

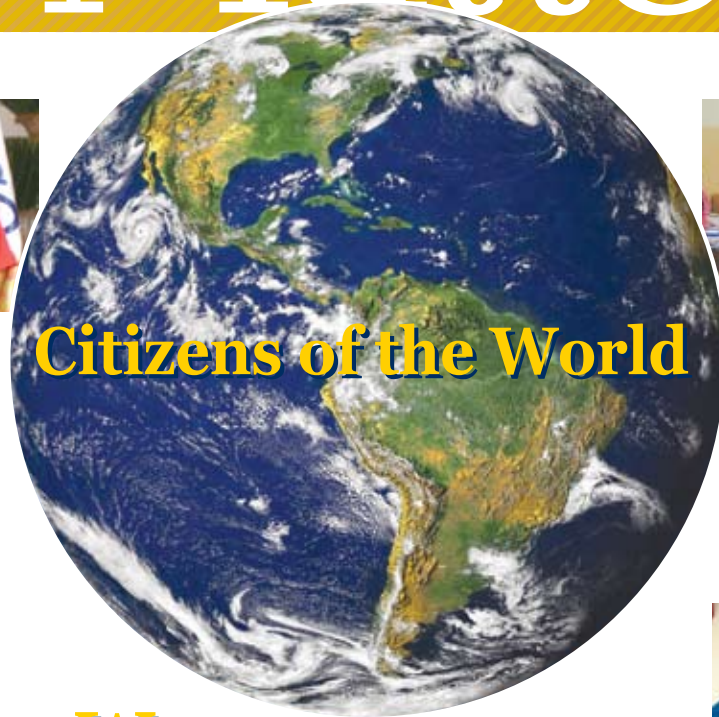
Nursing Matters

FALL 2013

A newsletter from the **M** SCHOOL OF NURSING
UNIVERSITY OF MICHIGAN



2013 Nursing Graduate Education in Mexico conference, focused on preparing PhD nurses for the health of the nation. Pictured: former UMSN Dean Ada Sue Hinshaw, Universidad Autónoma Nursing Dean Lucio Rodríguez Aguilar, UMSN Associate Dean Antonia Villarruel, and UANL Professor Esther Gallegos.



Citizens of the World



A U-M team is working with Panzi Hospital's Dr. Denis Mukwege on a research and training center in Democratic Republic of Congo to shift focus from violence and conflict to hope and innovation.



UMSN students on a service-learning project in Latin America.



UMSN and U-M Health System are taking a "train the trainer" approach to developing emergency health care and nursing education in Ghana.



UMSN partners with the Community Health and Social Services (CHASS) Center in Southwest Detroit to help provide health care to underserved Latino and African American populations. See video at www.youtube.com/UMichNursing

Whether they're at work on campus or in Africa, Asia, Europe, or Latin America, the faculty and students of University of Michigan School of Nursing (UMSN) are citizens of the world. Their research, exploration, and accomplishments show that nursing is an essential force in addressing health concerns of individuals and groups.

"We increasingly bring global experiences to students through collaborative research, education, and practice initiatives," says UMSN Associate Dean for Research and Global Affairs Antonia M. Villarruel, PhD, FAAN. There are many opportunities at UMSN for interaction with visiting international scholars, videoconferencing, and hands-on work at urban and rural clinics. Faculty have global initiatives funded through a variety of school, institutional, national, and international sources, and our researchers have become adept at leading and working with interdisciplinary teams to maximize their reach.

"The many and varied career experiences of our alumni further show the global reach we have as U-M nurses and researchers," says Dr. Villarruel. Everyone is invited to learn more about global nursing at nursing.umich.edu/global-outreach.



UMSN nursing scientists frequently work with Chinese counterparts (above at a recent chronic-disease conference in Wuxi, with Dr. Janet Larson speaking). In addition, the DeVries Fund supports nurses from China to study at Michigan. Other projects are moving forward with the Michigan-Peking University Joint Institute.

