

Nursing Leader, Dean Szigeti to Retire

“Never be complacent!” Following her favorite advice, Elvira Szigeti, PhD, RN, has successfully led the College of Nursing for 15 years. She announced her retirement to begin January 1, 2013.

Capping many career accomplishments, the dean most recently established the Doctor of Nursing Practice (DNP) degree program (see story inside). Dean Szigeti has substantially increased enrollment and developed programs to meet area needs, adding the Family Psychiatric Mental Health NP, the Nurse Educator minor and certificate, the fast-track RN-to-MS degree path, and the RN First Assistant certificate program. A focus of hers has been to broaden the base of nursing students through distance learning and outreach programs now offered in Ithaca and in the North country. Dean Szigeti serves on the CNY Area Health Education Center’s regional and state boards.

“With our growing alumni base, I am most proud of the number of endowments formed for student scholarships,” she said. “When Dean Szigeti arrived on campus, the Nursing Alumni Association had only a few endowments,” according to Sue Clark of the Foundation. “It currently has 18 endowments, among them four Szigeti family named ones. Dean Szigeti is the



Dean Szigeti congratulates FNP student, Star Bumbanac, at recent white coat event.

Association’s and College’s most generous individual donor, and she has been instrumental in securing a number of major gifts for other endowments too!”

“The idea of giving back is important to me and I know to our alumni who realize the value of this school,” Dean Szigeti said. For her many efforts, the University honored Dean Szigeti with the President’s Award for Distinguished Service.



said—‘they may forget your name, but they will never forget how you made them feel.’”

Above: RN-MS student, Caroline Berrios, with her children.



Right: KeyBank’s Gerhard Voggel.

WHITE COAT CEREMONY

The white lab coat, signifying professional commitment to patient care, was presented to the College of Nursing’s growing entering class during the White Coat Ceremony, held August 22. Total class size increased from 98 last year to 123 this fall in the four degree programs: BS (30), RN-to-MS (16), MS (64) and Post-Master’s Advanced Certificate (13). White coats for graduate students, books bags for undergraduates, and refreshments for everyone, including families and friends, were provided

by KeyBank and the Nursing Alumni Association.

Guest speakers included KeyBank’s Regional Public Sector VP, Gerhard Voggel, who described the many ways nurses improve the quality of life in the community; along with SACON President, Shannon Cavedine. Alumni President, Barbara Kane (BS ‘98/MS ‘99), advised the class to, “never stop learning, be curious and maintain a sense of humor, it will keep you grounded. Remember what Maya Angelou

Nursing InTouch

The SUNY Upstate Medical University Nursing Alumni Association publishes *Nursing In Touch* quarterly. Distribution is free to College alumni, faculty, staff, students and friends.

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Doctor of Nursing Practice Degree Premiers at Upstate

With the launch of the Doctor of Nursing Practice (DNP) degree program, Upstate's College of Nursing is among schools leading the national charge for the practice doctorate.

"I am thrilled we have gone to the next level for Central New York to have doctors in nursing who will be fully prepared to implement the science, systems, policies and leadership required of advanced practitioners in our dynamic healthcare environment," said Elvira Szigeti, PhD, RN, dean of the College of Nursing. Upstate Medical University is one of only four colleges in the state university system offering the DNP degree.

Nursing programs across the country are being "reconceptualized" because of the changing demands of the nation's healthcare environment and in step with the American Association of Colleges of

Nursing which set a national goal to establish the DNP as the highest nursing practice degree by 2015.

From nursing and physician shortages to the increased complexity of patient care, healthcare today requires "the highest level of scientific knowledge as well as practice expertise," said Dr. Szigeti. "To meet this need, we are moving in the direction of other health professions – such as the transition to the DPT, or doctorate in physical therapy."

The DNP program begins August 2013, and requires 89 semester hours, or about two years of full-time study. However, those who are CNS prepared and nationally certified NPs need only complete 40 semester hours. Find program details at: www.upstate.edu/com; or email admiss@upstate.edu ("DNP" in subject line).



Vignette of Dr. Carol Gavan's rewarding tenure

Outstanding Educator Retires

This summer, faculty and staff bid an emotional farewell to **Carol Gavan, EdD, RN**, who retired from 25 years of service. "Carol contributed so wonderfully, with her wealth of knowledge and the breadth of her accomplishments encompassing the entire college. Her leaving is a huge void to fill!" noted Dean Elvira Szigeti, PhD, RN.

As associate dean since 2004 and chair of the Graduate Program since 2000, professor emeritus Gavan was instrumental in the successful development and evaluation of the College's curriculum, and her teaching expertise earned her the President's Award for Excellence in Teaching twice. She has presented internationally at conferences, authored a chapter in Health Promotion throughout the Lifespan, and served on nursing advisory boards.

Recognitions

Carol Anne Kozik, CAS, MS ('96), RN-BC, FPN, CNS, associate professor of Nursing was honored with the President's Award for Excellence in Nursing for her exemplary work with students.

She considers teaching a partnership because, "I also learn so much from my students. They inspire me." She also leads an informatics department in an acute care facility while pursuing her doctorate in Nursing Science, consulting and managing her family.

Joyce Baker (BS '04) was honored with the President's Award for Outstanding Voluntary Faculty. She is a clinical instructor at the Syracuse Community Center. Look for her Alumni Profile in the next edition.

