A Message from the Director…

Happy New Year!

2017 is destined to be one of transition and uncertainty given what is happening in healthcare regarding the Affordable Care Act and with our immigrant and refugee neighbors, and that is just for today. What will this time of transition, “a passage from one state, stage, subject, or place to another” (Miriam-Webster, n.d.) and uncertainty “lack of sureness about someone or something” (Miriam-Webster, n.d.) mean to you? What will it mean for your future? What will it mean for your patients? What will it mean for your community? We, as a country and world are in this together. Transitions will be felt together. Uncertainty will be a shared experience. This is life together in community.

In the Graduate Programs in Nursing, we as faculty and staff have had our own transitions and uncertainty regarding the simplest of things, basic office space. We left our offices in East Hall in August due to poor air quality and an office building that needed repair. We are thankful for a new, healthier work environment. Yet, we grieve the loss of what we knew and how we worked in that space. We know it has been unsettling for you, as students, not knowing where your faculty offices are and even more importantly, where Carolyn and Sara are! We are pleased that, after five months in transition, we will have new spaces in the Coffman Building (CF) and will fill two offices suite spaces (CF 123 – 132; and CF 201 – 215). We will grow into these new spaces and make them our new homes; we appreciate your patience during this time.

During uncertainty and times of transition, it seems that self-care, while needed, is difficult to remember. It is most important to take time to reflect upon ways to be well during uncertainty and transitions. Recently, while attending the American Association of Colleges of Nursing Doctoral Conference in Coronado, CA, I was privileged to hear Dr. Vicktor Stretcher, a behavioral scientist and author of “Life On Purpose: How Living for What Matters Most Changes Everything” speak about purposeful living as a means to well-being. Dr. Stretcher shared five important strategies for a purposeful life: adequate sleep, true presence when with others, taking time for creativity, eating well, and being physically active. Sounds simple, right?

My best to you as you deal with your own uncertainties and times of transition in each class, in this semester, as you launch your DNP Project or thesis, as you seek new positions after graduation, and all of this while your personal lives move forward. Be well, seek peace, be kind, be tolerant, be respectful, be compassionate and be Warriors!

Sincerely,
Sonja J. Meiers, PhD, RN
News

Important Graduation Information

DNP Students
If you will be graduating with your DNP and you have not yet ordered your graduation regalia, please contact Jen Prochnow (jprochnow@winona.edu) or Kerre Lang-Reszka (klangrezka@winona.edu) ASAP. Orders were due Feb. 1st. You may need to pay expedited shipping and should have your gown by graduation.

MS Students
Master’s students will purchase regalia through the WSU Bookstore http://www.wsubookstore.com/. The WSU Bookstore will also have other items graduates can purchase, such as invites, etc.

If you go to the WSU Bookstore web site, click on “General Merchandise” there will be a link for “Graduation“ items. Usually in Spring semester (around March), there is an event called “Grad Finale” where MS students can purchase regalia at a discount and free shipping. Be sure to watch for an email about it from the WSU-Rochester Student Services Office.

Commencement information may be found on the Records and Registration Services website.

Do you know about the Graduate Nursing Committee?
The Graduate Faculty meets on the second and fourth Monday of each month. As student liaisons we are able to give the student perspective during the meeting. We also have agenda time to bring student questions, concerns, and feedback on the program to the faculty. Don’t forget to keep reading the newsletter for important updates from the Graduate Faculty meetings.

If you have any input you would like shared with the faculty, please let us know.
Theresa Gusenius, Barbas Nyaosi, and Mathew Schober

“If we had no winter, the spring would not be so pleasant: If we did not sometimes taste adversity, prosperity would not be so welcome.”

–Anne Bradstreet
**International Travel Study**

Have you ever considered the opportunity to combine travel and graduate school? Maybe you have thought about travel study but weren’t sure what opportunities exist or didn’t know how to take advantage of the opportunities? Travel study can provide unique learning opportunities and memorable experiences that last a lifetime.