Visit us on the web at
nursing.umich.edu

Dean's Message

NURSING'S GLOBAL EDUCATION

"I think it has made me more culturally competent and has given me perspective in health education and how I talk with patients."

— Vanessa Hoyos

Before nurse-midwife Vanessa Hoyos received her 2013 master's degree from UMSN, she traveled to Chile, Honduras, and Ecuador on our programs. She and other students speak eloquently about the impact of their experiences—at the birthing centers of Quito, for example:

"The use of herbs was fascinating, and it seems the laboring women get a lot of support," said UMSN Second Career student Leah Assenmacher. "If the woman really wants it, the doctor or midwife will step back to allow the traditional midwife to catch the baby. The emphasis on what the woman wants is really refreshing."

Whether they travel or not, all our students get a global education. They have opportunities to participate in weekly videoconferences with counterparts in Haiti, practice Spanish at lunchtime, collaborate with faculty on global research, or obtain funding for projects like assessing emergency protocols in low-resource areas. Their horizons widen in their time at UMSN. The ways that faculty have been globalizing the nursing curriculum create truly long-lasting value.

A new U.S. Department of Education grant for undergraduate international studies and foreign language learning provides unique resources and opportunities to enhance language learning and global health competencies. Faculty members are developing videos that simulate clinical experiences with Spanish-speaking patients, which will be used in our classrooms in Fall 2013 and have potential for a wider distribution. The grant also supports undergraduate global immersion experiences in Mexico and Ecuador and faculty foreign language competency in Haitian-Creole and Portuguese.

Our new academic building (see page 6) will help make a world of learning even more accessible to our students, faculty, alumni, friends, and community partners. We already inspire UMSN students with the lessons of global health, and the new Kingsley St. building's state-of-the-art technology will further enhance the stories of success. I am eager to tell you more about how you can be involved with this project. Together, we're making the world a healthier place.



Kathleen Potempa, PhD, RN, FAAN

Dean and Professor



Undergrads learn about the use of herbs in health care while touring an Ecuadorian garden.



A new program allows community health nursing students to build relationships with peers in Haiti through videoconferencing.



UMSN has teamed up with Detroit Public Television (DPTV) as a sponsor of the BBC/PBS global hit *Call the Midwife*. DPTV's companion blog—*Modern-Day Midwives*—includes posts by UMSN faculty member Katie Moriarty, PhD, CNM, CAFCI, and alumna Andrea Stadnicar (CNM '12).

“Blogging about *Call the Midwife* has been a great experience,” says Dr. Moriarty. “It allows me to express my thoughts and opinions about nurse-midwifery as a clinician and also from the perspective of an educator. My goal with the entries is to share evidence-based information and resources (photos, videos, books, journal articles) in a fresh and hopefully relevant way.”

UMSN has also expanded its global reach this year through several major social media channels. Find us on Twitter,



twitter.com/UMichNursing/



facebook.com/UMichNursing/



youtube.com/UMichNursing/



pinterest.com/UMichNursing/

Facebook, YouTube and Pinterest (search “UMichNursing”). With regular posts of photos, videos, news, and comments, the school's social media activity helps to build UMSN's reputation as a leader in nursing. It also strengthens our worldwide community, connecting alumni, future and current students, parents, faculty and staff, donors, community partners, and the public.

We hope you'll join the conversation on the platforms of your choice for updates on nursing science, legislation, practice, and history—and a lot of fun, too. Communication, like nursing, benefits from new ideas, concepts and technology. Whether you prefer to *friend*, *like*, *follow*, or *subscribe* to UMSN social channels, we encourage you to stay in touch. Identify yourself as an alum, and the school will follow you back.

Alumna Joanne Disch Reflects on American Academy of Nursing Presidency

“The Academy is greatly respected as a force within health care, so it has truly been a professional highlight having the opportunity to work with, and represent, such phenomenal colleagues in our profession,” says Joanne Disch (PhD '85).

