.com/EileenSullivanM) for the latest news from the College and in nursing.



I was so proud to see our students, faculty, and alumni engaged and on the front-lines of the passage of New York State's historic BS-in-10 law.



*Angels in America* returned to Broadway this season and soars with a haunting look at the AIDS crisis in 1980s America.

Left to right: **Natalia Cineas** BS '06 and **Amy Knowles**, assistant dean for student affairs and admissions



## NATALIA CINEAS BS '06

# Why I Give

### What was your experience like at NYU Meyers?

Attending NYU Meyers was life-changing for me as a student and as a person. I was challenged, learned how to manage my time, and grew professionally.

### How did it prepare you for your current role as Deputy CNO at Mount Sinai St. Luke's?

By learning everything I could possibly learn in each job prior. I asked questions, took additional classes and certifications, and pursued advanced degrees to give me the tools in order to be successful.

### Why did you choose to give to NYU Meyers, and more specifically, the Rwei Hwa Su Laptop Scholarship Fund?

I chose to give to NYU Meyers because of the flexibility it allowed me while working at the NYU Student Health Center. I specifically chose the Rwei Hwa Su Laptop Scholarship Fund because as a student I obtained a scholarship

from which I used funds to purchase a laptop. I believe that laptop changed my life by allowing me to study for the NCLEX via online questions and apply for career opportunities.

### Why would you encourage a prospective donor to give to the College and to the education of future nurses?

Any amount can make a huge difference in the life of another student. Moreover, experienced nurses need to support new nurses in all aspects of their education in order for our profession to thrive.

### What piece of advice would you give to nursing students who are looking to succeed and lead in the profession?

My advice is to find someone who has the job you are interested in and shadow them. I also would encourage them to seek out a mentor. Mentorship is key in knowing you are headed in the right direction.

### Rwei Hwa Su Laptop Scholarship Fund

All registered students at NYU Meyers are required to have a portable computer that meets specific hardware and memory requirements for use in exams and for other purposes. Purchasing these computers is a financial hardship for many of our students.

To honor founding IT staff member

**Rwei Hwa Su** who unexpectedly passed away in October 2017, our new scholarship fund enables newly-enrolled first-year students to apply for a free laptop. The College then purchases the computers on the students' behalf at the NYU Bookstore at a discount.

Donations can be made to the **Rwei Hwa Su Laptop Scholarship Fund** in three ways:

- Sending a check made out to NYU to the attention of **Sally Marshall**, director of development, with Rwei Hwa Su Laptop Scholarship Fund in the memo line.
- Donating online at [nursing.nyu.edu/rweihwa](http://nursing.nyu.edu/rweihwa).
- Calling Sally at **212-992-7525**, who will take your credit card information over the phone.

# NEWS

## FACULTY & STAFF ACHIEVEMENTS

Clinical Profs. **Susan Apold** and **Sally Cohen**, Clinical Assistant Prof. **Robin Klar**, and Mathy Mezey Prof. of Geriatric Nursing **Christine Kovner** have been appointed to *Policy, Politics & Nursing Practice*'s editorial board.

Associate Profs. **Winslow Burleson** and **Allison Squires** received tenure.

Clinical Assistant Prof. **Sandy Cayo** was selected for the National League for Nursing LEAD program.

Clinical Assistant Prof. **Leon Chen** had a poster presentation on the management of toxicities associated with Chimeric Antigen Receptor T cells in the ICU at the International Anesthesia Research Society Annual Meeting in Chicago.

Clinical Prof. **Sally Cohen** was named a member of the AACN Health Policy Advisory Committee, formed to provide contextual guidance on issues that require insight from nursing faculty.

Clinical Prof. and Executive Director of the Hartford Institute of Geriatric Nursing **Tara Cortes** received a \$100,000 grant from the New York Community Trust to expand the Bronx Health Corps project which teaches seniors about chronic disease management and health behaviors.

Clinical Instructor **Michele Crespo-Fierro** successfully defended her PhD dissertation at CUNY.

Assistant Prof. **Maya Clark-Cutaiar** was elected president of Xi Chapter of Sigma Theta Tau International.

Associate Prof. **Mei Fu** was named one of ten Brooklyn scientists to know for her lymphedema research.

Ursula Springer Leadership Prof. in Nursing **Judith Haber** will lead nurses in providing school-based oral healthcare through a grant to NYU College of Dentistry.

OHNEP Program Director **Erin Hartnett** received the 2018 Oncology Nursing Society Commendation for Outstanding Achievement for Oncology Nursing Education or Patient/Family Education Award.

Clinical Assistant Prof. **Michelle Knapp** presented on the living stigma of nursing students with substance use and addiction problems at two Contemporary Forums Psychiatric Nursing Conferences in April and May.

Mathy Mezey Prof. of Geriatric Nursing **Christine Kovner** received the ENRS Distinguished Contributions to Nursing Research Award at its annual conference.

Clinical Assistant Prof. **Beth Latimer** was accepted to the 2018 NLN Leadership Institute for Simulation Educators.

Clinical Assistant Prof. **Fidel Lim** presented an overview of the role of the student nurse in LGBT healthcare at the 66th Annual Convention of the National Student Nurses' Association in Nashville.

Assistant Prof. **Chenjuan Ma** authored a publication on baccalaureate-prepared nurses in US acute care hospital units in the *Journal of Nursing Scholarship*.

Senior Research Scientist **Susan Malone** was awarded a grant entitled *Personalizing sleep interventions to prevent type 2 diabetes in adults with pre-diabetes* by the National Institute of Nursing Research.

Associate Dean for Research **Gail Melkus** was named a visiting scholar at the University of Texas Houston and gave a lecture on type 2 diabetes biobehavioral research and intervention.

Assistant Prof. **John Merriman** presented a poster at the International Cognition and Cancer Task Force meeting in Sydney, Australia.

Assistant Prof. **Ann-Margaret Navarra** received a 2018 Distinguished Alumni Award for Nursing Research from Columbia University.

Clinical Simulation Learning Center Director **Natalya Pasklinsky** and Education Specialist **Katherine Marx** presented at the Society for Simulation in Healthcare's annual conference.

Assistant Prof. **S. Raquel Ramos**, presented at the 2018 Academy Health Annual Research Meeting pre-conference session on global health and healthcare.

Clinical Instructor **Irene Rempel** successfully defended her DNP at Fairleigh Dickinson University.

Prof. **Michele Sheldin** is conducting qualitative analysis for a Veteran's Administration grant entitled *A multi-modal, physician-centered intervention to improve guideline-concordant prostate cancer imaging*.

Associate Prof. **Allison Squires** was a keynote speaker and invited panelist at the Isabel de Hungría Nursing School's first annual nursing conference in Tlaxcala, Mexico.

Clinical Assistant Prof. **Nadia Sultana** was named a fellow of the New York Academy of Medicine.

Dean's Prof. in Global Health **Bei Wu** gave two oral presentations at the American Association for Dental Research Annual Meeting.

## IN MEMORIAM



NYU Meyers mourns the loss of **Dina Figueroa-Bell** who passed away suddenly in November. Dina had been at NYU for 21 years, the vast majority of which were spent at Meyers, with her most recent appointment as administrative aide for the NICHE program. She will be remembered for her team spirit, quick wit, and steadfast commitment to all our College's initiatives.



## ENOUGH School Walkout

In March, students, faculty, and staff participated in the ENOUGH: National School Walkout to demand stronger gun safety laws. The walkout served as a rallying cry for Congress to act by passing legislation in response to gun violence in schools and on our streets. ■



## March For Our Lives

Dean **Eileen Sullivan-Marx** represented NYU Meyers at the March for Our Lives rally in Washington DC in March, along with some 500,000 other participants. The event, which wasn't just contained to the nation's capital and took place all over the country, advocated for gun safety legislation on the heels of the mass shooting at Marjory Stoneman Douglas High School in Florida. ■

## Our faculty and students

regularly attend elite conferences, travel abroad to conduct important research and collaborate with colleagues as well as give back to our community. Here is a snapshot of their latest work.

**A** Faculty and alumni came together to discuss technological innovations and how they have improved nursing practice and patient outcomes.

**B** Prof. **Janet Van Cleave** presented a poster at the American Pain Society 2018 Scientific Summit describing the development of the electronic Patient Visit Assessment for early detection of advanced symptoms and functional limitations in patients with head and neck cancer.

**C** In March, the Upsilon Chapter of STTI volunteered at the New York Common Pantry where it volunteers twice every semester. Pictured: Profs. **Sandy Cayo**, **Karla Rodriguez**, and **Larry Slater** with students **Marry Ragaglia** BS '18 and **Lauren Hollender** BS '16

**D** Prof. **Tara Cortes** attended a reception to recognize the achievements of the Bronx Health Corps in January. The Bronx Health Corps is a group of specially-trained community volunteers who have transformed the model of care for older adults in the Bronx.





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● Profs. **Sandy Cayo**, **Selena Gilles**, and students **Keiry Sierra**, **Samantha Bennet**, and **Kaitlin Rupp** attended Black Nurses Day on Capitol Hill.

● Prof. **Nancy VanDevanter**, **Danielle Ompad**, and PhD student **Erica Liebermann** participated in meetings on women's health and HPV in the Dominican Republic.