The Graduate Programs in Nursing faculty are interested in learning more about your interests in travel study course opportunities. Please go to the following survey link to respond to 6 questions about your interest in travel study opportunities at WSU.

[https://www.surveymonkey.com/r/JW5MLRT](https://www.surveymonkey.com/r/JW5MLRT)

Thank you for sharing your thoughts!

*Dr. Julie Ponto*

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**Faculty Corner**

**New NP Certification**

I am pleased to report that I am now triple certified as a Nurse Practitioner. I passed the Board Certification test as an Emergency Nurse Practitioner. This is a new certification test for family nurse practitioners with an expertise in emergency medicine. This new certification started January 1st 2017. Certified by both the American Academy of Nurse Practitioners and the American Academy of Emergency Nurse Practitioners.

*David Steele, DNP, APRN, FNP-C, AGACNP-BC, ENP-C*

**Forsyth Elected to MNRS Committee**

*Diane McNally Forsyth*, nursing, was elected to the Nominating Committee (2017-2019) for the Midwest Nursing Research Society (MNRS). MNRS is a Midwest network of nurse researchers. WSU graduate nursing students and faculty are also involved in presentations at this annual conference.

**Jen Prochnow Honors Received in 2016**

- Recipient of the Minnesota Organization of Leaders in Nursing (MOLN) Leadership Scholarship in October 2016
- Elected Treasurer for the Minnesota Organization of Leaders in Nursing (MOLN)
- Chosen to be the National Nurses on Boards Coalition State Lead
Faculty Scholar Citations


Julie Ponto, Graduate Programs in Nursing, College of Nursing and Health Sciences, published a chapter titled "Quality and Safety" in the textbook, Mosby's Oncology Nursing Advisor: A Comprehensive Guide to Clinical Practice (2nd ed.) by Susan Newton, Margaret Hickey, and Jeannine M. Brant.


Prochnow, J. (2016). Everything you need to know about e-cigarettes. Presentation: Candelot Center, St. Catherine University.


Faculty Practice

As a group of graduate nursing faculty, we live and breathe the mission of Winona State University as a “community of learners improving our world.” We believe it is important to serve patients, families and our profession with each of our unique gifts and talents. Did you know:

- That Dr. Sue Davies practices as a facilitator of the Living Well with Chronic Conditions Program, and evidence-based healthy aging program.
- That Dr. Kimberly Dowat practices as a Certified Nurse Midwife and Complementary Therapies practitioner at Gundersen Health, La Crosse, WI.
- That Dr. Jane Foote practices as a nurse leader as President of the local chapter of the Holistic Nurses Association and the Kappa Mu Chapter of Sigma Theta Tau International.
- That Dr. Diane Forsyth is an active Team Leader as a Site Evaluator for the Commission on Collegiate Nursing Education in accrediting graduate programs in nursing.
- That Dr. Carole Jenson practices as an AGCNS conducting Department of Transportation Health Assessments and care.
- That Annie Johnson practices as an AGACNP at the Mayo Clinic in a Medical Intensive Care Unit.
- That Shirley Johnson practices as a Pediatric Nurse Practitioner at Rochester Student Health Services.
- That Dr. Kimberly Langer practices as an AGACNP at the Mayo Clinic in Hematology/Oncology/Bone Marrow Transplant.
- That Dr. Sonja Meiers practices nurse leadership as is the Co-Chair of the Research Committee of the International Family Nursing Association and member of the WSU Faculty Senate.
- That Dr. Julie Ponto practices as a site evaluator for oncology treatment center accreditation.
- That Dr. Sandra Paddock practices as FNP at Centra Care in St. Cloud, MN in Employee and Occupational Health.
- That Jen Prochnow practices nurse leadership as Treasurer of the Minnesota Organization of Leaders in Nursing.
- That Dr. Martha Scheckel is a text review coordinator for Doody Publishing.
- That Dr. Lisa Schneppepr practices at Hawthorne Health Clinic, Rochester, MN.
- That Jami Starling practices as a nurse leader as a member of the Faculty Senate at WSU.
- That Dr. David Steele practices in the Emergency Department in a Mayo Health System Hospital in St. James, MN as an FNP, AGACNP, and ENP.
- That Dr. Mieca Valen practices as an FNP in the Mayo Health System and as a Site Evaluator for the Commission on Collegiate Nursing Education in accrediting graduate programs in nursing.
Planning for New Programs