During her two-year term as president of the American Academy of Nursing (AAN), which began in November 2011, Dr. Disch focused on priorities such as strengthening the role of the AAN expert panels. The panels explore critical health care issues and make recommendations on initiatives the Academy should support or lead to improve health care. In addition, Dr. Disch worked on improving communication with Fellows and enhancing the sense of community by creating more opportunities for Fellow involvement with the Academy.

Communication was a key message of Dr. Disch's lecture when she was asked by UMSN to represent nursing during U-M's Rackham Graduate School's 100th anniversary celebration. In reference to advances in nursing, she said, “Sometimes you can do it by yourself, but leadership is working with and through others to improve



something. You constantly need to expose yourself to new ideas, new ways of thinking, new connections.”

Dr. Disch says in her remaining months in office she's focusing on getting ready for the Academy's annual meeting and working closely with President-Elect Diana Mason to ensure a smooth transition.

“Personally, I have grown tremendously from my experiences with the Board, our staff, Cheryl Sullivan (our CEO), and the Fellows and others with whom I've interacted,” says Dr. Disch. “This is very much a working Board, requiring a lot of time, energy and commitment. Yet everyone has been willing to do whatever needs to be done to advance the cause.”

UMSN Research Gives Hope to Patients in the Fight Against ‘Chemo Brain’

“Women undergoing treatment for breast cancer frequently report having cognitive problems such as difficulty thinking clearly and remembering, which is commonly referred to as ‘chemo brain,’” says Bernadine Cimprich, PhD, RN, associate professor emerita at the University of Michigan School of Nursing and researcher at the University of Michigan Comprehensive Cancer Center. “What we’ve found is some of these symptoms occur before treatment even begins.”

It’s estimated about one-third of women treated for breast cancer have cognitive problems that interfere with day-to-day living, although Dr. Cimprich notes it’s not just breast cancer patients or even women who report having the symptoms associated with chemo brain.

Dr. Cimprich and her colleagues site stress and fatigue as two main areas of concern that lead to trouble with cognitive function. The researchers believe these findings provide an opportunity for patients to take steps to minimize the side effects. “Our initial findings showed that the level of worry interfered with patients’ ability to do a task,” Cimprich says. “The level of worry had a key role in the cognitive problems with these women before treatment, and this worry was related to fatigue.”

That’s why Dr. Cimprich recommends patients explore ways to lower stress after a cancer diagnosis, but before treatment. She suggests participating in cognitive behavior interventions, exercise, and establishing psychological support systems as possible approaches. “It might be possible to diminish worry and fatigue and maintain strong brain function during the course of treatment using these interventions,” Cimprich says.

The study tested neurocognitive responses of nearly 100 women using functional magnetic resonance imaging (fMRI): 27 of the women received adjuvant chemotherapy, 37 received radiotherapy and 32 were healthy controls. The researchers evaluated the women through verbal working memory tasks and self-reports of fatigue.

Women who underwent chemotherapy reported a significantly higher level of fatigue and performed less accurately on the



Spotlight on Research

cognitive tests before treatment and one month after treatment. Women who underwent radiation treatment scored better, but not as high as the healthy women. “We found that the level of worry and fatigue interfered with the ability of the patient to perform a task and it was a significant factor even before beginning treatment,” says Dr. Cimprich.

Dr. Cimprich says she hopes the findings will encourage women who are concerned about chemo brain to pursue chemotherapy if recommended. “Some patients will delay or avoid treatment because of the fear of the side effects and cognitive changes that do occur in women treated with chemotherapy, but we believe this research shows there are opportunities to reduce some of the negative effects.”

To prepare for chemotherapy and combat chemo brain before and during treatment, Dr. Cimprich suggests:

- Prioritize responsibilities and use a daily schedule; don’t be afraid to delegate or put tasks on hold
- Break a large task into smaller, more manageable steps
- Don’t multi-task, especially when driving, cooking, or any other activity that could get dangerous
- Create a support circle of friends and family to help with tasks like child care, meal preparations, and paying bills
- Ask your health care provider for resources
- Engage in natural restorative activities such as yoga, relaxation techniques, meditation or being in nature.

