EMBRACING
WAYS TO
LIVE WELL
On the cover: Bachelor’s student John Tantay, takes a moment to greet therapy dog Benny during finals week. Tantay, an Army veteran, stays healthy by running with the School’s group led by Dr. Barbara Bates-Jensen.
TABLE OF CONTENTS

2 Dean’s Message

BRIEFS
4 Transitions
5 Graduation Day 2017
6 Welcome New Faculty
7 Daisy Awards

OF NOTE
8 “I Will Do More” — Zenith Rahman Wants to Make a Difference.

FEATURES
12 EMBRACING WAYS TO LIVE WELL
UCLA is Leading the Way in Improving the Wellbeing of Students, Faculty and Staff.

18 THE FUTURE OF NURSING RESEARCH IN THE WEST
THE BEST IS YET TO COME
There’s a Lot of Opportunity for Nurses to Address the Health Issues of the Future.

20 HEALTHY MIND. HEALTHY LIFE.
Finding Unique Solutions to Mental Health Challenges.

DEVELOPMENT/ALUMNI NEWS
24 Distinguished Alumni Awards
27 Alumni Relations Update
28 Centennial Match Initiative
30 Simulation Lab Receives Grant from the Nicholas Endowment
32 Donor List
36 Legacy Society Members
DEAN’S MESSAGE

INSPIRED by U

As we approach the School’s 70th birthday and UCLA’s centennial in 2019, it is a good time to contemplate the future of nursing and think about how best to support future generations of scholars and leaders.
LAST MONTH, OUR FACULTY BEGAN CREATING A NEW STRATEGIC PLAN TO PROMOTE ACADEMIC EXCELLENCE, TO EXPAND OUR SCHOLARSHIP AND TO ADVANCE COMMUNITY ENGAGEMENT ON LOCAL, NATIONAL AND GLOBAL LEVELS. I WAS EXCITED TO KICK OFF THE MEETING WITH A DISCUSSION OF THE STATE OF THE SCHOOL AND THE PROFESSION BECAUSE, FOR BOTH, THE OUTLOOK IS BRIGHT!

This issue of Re is focused on health initiatives at UCLA and the School of Nursing—not just for patients, but for our students, faculty and staff. The American Nurses Association has declared 2017 as the Year of the Healthy Nurse in recognition of the importance of the wellbeing of our 3.6 million Registered Nurses. We are fortunate that UCLA is committed to a healthy environment, both on campus and in our health system. In 2013, UCLA launched the innovative Healthy Campus Initiative which is now being adopted at all ten of our University of California campuses. This initiative provides a critical backdrop to our own efforts at the School of Nursing to promote a healthy environment. I was honored to lead the implementation of the tobacco-free policy which was part of this effort. I am thrilled about the efforts of an ambitious and inspirational group of students in the School of Nursing who created ‘Wellness In Nursing’. They hope that other schools across campus (and other nursing schools across the country) will form like-minded groups that prioritize physical, mental and emotional wellbeing along with their educational pursuits. Thanks to their efforts, Benny, a pet therapy dog, made an appearance during finals exam week and gave us all a boost!

We are very fortunate to have a world-class, Magnet-designated, academic health center right across the street. UCLA Health Chief Nurse Executive, Karen Grimley, Ph.D., is involved at our School as both an Assistant Dean and a member of our advisory board. She is spearheading efforts to support the health and wellbeing of nurses in clinical practice. This benefits our students as they experience firsthand a positive environment that supports nurses and patient care.

I hope you are as moved as I am by Family Nurse Practitioner student Zenith Rahman’s story. She shares a heartfelt description of her desire and challenges in becoming a nurse and her quest to become an advanced practice nurse so that she could better care for low-income patients. She reminds us all of the expanded opportunities available to nurses with advanced education that will allow them to make a difference.

This issue also highlights some of the amazing work of our distinguished alumni who have provided leadership to the profession. Our alumni and other generous donors continue to contribute to the school’s success, including needed scholarships for our worthy students (like Zenith), support for the teaching enterprise and support for our scholarship to transform nursing practice and advance health and health care.

I am privileged to work with so many amazing students, faculty, staff and a vast alumni network. They have supported my transition in becoming the seventh dean and are all part of our efforts to create a bright future in which nursing science, care and leadership will result in quality health and health care for all. Their commitment to the school and to the nursing profession inspires me every day.

— Dean Linda Sarna
TRANSITIONS: FACULTY RETIREMENTS

Deborah Koniak-Griffin, EdD, RNC, FAAN

Deborah Koniak-Griffin, Professor and Audrienne H. Moseley Endowed Chair joined the School in 1981 and retired in June 2017. Her extensive contributions to the school include serving as Associate Dean for Diversity, Equity and Inclusion and as former Chair of the Health Promotion Science and the Primary Care Sections. She taught in the undergraduate, masters and doctoral programs.

During her career, Dr. Koniak-Griffin maintained a highly successful program of research focused on combating health disparities among vulnerable young parents and adult women, particularly those from underrepresented minority groups. Three intervention programs developed and evaluated by Dr. Koniak-Griffin and her multidisciplinary team are recognized by the federal government as evidence-based models for preventing HIV/STDs and teen pregnancy and improving the health of young mothers and their children through home visitation. One of these interventions, “Be Proud, Be Responsible, Be Protective,” has been implemented in 10 states.

Most notably, she established and directed our first federally funded Nursing Center of Excellence. From 1999 through 2011, the Center for Vulnerable Populations Research served as an epicenter for advancing community-based participatory research through educational programs and pilot support for community-academic partnerships to combat health disparities.

She has been recognized with numerous honors and awards, including the 2012 Pathfinder award for advancing understanding of health and health care, membership in the Sigma Theta Tau International Nurse International Researcher Hall of Fame, and fellowship in the American Academy of Nursing and the Western Institute of Nursing.

Deborah will be on recall for the next three years and will continue her role as the Associate Dean for Diversity, Equity and Inclusion.