● Prof. **Mei Fu** and her Precision Medicine Initiative: Symptom Science research team visited Sichuan University, Chengdu, China. The team published a manuscript entitled *Precision nursing: Trend and Implication* in the *Chinese Journal of Nursing*.

## Ghana Mission Trip

Clinical Assistant Profs. **Sandy Cayo** and **Selena Gilles** spent the January intercession on a mission trip to Ghana along with 25 other interprofessional healthcare team members, including ophthalmologists, dentists, obstetricians, and nurse practitioners. Over the course of their time in the Greater Accra region, they delivered care to thousands of households, with a particular focus on women and children to reverse the trend of increasing maternal and infant deaths. ■





Left to right:

**Victoria H. Raveis**, NYU Aging Incubator co-director, NYU College of Dentistry; **Jon Gartenberg**, president of Gartenberg Media; **John Canemaker**, professor at NYU Tisch School of the Arts; **Bei Wu**, NYU Aging Incubator co-director, Rory Meyers College of Nursing; **Joshua Chodosh**, NYU Aging Incubator co-director, NYU School of Medicine

## NYU Aging Incubator presents a screening & discussion with John Canemaker & Jon Gartenberg

On Jan. 25, the NYU Aging Incubator presented a screening and discussion with Tisch Professor and celebrated animator **John Canemaker** and renowned film curator **Jon Gartenberg**.

The screening of Canemaker's Academy and Emmy-winning animated film *The Moon and the Son: An Imagined Conversation* explored the impact of the aging process for a parent and his/her family. It brought to light the importance of personal histories, memories, and their interpretations. This powerful animation and following

conversation illuminated the influence and consequence that an aging journey has on a family in a way that was approachable and relatable for the audience regardless of experience levels with aging.

This influential animation experience has been adapted to the classroom for geriatric medical fellows as a way of highlighting the magnitude of the aging process not only on the individual but also on their family.

"This film, was for me, a complete surprise and the connections to my academic work and research interests were unmistakable,"

said NYU Aging Incubator Co-Director **Joshua Chodosh**. "There was something here to be learned about aging and memory on a deeper level and the unsuspecting stories that our oldest members of society have hidden from our view are untapped personal connections. This film provides a pathway to discovering those connections and sensitizing our physician learners. This will be an educational mainstay for our geriatric and palliative care fellows for years to come. John Canemaker's work has been an unanticipated treasure!" ■

## CDUHR receives \$7.5 million in NIH funding

by Rachel Harrison

The National Institute for Drug Abuse, part of the National Institutes of Health, has awarded NYU Meyers' **Center for Drug Use and HIV/HCV Research** (CDUHR) a five-year, nearly \$7.5 million grant to continue the center's research.

Since its creation 20 years ago, CDUHR has been continuously funded by the National Institute for Drug Abuse. CDUHR was founded in 1998 as the first center for the socio-behavioral study of substance use and HIV in the United States and became part of NYU Rory Meyers College of Nursing in 2009.

"A critical time has been reached in the course of the HIV epidemic. Many states have announced plans for 'Ending HIV/AIDS.' However reaching this goal for people who use drugs is challenging, and recent HIV outbreaks in people who use drugs have shown that barriers to HIV prevention and treatment services persist. In this next phase of CDUHR we

will support investigators in devising innovative strategies to ending HIV/AIDS among people who use drugs, including addressing the unique problem of the opioid crisis," said **Sherry Deren** and **Holly Hagan**, co-directors of CDUHR.

The renewed funding will support the center for the next five years, during which time the researchers will focus on a theme of "Ending HIV/AIDS Among People Who Use Drugs: Overcoming Challenges." While recent advances have reduced the incidence of HIV and allowed HIV-positive people to reach near-normal lifespans, ending HIV/AIDS among people who use drugs requires addressing a number of emerging and persistent barriers.

A critical barrier to ending HIV/AIDS is the dramatic increase in prescription opioid misuse, which has given rise to a new generation of heroin users and injectors. Several ongoing studies at CDUHR are focusing on

gaining a deeper understanding of opioid misuse, preventing drug users from transitioning to injecting drugs, and comparing treatments for opioid addiction.

Another barrier is the lack of attention to the role of substance use in new HIV infections in men who have sex with men and heterosexuals. In addition, HIV-positive people who use drugs experience disparities all along the continuum of HIV care, including delayed diagnosis, lower retention in care, delayed initiation of antiretroviral therapy, and poorer disease outcomes.

CDUHR aims to support research on effective ways to broadly implement evidence-based HIV prevention and care interventions for people who use drugs. The funding will also support collaborations with researchers in areas where HIV epidemics are occurring among people who use drugs, including rural America and in eastern Europe and Asia. ■





## Building influence at the 2018 NICHE Conference in Atlanta

**#NICHE 2018** April 10–13

Healthcare professionals from more than 200 NICHE member and non-member hospitals from around the world met in Atlanta for the program's Annual Conference to discover innovative solutions and approaches to improve elder care. This year, attendees shared research related to diversity and culture, technology and accessibility, wellness, and mental health as they relate to the care of older adults.

Keynote speakers included nationally-recognized geriatric experts who spoke about a core of practical and thought-provoking topics ranging from improving surgical care and decreasing social isolation in LGBTQ older adults, to electroconvulsive therapy and the use of caring service

robots. Speakers included Dean **Eileen Sullivan-Marx**, **Donna Fick** of Penn State University College of Nursing, and **Robert E. Burke** of the Denver VA Medical Center and the University of Colorado.

“Our Annual Conference is an opportunity to see how our member hospitals are preventing complications and providing quality, person-centered care in their organizations,” said **Mattia Gilmartin**, executive director of NICHE. “The time is now to adopt innovative models so that older people can receive care with the dignity and compassion they deserve. It was my pleasure to meet many of the change-makers who bring these innovations to the field each and every day.”

### Upcoming Conference

April 28–May 1, 2020  
New Orleans, LA

### BECOME A MEMBER

NICHE membership indicates your organization's dedication to improving the quality of care older adults receive. Upon gaining membership, your hospital or long-term care facility will receive access to resources and tools to implement the NICHE program and achieve—and sustain—better care and outcomes for older adult patients.

#### Membership includes:

- 8-week Leadership Training Program
- Webinars
- Continuing education courses
- Ability to collaborate and learn from peers in NICHE hospitals and other healthcare organizations around the world
- Discounted rates to the annual NICHE Conference
- Coordinator Corner, a platform that solicits feedback about the resources and tools you need in your role as a NICHE site coordinator.

Contact us at [support@nicheprogram.org](mailto:support@nicheprogram.org) and visit [nicheprogram.org](http://nicheprogram.org) to learn more.



**Left to right:**  
**Catherine D'Amico** PhD '07, NICHE director of programs; **Mattia Gilmartin**, NICHE executive director; **Terry Fulmer**, president of The John A. Hartford Foundation; **Eileen Sullivan-Marx**, NYU Meyers dean

**"The symposium highlighted the innovative research being conducted at HIGN by nurse scientists from novices to experts. Of particular significance was the discussion of the interdisciplinary teams and mentorship, notably the unique access to experts available to our students and faculty."**

—**Victoria Vaughan Dickson**

Associate Professor & Director, Pless Center for Research

## Hartford Institute for Geriatric Nursing research symposium recap

The Hartford Institute for Geriatric Nursing (HIGN) hosted its first research symposium to highlight the important work being done in the field of gerontology by researchers within HIGN and NYU Meyers. There were two panel discussions with leaders in the field.

In the first, **Christine Kovner**, Mathy Mezey Professor of Geriatric Nursing, moderated a session featuring **Bei Wu**, Dean's Professor in Global Health and director of research for HIGN, and **Ab Brody**, associate professor and associate director for HIGN. Wu spoke of her program of research in dementia and oral care as well as some of her globally-focused work on healthy aging and longevity. Brody highlighted his program on dementia and caregiver support as well as his research in palliative care. He also discussed his long-standing relationship with the HIGN, which began in his undergraduate program here at NYU and has continued to serve as a foundation for both his geriatric training and research program.

**Victoria Vaughan Dickson**, associate professor and director of the Pless Center for Research, moderated the second panel which featured two new investigators: Assistant Prof./Faculty Fellow **Tina Sadarangani** and Adjunct Prof. **Billy Caceres**. NYU Meyers PhD graduates Sadarangani and Caceres are examining vulnerable populations with chronic illness with the focus on understanding the multifactorial influences across one's life course that may have contributed to their health problems as an older adult or perhaps facilitated their resilience in aging. They also spoke of the importance of the support they had experienced in their relationship with HIGN during their studies at NYU Meyers.