The research was funded by the National Institutes of Health’s National Institute of Nursing Research.

FACULTY ACCOLADES

Kathleen Potempa, PhD, RN, FAAN, in June joined the *Wall Street Journal's* health care experts, a group of industry and thought leaders. Convened approximately four times a year, the experts contribute short essays on assigned health care and policy topics.

Antonia M. Villarruel, PhD, RN, FAAN, is now chair of the **Institute of Medicine's Roundtable on the Promotion of Health Equity and the Elimination of Health Disparities**.

Susan J. Pressler, PhD, RN, FAAN, FAHA, was named a **Distinguished Visiting Research Fellow at Australian Catholic University**, focused on heart failure and cognitive impairment.

Marita G. Titler, PhD, RN, FAAN, received a **Distinguished Alumni Award for Achievement from the University of Iowa Alumni Association** for her internationally recognized contributions to nursing research, especially related to implementation.

Kristy Martyn, PhD, RN, CPNP-PC, FNP-BC, was named an **AAN Academy Fellow** in 2013. She was also awarded the **Journal of School Nursing/SAGE Scholarly Writing Award** for "Improving Sexual Communication with Adolescents Using Event History Calendars." Her UMSN co-investigators were **Cynthia Darling-Fisher, PhD, FNP-BC, Michelle Pardee, DNP, FNP-BC, David Ronis, PhD, Irene Felicetti, and Melissa Saftner, PhD, CNM, RN**.

Beatrice J. Kalisch, PhD, RN, FAAN, received the **American Organization of Nurse Executives Nurse Researcher Award** for her substantial body of research dedicated to improving nursing care. She has also been selected to go to Washington and participate in a one-year program of orientation and work as the **2013-2014 Institute of Medicine/American Academy of Nursing Distinguished Nurse Scholar in Residence**, beginning in September.

This year's **Oncology Nursing Society** awards honor three UMSN nurse scientists:

- **Laurel Northouse, PhD, RN, FAAN**, Mary Lou Willard French Professor of Nursing — Distinguished Research Award
- **Ellen Lavoie Smith PhD, APRN, AOCN** — Victoria Mock New Investigator Award
- **Peg Esper, MSN, MSA, RN, ANP-BC, AOCN** — Clinical Lecture Award

Anne Sales, PhD, RN, was appointed to the **Patient-Centered Outcomes Research Institute (PCORI)** Improving Health Systems board, a newly created 21-member group that will advise PCORI on funding, prioritizing, evaluating, and disseminating research.

Norma Sarkar, MPH, RN, was honored at this year's **Council on Global Engagement** reception. UMSN senior Angela Wan nominated Sarkar after an inspiring trip to Ghana as part of Nursing 421 Perspectives in Global Health.

Jennifer Salerno, DNP, CPNP, received the 2013 **Hilary E.C. Millar Award for Innovative Approaches to Adolescent Health Care** from the Society of Adolescent Health and Medicine.

Deborah Price, RN, MS, received a faculty award from the **DAISY (Diseases Attacking the Immune System) Foundation**, an acknowledgement of appreciation to teachers who show commitment and inspirational influence on their students.

Donna Marvicsin, PhD, PNP-BC, CDE, was named the **Michigan Pediatric Nurse Practitioner of the Year** by the state chapter of the National Association of Pediatric Nurse Practitioners. She was selected for excellence in promoting child health, especially as related to diabetes, obesity, and bullying.

Marjorie McCullagh, PhD, RN, APHN-BC, COHN-S, has been named **president of the Michigan Association of Occupational Health Nurses**, which works to advance occupational health nursing through continuing education, advocating for improved state legislation and regulations, and promoting the health and safety of workers.