We are pleased to announce that plans are underway for the creation of a new **Psychiatric-Mental Health Nurse Practitioner (PMHNP) Graduate Certificate** program. We are awaiting final Minnesota State Universities approval of the program. The plan is to admit the first cohort of students to begin summer 2017; announcement of application deadlines will occur when program approval is achieved. The first cohort of students will be those who are already prepared as primary care nurse practitioners. This program has been prepared to meet the needs for mental health care in our region and state.

Our **Adult-Gerontology Acute Care Nurse Practitioner (AGACNP) program** faculty are also planning a primarily online AGACNP Graduate Certificate program for students who are already prepared as primary care nurse practitioners. Students will be able to enroll full-time or part-time and have a tailored program created for them, depending upon their current NP experience and their career goals. This program has been prepared to assist practicing NPs to achieve eligibility for certification as an AGACNP and care of the complex acute care patient.

Dean William J. McBreen receives 2016 Centers of Disease Control and Prevention/American Association of Colleges of Nursing Innovations in Graduate Population Health Curriculum Award in Washington, DC
Kappa Mu Corner

Spring 2017

Spring is here and that means we are soon to be welcoming new members to the Kappa Mu Chapter of Sigma Theta Tau International! Our induction of new members will occur on March 30 at 5 pm in the beautiful Tau Center Rotunda on the Winona State University West Campus. If you have not yet joined, we encourage you to consider doing so. You will officially receive an invitation once you have completed 25% of the graduate program. Some of you may already be members from your Undergraduate program, if so we encourage you to consider joining as a dual member or transferring your membership to our local chapter at WSU.

You may ask, what do I receive for my $95 per year fee? Well, we think a great deal! You will receive an online subscription to the scholarly journal from STTI, access to the Virginia Henderson repository of scholarship free member appreciation events in Rochester and Winona, and the opportunity to attend two educational events per year. The Kappa Mu chapter also supports local charities such as the food banks and the Rochester Boys and Girls Club. This past fall Kappa Mu received a national STTI award for this local philanthropic engagement. The chapter just awarded two $500 grants to support local nurse scholarship. Being a member has its benefits!

*We are always looking for new ways to serve our members, and the Kappa Mu Chapter is always looking for new members to help lead us into our bright future. Bring your ideas!* 

**SAVE THE DATE!**

**Wednesday, April 19, 2017** is our second annual Scholarship Fair in Rochester, and this year we are ramping up to host national nurse leader Bonnie Clipper as a key note speaker! Kappa Mu Chapter support allows this to be free of charge to the public and we will have many WSU Nursing posters on display. Join us and mark your calendars for April 19th from 3:00 – 6:00 p.m. in Rochester.

Any questions? *Reach out to one of the board members!* Dr. Forsyth, Dr. Scheckel, Dr. Hemmingsen, Jenn Timm, Lydia Lazzara, Jan Miller, Diane Bruen.

Jane Foote, EdD, MSN, RN, Associate Professor  
President, Kappa Mu Chapter STTI
Gentle Reminders...

- **Have you applied for Graduation?** If you plan to graduate Spring 2017, please complete and submit the Application to Graduate as soon as possible.

- **Is your clinical information up-to-date?** Please remember to update your clinical information such as: Nursing License renewal, CPR – recertification, Mantoux test results, Flu vaccination, etc. You may drop off, fax, or mail updated clinical information to the Graduate Programs in Nursing office. Graduate Programs in Nursing fax number is 507-292-5127.