The symposium showcased some of the important work that is guided and encouraged through the gerontological capacity and expertise of HIGN and NYU Meyers. ■



Left to right: Kovner, Wu, Brody

## 21st Annual Interprofessional Summer Research Scholars Program

July 16–20, 2018

### Transforming Ideas into Fundable Projects

Build grant writing skills | Hone your research topic | Plan your career

#### FACULTY

**Ab Brody** Associate Professor, NYU Meyers

**Joshua Chodosh** Michael L. Freedman Professor of Geriatric Research, NYU Medicine

**Tara Cortes** Executive Director, HIGN & Clinical Professor, NYU Meyers

**Meredith Rowe** Professor, University of South Florida College of Nursing

**Mark S. Wolff** Professor and Chair, NYU College of Dentistry

**Bei Wu** Dean's Professor in Global Health, NYU Meyers

Contact us at [hign.scholars@nyu.edu](mailto:hign.scholars@nyu.edu) or visit [bit.ly/HIGNScholars](http://bit.ly/HIGNScholars) for more information.



**HARTFORD INSTITUTE FOR GERIATRIC NURSING**  
**NYU RORY MEYERS COLLEGE OF NURSING**

## MEET OUR NEW FACULTY

# FEATURE

This spring NYU Meyers welcomed three new faculty members, including an endowed professorship in health equity named after prolific alumna Vernice Ferguson BS '50. We're pleased to introduce them to you.



### Jacquelyn Taylor

Vernice D. Ferguson Professor in Health Equity & Associate Professor

Jacquelyn Taylor is the inaugural Vernice D. Ferguson Professor in Health Equity. Her work focuses on the interaction of omics and social factors that contribute to health disparities for common chronic conditions among underrepresented minority populations in the United States and vulnerable populations abroad. She is also conducting a study on the genomics of lead poisoning in Flint, Michigan. Taylor was recently awarded the Presidential Early Career Award for Scientists and Engineers (PECASE) by President Barack Obama, the highest honor awarded by the federal government to scientists and engineers, where she will examine next-generation sequencing-environment interactions on blood pressure among African Americans. Prior to joining the faculty at NYU, she was associate professor and associate dean of diversity and inclusion at the Yale School of Nursing.



### Leon Chen

Clinical Assistant Professor

Leon Chen is a board-certified adult-gerontology acute care nurse practitioner with a background in emergency and critical care medicine. He holds specialty board certifications in both emergency and critical care nursing. With extensive experience in invasive procedures and advanced resuscitation methods, he is also a strong proponent of using point of care ultrasonography to rapidly delineate differential diagnoses and to guide resuscitation. He has also created an ultrasound training curriculum for critical care NPs and PAs at Memorial Sloan Kettering Cancer Center and serves as a liaison between cardiology and critical care medicine service. Chen has numerous publications in peer-reviewed journals on the topics of sedation, delirium, sepsis, resuscitation, and critical care ultrasonography and is currently an editorial board member of the journal *Critical Care Nursing Quarterly*.



### Chin Park

Clinical Assistant Professor

Chin Park has an extensive healthcare background in hospital pharmacy information systems, nursing administration, and data analytics. For more than seven years, he worked in the urban hospital pharmacy setting. As a pharmacy information systems specialist, Park led a hospital-wide medication cabinet deployment project and provided ongoing pharmacy and medication administration professional development to the nursing staff. Prior to joining the faculty at NYU, Park was an assistant director of nursing, managing more than 30 staff nurses at an urban substance abuse facility. He also was an assistant director of data analysis and was very involved with the New York State sepsis initiative. He managed the reporting, analyses, and auditing of data for severe sepsis and septic shock patients.

### OPEN POSITIONS

To learn more about these positions, please contact **Nick Heller**, HR faculty affairs administrator, at [nh35@nyu.edu](mailto:nh35@nyu.edu).

NYU Meyers seeks an **executive vice dean** who will direct academic and faculty affairs, advise and support the dean, and provide additional leadership for the College to achieve its strategic goals.

NYU Meyers seeks an **established researcher and leader** for the tenure-track position of the **John W. Rowe Professorship in Successful Aging**. This position will have a leading role in expanding the College's contributions to the understanding and care of older adults.

# FEATURE

## RECENT GRADUATE PROFILE



**BY GRISELDA BAUTISTA CEJA BS '18/UNSO PRESIDENT**

Photo: Kate Lord

The Undergraduate Nursing Student Organization (UNSO) is a student-led organization comprised of 15 groups that focus on unique areas of nursing like mental health, pediatrics, oncology, women's health, and more. Every undergraduate student is a member and is able to attend all of our events.

I have had the honor of serving as president of UNSO for the 2017-18 academic year. I took on this position with the hope of providing students with the opportunity to attend events organized by classmates as an opportunity to network and learn more about new areas of nursing. In addition, I wanted to connect first- and second-year students who have classes at Washington Square and ease their transition when they start clinicals their junior and senior years at NYU Meyers.

When I was a first-year student, I never would have imagined that during my senior year I would actually become president. Being a first-year student and

not having a role model to ask for advice was extremely difficult. But I knew that if I became involved in clubs, I would get to meet other students and learn from them. I joined UNSO in my sophomore year and it was the best decision I have ever made. After learning about other affinity groups, I also joined Latinos Aspiring To Imagine Nursing Opportunities (LATINOS), and in my groupmates, I found a family where I could ask for advice and guidance. This is exactly what I've wanted to provide nursing students with—the opportunity to meet other students and help each other out.

As president of UNSO, my main responsibility has been to advocate for students and their success. Being president has forced me to come out of my comfort zone and be a leader. I learned how to lead a meeting and have gained confidence in myself and will use all the skills I learned as I become a registered nurse.

I am exceedingly impressed with the results that we accomplished. Our October

fundraiser for hurricane relief was a major success as was our international potluck held in the spring. Members of the UNSO e-board planned a candlelight ceremony to send seniors off into their nursing careers as well. Hopefully this will become a Meyers tradition that will continue as the new UNSO e-board gets ready to take their new roles.

As a new NYU Meyers alumna, the strongest advice I can offer to new and continuing students is for them to be active and participate in our community. I am extremely grateful to God, my parents, my family, and friends, all of whom have supported me and for the people I met along the way who motivated and believed in me. After I graduate, I plan to study for the NCLEX exam and officially become the first RN in my family. I am extremely proud of all my accomplishments and my classmates' and I can't wait to start impacting people's lives and making a difference. ■



BY TIMOTHY CHOI BS '18

Choi educated students at LaSalle Academy about nursing.

When my friends or instructors ask me why I chose nursing as my major and my future career, I sometimes feel uncomfortable answering them and respond with a simple "I am just a caring person." However over time I have learned to accept the reason I went into nursing as part of my identity and am more open about telling people my story. I chose nursing because I was exposed to the world of healthcare at the age of 15 when I was diagnosed with leukemia.

At that time, I was like any other ordinary teenager who worried constantly about relationships, being popular at my Queens, New York high school, and completing homework on time. However I was struck with a new

dilemma in my life, one that surpasses all others that any teenager should face. I was unfortunately faced with this sudden ordeal and had to grasp the true circumstances of dealing with cancer.

Chemotherapy was a new term that I became familiar with early on and I was exposed to out-patient and in-patient clinical settings. I was new to the healthcare world and everything was foreign to me. Fear would overcome me at times such that I would be emotionless and quiet during my stay at the hospital.

Yet there came a time when I was able to see the light at the end of the dark, never-ending tunnel. I met Brocka, a nurse at NYU

Langone Health. She was the most optimistic, compassionate, and caring person I met during this difficult time in my life. She was able to provide me with excellent care no matter how busy and tired she was. In addition to Brocka, I met numerous nurses throughout my three years of treatment, who showed me that there are people in this world who can really make a positive impact on an individual's health during his or her most vulnerable and difficult time.

Now I aspire to return this service to other patients dealing with cancer by becoming an oncology nurse. Equipped with my NYU Meyers degree this May, I'm excited to go out into the field and give back. ■

# STUDENTS

**Our students** have rich academic and social experiences—collaborating with leading organizations, giving back to the community, and honing their clinical skills, to name a few. Here is a collection of highlights from the winter and spring.

**A** Men Entering Nursing (MEN) hosted a pickup basketball game at the end of the fall semester.

**B** Leena Noel BS '18 was selected to join WNET and the Friends of THIRTEEN at the 2018 America's Public Television Stations Public Media Summit and Capitol Hill Day in Washington DC.

**C** The MEN and Women's Health student groups hosted a Thanksgiving Potluck.

**D** Prof. Fidel Lim took 20 students to see *Turandot* at the Metropolitan Opera.



# STUDENTS



**E** Students attended the career fair hosted at the Wasserman Center for Career Development on Dec. 8.

**F** The API NSA events board held a potluck to plan the spring semester's events.

**G** MEN visited all-boys high school LaSalle Academy to educate students about nursing.

**H** Prof. **Fidel Lim** poses with fall 2017 graduates (left to right) **Jaclyn Clark**, **Nishaben Bhalala**, and **Patrycja Dziedzic** in Weill Cornell's cardiology division.

**I** Recent graduates attended orientation as new employees of Hospital for Special Surgery.

# FEATURE

SUMMER INTENSIVE BUDDY PROGRAM

# Dementia

## Sharing the lived experience

By Thea Micoli and Ann Burgunder, Program coordinators, NYU Langone Health

*"I like to call him (the person with early stage dementia) 'Buddy' because it describes our relationship in one word... During the first visit he was curious about why we were meeting and what this program was about. After I reminded him, a big smile came up on his face and he exclaimed "I will sure have fun with it."*

*(Quote from a Meyers student)*

The Alzheimer's Disease and Related Dementias Family Support Program at NYU Langone Health offers a unique opportunity for adults experiencing the early stages of memory loss and thinking problems to engage in stimulating activities with students from NYU Rory Meyers College of Nursing.

