



NEWS FOR *Nurses*

IOWA METHODIST SCHOOL OF NURSING ALUMNI PUBLICATION

SPRING 2020 ISSUE



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President

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Unprecedented Times with COVID 19

Many weeks ago I wrote my Presidential Message, and then — upheaval. So I have abandoned the former message for this new message, “on the fly.” To me, COVID 19 is one of the most challenging and frightening medical crises of our time.

How do we contend with something of this magnitude? How do we push down the fear and apprehension that rises by the almost constant feed of information from both credible and unsubstantiated sources?

Because I maintain my nursing license, I was invited to participate in a webinar hosted by the Iowa Department of Public Health, and I would like to share some basic, condensed, reputable information.

As of 3/31/2020

- Initially, the hardest hit was aged \geq 60 years, but now they are seeing more cases in the 40+ years of age.
- Comorbid conditions increase the risk to any age group.
- People who have the virus but exhibit no symptoms are able to infect others.
- People exhibiting a greater number of symptoms: fever, cough, fatigue, anorexia, shortness of breath, sputum production and myalgias are able to infect/spread the virus more easily.

- Each symptom is followed by a percentage range of those confirmed cases that exhibited each of those symptoms: (fever (83-99%), cough (59-82%), fatigue (44-70%), anorexia (40-84%), shortness of breath (31-40%), sputum production (28-33%), myalgias (11-35%).

- The median number of days from exposure to onset of symptoms is 11.2 days.

- There is currently no cure or vaccine available. Globally, labs and researchers are working to develop a vaccine, but it looks to be 12-18 months before a vaccine is developed and made in sufficient quantities to provide mass vaccination.

- There are currently no substitute medication regimes.

- Those who use a steroid for suppression of a chronic condition, may be at a heightened risk as this medication can prolong the length of time for viral replication.

- Laboratory analysis of the blood samples from those individuals who have survived the virus is currently being done to assist in finding clues to what may be helpful going forward in the treatment and the development of a vaccine.

- The use of homemade masks may be considered helpful, but

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In Memoriam.

PAULINE LARSON GROVE

February 27, 2020
(Class of 1947)

MARY GATTON ROHR

February 7, 2020
(Class of 1948)

NADINE TATE BECKMAN

(Class of 1953)

NYLENE TATE THRAILKILL

December 1, 2019
(Class of 1953)

MABEL RIEGLE BENNETT MASSEY

August 8, 2019
(Class of 1954)

DEBRA HESS MASOCCO

February 14, 2020
(Class of 1976)

Memorial Gifts

TWYLA MILLER BONINE

Class of 1956
Given by Gail Bates Baldwin
(1956)

Given by Marlene Hansen Grove
(1956)

KAREN HOOVER SILCOTT

Class of 1957
Given by Markoline Hodson Johnson
(1957)

AVIS HEINE PIEPER

Class of 1964
Given by Jane Harken Schlamp
(1964)

Donations Received

To make your donation:

Send a check or money
order to:

IMSN Alumni Association
C/O Chris Parker
9589 NE 28th Court
Ankeny, Iowa 50021

**HELEN CHRISTENSEN
CHAMBERLAIN (1947)**

**ELINOR SKAGGS RATLIFF
(1948)**

MARY HARTSEL (1949)

**AVONELL ZENOR SIMPSON
(1953)**

**ALICE EVERETT SCHOCK
(1955)**

**MARJORIE HARL SUTTER
(1958)**

**FLORENCE LOUISE FARIS
STAMPER (1959)**

**BRENDA FOUST MAHANNAH
(1960)**

**KAREN MURRAY BARBA
(1963)**

**JANE HARKEN SCHLAMPP
(1964)**

JOAN REED LEE (1967)

JENNY CARRIS NOBLE (1971)

**SHEILA GLENN-WHITFORD
(1976)**

Announcement: Deb Moyer to Retire

Deb Moyer, Chief Nurse Executive for UnityPoint Health – Des Moines, has announced her retirement.