- Graduate Programs in Nursing students need to complete one of the following forms in consultation with your advisor, and prior to completing 16 credits. These documents may be found on the “Applications and Forms” section of the Graduate Nursing website at [http://www.winona.edu/graduatenursing](http://www.winona.edu/graduatenursing)
  - Master of Science, Nursing students, please complete the Application for Admission to Candidacy for a Master’s of Science (MS) Degree in Nursing
  - Post-baccalaureate DNP students, please complete the Application for Admission to Candidacy for a Doctor of Nursing Practice Degree
  - Graduate Certificate (GC) Nursing students, please complete Certificate Program Plan

- **Has your address, name, or phone number changed?** Please notify both the Graduate Programs in Nursing office and the Warrior Hub of any changes to your address and/or phone number.

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**Important Dates…**

Spring Break: March 4 – 12, 2017

Registration for Fall 2017 begins: April 17, 2017

Spring Commencement: May 5, 2017
Severe Weather Information

Winona State University
Since winter weather conditions can vary greatly from community to community, students are encouraged to use discretion when traveling. The WSU and WSU-R homepages are the official source for information on cancellations and closings.

In case of a weather emergency, the following radio and television stations in the area will be notified as soon as possible of any cancellations at WSU.

Radio:

<table>
<thead>
<tr>
<th>Winona</th>
<th>Rochester</th>
<th>Twin Cities</th>
<th>La Crosse</th>
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<td>KQAL 89.5-FM</td>
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<td>WIZM 1410-AM</td>
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<td>KLCX 103.9</td>
<td>Magic 105 (104.9-FM)</td>
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<td>KWEB 1270-AM</td>
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<td>KRCH 101.7-FM</td>
<td>Classic Rock 100.1-FM</td>
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Television:

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<td>KSTP - 5</td>
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<td>KXLT - 47</td>
<td>WCCO - 4</td>
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<td>KAAL - 6</td>
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WSU-R Facebook:

Graduate Programs in Nursing:
In cases of inclement weather, students and faculty should use their best judgment as to the safety of travel. If a student or faculty member believes travel would be dangerous, they should call (507)285-7473 and report that they will not be able to attend class. The Administrative Assistant will then report the person’s absence to appropriate students and/or faculty members via e-mail or phone if possible. It is important the current phone numbers, addresses and email addresses are on file with the Master’s Nursing Program and with the Registrar’s Office!

Please Note: Decisions to close Winona State University – Rochester is made independent of the Winona campus and in consultation with University Center Rochester partner institutions.

In instances where driving conditions are acceptable at the traveling student’s or faculty member’s home yet inclement weather or poor driving conditions are suspected in the Rochester area, students and faculty should check the appropriate road condition reports. They should also check the main WSU Home Page. When faculty members cancel classes due to severe weather, the cancellations are noted.

Please visit www.winona.edu/communications/severeweatherinfo.asp for full policy.
Graduate Programs in Nursing Information

Winona State University — Rochester
Graduate Programs in Nursing Office
859 30th Avenue SE
Rochester, MN  55904

Email: gradnursing@winona.edu
Office hours: Monday – Friday
8:00 am – 4:30 pm
Phone:  507-285-7473
Fax:  507-292-5127

Make sure to check out our website!