Colleen Keenan, Ph.D., RNC

Colleen Keenan, Adjunct Associate Professor, also retired in June 2017. She joined the School of Nursing in 1989, first as a lecturer in Maternal/Child Health and then moved to the family nurse practitioner program, ultimately serving as Vice Chair for the Primary Care Section, Lead Faculty for the FNP program and Director of the Nurse Practitioner program (from 2009 – 2012).

In 2002, she was the first faculty at the school to win the campus-wide Distinguished Lecturer Award, which was based on the lecturer’s impact on students, scholarly approach to teaching, size, number and diversity of classes taught.
Keenan has a great passion for underserved populations. For many years she has seen patients and mentored students at our School of Nursing Health Center at the Union Rescue Mission. She also served as a mentor for students across campus working in underserved communities.

She was very active in promoting the role of the nurse practitioner, serving as a member of the California Action Coalition Work Group addressing Removal of the Scope of Practice Barriers.

For the past few years, Keenan was actively involved in the creation of the interprofessional Greater Los Angeles Veterans Affairs Homeless Patient Aligned Care Team, where she developed curriculum and supervised primary care nurse practitioner students and post-graduate nurse practitioner fellows.

Colleen will return as a recall faculty member next year.

GRADUATION DAY – June 2017

On a bright, sunny day, 225 students from the Ph.D., Master’s (Advanced Practice Nurse and Master’s Entry Clinical Nurse) and Bachelor’s programs received their degrees from the UCLA School of Nursing. During the two-hour program, students heard words of inspiration and wisdom from four student speakers (Sharrica Miller (Ph.D.), Rainbow Stephens (APN), Robert Benveniste (MECN) and Kara Dome (Bachelor’s)) and keynote speaker Antonia Villarruel, dean of the University of Pennsylvania School of Nursing.

Our amazing faculty was joined onstage by our volunteer clinical faculty who generously give of their time to supervise the students in clinical sites throughout Southern California.

Isaac Montoya, from the Bachelor of Science program, led the 8-clap and shared his experience wearing Snapchat Spectacles with a built-in camera that allowed him to record a video from his perspective!

The entire commencement was livestreamed and is available on our website.
WELCOME NEW FACULTY

Suzette Glasner, Ph.D.,
Associate Professor-in-Residence, Director of Research

For 17 years, Dr. Glasner’s research, funded by the National Institute on Drug Abuse and the National Institute on Alcoholism and Alcohol Abuse, has focused on understanding the learned aspects of addictive behaviors, developing and testing behavioral treatments for addictions and related psychiatric and medical conditions, and understanding the “key ingredients” of psychotherapy—how psychotherapy helps people to change their behavior. Dr. Glasner is the author of “The Addiction Recovery Skills Workbook.” The book demystifies the reasons why addicts find themselves in a trap, repeating behaviors that are devastatingly self-destructive, and offers practical tools to enable the addict to achieve and sustain a life of recovery. As an addiction expert, Glasner has been interviewed and quoted in several media outlets including KPCC, Teen Vogue, Epoch Times, US News and World Report, Oprah Magazine, and CBS News.

Dr. Glasner received her Ph.D. from the University of Minnesota and completed her post-doctoral education at the University of California at San Diego and the Veterans Affairs San Diego Healthcare System.

Mary Rezk-Hanna, Ph.D., NP, Assistant Professor

Dr. Mary Rezk-Hanna’s program of research focuses on vascular regulation and human cardiovascular physiology in the area of tobacco-related diseases. Her current work is particularly focused on studying the effects of hookah (i.e., waterpipe) smoking on vascular function and understanding the underlying mechanisms involved. Her ultimate goal is to use physiologic data to drive evidence-based policy to regulate novel and alternative tobacco products and nicotine delivery systems. Her study on the lack of awareness of the dangers of hookah smoking, published in the journal Nursing Research, received media coverage from the Washington Post and KNX 1070. Dr. Rezk-Hanna is also a board certified nurse practitioner. She received her master’s of science in nursing and Ph.D. from UCLA.

Christine Samuel-Nakamura, Ph.D., FNP
Assistant Professor

Dr. Christine Samuel-Nakamura worked for several Indian Health Service and tribal hospitals/clinics as a nationally board certified Family Nurse Practitioner. Part of her clinical work focused on chronic health conditions such as diabetes, renal failure, autoimmune disorders, and cancer, which led her to contemplate whether there is a connection between these chronic conditions and the community environment. This led to her research work examining uranium and associated heavy metals contamination in the food chain on the Diné (Navajo) reservation. Dr. Samuel-Nakamura received her doctorate from the UCLA School of Nursing. Before joining the School, Dr. Samuel-Nakamura was a Lecturer in the UCLA Interdepartmental Program in American Indian Studies. She is a member of the Diné Nation.
DAISY AWARDS

FOR FOUR YEARS, WE HAVE HONORED OUTSTANDING MEMBERS OF OUR EXCEPTIONAL FACULTY WITH THE DAISY FACULTY AWARD. THIS YEAR, THE AWARD WAS GIVEN TO DR. JOHN LAZAR, ASSISTANT ADJUNCT PROFESSOR, WHO TEACHES IN BOTH THE MASTER’S ENTRY CLINICAL NURSE PROGRAM AND ADVANCED PRACTICE PROGRAM. HE WAS NOMINATED BY MEMBERS OF THE MECN CLASS OF 2018 WHO SAID:

“Dr. Lazar is a caring professor who is very generous with his time and has been an inspirational figure for all of us in the program. His wit and organizational skills contribute greatly to his refined, engaging, and lively lectures” and “His teaching methods go above and beyond the call of duty for a professor, and it’s very motivating to learn under a teacher who displays faith in his students.”

TWO PRELICENSURE STUDENTS RECEIVED THE DAISY-IN-TRAINING AWARD FOR DEMONSTRATING THE SKILLS TO PROVIDE THE BEST CLINICAL CARE POSSIBLE AND TREAT PATIENTS AND FAMILIES WITH HUMAN SPIRIT AND KINDNESS, TWO TREMENDOUS ASSETS TO THE ART OF NURSING AND HEALING.