Alzheimer's disease, already the sixth leading cause of death in this country, is a growing problem with no promising pharmacological solutions for prevention or treatment. Alternatively non-pharmacological interventions such as social engagement and caregiver support have been shown to reduce depression and stress and improve well-being for both the caregiver and the person with memory loss.

Modeled on an evidence-based program developed by Darby Morhardt at Northwestern University Feinberg School of Medicine, The Buddy Program™ is a rich source of social interaction and companionship as well as an educational learning opportunity for the student. Now in its third cycle at NYU Langone Health, the program is directed by Mary Mittelman as part of the Alzheimer's Disease and Related Dementias Family Support Program in the Department of Psychiatry. So far the program has matched 31 NYU Meyers students with individuals across New York City experiencing the early stages of dementia.

Each match holds the potential to benefit three people: the nursing student, the person with dementia, and the family caregiver(s).

**For the nursing students,** this relationship is an experiential learning opportunity that allows them to see beyond the clinical presentation of dementia. What can the loss of short-term memory do a person's ability have a conversation or make plans for herself? How do symptoms like apathy or loss of orientation contribute to a withdrawal from activities a person once enjoyed?

The nursing student observes these effects of the disease in 'real life':

*"Today H.'s\* wife suggested we go out because H. hadn't been outside in a few days. H. said he would agree to whatever his wife decided, but he was getting frustrated at her for telling him what to do and to wear. Also H. doesn't like to go out if there isn't a specific plan in mind. But the moment he was outside his attitude improved dramatically, and we headed to a bakery and chatted over coffee, people-watching the whole time."*

In the situation described above, the student observes the reaction of the family member as well. If there is frustration or impatience towards the person with dementia, the student is likely to empathize with the family member. In a healthcare setting, empathy is an important factor in developing an alliance with family members to facilitate the care of a person with dementia.

Over the course of the visits, the Buddy Program also gives students insight into how the symptoms of dementia can progress, and how symptoms may be exacerbated or lessened depending on factors such as fatigue, stress, or unfamiliar places. One student commented that while she knew that difficulty planning and executing a task was a symptom of dementia, it was only when she saw her mentor looking at the materials laid out for a painting activity, unsure of how to begin, that she understood what this meant.

**For the person with early stage dementia,** this program provides social engagement and companionship. Sharing a favorite museum exhibit with a nursing student or describing the street they are walking on as it looked 50 years ago can be a rewarding activity that strengthens intergenerational bonds. As one of the caregivers said, "When they are together, the disease is not the focus: the relationship is." Another caregiver described the program as something that 'he can do—it's just

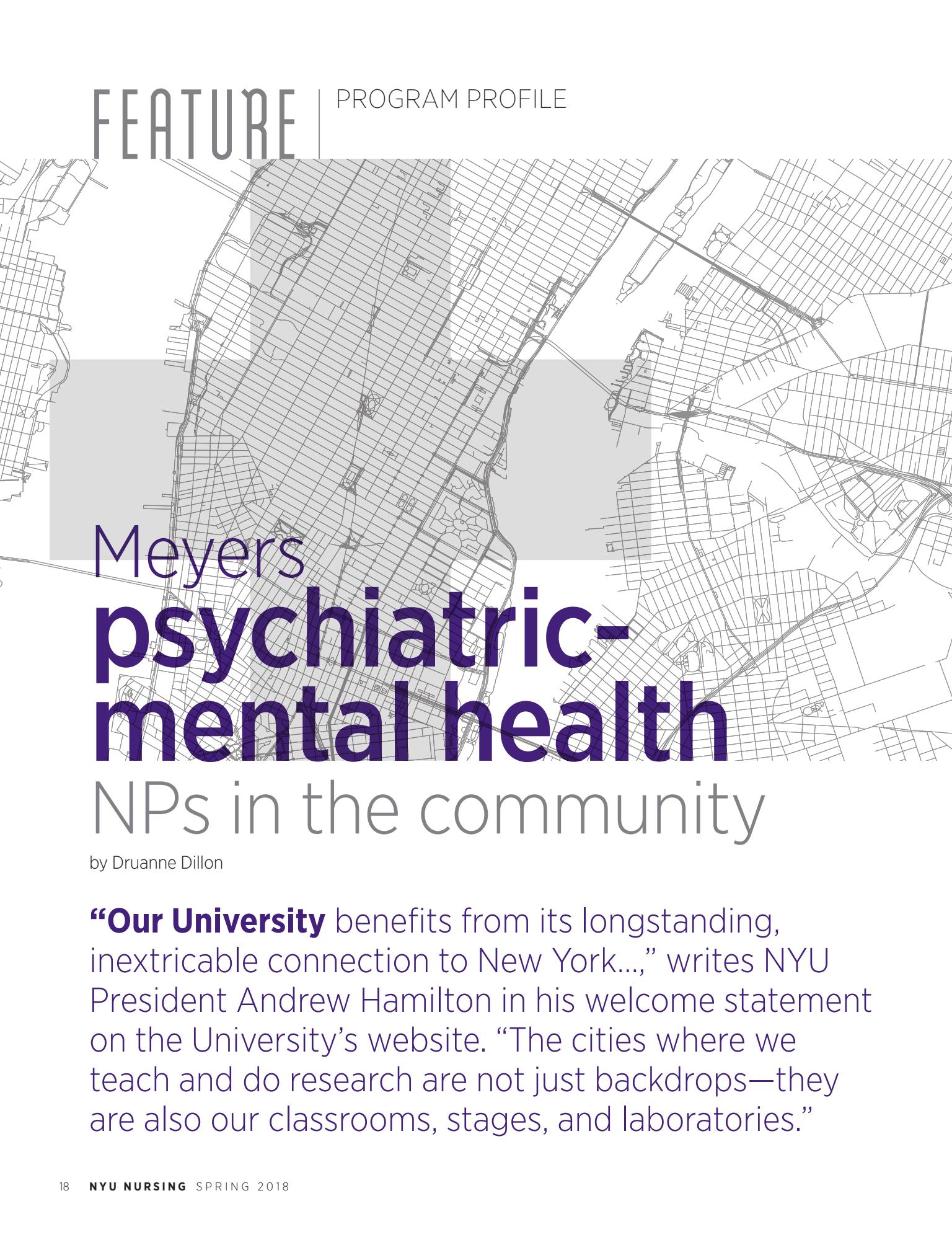
for him.' It is an opportunity to preserve one's independence with a student who is accepting, positive, and non-judgmental.

**For the family caregiver,** The Buddy Program™ can mean a break from care-giving responsibilities. Exercise, a nap, an errand—whatever it might be, the caregivers report relief and gratitude at being able to set aside time for themselves. And they quickly experienced confidence in the student: "The student created such a positive sense of comfort and familiarity—I felt totally comfortable when she took my mother out to lunch or a museum."

In addition, the family caregiver plays an important role coordinating the visit schedule for the student and family member with dementia and guiding the student toward engaging activities both might enjoy. There are things that the person with dementia would still like to do. Being able to facilitate activities for their family member with the student can be very satisfying. As one caregiver remarked, "I found it so relaxing and beneficial to see him so engaged with the student. It's about companionship." ■

\*The names of patients and students have been withheld to maintain confidentiality.

**The 2018 Summer Intensive Buddy Program runs from late May to early August; the 2018–19 Academic Year Program runs from October 2018–April 2019. For more information, contact the Program Coordinators, Ann Burgunder and Thea Micoli at 646-754-2282 or [Buddyprogram@nyumc.org](mailto:Buddyprogram@nyumc.org). The Alzheimer's Disease and Related Dementias Family Support Program is supported by a grant from the New York State Department of Health.**



# Meyers psychiatric- mental health NPs in the community

by Druanne Dillon

**“Our University** benefits from its longstanding, inextricable connection to New York...,” writes NYU President Andrew Hamilton in his welcome statement on the University’s website. “The cities where we teach and do research are not just backdrops—they are also our classrooms, stages, and laboratories.”

In keeping with this perspective, NYU Meyers College of Nursing develops important community collaborations in and around New York City, where faculty and students create and benefit from a wide range of placements. The graduate psychiatric-mental health nurse practitioner program has a particularly robust presence in community collaborations, supplementing much-needed services which otherwise would fall short of the needs of many, many communities.

For example, the NYU Meyers psychiatric-mental health NP program is in the midst of partnering with The PILLARS, a new non-profit organization in Harlem that targets the unique needs of people with substance use

problems. Bringing DNP students to this community-based program, faculty members **Candice Knight**, clinical associate professor and program director, **Michelle Knapp**, clinical assistant professor, and **Janet Standard**, clinical assistant professor, develop relationships with people in the community to provide students with a rich learning experience.

#### Essential supervision, much-needed services

NYU will be working with The PILLARS and Harlem Hospital's Perinatal services department to provide psychiatric-mental health NP students with an opportunity to learn what The PILLARS CEO, Felecia Pullen, refers to as "boots on the ground" interventions, such as

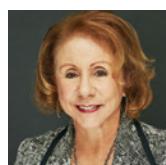
screenings and support groups for women in the perinatal period. She recently opened this holistic, community-based program, supported by grant funding from New York State.