Cynthia Darling-Fisher, PhD, FNP-BC, received the **UMHS "Making a Difference" Award**. She was nominated by Darlene Ledwon, a co-worker at Regional Alliance for Healthy Schools in Washtenaw County.

IMPACT

FACULTY MEMORIALS

Sylvia Hacker, U-M alumna and professor emerita, passed away at the age of 90. Dr. Hacker was known as a trailblazer in education on human sexuality. She earned her PhD at U-M at the age of 53, wrote "What Every Teenager Really Wants to Know about Sex," and was the host of the television show "Sexy Minutes" in the early 1990s. She had a dual appointment at UMSN and U-M School of Public Health. For more information about the UMSN scholarship established in her name, please contact the School of Nursing Office of Development and External Relations, (734) 763-9710 or nursingalum@umich.edu.



UMSN alumna ('54) and educator **Dr. D. Jean Wood** spent more than 40 years in nursing practice, education, and research before her recent death. Dr. Wood specialized in psychiatric nursing and taught graduate nursing programs at the University of Michigan, the University of Illinois, and the University of South Carolina. While at Michigan in 1965, she served as a coordinator of an undergraduate nursing psychology program. Upon completion of her doctorate in education in 1977, she returned to teaching full-time. Dr. Wood was a cofounder of the Loomis-Wood Doctoral Fellowship, which is awarded to a worthy doctoral student in nursing science.

U-M and World War II front-line nurse **Mildred A. MacGregor** passed away at the age of 100. MacGregor was part of the 298th General Hospital, a unit of medical professionals from the University of Michigan Hospital who, among many duties, aided soldiers wounded on D-Day and the Battle of the Bulge, and aided victims of the Buchenwald concentration camp. At the age of 95, she published a memoir about her experiences, "World War II Front Line Nurse." MacGregor was a longtime friend and mentor to faculty and students of UMSN.

FACULTY RETIREMENTS

Linda Strodman, PhD, RN

Penny Pierce, PhD, RN

Barbara-Jean Sullivan, PhD, APRN-BC, NP



CEREMONIAL GROUNDBREAKING

Momentum is now growing for the new UMSN academic building. A celebration of the school's accomplished history and promising future was held on April 5, 2013, with a ceremonial groundbreaking. Alumni, supporters, students, and dignitaries joined us to share in the excitement. Applause and cheers greeted UMSN Dean Kathleen Potempa, PhD, RN, FAAN, as she began the festivities, proclaiming: "It's a great day for nursing and it's a great day for health care."

Guest speakers included the president of the University of Michigan, Mary Sue Coleman, as well as U-M regent Julia Donovan Darlow, then-provost Phil Hanlon, and current UMSN student Chris Plampin. "The groundbreaking we need isn't just for a new building," said keynote speaker Gail Warden, a member of the Dean's Advisory Council. "It's breaking ground for real solutions to health problems we face together now and in the future. It's finding groundbreaking ways to work together across disciplines, institutions, and communities to make sure we are fully supporting and utilizing nursing, not for nursing's sake, but for the sake of our children, families and communities."

The new academic building will include a technologically rich clinical learning center with simulation and skills labs, active learning classrooms and simulated patient suites. The 75,000-square-foot structure will stand on Kingsley Street, just north of the current building on North Ingalls Street (which will remain in use). It will also include student services offices to accommodate our growing student body and a small number of faculty offices, and is expected to open for the fall 2015 semester.

"This new building is part of the continued evolution of the university, but as with all of our new facilities, what's really important is what happens inside. New facilities are really about saying to our faculty, students and staff: You will always have what you need to carry out your work."

— U-M President Mary Sue Coleman



There are numerous prospects for donor participation. Equipment, student programs, ancillary academic expenses, and faculty support are all areas of opportunity for UMSN supporters to make a difference. You may give online at nursing.umich.edu/giving or contact Colleen Zimmerman, Director of Development, U-M School of Nursing (cmzimme@med.umich.edu or (734) 764-1545), to learn more about exciting donor opportunities.