Thais Mega, BS ‘17
As a nursing student Thais truly represents the best of the best through her kind spirit and her dedication to the nursing profession. She shows unwavering interest in people’s wellbeing and compassionate empathy for those who struggle. Given the opportunity, Thais will dedicate herself to learning whatever new tasks are required. She cares deeply about the quality of her work and the relationships she establishes.

Emma Lowerison, MECN ‘17
Emma is a talented, dedicated and kind student leader and her personal integrity and respect for her patients and her teammates truly exemplify the best of the best in nursing. Emma’s nursing care during her clinical rotations demonstrated her ability to provide evidence-based and compassionate nursing care for very difficult patients while working as a collaborative member of the health care team.
THE PATH TO NURSING SCHOOL IS NOT ALWAYS EASY. ZENITH RAHMAN, A SECOND-YEAR FAMILY NURSE PRACTITIONER STUDENT AT THE SCHOOL, WANTED TO HAVE A GREATER IMPACT ON HEALTH CARE. IN HER OWN WORDS, SHE SHARES WHAT MOTIVATES HER AS AN RN, WHY SHE DECIDED TO COME BACK TO SCHOOL TO OBTAIN HER ADVANCED PRACTICE DEGREE AND HOW SHE WANTS TO MAKE A DIFFERENCE.
I WISHED I COULD DO MORE WHEN I FOUND OUT THE HOSPITAL BILL WAS OVER $3,000.

Going to the hospital without health insurance cost us more than what my mom made in a month. After breaking my arm, one simple ER visit caused me to write out a check for my entire life savings. Over the next few years, I watched my aunt become a widow because of her husband’s uncontrolled diabetes and my cousins orphaned because of their mom’s colon cancer. I realized how many lives could have been saved with early detection and personal attention in access to health care. I realized that nurses played a vital role in identifying red flags that could potentially be deadly. I made the decision to pursue a career in nursing to provide pertinent and preventative care to all people, regardless of their incomes.
I WISHED I COULD DO MORE WHEN I LOOKED INTO AN OVERFLOWING CLINIC IN TIJUANA.

I worked with a few like-minded students at UCLA to open a free clinic in the severely impoverished community of Colonia Margarita Moran, Mexico. This community was uprooted from massive flooding and governmental projects, with little to no access to the outside world, let alone health care. When we started this clinic, we saw maybe 10 patients per day; now our waiting room was filled with over 50 patients, with even more standing outside our door. As an RN and Pharmacy Coordinator, I was able to triage patients, document history and physical examinations, and facilitate discharge and medication teaching. As I completed assessments in triage, I presented the care providers with differential diagnoses, suggestions for medication, and an individualized plan of care to improve clinic flow and decrease wait times. As I moved through the growing line outside the door, I craved the autonomy of nurse practitioners so I could provide a complete continuum of care to patients. I wanted more intellectual responsibility in arriving at a diagnosis based upon lab results and the clinical signs and symptoms of a disease process. I wanted to use the rapport and trust I’ve established in the community to give them the right diagnosis, medication, and advice to empower them to lead healthy lives.

I WISH I COULD DO MORE WHEN I SAW OUR FLOOR OVERFILLING WITH PATIENTS- THE HIGHEST CENSUS IN OUR HISTORY.

As a nurse, I identified a problem that many of our post-liver transplant recipients were getting re-hospitalized due to exposure to vaccine-preventable illnesses. I was curious as to why this phenomenon was happening and found out that administering live vaccines to post-transplant patients was against the current standard of care. After doing some research, I found that a few institutions around the world were administering live vaccines to their post-transplant patients with a broad range of success, but no adverse effects. I worked with the liver transplant team to propose a study to our IRB to change the standard of care at our hospital to determine the efficacy of administering live vaccines to post-transplant patients. As a co-investigator on this study, we are performing immunological tests of cellular and humoral immunity to assess factors that lead to successful seroconversion and assess the ability of liver transplant recipients to mount a protective immune response. As a nurse practitioner, I hope to continue my thirst for answers by utilizing research in my practices to improve the standard of care and patient experience.
WITH THIS DEGREE, I WILL DO MORE.

Becoming a nurse practitioner will enable me to do more. I found that the word “Nurse” is the perfect conjugation with the word “Practitioner.” Nursing gives you the necessary background to evaluate the physical and psychosocial needs of a patient while practicing the art of medicine. My background in nursing enables me to provide a higher level of care to all my patients. After working with doctors and nurse practitioners in various clinic and hospital environments for the last 5 years, I have become well-acquainted with the realities of delivering healthcare: the frustration of patient non-compliance, the barriers to health care education, and the red-tape surrounding insurance coverage. I hope to become a nurse practitioner to draw more attention to what happens after the patient leaves the office. I hope to place more emphasis on prescribing realistic treatment plans based on current research and each patient’s individual experiences to provide personalized, effective, and realistic treatments plans to maximize health outcomes. At the UCLA School of Nursing, I will no longer have to wish I could do more, rather, I will be equipped with the tools to transform the nursing profession by building innovative, inter-professional models of compassionate community-based health care.
EMBRACING WAYS TO LIVE WELL

Wellness in Nursing members paddle away their stress. Clockwise from bottom left: Thais Mega, Angelina Cordova, Jessica Hoffman, Juliet Gause, Cindy Walsh and Maria Petiy.
Thus began Wellness in Nursing, a student-run organization that puts on fitness and stress-busting events and focuses on the importance of self-care among health professionals.

The group’s activities dovetail with efforts by the UCLA School of Nursing and leaders at the UCLA Health system to help professionals improve their own wellbeing and in turn deliver the best possible care to their patients. These efforts include cutting-edge research on ways to build resiliency and avoid burnout, projects to build teamwork among members of the medical staff, weekend retreats and a hospital staff meditation room to give overtaxed professionals ways to recharge.

**CREATING A HEALTHY CAMPUS**

It’s all happening against the backdrop of UCLA’s Healthy Campus Initiative (HCI), an ambitious, cutting edge campaign to create an environment of health and make the Westwood campus a leader in promoting the physical and emotional wellbeing of students, faculty and staff. Its framework rests on five “pods”—Breathe Well (which helped implement UCLA’s ban on tobacco use), Eat Well, Move Well, Mind Well and Be Well. It seeks to find ways to promote healthy living at UCLA. The idea is to immerse the campus in opportunities-and reminders—to make wellbeing a priority.