"Faculty will supervise psychiatric nurse practitioner students at The PILLARS," said Knapp, "providing them with an opportunity to be involved at the community level. Additionally, such a program provides a cost-effective means to bring much-needed services to the Harlem community."

#### Bringing together many organizations at once

"At The PILLARS," Ms. Pullen said, "NYU will work alongside Harlem Hospital, The Manhattan Borough President's Office, and other community-based organizations,

## Meet the faculty



**Judith Haber**  
Ursula Springer Leadership Professor

Judith Haber has been an internationally recognized leader in psychiatric nursing for the past 40 years. She was the author of the award-winning, classic textbook, *Comprehensive Psychiatric Nursing*, published for eight editions and translated into five languages. Consistent with the current emphasis on integrating behavioral health in primary care, Haber has been a longtime advocate of the integration of mental health and physical health and has published widely on this topic.



**Holly Hagan**  
Professor; Co-director, CDUHR

Holly Hagan's research has principally focused on the infectious disease consequences of substance use and her main interest is in reducing the burden of hepatitis C virus infection in people who inject drugs. She is the principal investigator on an NIH RO1 that uses the methods of implementation science to optimize HCV control strategies in the US at the national, regional, and local levels. Hagan has been an advisor to the US Department of Health and Human Services, the CDC, and the Canadian Institutes of Health on national programs to detect, diagnose, and treat HCV infections.



**Michelle Knapp**  
Clinical Assistant Professor

Michelle Knapp is a psychiatric-mental health nurse practitioner who uniquely specializes in the area of substance use and other addictive disorders. She has extensive experience in a number of psychiatric clinical and administrative roles, including work with clients across the lifespan practicing psychotherapy and medication management. She has taught at several universities and was part of a team that developed a grant-funded NP residency program for the Veterans Administration. Knapp was recently appointed to the Addictions Council's Steering Committee of the American Psychiatric Nurses Association.

to build awareness around the problem of mothers using marijuana while pregnant. The program is called 'Love Your Baby, Love Yourself,' and it will reach out to more than 6,000 residents living in public housing. The 'Love Your Baby, Love Yourself' campaign will offer an experiential opportunity for NYU nursing students to engage with low-income urban moms who are seeking a new path to stress reduction through mindfulness-based programming."

This collaboration is modeled after a pilot project which ran in 2017 between NYU Langone Health Perinatal Services Department and Meyers College of Nursing. Placing psychiatric services in primary care and specialty clinics outside of the

psychiatric clinic domain gives New York City providers an ideal means to reach those who are not receiving the assistance they need. This type of collaboration helps to meet the larger goal of the Thrive NYC and City Mental Health Summit initiatives, which is to address the city's growing but unmet psychiatric needs.

In their placements, Meyers students provide essential services to vulnerable and under-served populations in a wide range of settings and through the following agencies and clinics in the metropolitan area. They have preceptors at the sites; in addition faculty typically visit two times during a semester.

## Community collaboration sites around the city

In addition to their work at The PILLARS, NYU Meyers psych-mental health NP students are currently engaged in clinical practice at:

- Forestdale: a foster care agency, supervised by Clinical Assistant Professor James Weidel;
- Andrus: an agency that works with families and children providing schooling, housing, long-term therapy, and comprehensive psychiatric services;
- Union Settlement in East Harlem;
- Greenwich House, a comprehensive treatment center for individuals with opioid use disorders, where Knapp is a preceptor;
- Callen-Lorde Community Health Center, which offers sensitive, quality healthcare and related services to NY's lesbian, gay, bisexual and transgender communities;
- Association to Benefit Children.

## Meet the faculty (continued)



**Candice Knight**

Clinical Associate Professor; Program Director

Candice Knight is both a licensed psychiatric-mental health nurse practitioner and a licensed clinical psychologist. Knight has a private practice where she conducts psychiatric evaluations, prescribes psychiatric medication, and provides psychotherapy for children, adolescents, and adults. She has special interests in humanistic-existential psychotherapy training and supervision (gestalt therapy and emotion-focused therapy), mental health public policy, clients diagnosed with anxiety, trauma, and psychophysiological disorders, and integrating music and the creative arts in-depth psychotherapy and healing practices.



**Janet Standard**

Clinical Assistant Professor

Janet Standard is director of the Substance Use Disorders Specialty Sequence and clinical assistant professor. In addition to teaching various courses in the graduate psychiatric-mental health program, she maintains a small private practice treating adults with psychotherapy and medication management. Standard has completed a two-year certificate program at NYU's Institute of Psychoanalytic Education in Adult Psychodynamic Psychotherapy. She graduated from the NYU Meyers DNP program in 2011 with a focus on stress reduction in college students using mindfulness meditation techniques.



**James Weidel**

Clinical Assistant Professor

James Weidel is board-certified as both a family nurse practitioner and a psychiatric-mental nurse practitioner. His clinical experience has involved working with underserved patient populations, refugees, and undocumented migrant workers. Weidel's clinical experience includes more than six years employed as a travel nurse throughout the United States. His scholarly interests include impulsive behaviors, substance abuse, and the intersection of psychiatric problems with physical and mental well-being.



Dean **Eileen Sullivan-Marx** and  
honoree **Natalia Cineas** BS '06

# NEWS

## 27th Annual Estelle Osborne Legacy Celebration

For the 27th year in a row, we celebrated the legacy of Estelle Massey Osborne by recognizing a distinguished alumna/us or faculty member whose professional career embodies her spirit. This year's honoree was **Natalia Cineas** BS '06.

### Estelle Osborne Legacy Celebration Month

This year's celebration was an exciting month-long series of events that promoted and fostered belonging among the Meyers community and included presentations on equity in higher education and healthcare, transgender health awareness, and public health ethics.

The culminating ceremony on Feb. 28 was inspirational and thought-provoking. Keynote speaker **Dr. Rueben Warren**, executive director of the National Center for Bioethics in Research and Healthcare at Tuskegee University, presented on the interdependence of public health, ethics, and social justice. His talk served as a stark reminder of the historical consequences of the United States Public Health Service Syphilis Study and how to prevent the reoccurrences of similar abuses in human health research.

Following Dr. Warren's presentation, **Natalia Cineas** was honored as this year's Estelle Osborne recognition awardee. During her acceptance speech, she spoke about the importance of preparing for the future, pushing through obstacles, and giving back to the community. Her story of perseverance and mentorship resonated deeply with attendees at the event.

### About Natalia Cineas

Cineas is currently deputy chief nursing officer at Mount Sinai St. Luke's. She is also adjunct faculty at Columbia University School of Nursing, a fellow of the New York Academy of Medicine, and vice chair of the health ministry at St. Charles Borromeo Catholic Church. Cineas holds a BA in psychology from Stony Brook University, a BS in nursing and an MS in management from NYU, and a DNP from The George Washington University. She is committed to impacting healthcare nationally and internationally. ■

### About Estelle Osborne (1901-1981)

Each year, the College and its community celebrates Osborne, a pioneer in organizational administration and the first Black nurse to receive a master's degree in nursing.

After graduating from Teacher's College, Osborne was promptly appointed educational director at the Freedmen's Hospital in Washington, DC (currently Howard University School of Nursing). She served five successive years as president of the National Association of Colored Graduate Nurses (NACGN), an association established to promote professionalization, education, and practice opportunities for Black nurses.

Following service during World War II where she worked to change discriminatory policies in nursing and the armed services, Osborne concentrated on opening doors to higher education for Black nurses. In 1946 she joined NYU, becoming the first Black faculty member in what is now NYU Rory Meyers College of Nursing. In her eight years, her leadership position on campus provided her the opportunity to mentor and positively impact the lives and careers of numerous Black students and nurses.

This celebration would not be possible without the unwavering effort and dedication of its founders: alumni **Gloria Chandler Ramsey**, MA '87, BS '83, **Phyllis Lisanti** PhD '87, and late former Division Head **Diane McGivern**.



Recipients of the Estelle Osborne Award (left to right): **Nellie Bailey** MA '80; **Alicia Georges** MA '73; Prof. **Jamie Newland**; **Natalia Cineas** BS '06; **Kathleen Parisien Dory**, MA '04, BS '98; **Ngozi Nkongho** BS '75; and **Tavoria Kellam** BS '98

**RICHARD LOVELL MA '81**

by Druanne Dillon

**"If you don't know where you are going, you are going to end up someplace else"**

—Yogi Berra

What if you thought you knew where you were going and still ended up someplace else?

**Richard Lovell**, BA English, BS Nursing, MA '81 Nursing Administration, RN, CSW, has let life lead the way, ready to be shaped by the next thing, poised to embrace each opportunity as it comes along.

### It started with a love of literature.

Manhattan native Richard Lovell went to St. Peter's College in Jersey City to study literature, where Shakespeare became his favorite author. But then everything changed.