Video, photos, and more information at nursing.umich.edu

Dean's Research Day: Sharing Findings and Fellowship

Organized on the theme of *Improving Family Health Through Practice-Changing Research*, 2013 UMSN Dean's Research Day followed the morning ceremonial groundbreaking. More than 200 nursing scientists, students, alumni, and friends gathered at the U-M North Campus Research Complex. Dr. Janet Deatrck of University of Pennsylvania School of Nursing presented the third-annual **Suzanne H. Brouse Lecture: *Families and Chronic Illness: The Ties that Bind***. Dr. Brouse (BSN '58) noted that bringing in outside experts gives students wider access to new research and helps "prepare them to become leaders in nursing."

MinKyoung Song, PhD, RN, FNP-BC, was installed as the inaugural **Suzanne Bellinger Feetham Professor at UMSN** and spoke of gratitude for such a wonderful opportunity for an early-career scientist. Her research focuses on physical activity associated with diabetes and cardiovascular disease prevention and management. Distinguished alumna Dr. Suzanne Feetham (BSN '62) explained how her own career in academia, health systems, and government inspired funding of the term professorship for Dr. Song.

Dozens of posters were submitted for display by faculty and students. Research topics ranged from hearing inventions for youths that work in agriculture settings to predictors of muscles tears during childbirth.

Awards included:

- First Place: **Measuring Vincristine-Induced Peripheral Neuropathy (VIPN) in Children With Leukemia**, UMSN Assistant Professor Ellen L. Smith, PhD, ANP-BC, AOCN; Lang Li, Ph.D.; Raymond J. Hutchinson, MD; Elizabeth Wells, MD; Richard Ho, MD; William B. Burnette, MD; Patricia L. Robertson, MD; Celia Bridges, BA, BSN, RN; James P. Kelly; Karin Thomas; Jamie Renbarger, MD, MS.
- Second Place: **Hypothalamic Modulation of Nociception: Differences in Dose, Sex, and Pain Type**, UMSN PhD student Monica A. Wagner, BS, RN; J. R. Moes; S. Kuhnke; UMSN professor J. E. Holden, PhD, RN, FAAN
- Third Place: **Caring for Women with Post-Traumatic Stress During Pregnancy: What Do Providers Need to Learn?** Kristen R. Choi, BSN student, Hillman Scholar; UMSN Associate Professor Julia S. Seng, PhD, CNM, FAAN
- Students' Choice: **Performing Recommended Physical Activity and Insulin Sensitivity by Body Mass Index Among U.S. Adolescents: NHANES 1999-2006**, UMSN Assistant Professor MinKyoung Song, PhD, RN, FNP-BC; Dianna D. Carroll; Giuseppina Imperatore; Carl J. Caspersen; Janet E. Fulton

Attendees noted how inspiring it was to have so many nursing science supporters together. Will you join us in 2014 (tentatively April 3)?

RESEARCH



A full room for the day at U-M's North Campus Research Complex.



Endowing a professorship: Terry Feetham, Suzanne Bellinger Feetham, MinKyoung Song, and Dean Potempa.



Presenting the Students' Choice Award.



Dr. Suzanne Brouse and Professor Emerita Shaké Ketefian.

Students interact around posters.



IMPROVING COMMUNITY HEALTH THROUGH POLICY

Pat VanMaanen

"I had no idea this is what my career path would be when I started in nursing; I didn't even really know it was an option," says Pat VanMaanen (BSN '91). Now the owner of a health care consulting business, VanMaanen began her career at the bedside in oncology and then worked for a health care company and a hospital in community health positions.

"What I always enjoyed the most was the patient education, and understanding what environment that person is coming from and where they are going back to," says VanMaanen. "I like looking at the big picture and determining what resources are needed to come up with a plan of action. I found community health really provided that kind of work environment."

VanMaanen developed an interest in the policies and decision making that impact different communities. She began her own business, PV Health Solutions, and works with government entities, foundations, national organizations and non-profit groups to help clients develop and evaluate health policies, programs and projects.