Oversize posters on parking garage elevator doors remind users that a free workout—the stairs—is just steps away.

Signs serve as reminders that “UCLA is a tobacco free campus.” Vending machines and dining halls have added healthier options to their wares. Music beckons staff and students to take a break from their hectic schedules and therapy dogs have been brought to Powell Library—and, recently, the School of Nursing—to provide a little stress relief during final exams.

NOT LONG AFTER ANGELINA CORDOVA STARTED HER STUDIES AT UCLA’S SCHOOL OF NURSING, SHE AND A FRIEND FORMED A FITNESS GROUP AIMED MAINLY AT AVOIDING EXCESS POUNDS. “WE’D HEARD ABOUT THE INCREASED OBESITY RATES AMONG NURSES AND WE WANTED TO TAKE CARE OF OURSELVES,” SAID CORDOVA, WHO GRADUATED IN JUNE. “BUT WE SOON REALIZED THE PROBLEM WAS SO MUCH BIGGER, WITH ISSUES OF STRESS, LACK OF SLEEP, RISK OF BURNOUT AND LEAVING THE PROFESSION,” CORDOVA SAID. “WE REALIZED WE NEEDED TO BROADEN THE SCOPE.”

The Healthy Campus Initiative is envisioned and supported by Jane and Terry Semel. Terry said: “Let’s do it well in one place—and why not here at UCLA—prove that it works and the rest will follow.”

Others are following. In 2014, Partnership for a Healthier America, which worked with Michelle Obama to improve the nation’s eating and other health habits, announced it was creating a Healthier Campus Initiative, based on UCLA’s model.

Members of Wellness in Nursing at the “We Run the City” 5K
EARLIER THIS YEAR, SARNA AND COLLABORATOR STELLA AGUINAGA BIALOUS OF THE UNIVERSITY OF SAN FRANCISCO’S SCHOOL OF NURSING WERE DESIGNATED “EDGE RUNNERS” BY THE AMERICAN ACADEMY OF NURSING. THE HONOR CAME FOR THEIR TOBACCO FREE NURSES MODEL, AIMED AT REDUCING TOBACCO USE AMONG NURSES AND NURSING STUDENTS AND INCREASING NURSING’S INVOLVEMENT IN TOBACCO CONTROL.

Wendelin M. Slusser, MD, Associate Vice Provost of the HCl, heads UCLA’s initiative. She noted that UC President Janet Napolitano’s interest has led to an 18-month pilot program, dubbed the Healthy Campus Network, to try out the UCLA model throughout the University of California system.

“We still have a lot of work to do but the stars are aligned,” Slusser said. “It’s all about engaging and connecting the talented and committed students, staff and faculty on the UCLA campus.”

School of Nursing Dean Linda Sarna said the initiative “is about helping the UCLA campus community and beyond make informed choices about their health.

“Whether it’s about nutrition, physical activity, tobacco use or mental health, the goal is to leverage our unique strengths as a leading research university to encourage healthier outcomes for individuals and for society as a whole.”

Sarna said the initiative creates an environment for participation and fosters further innovations by the nursing school and other health-related departments and services.

Slusser credits Sarna’s leadership for UCLA becoming one of the first large universities in the nation to implement a tobacco-free policy. All tobacco use—including vaping—is forbidden anywhere on campus. “Linda has been at ground zero for all of this work,” Slusser said, noting Sarna’s work predated the Healthy Campus Initiative, which embraced it in one of its first steps.

UCLA HEALTH – CREATING IT’S OWN CULTURE OF WELLBEING

While the Healthy Campus Initiative seeks to make UCLA “the healthiest campus in America,” efforts are underway at UCLA Health to ensure the wellbeing of its health care professionals—and in turn light the way for doctors and nurses around the nation.
Noting that the American Nurses Association has declared 2017 as the “year of the healthy nurse,” Karen A. Grimley Ph.D., chief nursing executive at UCLA and assistant dean of the School of Nursing, said nurses must be careful to protect their own wellbeing, even while dealing with a hectic pace and life-and-death situations. Are they sleeping enough? Eating properly? Exercising? Making sure to rest on their days off?

“We’ve always been focused on improving the health and wellbeing of our patients, but research is now showing that the health and wellbeing of our staff is closely connected to patient care,” Grimley said.

“Relationship Based Care, UCLA’s nursing care delivery model emphasized the importance of establishing three relationships at work for all our staff. First and foremost is the relationship with yourself, then the relationship with your patients and then your colleagues. This approach to care reinforces good teamwork, effective communication and most important empathy and compassion.” Grimley added. She said department or unit practice councils, made up of various health care staff are one way to foster relationships and create a healthy work place.

In the hospital at UCLA Medical Center, Santa Monica, a small, underused supply room in the Merle Norman Tower was converted to a meditation room for nurses and other staff members to take a break from a hectic day. The room features

“The 87 steps of the iconic Janss Steps is a perfect place for UCLA faculty, staff and students to get their cardio on.
soothing artwork, a comfortable loveseat, a water fountain and a salt lamp, said David Bailey, chief nursing officer at the hospital. He credits Vera Lopez, RN, unit director, with the idea. The room is “a place where people can go for a few minutes of down time,” Bailey said. “It’s used a lot; people really love it,” so much so that there are plans to add another meditation room in another part of the hospital, Bailey added.

A more systemic change lies in the various efforts to build better staff communication and teamwork throughout the hospital, said Bailey. Leadership teams comprised of staff members with differing roles in patient care meet regularly. Bailey said a good part of his time now is devoted to discussions with teams of health care workers to hear their concerns and ideas for improvements.

“Having exposure to these programs and culture while they are in their clinical immersions is also such an exciting opportunity for our students,” added Dean Sarna.