Now retired, after rising through the ranks of medical products companies in wound care and ostomies, nationally and globally, Lovell looks back at the twists and turns of his working life, the opportunities that fell into his lap, the breaks he had along the way. *And at nursing, the catalyst for all that was to follow.*

After college, during an incredibly bad recession when nobody was getting jobs, a bank manager who favored the broad perspective of liberal arts majors hired Lovell as a trainee. But three months after hire—at the height of the Vietnam War—Richard Lovell was drafted into the armed forces. When he was inducted, he went through a series of interviews. Then after advanced Infantry training and just before being sent to Vietnam, he received a new set of orders and was assigned to the prestigious 3rd Infantry—“The Old Guard” of the

Army—to become a member of the Honor Guard. Located in and around Washington, DC, this elite group of soldiers is chosen to protect the nation's capital and the president. He served out the next year and a half peacefully. Afterwards, he was even able to get his old bank job back.

### "Nursing?!"

That said, banking wasn't really Richard Lovell's thing. An acquaintance, a New York City firefighter, told him to try something completely different, to explore career options. Lovell said, “He suggested nursing. I thought, ‘Nursing?’” Little did he know this firefighter was looking into becoming a nurse after having worked as an EMT in the fire department. Lovell was skeptical but intrigued.

Lovell went into Cornell's now-closed nursing program, completing a rotation in cancer nursing at Memorial Sloan Kettering Cancer Center. After graduating he decided that MSKCC was where he wanted to be and started working there on the gastrointestinal cancer unit. During this time he had

the opportunity to meet a nurse clinician who specialized in the care and management of patients with ostomies. This was an emerging area in nursing at the time. She asked him if he would like to learn more about caring for these patients, so he agreed to spend a week on rounds with her to observe managing the challenges patients faced in caring for their ostomies. Then, after three days, the clinician left her position and suddenly a new direction presented itself when a nursing supervisor asked him if he would like to continue covering this position until a replacement could be found. Somewhat unnerved by this situation, he agreed to give it a try and delved into learning all he could about the physical and emotional aspects of caring for these patients and, together with the help of a volunteer who worked as a dresser to actors on Broadway and had remarkable people skills, he embarked on a new career path that he had never anticipated.

**"Nursing can prepare you for many roads. Even ones you never expected to travel. In today's world, having the ability to plan for, manage, and adapt to constant change are attributes to be cultivated and valued..."**

## FEATURE

**Working full-time, attending NYU master's program part-time**  
From 1978 to 1981, Lovell continued developing his clinical expertise and attended the NYU MA program in nursing administration part-time. Among the very valuable skills he learned was how to observe objectively, assess structures, and develop an implementation plan to address organizational and logistical problems. His master's project centered around assessing a clinical unit at Rusk and putting together a plan for improvement.

"It was there that I learned to apply an acronym that would serve me well throughout my career," said Lovell, "which, along with SOAP—Subjective, Objective, Assessment, and Plan, has allowed me to systematically, effectively assess situations, breaking them down and building strategies to deal with them: SWOT—Strengths, Weaknesses, Opportunities, and Threats."

Midway through Lovell's time at MSKCC, the nursing education department developed a school for the professional education and training of RNs in the clinical management of bowel and bladder diversions, and incontinence management. He became its director and, as such, conducted five six-week accredited training programs that prepared graduates to take the examination to become a professional enterostomal therapist. The program graduated more than 40 nurses each year.

### **The beginning of a business career—thanks to nursing**

In 1983 Lovell left MSKCC to begin a 20-year employment with Convatec, a former Bristol-Meyers Squibb Company (BMS), rising progressively through the ranks in professional services and product management. He started in a capacity closely linked to his nursing/administration background, managing corporate interaction with physicians, nurses, regulatory agencies, and consumers. He then moved into product management of incontinence products

and sales; his marketing outreach included educational programs and consumer/professional support groups.

In the late 1980s into the 1990s Lovell guided the growth of the modern wound dressing business in the US, launching a panoply of new products and growing Convatec's revenue from \$9 million to \$40 million in a five-year period. Over the next decade he would take these products global, first in Canada and then across Europe.

### **Product development at Oxford—and beyond**

"I spent time at Oxford University working with researchers in order to understand how moist wound healing products could improve the healing process, especially with chronic wounds such as pressure ulcers and leg ulcers. We utilized what we learned in the development of clinical trial protocols to clinically validate the laboratory findings. The results of trials conducted in Europe and the US reinforced the healing benefits of the moist wound healing environment."

The late 1990s introduced the new buzzword "globalization." Companies jumped on the concept of utilizing a set of marketing strategies and tactics that could be implemented in all markets worldwide, Lovell adapted the slogan "think globally but act locally." From his years working with different markets in both product

management and business development he knew markets cherished their marketing autonomy. His focus was to advocate for global market consensus on strategy but to allow markets freedom on how best to implement the agreed-upon strategy. Just as he advocated for his patients as a nurse, Lovell then advocated for marketing autonomy as a business developer.

Lovell left BMS to consult and found his way to Euromed, Inc. as director of marketing and business strategy for the next six years. Among other distinctions, he was selected as one of the 100 Notable People in the Medical Device and Diagnostic Industry. He joined Sarasota Medical Products, a start-up, in 2010, as vice president of marketing and sales, where the focus was on securing capital to grow the business. After meetings with potential investors, funding was found to advance the business to the next level. His work done, he retired in 2013, winding down a long career founded on degrees in nursing and nursing administration.

### **Nursing is at the foundation of a long, successful career.**

Now a reader of history rather than literature, Lovell reflects on how nursing affected his working life: "Nursing can prepare you for many roads. Even ones you never expected to travel. In today's world, having the ability to plan for, manage, and adapt to constant change are attributes to be cultivated and valued. My nursing education taught me to think ahead and to prepare for the unexpected. It served me well as it will others as they embark on or pursue career opportunities of broader scope than they may ever have imagined." ■

# CELEBRATIONS

## Barbara Jonas Psych-Mental Health Lecture

November 8, 2017

**A** Donald and Barbara Jonas (bottom row from the right) with the Jonas Nurse Leaders and Barbara Jonas Psych-Mental Health Scholars

**B** Claire Fagin PhD '64 and Sam Fagin

**C** Dean Eileen Sullivan-Marx with donor Barbara Jonas and Jonas Scholar Amy Warner PhD '21

**D** Keynote speaker Linda Beeber MA '70 presented on psychiatric-mental health nursing.



## Board of Advisors Holiday Dinner

December 5, 2017

**E** Board of Advisors members Margaret McClure and Cynthia Sculco

**F** Prof. Larry Slater with Barbara Krainovich-Miller (center) and Board of Advisors member Maria Vezina MA '77

**G** Director of Alumni Relations Janet Griffin with alumni association president Monefa Anderson, MPA '96 (WAG), BS '07

**H** Guest speaker Susan Malone, senior research scientist

**I** Board of Advisors members Susan Bowar-Ferres PhD '87 and Barbara Calabrese MA '92

**NYU Meyers** regularly holds panel discussions, gatherings, and celebrations for current and former students. Here are some of these events' highlights.



## Valedictory Breakfast

December 19, 2017

J Classmates cheered on their fellow graduates.

K A new graduate received her nursing pin at the annual Valedictory Breakfast.

L Alumni Board President **Anderson** welcomed graduates into the alumni association.

M Director of the Undergraduate Program Prof. **Slater** congratulated the students.

N A graduating student with her family



# CELEBRATIONS



## Langone Alumni Reception

March 15, 2018

- Ⓐ Langone nurses and Meyers alumni with CNO **Kim Glassman**, PhD '07, MA '87
- Ⓑ Friends and colleagues greeted each other warmly at the alumni event.
- Ⓒ Left to right: **Lauren Dittmeier** MS '18; **Laraine Ann Chiu**, MS '16, BS '11; and **Jessica Llamozas** BS '11
- Ⓓ **Glassman** chatted with alumni.



## Volk Lecture

April 18, 2018

- Ⓔ Students, alumni, faculty, and friends listened intently to the presentation.
- Ⓕ Professor Emerita **Mathy Mezey** and her spouse **Andy Mezey**
- Ⓖ Keynote speaker **Anne Montgomery** presented to a packed audience.
- Ⓗ Left to right: **Joan K. Stout**, president of the Hugoton Foundation; **Kettlyne Pierre** BS '92; and Dean **Eileen Sullivan-Marx**
- Ⓘ Left to right: **Sullivan-Marx**; **Tara Cortes**, PhD '76, MA '71, executive director, Hartford Institute for Geriatric Nursing; **Montgomery**; **Norman Volk**, board of advisors; and **Alicia Volk**
- Ⓛ **Janet Griffin** (right), director of alumni relations, with **Sylvia McBurnie** MS '80 (left) and **Sylvia Williams** MA '76 (center)





K



## Emerging Technology in Nursing Care Panel

March 22, 2018

▮ A full house at the alumni technology panel

▮ Alumni, friends, and students gathered for a reception after the panel.

▮ **Rosemary Ventura** BS '94 (right) chatted with Prof. **Nadia Sultana** (left).