Currently she serves as president of the Arizona Public Health Association. "If we aren't engaged in who is getting elected and informing them, we miss out on opportunities to set up a health system that makes sense and one in which we feel comfortable working in," she says.

VanMaanen's worked on the expansion of the "Reach Out and Read Program" in Native American communities. The program



partners with clinics to provide books and training to help parents develop their child's reading ability. "These

tribes have high poverty levels and their children perform lower in school," says VanMaanen. "They have higher drop-out and teen pregnancy rates, which are all indicators that tell us we should do something early to help them. As we were building the program in Arizona, the national organization asked us to help build it across the country."

VanMaanen encourages nurses in all areas of the industry to be informed and active about health care policies. "Nurses are often ranked as the most trusted profession," says VanMaanen. "Between our numbers in the workplace and how trusted we are, we have the potential to have such a great voice in making our communities and health care system high quality and I don't know that we always take advantage of the position we have."

Arizona recently moved towards participating in expanded Medicaid for state residents, and VanMaanen sees this as an excellent example of supporters from different professions, types of organizations and communities working together for improved health care. "When everyone has access to care, then we can really work on the other pieces that are critical to care."



It's your reunion!
Mark your calendar for this year's reunion October 3-6.
For highlights of the weekend, see page 12.

All are invited to submit comments at nursing.umich.edu by September 9 for UMSN's DNP program Accreditation Review.

Student News

UMSN is proud to recognize the first graduates of our DNP program. Congratulations to Denise Cooper, Corinne Lee, Andreea Toader and Carman Turkelson.

A newly created Nurse Midwife and Pediatric Nurse Practitioner dual certification program celebrates its first graduates Rachel Johnson and Erica Wikan.

Student Achievements

Amanda Schuh, a PhD student & graduate student instructor, is the first UMSN student to become a Jonas Nurse Leaders Scholar. She focuses her research on children and adolescents in military families.

Recent BSN graduate **Jessica Schultz** was selected for UMSN's Honors Student Research Paper award for "Parenting Style and Practice within the Cultural Context." Dr. Annie Kao served as Schultz's faculty advisor.

PhD student **Miyeon Jung** has been awarded an American Heart Association Predoctoral Fellowship for her project *Attention Restoration Intervention for Heart Failure Patients*.

Recent DNP graduate **Denise Cooper** received the Evidence Based Practice Award from the Michigan Council of Nurse Practitioners for her poster presentation, *Improved Urinary Tract Infection Assessment and Resident Outcomes: An Evidence Based Implementation Project in Long-Term Care*.

PhD student **Denise Weiss** is the recipient of a Research Doctoral Scholarship from the Oncology Nursing Society. Weiss will use the scholarship to continue her research on quality of life and mental fatigue in family caregivers of cancer patients participating in clinical trials.

DNP student **Bernadette Carroll** received a grant from U-M's Interdisciplinary Committee on Organizational Studies for her project, *Aggression in Healthcare Organizations*.

PhD student **Jade Curry Burns** was named the 2013 Paul Ambrose Scholar by the Association for Prevention Teaching and Research & the Office of Disease Prevention and Health Promotion.

Research Fellow **Seung Hee Choi** received a Behavioral Cooperative Oncology Group post-doctoral fellowship.

PhD student **Boqin Xie** received a Rackham International Student Fellowship Award. Xie's area of interest is improving health-related quality of life in men and women with heart failure.

PhD student **Laura Gultekin** has been awarded funding from the U-M Institute for Research on Women and Gender and Rackham Graduate School, which will supplement an NIH award for work in Detroit with mothers who are seeking emergency housing assistance.

STUDENTS

UMSN Student Uses Personal Battle with Melanoma to Inspire Others to Actively "Stay in the Shade"

Karl Lopata was a recent graduate of the University of Michigan and living in California when he was diagnosed with malignant melanoma in 2005. "My impression of skin cancer was that it was a simple surgery, but I learned if it's in an advanced stage, it can be devastating," he said.