www.winona.edu/graduatenursing

Graduate Nursing Faculty and Staff Locations

<table>
<thead>
<tr>
<th>Faculty / Staff Name</th>
<th>Position</th>
<th>Office Location / Number</th>
<th>Office Phone Number</th>
<th>Email Address</th>
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<tbody>
<tr>
<td>Dr. Sonja J. Meiers</td>
<td>Director, Professor</td>
<td>Coffman (CF) 213</td>
<td>507-536-5671</td>
<td><a href="mailto:smeiers@winona.edu">smeiers@winona.edu</a></td>
</tr>
<tr>
<td>Carolyn Ryno</td>
<td>Administrative Asst.</td>
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<td>507-529-6117</td>
<td><a href="mailto:cryno@winona.edu">cryno@winona.edu</a></td>
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<tr>
<td>Sara Bass</td>
<td>Office &amp; Admin. Asst.</td>
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<td><a href="mailto:sbass@winona.edu">sbass@winona.edu</a></td>
</tr>
<tr>
<td>Dr. Sue Davies</td>
<td>Professor</td>
<td>Health Sciences (HS) 024</td>
<td>507-285-7140</td>
<td><a href="mailto:sdavies@winona.edu">sdavies@winona.edu</a></td>
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<tr>
<td>Dr. Jane Foote</td>
<td>Associate Professor</td>
<td>Coffman (CF) 130</td>
<td>507-280-2818</td>
<td><a href="mailto:jfoote@winona.edu">jfoote@winona.edu</a></td>
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<tr>
<td>Dr. Diane Forsyth</td>
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<td>507-280-5036</td>
<td><a href="mailto:dforsyth@winona.edu">dforsyth@winona.edu</a></td>
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<tr>
<td>Dr. Carole Jenson</td>
<td>Associate Professor</td>
<td>Coffman (CF) 123</td>
<td>507-285-7341</td>
<td><a href="mailto:cjenson@winona.edu">cjenson@winona.edu</a></td>
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<tr>
<td>Annie Johnson</td>
<td>Assistant Professor</td>
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<td>507-535-3991</td>
<td><a href="mailto:abjohnson@winona.edu">abjohnson@winona.edu</a></td>
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<tr>
<td>Dr. Shirley Johnson</td>
<td>Assistant Professor</td>
<td>Health Sciences (HS) 027</td>
<td>507-285-7136</td>
<td><a href="mailto:skjohnson@winona.edu">skjohnson@winona.edu</a></td>
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<tr>
<td>Dr. Kimberly Langer</td>
<td>Assistant Professor</td>
<td>Coffman (CF) 127</td>
<td>507-285-7168</td>
<td><a href="mailto:klanger@winona.edu">klanger@winona.edu</a></td>
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<tr>
<td>Dr. Sandra Paddock</td>
<td>Associate Professor</td>
<td>Coffman (CF) 128</td>
<td>507-285-7208</td>
<td><a href="mailto:spaddock@winona.edu">spaddock@winona.edu</a></td>
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<tr>
<td>Dr. Julie Ponto</td>
<td>Professor</td>
<td>Coffman (CF) 125</td>
<td>507-285-7135</td>
<td><a href="mailto:jponuto@winona.edu">jponuto@winona.edu</a></td>
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<tr>
<td>Jenny Prochnow</td>
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<td>Coffman (CF) 132</td>
<td>507-285-7185</td>
<td><a href="mailto:jprochnow@winona.edu">jprochnow@winona.edu</a></td>
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<tr>
<td>Dr. Lisa Schnepper</td>
<td>Professor</td>
<td>Coffman (CF) 131</td>
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<td><a href="mailto:lschnepper@winona.edu">lschnepper@winona.edu</a></td>
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<tr>
<td>Jami Starling</td>
<td>Assistant Professor</td>
<td>Coffman (CF) 126</td>
<td>507-280-5565</td>
<td><a href="mailto:jstarling@winona.edu">jstarling@winona.edu</a></td>
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<tr>
<td>Dr. David Steele</td>
<td>Assistant Professor</td>
<td>Coffman (CF) 207</td>
<td>507-536-5672</td>
<td><a href="mailto:dsteele@winona.edu">dsteele@winona.edu</a></td>
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<tr>
<td>Dr. Mieca Valen</td>
<td>Professor</td>
<td>Coffman (CF) 124</td>
<td>507-282-7588</td>
<td><a href="mailto:mvalen@winona.edu">mvalen@winona.edu</a></td>
</tr>
</tbody>
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Thank you to the following contributors to this month’s newsletter:
Dr. Sonja J. Meiers, Dr. Jane Foote, Dr. Diane Forsyth, Dr. Julie Ponto,
Jenny Prochnow, Dr. David Steele, Sara Bass, Carolyn Ryno, and the Graduate Nursing Committee.

Thank you Katie Braaten (Graduate Assistant) for the design of this issue of the
Graduate Programs in Nursing Update!