▮ Panelists (left to right) **Natalya Pasklinsky** MS '10; **Kate Begonia** MS '14; **Sophia Brown** MS '08; **Young-Shin Park** ADCRT '07; and **Mary Joy Garcia-Dia** MS '02



# FEATURE | ALUMNI PROFILE

**NATHAN LEVITT BS '11**



**A leader  
in gender-affirming care**

*"I am thankful for the clinical rotations and learning opportunities I had at NYU. I was able to do an independent study in my last semester where I produced LGBT curricula to integrate into each class as well as published an article in the *American Journal of Nursing* on LGBT health with Prof. Fidel Lim."*

## Can you tell readers a little about yourself? Where did you go grow up?

I grew up in Ft. Lauderdale, Florida, went to college at Emory University in Atlanta, Georgia, completed my master's in gender and cultural studies at Simmons College in Boston, started my nursing education at NYU Meyers in New York and then SUNY Downstate in New York for graduate nursing. I have a wonderful and loving family who helps to educate others about transgender issues. I have been involved in LGBTQ organizing for more than 20 years, with a focus on transgender health.

## Why did you decide to come to NYU and enter the nursing profession?

Throughout my life I have been concerned with the health and wellness of marginalized communities and passionate about addressing healthcare inequities. Navigating healthcare as a transgender person has been incredibly challenging. In my work in the community I recognized how difficult it is for trans and non-binary people, especially those facing discrimination not only on the basis of gender but also race and class, to get the healthcare they needed.

I started working in health education and social justice organizing and it was through this work, and my own experiences in healthcare, that led me to nursing. I wanted to be able to make a difference in the lives of communities that felt alienated and traumatized within healthcare. I saw nursing as a profession that cares deeply about the whole person and works to break down barriers of care. I moved to NYC and started working at Callen-Lorde Community Health Center, which is dedicated to the health needs of the LGBTQ community. In my experience providing trainings to healthcare providers throughout New York and across the country, I found that there is a

lack of information, clinical knowledge, and expertise on LGBTQ communities. There are very few health centers and hospitals in the country that have supportive and sensitive health services for LGBTQ people.

The work I have committed myself to is based on the belief that all communities have a right to safe, sensitive healthcare without fear of discrimination. I aspire to address inequalities and disparities in all of the work I do and saw NYU as a place to continue this work.

## What was your experience like at NYU Meyers?

I am thankful for the clinical rotations and learning opportunities I had at NYU Meyers. I was able to do an independent study in my last semester where I produced LGBT curricula to integrate into each class as well as published an article in the *American Journal of Nursing* on LGBT Health with Prof. Fidel Lim. I provided education to other nursing students and faculty on LGBT health throughout my time at the College and I feel honored to be able to return for continued education.

## You recently joined NYU Langone Health to focus on enhancing services for a growing patient population seeking gender-affirming care. What appealed to you about this role and, more broadly, the hospital's transgender services?

There are many ways trans and non-binary people transition. My role at NYU Langone Health allows me to continue to provide healthcare to transgender patients and create and sustain sensitive, informed, and quality trans healthcare throughout

NYU. I have worked most of my life helping trans patients affirm their authentic selves and receive empowering healthcare and I am able to continue this work at NYU Langone Health. I feel lucky to be able to care for patients pre- and post-surgery, provide social support, and connect patients to much-needed resources. Helping trans patients safely change their bodies to become who they truly are has far-reaching effects.

## How was your experience as a member of the transgender and non-binary community shaped your role as a clinician?

In my experience providing trainings to healthcare providers throughout New York and across the country, I have found that there is a lack of information, clinical knowledge, and expertise on LGBT-communities. Often experiencing the most severe discrimination, transgender people may avoid care for preventive and even urgent and life-threatening conditions. I know this not only from my professional experience, but also through my personal experience as a transgender person who has faced many challenges in navigating systems and accessing care. As a transgender nurse, I have first-hand experience of the barriers to healthcare for underserved populations. I believe this helps me in providing the best care for patients. Much of nursing care involves building trust with patients. From my experience of working with communities who face many barriers to quality and informed care, I believe I have unique personal and professional qualities that allow me to help patients feel more comfortable in environments that may be alienating and traumatic.

*"My role at NYU Langone Health allows me to continue to provide healthcare to transgender patients and create and sustain sensitive, informed, and quality trans healthcare throughout NYU."*

## What evolution, if any, have you seen in the care provided for the community over the course of your career? Have stigmas, prejudices, and lack of understanding been reduced?

I have seen a lot of changes in the increase in education and awareness regarding transgender health. There have also been important changes in legal protection in New York City where transgender patients have legal protection from discrimination on the basis of gender identity. Medicaid and private insurance companies are starting to cover gender-affirming surgeries. I see transgender health included in more curricula in health professional schools.

Although even with these important changes, transphobia is still very prevalent throughout healthcare and there is not enough sensitivity and clinical knowledge among health professionals. Trans and non-binary patients are still treated with disrespect and discrimination and face much violence.

## What's the number one thing nurses and other healthcare professionals need to keep in mind when caring for a transgender person?

It is important for healthcare professionals to understand the barriers and obstacles the trans community faces, understand to not only learn how to use sensitive language (pronouns, chosen name, language for body parts), but to also educate themselves on specific clinical care. This understanding can help build trust with and help properly care for this patient population.

## How do you ask or speak to a patient about their sexual orientation and/or gender identity so they feel comfortable sharing personal information that will aide in treatment?

Being an educated provider on the health needs of this community and using sensitive, informed language helps to create comfort. LGBT patients often feel incredibly uncomfortable when these questions are not asked in a healthcare setting. When healthcare professionals are educated and comfortable with the importance of this language, patients will be more able to share personal information.

## What are some exciting new advances in the care of transgender and non-binary persons?

Gender-affirming care has become more accessible as Medicaid and private insurance companies are starting to cover these medically necessary surgeries. With my work at NYU Langone Health working with Dr. Bluebond-Langner in the transgender surgery program, we help trans and non-binary patients access gender-affirming surgery that is often life-saving. There are amazing advancements in surgery care, research, clinical care, and multidisciplinary support systems. For example, UCSF Center of Excellence for Transgender Health has produced guidelines for primary care that have helped healthcare professionals to provide evidence-based, quality clinical care to trans and non-binary patients. ■

## TRANS CARE SENSITIVITY

### BARRIERS TO CARE

Denied healthcare  
Lack of informed care, research, and data  
Healthcare coverage  
Sex-segregated services  
Inappropriate name or pronoun use  
Invasive questions about genitalia or transgender status  
Access to hormones and surgery  
Patient's trans status often overshadows other significant medical needs (overstepping clinical boundaries)  
Intake and registration forms  
Confidentiality and privacy

### HEALTH ISSUES

Smoking, alcohol, and substance use  
Mental health illnesses such as anxiety and depression  
Sexual and reproductive health  
Eating disorders or obesity  
Cardiovascular health  
Sexually transmitted diseases  
Increased cancer risks, decreased screenings  
Limited evidence-based research on hormones  
Intimate partner violence

NYU Meyers is proud to sign on to the call to action from the American Academy of Nursing for a National Commission on Mass Shootings.

# #NotOneMore



It reaffirms the vision that we hold closely: to advance health for all people where they live, play, learn, and work. And a critical element of realizing a healthier society is making it safer for everyone.

BY CYNTHIA RIVERA, MS '17, BS '13

**"NYU Meyers helped me gain the knowledge and the skills I needed in order to provide nursing care to the patients I encountered in Puerto Rico."**

## Providing relief in Puerto Rico

I was one of 78 New York healthcare workers who served in Puerto Rico post-Hurricane Maria. I traveled alongside a group of medical professionals who volunteered their time to provide needed medical care in several towns close to San Juan. We arrived exactly three weeks after the hurricane touched down—Oct. 12—and stayed for two weeks. During this time I worked as an RN for 14 days straight in a medical tent set up by DMAT (Disaster Medical Assistant Team) next to one of the hospitals located in Caguas. Other volunteer groups were assigned closer to San Juan.

We saw first-hand how impacted Puerto Rico was and the poor living conditions of its residents. Most patients did not have running water or electricity. They had minimal food and were running low on medications. The airport felt abandoned, with lights turning off and on, a sewage smell, and walls covered with green residue. On the bus ride to our destination the first day, we were struck by the leafless palm trees and mountains that looked dry and dead. There were damaged houses, utility poles, and trees lining the sides of the road. Since street lights were not working, town

residents took it upon themselves to direct traffic in exchange for food and water. We saw people making lines that wrapped around the supermarkets. While we did not get to explore beyond the hospital grounds due to safety precautions, listening to stories told by locals was enough to know that it was going to be a slow recovery.

The hospital was running on a generator. Our goal was to help decompress the ER. The charge nurse would walk into the ER to assess a few patients and, based on their complaints and history, they would be transferred over to our care if they were stable.

My first patient was a 65-year-old male who presented with a complaint of foot pain, fevers, and altered mental status for the past two days. He had a history of uncontrolled diabetes. According to his family, they had been waiting in the ER for two days with minimal care. Once in the tent we administered antibiotics and provided wound care to the wound on his left foot. The family agreed to a debridement and he waited another day before being transferred to the OR.

I also took care of a 78-year-old female who presented with altered mental status and diagnosed with a UTI. I discharged her four days later. The family did not leave her side and expressed gratitude every single day for our work. Patients were discharged with a case of water bottles and a box of ready-to-eat meals that were donated by several organizations.