A PARTNERSHIP THAT IS MAKING A DIFFERENCE

Carol Pavlish, Ph.D., RN, FAAN, associate professor in the School of Nursing, and Katherine Brown-Saltzman, MA, RN, co-director of the UCLA Health System Ethics Center, have developed an ethics protocol to help nurses and physicians take action to mitigate moral or ethical challenges. It has been tested at some UCLA intensive care units, the Mayo Clinic in Minnesota, and Massachusetts General Hospital.

Pavlish said ethical dilemmas arise, for example, when family members disagree about treatment and seek to override a patient’s wishes, or a physician recommends a course of treatment that a nurse believes is not in the patient’s best interest.

Perhaps not surprisingly, Pavlish said their research found communication among all the involved parties is key. She found open, regular, team-based communication about goals of care can go a long way in mitigating family stress.
and the moral distress that contributes to the high burnout rate among critical care nurses and physicians.

“People need to have regular conversations, on rounds every day, about a patient’s situation and what are the concerns, what is the current state of mind of the patient, is there something new the family should be aware of, do we need to bring in a social worker,” Pavlish said. “Things need to be discussed before the situation becomes a crisis.”

“We see this as a way to keep the conversations routine and comfortable, in a way that everyone feels listened to and listens to others,” Pavlish added.

Wellness in Nursing leaders Cordova and Durghalli are glad they started early in their quest to improve the wellbeing of their fellow nursing students, something they hope will serve them well in their work long after graduation. “As students, we can relate to all the difficulties nurses have,” Cordova said. “If we can make self-care a priority now, if we can develop the tools we need now, we can have nice, long, healthy careers.”

—Jean Merl is a retired Los Angeles Times reporter and a proud Bruin (MA ’72)
THE FUTURE OF NURSING RESEARCH IN THE WEST

THE BEST IS YET TO COME

HEALTH ISSUES AND CHALLENGES IN THE WEST

MENTAL HEALTH

8 States in the West have rates of mental illness higher than most of the United States.

SUBSTANCE ABUSE

18% of the adult population engages in binge or excessive drinking.

Seven states in the West have higher rates of drug deaths and five have higher rates of deaths due to opioid overdoses.

CARING FOR THE UNDERSERVED

Non-white are the majority in several states yet they notably face not only reduced access to medical care but poor health outcomes. Poverty has a harsh impact on health as well – some of the greatest percentage of children living in poverty are in the west.

DISTRIBUTION OF POPULATION IN THE WEST, 2016

The Western Institute of Nursing 13 member states, where 23 percent of the US population resides.

- CALIFORNIA .......... 51%
- ARIZONA ............ 9%
- ALASKA ............ 1%
- WYOMING .......... 1%
- WASHINGTON ....... 10%
- UTAH ............... 4%
- OREGON ............ 5%
- NEW MEXICO ....... 3%
- NEVADA ............ 4%
- MONTANA .......... 1%
- IDAHO ............. 2%
- HAWAII .......... 2%
- COLORADO ......... 7%
At the 50th Anniversary of the Western Institute of Nursing, Dean Linda Sarna shared the state of the science in research focused on the West. She envisioned a future in which the best of nursing science positively influences the health of the public and leads to the best of nursing practice. While the focus of the talk was on the 13 member states of the Institute, where 23 percent of the U.S. population resides, this information can be applied across the nation.

Opportunities for Nursing Research to Shine

Unlocking the Secrets of the Brain

By understanding the complex role the brain plays in health, illness and wellness we can transform treatment strategies and improve health outcomes. Interprofessional collaborations are helping researchers at UCLA decipher the link between the brain and heart and understand the early molecular changes proceeding the development of Alzheimer’s.

Marijuana

Legal now in 10 states in the west. How can nurse researchers explore the impact on health?

$6.7 billion spent on legal marijuana products last year.

Mental Health

We need to explore new ways to reduce the stigma and treat mental illness.

Health Disparities

The growing diversity of our population requires renewed efforts to address unequal treatment and access to care.

Research involving community engagement is critical to allow the voices of vulnerable populations to be heard.
When lecturer Barbara Demman, RN, MSN, ACNP, CNS introduced a simple mindfulness exercise at the beginning of her class, the student response was impressive.

“We start the class with a little deep breathing, focusing on the sounds around us, what thoughts are occurring, and just a few moments of quiet observation,” said Demman, assistant director of prelicensure programs at the UCLA School of Nursing. Once that began, it was amazing how many students welcomed this exercise stating “it really helped lower stress levels, produced a sense of calm, and helped me arrived to class on time — early 8 am on Friday mornings.” And if a student was late, the first thing they often wanted to know was whether they had “missed the breathing exercise.”

The positive response to those five minutes of calm and focus supports an age-old principle—that mental and emotional health are tied to wellbeing. Bolstered by decades of research and scores of studies, the concept is now—some say finally—gaining real traction. The state of our mental and emotional health drives how we feel and how we act. It informs the depth and quality of our personal relationships, and can even affect an individual’s physical condition.

...instead, Demman dove into research. What she discovered was the power in the group of techniques that are now referred to as mindfulness based interventions.

—Barbara Demman, RN, MSN, ACNP, CNS
At UCLA's School of Nursing, researchers are successfully putting these principles into practice. Drawing on deep expertise, they've created unique and sometimes surprising programs to help patients deal with their mental health challenges. At the same time, these UCLA nurses are working to help their patients address the stigma that so often surrounds issues of mental illness.

For Psychologist Suzette Glasner, Ph.D., a new faculty member at the School, the importance of the mind-body balance plays out every day. As a licensed clinical psychologist, Glasner's work focuses on people who are addicted to stimulants, including cocaine and methamphetamine.

As her patients would struggle through the early weeks and months of sobriety, Glasner realized that for them, feeling out of control, whether mentally or emotionally, was often intolerable. “They had sadness, depression and anxiety, and without the drugs there was nothing to mask those feelings,” Glasner said. “This would often cause them to drop out of treatment early-on.”

When she first broached the idea of using mindfulness techniques to help these patients, Glasner was met with skepticism. But with a 50-minute program tailored to the unique needs of her patient population, including meditation, guidance on how to recognize drug-use triggers, as well as other coping skills, Glasner saw measurable progress.