Lopata came back to Michigan and participated in a clinical trial at U-M. Now cancer-free, the experience inspired him to combine his love of running with his new motivation to raise awareness about melanoma. "Trail running is a great way to be outside but you get a little more protection from the sun because of the shade from trees," says Lopata. He created "Stay in the Shade," a non-profit organization that holds two trail runs each year. Lopata says his organization has donated more than \$30,000 so far with the majority going to the Melanoma Research Foundation.

Lopata was already questioning his desire to continue his career in social work when he was diagnosed with skin cancer. His experiences in the hospital and research into nursing careers prompted him to apply to UMSN's Accelerated Second Career Program.

BSN in hand, Lopata moved on to UMSN's graduate-level Adult-Gerontology Acute Care Nurse Practitioner program and works in the Detroit Medical Center Emergency Room.

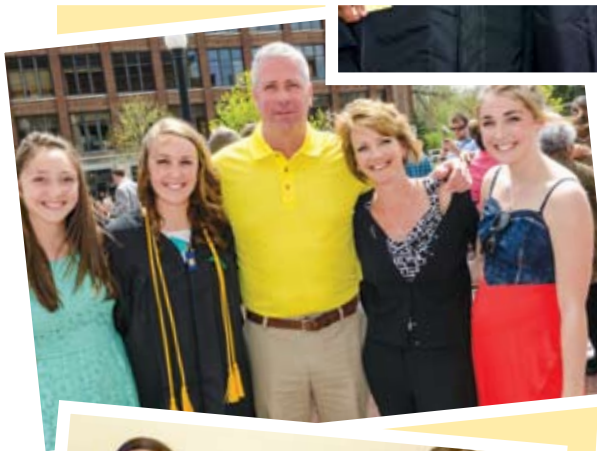


Class of 1962 50th Reunion and Homecoming





CONGRATULATIONS TO THE CLASS OF 2013



In this Issue

- Global Health and Nursing
- Social Media and Modern-Day Midwives Blog
- Spotlight on Research: “Chemo Brain”
- Groundbreaking and Dean’s Research Day
- More Highlights from Alumni, Faculty, and Students

Regents of the University of Michigan: Mark J. Bernstein, Julia Donovan Darlow, Laurence B. Deitch, Shauna Ryder Diggs, Denise Ilitch, Andrea Fischer Newman, Andrew C. Richner, Katherine E. White, Mary Sue Coleman, *ex officio*.

UPCOMING DATES

October 3-6:

REUNION WEEKEND

Friday, Oct. 4

- **9:00 a.m. – Tour of the new Mott Children’s Hospital and Von Voigtlander Women’s Hospital**

School of Nursing alumni and their guests are invited to receive an insider tour of this impressive world-class health care facility. Space is limited so reserve your spot today!

- **Noon – UMSN Homecoming Luncheon**

All classes are invited to join fellow Nursing alumni and hear what’s new and exciting at the School from Dean Kathleen Potempa during this buffet lunch.

Register online at nursing.umich.edu/reunions or call 734.763.9710

For complete details of the special events planned for **Milestone Reunion Classes of 1963 and 2003** see: LeadersandBest.umich.edu/reunions or call 866.799.0002

October 3:

Terri Murland Lecture — Amy Romano, CNM, Guest Speaker, 7:30 a.m., MCHC Auditorium

October 17-19:

AAN meeting in Washington, D.C. — UMSN Dessert Reception 10/18 8:30 p.m., Hyatt Regency

October 23:

Peter Pronovost Lecture, details TBD

November 8-9:

- **UM Campaign Kickoff** — Various campus events TBA

- **Friday, November 8, 2:00 p.m. – 5:00 p.m.** — UMSN Open House

- **Saturday, November 9** — Regents’ and President’s Tailgate, Michigan Football: UM vs. Nebraska