Margaret Wells, PhD, RN, APN-BC, associate professor, earned inclusion in the Academy of Upstate Educators, a group that recognizes educators for their innovation and excellence and its members serve as resources to faculty colleagues.



Carol Anne Kozik



Joyce Baker

Elijah Stevens celebrates White Coat Ceremony with family



Elijah Stevens celebrates White Coat Ceremony with family

Elijah Stevens, ANP, RN, is a husband, father, full-time primary care provider (ANP), a soldier, and now, a student! He works in the state's only women's maximum security correctional facility in Westchester County while serving as Captain in the US Army Reserves. He felt called to enter the Post-Master's Family Psych NP Certificate program.

"I feel the need to serve fellow soldiers-in-arms who are returning from Iraq and Afghanistan and experiencing the highest suicide rates in the country due to post

traumatic stress syndrome. This is my opportunity to give back to the community by providing psychological care obtained from my education at Upstate Medical University."

Elijah admits he faces a real challenge to balance student demands while also living 4.5 hours away. "I am determined to succeed and I think the College's professors will be there to help me be all that I can be in this profession. I plan to serve with other Psych NPs in our own private practice where we are sorely needed and can really make a difference."

Taking the Lead in Shaping the Future of Healthcare

Shannon Cavedine, BS, RN, Certified Specialist in Poison Information, works in Poison Control at University Hospital, is a family psychiatric NP master's degree student, and a wife and mother of three. She also serves as SACON president, University Student Ambassador, member of the President's Student Experience Steering Committee and the Search Committee for Dean of the College.

She credits the Institute of Medicine's "Future of Nursing Initiative 2010" with her desire to take on these responsibilities: "Advances in medicine, technology and the passing of the Affordable Care Act are creating major changes in our country's healthcare

system. I believe in the key messages and recommendations of the Initiative, including nurses taking on more leadership roles and collaborating with other health professionals in helping to shape the future of health care."

Telemedicine, Shannon believes, should be utilized more because, "it is ideally suited to reaching mental health patients in underserved rural areas." After initial in-person consultations, patients can teleconference with the NP via computer to realize more consistent monitoring and treatment, she explained. She plans to help fill this critical gap in care either in the rural north or southern tier of the state.



Shannon Cavedine

STUDENT VOICES

"Nurses are the largest sector of the healthcare workforce and with all of the changes occurring, having our voices heard is critical," noted Shannon Cavedine (FPMHNP '13), president of CON's Student Association (SACON). SACON promotes students having a stronger presence within Upstate Medical University and increasing overall visibility of the Advanced Practice Registered Nurse (APRN):

- **Speakers and NP Poster:** SACON invites expert speakers this fall to address the role of Nurse Practitioner within the changing healthcare system. A mobile poster presentation will also be used at various locations to increase awareness of the APRN.

- **Mentoring:** Student-to-student mentoring is available for those balancing family, school and work and may feel isolated. Incoming students are paired with senior classmates to act as added resources for questions or issues they are facing.

- **Fundraising:** At different events throughout the year, students volunteer to raise funds for scholarships. Last year, SACON worked with the Dean and Nursing Alumni Association to create an endowment fund for future nursing student scholarships.

For more on SACON, visit www.upstate.edu/con; Facebook (search: SACON) or contact Shannon at: cavedins@upstate.edu.

Nursing InTouch

Nursing Alumni Association News

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corporate sponsor
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support of the annual
White Coat Ceremony!**

ALUMNI NOTES

Nicole Hanas, RN, MS '05, recently became ambulatory patient service supervisor for Pediatric Clinics in the Physician Office Building, to include GI, Child Development, Behavior and Genetics, Pediatric Surgery and Urology. Nicole has been employed with Upstate since 1999, with her previous position as clinical trainer for General Pediatrics.

Carol Anne Kozik, CAS, MS, RN-BC (MS '96), assistant clinical professor of Nursing at Upstate, spoke on "Changing the Game: Applying Change Strategies to Improve Quality and Safety" at the Meditech Users Software Exchange International Conference, Orlando, FL in May and "Engaging Dynamic Learning" at the National Nurses Staff Development Organization National Conference, Boston, MA, in July. (See also Page 2.)



In Memoriam

Maureen O'Hara, RNC, MS, PNP, died on July 13 at 65. Her nursing colleagues and friends mourn her loss and observe with deep gratitude, her many contributions to the profession and her community. She earned her PNP certificate from Upstate in 1997, and was a pediatric CNS who focused her nursing career on improving children's lives by coordinating health care services for abused children and those in foster care. She was instrumental in creating the ENHANCE medical clinic in Syracuse which delivers primary healthcare and developmental assessments for children in foster care. She also did assessments for neglected and sexually abused children at the Child Abuse Referral and Evaluation Clinic. A Sigma Theta Tau member and active in a number of professional organizations, Maureen was given the Nursing Excellence Award by the NYS Nurses Association, and the Award for Distinction in Community Service by Upstate's College of Nursing.

Let Your Gift Do Twice the Good!

We offer a unique opportunity for a limited time only to have your gift make twice the impact with a matching gift program through the Foundation for Upstate Medical University. The Foundation will match your gift to an endowed Nursing scholarship fund, doubling your dollars. The match level begins at \$250. As an alumnus, you can support other RNs who are pursuing advanced education to meet our community's changing healthcare needs. Call Lorie Riedl at 315-464-4416, or email riedll@upstate.edu, to learn about scholarship endowments and how to double your gift while the opportunity lasts!