“They learned that you can feel sad or anxious or even desperate and it doesn’t have to control your actions,” she said. “They were now equipped with a way of managing discomfort that let them see light at end of the tunnel, and that would help them stick with treatment.”

The challenge for MarySue Heilemann, Ph.D., RN, associate professor at the UCLA School of Nursing, is attracting patients to therapy. With a focus on managing depression and anxiety among Latinas, Heilemann must first help her patients overcome the cultural stigma attached to mental health issues.

“The women I work with are hard-working and dedicated, they’re busy moms, very accountable to their family members,” Heilemann said. “To them, getting mental health care feels both selfish and indulgent. If it’s not helping the family first, then it isn’t something that they will easily do.”

Heilemann was able to circumvent these taboos by taking some lessons from telenovelas and transmedia. She used non-traditional tools women found attractive like digital storytelling, blog posts, and interactive videos. She also offered one-on-one therapy sessions held in neutral settings, like a childcare center, with a nurse-therapist.

“We found when they took part in our program, not only was there a significant drop in depression and a significant increase in resilience, these gains held for one year,” Heilemann said.
That same stigma, which makes mental health issues a challenge to treat in some African-American communities, is the focus of work now being done by Kia Skrine Jeffers, Ph.D., RN, a nursing postdoctoral fellow in the UCLA National Clinician Scholars Program and alumna of the School of Nursing’s Ph.D. and MECN programs.

As a nurse with an active Screen Actors Guild card, Skrine Jeffers is deploying the powerful tools of her former career in the service of her current one. With a grant from the California Arts Council, the former actor is writing and producing a play that will help to bridge cultural gaps.

“I have always been interested in health and lifestyle issues and wanted to do more to help people,” Skrine Jeffers said of her professional detour from Hollywood to health care. “I took what was supposed to be a hiatus from acting to become a nurse. But, when I saw the huge disparities in health and health care, particularly among certain racial groups, I felt a responsibility to do even more beyond the bedside.”

Her current project, done in partnership with UCLA’s Center for Health Services and Society, and Healthy African American Families, will take data collected from a five-year study on depression and social issues in minority communities, and translate it into a participatory theater production. Instead of dry facts and figures, audiences will watch and join in as actors bring depth and life to mental health issues.

“We want to reach people in a very personal way,” Skrine Jeffers said. “We’re going to tell everyday stories about what it’s like to live with depression. Our hope is that people will see themselves or their loved ones in the stories, and will feel less stigmatized when deciding whether or not to seek or encourage someone to get help.”

“TO THEM, GETTING MENTAL HEALTH CARE FEELS BOTH SELFISH AND INDULGENT. IF IT’S NOT HELPING THE FAMILY FIRST, THEN IT ISN’T SOMETHING THAT THEY WILL EASILY DO.”

—MarySue Heilemann, Ph.D., RN

HER CURRENT PROJECT, DONE IN PARTNERSHIP WITH UCLA’S CENTER FOR HEALTH SERVICES AND SOCIETY, AND HEALTHY AFRICAN AMERICAN FAMILIES, WILL TAKE DATA COLLECTED FROM A FIVE-YEAR STUDY ON DEPRESSION AND SOCIAL ISSUES IN MINORITY COMMUNITIES.

—Kia Skrine Jeffers, Ph.D., RN
That’s something that Barbara Demman, whose weekly mindfulness meditations have been such a hit, knows a bit about.

In 2008, she recognized that the sleeping problems she had begun to experience, along with feelings of stress and dread, and the lack of joy and fulfillment in her work as a nurse were, in fact, symptoms of burnout.

“When I asked some of my colleagues what to do, they had no sustainable suggestions,” Demman said. “A lot of the ideas were just to take a vacation or go hit happy hour.”

Instead, Demman dove into research. What she discovered was the power in the group of techniques that are now referred to as mindfulness based interventions. Along with her husband, an emergency room physician who has had his own brush with burnout, Demman created an eight-week program to reduce stress and restore wellbeing.

“I had been a nurse for 13 years by the time I felt burned out, and there had not been any education on that phenomenon,” Demman said. “I realized that here we are, teaching all of our nursing students how to be an excellent nurse, but not teaching them how to take care of themselves in the stresses of the job.”

To remedy that, Demman is increasingly focused on introducing mindfulness, as well as the integration of mind and body awareness, to nurses, nursing students, and all individuals who take on the challenging role of caregiver. That those mere five minutes at the start of her weekly class could make a difference in a measurable way is simply more proof of the integral mind-body connection.

“A healthy mind and a healthful life—I honestly don’t think you can have one without the other,” Demman said.

—Veronique de Turenne is a journalist, science writer and photographer who lives in Malibu, Calif.

PEERS LENDING AN EAR

Schools are increasingly recognizing the important role social and emotional factors can play in academic success. “When a student needs help, they don’t always need psychotherapy,” said Andrew Leuchter, M.D., a psychiatrist with the Semel Institute. “Sometimes students need an empathetic ear, someone who can help them clarify their thinking and guide them to finding a solution.”

Enter the idea of peer counseling. Peer counselors are students trained to provide additional resources to other students (or peers) as they navigate difficult decisions, points of crisis, or everyday aspects of student life. Working with the UCLA Division of Student Affairs, Leuchter introduced a pilot program to train a few health science students as peer counselors.

Four students responded, including two from nursing. Allyza Afable, now a 4th year bachelor’s student was one of the nursing students who responded. “I saw it as a rewarding opportunity to talk to other individuals—particularly students like me—in a counseling setting and have experienced psychiatrists and therapists guide me along in that journey.”

The students trained with the psychiatrists and therapists conducting the program and after a few weeks, began meeting with students seeking counseling.

“I do not guide the student during our sessions,” said Afable. “Instead the student guides me into their mind and allows me to be with them in their thoughts and feelings. They were in the driver’s seat and I was simply there to listen, inquire, and provide that empathetic listening space.”

Leuchter welcomed the strong presence from nursing. “Nursing students are caring and committed individuals. We found they are exceptionally strong in helping students in need.”