NYU Meyers helped me gain the knowledge and the skills I needed in order to provide nursing care to the patients I encountered in Puerto Rico. My four-year experience as a float nurse has also helped me develop my teamwork skills and willingness to jump in wherever necessary. Every single patient was so grateful for our time and the care we provided. I felt like two weeks wasn't enough, but I am glad I made a positive impact in this disaster-affected area. I am definitely committed to making the world a better place! ■



# GIVING

## Greetings from the Alumni Association President

Dear alumni,

It's a great time to be a Meyers alum! The faculty are at the forefront of cutting-edge research and individual students are receiving prestigious, academic awards. Our alumni hold positions of leadership in the profession, practicing in diverse clinical, academic, and administrative settings all around the globe.

Now more than ever the Alumni Association is committed to its mission—to foster a lifelong connection between the school and alumni, from the beginning of their journey as students and throughout the many life stages as a member of the alumni community.

Over the last few months, I experienced this community in two very tangible ways. I was present to see alumna **Natalia Cineas** BS '06 receive the distinguished Estelle Osborne Legacy Award. She shared the moving story of how she started her nursing career at Meyers and the continued support she has received from alumni since she was a student.

I also attended a standing-room only discussion about emerging technology in nursing care where a panel of five alumni shared their experience working in informatics and the future of this field. It was amazing to hear their commitment to patient care and safety and have the opportunity to network with fellow alumni working in this area.

The alumni community is growing more vibrant every day. Over the next few years we will be expanding our alumni programs to include social, professional development, and networking events.

There will be more opportunities to give back by volunteering with the Nursing Alumni Mentoring Network and speaking with students about your career at talk-back events. We will also be looking for more people to join the Alumni Association board to assist with many of these projects.

Please make plans now to join me at Alumni Weekend on Oct. 26-27. This is one of our signature events where we celebrate with the entire NYU alumni community. Meyers will showcase a panel of faculty members in the morning and recognize several alums for their outstanding service in the profession during the luncheon. Registration will open in early July.

I do hope you will consider getting involved with the Alumni Association. Whether you attend an event, volunteer, or make a gift, there is a way for everyone to make a difference at Meyers and build a great alumni community.

If you have ideas or questions about the Alumni Association, please do not hesitate to reach out to me at [apresident.nursing@nyu.edu](mailto:apresident.nursing@nyu.edu). I look forward to meeting you at a future alumni event.

Sincerely,

Monefa M. Anderson  
BS '07, MPA '96 (WAG)

## Save the dates

Cultivating  
Compassionate  
Care: Feeding  
the Heart of Nursing

June 7, 2018

Alumni Summer Social  
July 11, 2018

State of the College  
September 17, 2018

Alumni Weekend  
October 26-27, 2018

**Join the Alumni Association Board** and plan events, assist with communications, and recruit new volunteers. Board members serve two-year terms that begin in September.

**Become a mentor** and support current nursing students at the beginning of their careers.

For more information about both programs, please contact [nursing.alumni@nyu.edu](mailto:nursing.alumni@nyu.edu).

The College wants to keep in touch with its former students! Please ensure your current email address is on file by emailing [nursing.alumni@nyu.edu](mailto:nursing.alumni@nyu.edu).

## CLASS NOTES

### 1980s

**Rona Levin** PhD '81 is an independent consultant in healthcare education and evidence-based practice improvement.

### 1990s

**Kathleen Parisien Dory**, MA '04, BS '98 is now director of nursing education, professional practice, and research at Mount Sinai St. Luke's.

### 2000s

**Annette Cerrato**, PhD '06, MA '89 developed an organ donation and transplantation education module for nursing students that was accepted at SUNY Downstate and Florida Keys Community College.

**Maria Gray** MA '00 was promoted to vice president for clinical and field operations at Attune Medical where she educates critical care nurses on targeted temperature management.

### 2010s

**Jenny Guevarra** MS '12 works for cardiac services at Saint Barnabas Medical Center.

**Minjae Kim** MS '17 was accepted to the Yale School of Public Health's advanced professional MPH program.

**Michael Letang** MS '18 was awarded the Leslie B. Tyson inaugural Nursing Research Award, which provides seed grants to Memorial Sloan Kettering nurses who conduct research projects.

**Cindy Rivera**, MS '17, BA '13 has begun her career as a midwife at NYU Langone Medical Center in March 2018.

**Nilufar Salimova** BS '15 is a senior staff nurse at NYU Langone Health working on her medical surgery certification.

**Stephanie Surjeet** BS '18 is an NYU Langone Health staff RN.

**Sapna Kakwani Yekanath** BS '11 graduated with a DNP in pediatric primary care from Rutgers University last May.

**Soka Yu** MS '14 will begin her PhD program at NYU Meyers in the fall.

## IN MEMORIAM

**Jennifer Goldschmitt** MA '03 passed away from cancer in March 2018. She was a nurse practitioner at Northwell Health specializing in GYN malignancies. Donations can be made in her name to NYU Meyers.

**Gale Robinson-Smith**, PhD '83, MA '77, former associate professor at Villanova University, passed away following an illness. Donations in her name may be made to Villanova University Fitzpatrick College of Nursing.

## Finlayson honored by Oncology Nursing Society

**Catherine Scott Finlayson** PhD '18 has been selected by the Oncology Nursing Society as the recipient of the 2018 ONS Trish Greene Memorial Quality of Life Lectureship Award. She will be recognized as the recipient of this award during the ONS 43rd Annual Congress in May in Washington, DC.

As the recipient of this prestigious award, she will present a lecture based on her dissertation findings. She also will receive a \$2,000 monetary prize, a plaque, travel support to attend Congress, and recognition on the ONS website. ■



## Upsilon Induction and Awards Ceremony

Upsilon Chapter of The Honor Society of Nursing, STTI, held its Annual Induction and Awards Ceremony in April. Following introductions by Dean **Eileen Sullivan-Marx** and Clinical Associate Prof. **Larry Slater**, the ceremony included an inspiring presentation by **Lisa Coleman**, chief diversity officer at NYU, who discussed the case for diversity, inclusion, equity, and belonging in nursing and healthcare. Slater then recognized Upsilon's scholarship, research

grant, and award recipients, including undergrads **Alexandra Farcas**, **KP Mendoza**, and **Mary Ragaglia**, and current and former graduate students **Lisa Konopko**, **Natalya Pasklinksy**, and **William Rosa**. Two NYU Meyers PhD students, **Erica Lieberman** and **Laura Jean Ridge**, also received research grants. Upon conclusion of the evening, Upsilon celebrated 176 new inductees from our undergraduate and graduate programs as well as three nurse leader inductees. ■



## ENRS Reception

More than 50 alumni, faculty, and students gathered at a special reception during the ENRS conference in Newark, NJ on April 11. Guests had the opportunity to network and share their research while enjoying drinks and hors d'oeuvres. **Janet Griffin**, director of alumni relations, shared exciting updates about the College, an overview of the new alumni engagement program, and different ways to get involved with the Meyers Alumni Association. ■



## PhD students defend dissertations

A new cohort of seven freshly-minted PhD alumni defended this semester. Their scholarly interests ranged from workplace culture and education on health outcomes to cancer, arthritis, and heart failure. ■

Above left, Prof. **Christine Kovner** with **Jin Jun** PhD '18; and above right Prof. **Allison Squires** with **Melissa Ojemeni** PhD '18

# GIVING

Rory Meyers College of Nursing would like to say **thank you** to the members of the Leadership and Dean's Circles, who generously support us in our commitment to excellence in nursing research, education, and practice. These gifts provide financial assistance for students, enable the College to recruit distinguished faculty, and allow us to develop innovative solutions to emerging needs in healthcare.\*

\* Donations as of April 19, 2018

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\$2,500 and above

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\$1,000 - \$2,499

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## Are we already in your will, trust, or estate plans?

THANK YOU! If you have named NYU Meyers in your will, please let us know because it helps us plan for the future. It also allows us to thank you for your generosity and to honor your loyalty.

If you have already included us in your will, call or email Sally Marshall, director of development, who will confirm your membership to the Society of the Torch, a special group of alumni, faculty, and friends who have recognized the importance of planning their philanthropy by providing for the University in their wills and estates. These donors have found a satisfying way to leave a meaningful legacy.

## Don't have a will?

You're not alone! Now is a great time to start planning. Please consider including NYU Meyers. Contact Sally for suggested bequest language and NYU's tax ID.

## Hoping you could do more for NYU Meyers?

By including us in your long-term financial plans, you may be able to:

- Create a gift that benefits you and your loved ones
- Provide immediate or tax-deferred tax advantages to yourself and your heirs
- Support future generations of nursing professionals



To learn more about how you can include us in your will, please contact **Sally Marshall** at **212-992-7525** or [sally\\_marshall@nyu.edu](mailto:sally_marshall@nyu.edu).

Make a gift today  
at [nursing.nyu.edu](https://nursing.nyu.edu).

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**MEET ALEXANDRIAH SABARESE, BS '19**

"I chose nursing because I want to be part of a profession in which I can make a difference. We are there for people during both their good and trying times."

Over a lifetime, one nurse can impact thousands of lives.  
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