The good news is that the pilot was a success and will continue in the Fall. “There is a real need for a program like this,” added Leuchter. “For students interested in a mental health career, it is a terrific educational experience.”

Afable agreed. “I highly recommend experiencing this amazing opportunity either as a peer counselor or a counselee.”
THE UCLA SCHOOL OF NURSING HOSTED A SUCCESSFUL DISTINGUISHED ALUMNI AWARDS LUNCHEON AND SILENT AUCTION ON SATURDAY, MAY 6, 2017. WE WERE DELIGHTED TO CELEBRATE NATIONAL NURSES DAY WITH OUR ATTENDEES IN THE NEW UCLA LUSKIN CONFERENCE CENTER.
2017 AWARD RECIPIENTS
Left to Right:

MSN CLASS OF 2007 REUNION
Left to Right:

GRADUATING NURSING STUDENT LEADERS OF 2017 thanks to our alumni donors for paying for their seats!
Left to Right:
Thais Mega, BS, Melissa Wilcox, MSN, Kosal Taing, MSN, Courtney Baka, MSN, Holly Withrington, MSN.
The event was a record-breaker, with more than 115 individuals who came to celebrate our honorees! In attendance were alumni, students, faculty, staff, and other friends of the UCLA School of Nursing. Also joining us were esteemed guests Dr. Karen Grimley, Chief Nursing Executive for UCLA Health and Assistant Dean in the School of Nursing, many previous School of Nursing Distinguished Alumni, and large group reunions from the classes of 1967, 2007, and various alumni from the founding classes of the 1950s.

For over 68 years, the UCLA School of Nursing has graduated notable individuals whose achievements have transformed the profession, clinical practice, science, education and health policy. This year Dean Linda Sarna presented three accomplished graduates with the Distinguished Alumni Award—the School’s highest honor:

- Reiko Nagumo, ’56, MN ’58
  (Lyola Murray ’56, MN ’58 accepted on her behalf)
- Marty Nason, ’66, MN ’87
- Joseph Morris, Ph.D. ’07

Two new award categories were also presented by Dean Sarna—UCLA School of Nursing Rising Bruin Award and UCLA School of Nursing Golden Bruin Staff Award. Hrachuhi Hakhpandyan ’12 gave a heart-warming speech about what winning the Rising Bruin Recent Alumni Award meant to her and her meaningful time at UCLA. Additionally, Rhonda Flenoy-Younger, with over 30 years of service to the UCLA School of Nursing, brought the audience to tears with her touching Golden Bruin Staff Award acceptance speech.

With the help of our guests, the School raised over $5,000 on the day of the event through the silent auction and personal donations. We would like to acknowledge the businesses who supplied items for the auction and the people who purchased items. Thanks again to our UCLA School of Nursing family for their continued support. We look forward to seeing you at our next Distinguished Alumni Awards in 2018!
NURSING CAREER DAY: ROUND 2!

For APRNS
Following the success of our Round 1 Nursing Career Day for our pre-licensure students, the UCLA School of Nursing Office of Alumni Relations together with the Office of Student Services, hosted Round 2 of Nursing Career Day specifically for our APRN students on May 10. Over 90 nursing students attended this event, with a dozen recruiters available for networking and student interaction. Many business cards were exchanged, recruiters gave away lots of goodie bag items, and our students enjoyed this professional opportunity to interface with potential future employers.
Additionally, four of our alumni came back to give a panel discussion on caring for vulnerable populations. A very special thank you to our alumni for volunteering and to our faculty moderator for helping us put this event together. We look forward to our next Career Day events in 2018.

UCLA SCHOOL OF NURSING ALUMNI BOARD
As we ramp up for the School’s 70th Birthday, we are excited to announce the establishment of a new Alumni Board of Directors to help support the priorities of the School of Nursing and help instill the Dean’s fundamental framework of Excellence, Sustainability, and Joy to the nursing profession as a whole. Our rollout process will be taking place over the rest of the Fall and into the new year. The true strength of our school is found in those who choose to endorse the missions and values that shape our institution. Thank you to all our volunteers. We are looking forward to introducing our new Alumni Board of Directors to the UCLA School of Nursing community.

In Memoriam
UCLA SCHOOL OF NURSING ALUMNI
Lucy J. Atkinson, MS ’66
Shirley L. Burt, MS ’60,
Jane L. Gorin, MS ’80, MBA ’84
Laura A. Karasik, MS ’84, MBA ’86
Eleanor E. Lane, BS ’56
Violet M. Strohl, BS ’58
UCLA SCHOOL OF NURSING DONORS GIVE TO THE UCLA CHANCELLOR’S CENTENNIAL SCHOLARS MATCH INITIATIVE

Helen Shishino ’55, MS ’60 was interned with other Japanese Americans during World War II. In high school, she read Sue Barton novels chronicling the career of a nurse, which caught her interest. Shishino considered several routes: her best friend entered a hospital training program; her brother’s military service suggested an army nurse; and a counselor recommended medical school.

Instead, Shishino received a scholarship that enabled her to attend UCLA, where she earned one of twelve spots in the second nursing class and eventually her master’s degree. Professionally, she spent decades making a difference, from establishing policies at a new hospital to serving diverse communities at local health centers to helping children as a school nurse. And financial support made it all possible: “I wouldn’t have been able to attend college or become a nurse without the scholarship,” she says.

The Helen F. Shishino Centennial Scholars Undergraduate Scholarship will be awarded annually to exceptional baccalaureate nursing students who have demonstrated financial need.

The School also received a second generous gift utilizing the Chancellor’s
match from the Chen Family Trust. The Trust had awarded scholarships in the 2012-13 and 2013-14 academic years, providing five nursing students each year with much needed financial support.

Now permanently endowed, the Chen Family School of Nursing Scholarship will be awarded each year to undergraduate nursing students with high academic merit and financial need, thus creating a very real impact in the scholarships landscape and in the lives of the student recipients. Charles Chen JD ’97, MBA ’02, speaking on behalf of the Chen Family Trust, says: “We believe in supporting future nurses at UCLA because we feel nurses are an underappreciated segment of health care. We wanted to do our part in supporting nurses, who do the difficult day to day work which is sometimes not highlighted or as valued as it should be.”

These two new endowed scholarships will help educate the next generation of nurses and will impact a multitude of people touched by their care.

Student debt is one of the most urgent challenges affecting college graduates, their families, and the U.S. economy. It keeps many from pursuing their passions and contributing fully to the civic and economic life of their communities. An investment in scholarship support at the UCLA School of Nursing has a great return for the recipient and has ripple effects. When more students earn a UCLA nursing degree and graduate with little to no debt, they enter the health care workforce able to take on opportunities based not only on salary considerations but also on their skills and passions.

These generous donors join a cohort of UCLA donors who understand the importance of student support and, with additional funding through the Chancellor’s match, their scholarship gifts will go even further to benefit exceptional nursing students for years to come.
THE UCLA SCHOOL OF NURSING WAS RECENTLY AWARDED A $75,000 GRANT FROM THE NICHOLAS ENDOWMENT IN SUPPORT OF THE SCHOOL’S SKILLS AND SIMULATION LAB.

The grant was used to purchase a state of the art CAE Lucina® Childbirth Simulator manikin. This manikin is now the most advanced manikin the lab has and offers the unique benefit of not only functioning as a very realistic birthing manikin but is also easily converted to a non-pregnant adult manikin, which is capable of simulating a number of medical conditions, including seizures. The maternity faculty are especially pleased as Lucina will allow them to incorporate realistic childbirth simulation into their curriculum for the first time this fall.

The School of Nursing Skills and Simulation Lab is a 1,300 square foot mock hospital environment with realistic manikins and specialized equipment, which provides state-of-the-art training for over 500 pre-licensure (pre-RN) and advanced practice nursing students. The ability to train in a lab that mimics the hospital setting is necessary for students to learn and practice in a realistic, risk-free environment, which increases student knowledge, skills and confidence and is vital for patient safety.

Simulation instruction is dependent upon up-to-date technology and fully functioning equipment, which require regular upgrades and maintenance. Since its inception, use of this lab has increased more than 100%. Heavy use of the manikins for skills training or simulation occurs on a nearly daily basis. Therefore, the School of Nursing relies on outside contributions to supplement these types of critical and immediate needs. Thanks to the generous grant from The Nicholas Endowment, the UCLA School of Nursing Skills and Simulation Lab now has a second high fidelity (“high tech”) adult manikin to add to its high fidelity infant manikin and 7 moderate fidelity adult manikins.

Dan Stetson, Trustee and Executive Director, Nicholas Endowment
Since we launched our One Word, One Gift Campaign to collect One Word that described your UCLA School of Nursing experience, paired with One Gift to support the School, we have been overjoyed by the response. Over 88 alumni, staff, faculty and friends participated. As we approach the 70th birthday of the School in 2019, we will continue to collect personal stories and celebrate our alma mater.

Your collective gifts and support truly make a difference and help pave the way for current and future students. If you have not made a gift or submitted a word yet, you can still do so by visiting nursing.ucla.edu/alumni-and-support/one-word-one-gift/.

You may be wondering—what is our word? Well, that’s easy:

Grateful

We are so grateful to all of you—our UCLA School of Nursing alumni, donors, and friends. Thank you!

If you are interested in making a gift to the School of Nursing to support nursing scholarships, fellowships or other academic initiatives, please contact Amy Drizhal, Executive Director of Development & Alumni Relations, at adrizhal@sonnet.ucla.edu or (310) 794-2358.
SCHOOL OF NURSING DONOR HONOR ROLL
GIFTS AND PLEDGES FOR THE PERIOD FROM JULY 1, 2016 THROUGH JUNE 30, 2017

The UCLA School of Nursing is grateful to all of our alumni, friends, students, faculty, staff, foundation and corporate partners for your contributions. Due to space limitations, this Honor Roll recognizes our generous donors who have made contributions of $500+ ($100+ for Corporate and Foundation donors) during the 2016-17 fiscal year. The full list of donors may be found on our website.

Whether your gift is $25 or $5 million, your generosity enables us to continue to build upon our excellent record of transforming nursing practice and advancing science by enabling students and faculty to reach new levels of success.

Magnanimous

“I chose ‘magnanimous’ as my word because as a supporter of nurses and a recent recipient of nurses’ expertise, I firmly believe there’s nothing as generous and benevolent as the care and professional attention of a kind, thoughtful and skilled nurse when one is unwell and vulnerable”  Liz Resnick, MBA ’13

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Heroes

“I see my fellow nurses as quiet heroes through the work they do day-in and day-out, on and off the job.”
Heidi Welch ’84

Honor

“The word that describes my UCLA School of Nursing experience is honor. I am honored to work every day with talented faculty, staff and students. It is indeed an honor to contribute through my life’s work to the noble profession of nursing.”
Shelli Shepherd, UCLA School of Nursing Director of Student Services

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Jo-Ann Eastwood MN ’95, Ph.D. ’04

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If you would like more information about ways to support the UCLA School of Nursing, please contact our Office of Development & Alumni Relations at 310-206-7813 or jadrias@sonnet.ucla.edu.

It is important to us that we acknowledge you properly. However, errors and omissions do occur. To inform us regarding any inaccuracies, please contact Andrea Parada at 310-206-7813 or aparada@sonnet.ucla.edu.

A full list of $100+ donors can be found at: nursing.ucla.edu

Family

Rhonda Flenoy-Younger,
UCLA School of Nursing
Director of Recruitment,
Outreach and Admissions
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The generous alumni and friends who have chosen to remember the UCLA School of Nursing in their estate plans are a special group. Turning their individual passions into action, these donors have looked ahead to the needs of future generations. They have effectively put “money in the bank” to fulfill countless opportunities that ensure excellence—from scholarships to life-changing research, fellowships to distinguished faculty recruitment.

Thank you!

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BS graduate Issac Montoya led the UCLA 8-clap at commencement ceremonies wearing a pair of Snapchat Spectacles!