**A note from David A. Stark
President and CEO
UnityPoint Health – Des Moines**

Deb Moyer will complete her remarkable career on April 17, 2020 with more than 42 years of service. Deb started her career as a staff nurse in the Iowa Methodist Medical Center Operating Room in 1977. Throughout her career at UnityPoint Health – Des Moines, she also held positions with Aramark as Executive Director of Integrated Service and Vice President of Operations. Under Deb's leadership as CNE, our organization saw a marked increase with RNs in nurse leadership roles. This strong pipeline of nurse leaders can be attributed in part to Deb's commitment to building and supporting nurse leaders. Deb has always been a strong supporter of the Iowa Methodist School of Nursing Alumni Association, and she will be missed!

When Deb was asked to share something about her career she said, "Just having the privilege to come back and lead the nursing enterprise has been a dream come true. I have had SO many proud moments and I am awed by the dedication of every single team member to our patients, families, their teams and our organization. This is the best place to work!"

"Our entire organization should be so proud of Deb and her many accomplishments. We will miss not seeing her everyday but wish her all the best in retirement. Please join me in congratulating her on her retirement and the next journey in her life. We will host a retirement reception for Deb in April and will send information out when plans are confirmed."

David A. Stark, President and CEO

Please join your alumni board in thanking Deb for her many contributions to nursing at UnityPoint Health – Des Moines!

Attention Class of 1975!

The Class of 1975 will have a get together during the Reunion Weekend, being held August 7 and 8. Stay tuned for more information on this fun event to celebrate 45 years of nursing! For questions or suggestions on a gathering place in the Des Moines area, please email Marti or Val:

Marti Christensen
marti114@yahoo.com

Val Tuel
vatuel@aol.com



Fun In Our
Facebook Group

Click
here!



2020 Reunion Weekend Schedule: August 7 & 8, 2020

Please join other IMSN alumni during our reunion weekend activities.

FRIDAY, AUGUST 7, 2020

12 Noon Potluck Luncheon to be held in the Kelley Conference Room, Research and Education Center, Ground Level. (See directions for parking below.) Sponsored by the UnityPoint Health – Des Moines Foundation. Members of the 50-year class do not need to bring a potluck item.

SATURDAY, AUGUST 8, 2020

9 a.m. Continental Breakfast & Medical Center Update sponsored by the UnityPoint Health – Des Moines Foundation and hosted by Caleb Hegna, IMSN Liaison. Spouses are welcome. (RSVP on reservation form required.)

Event to be held in the Kelley Conference Room. (Enter hospital parking ramp from Pleasant Street; drive straight ahead and park in the south side of the parking ramp. Take the south elevator down to ground level. See map at bottom of this page.)

Medical Center Tour to follow (Dorner-Villeneuve Simulation Education Center; Pediatric Therapy Department; Emergency Department/LifeFlight). Please indicate interest on reservation form.

12 Noon 50-Year Class Luncheon (Members of class of 1970 only.) Sponsored by the Medical Center Administration and hosted by Nursing Leadership.

Event to be held in Classroom No. 3.

6 p.m. Homecoming Banquet Reception **6:30 p.m. Dinner**

Class of 1970 — Reservations for class members are complimentary. Cost for all others is \$30/person. Spouses are welcome. (RSVP on reservation form.)

Kelley Conference Room, Research and Education Center, Ground Level.

Professional Photographer: The Class of 1970 is scheduled to be photographed at 6:15 p.m. The photographs will be ready for you to take home at the end of the evening's festivities. If you would like a group picture taken, please talk to the photographer at the banquet to make arrangements.

HOTEL RESERVATIONS

Rooms: A block of rooms has been reserved at the Des Moines Downtown Hilton, located at 435 Park Street. Ask for the IMS/IMSN Reunion rooms. Reservations must be made no later than July 7, 2020.

Book Online: [Hilton Des Moines Downtown](https://www.hilton.com/en/hi/groups/personalized/D/DSMDIHH-IMS1X-20200801/index.jhtml?WT.mc_id=POG)

https://www.hilton.com/en/hi/groups/personalized/D/DSMDIHH-IMS1X-20200801/index.jhtml?WT.mc_id=POG

Rates: Single or double: \$139.00 per night;
triple: \$154.00 per night; quad: \$169.00 per night.

Parking: Self-parking is \$18/day; valet is \$25/day; ramp near hotel is \$10/day.

Shuttles: Transportation to the Research and Education Center is available from the hotel and back, and is provided at no additional cost. However, the shuttle should be scheduled on the day of travel.

Directions to Downtown Hilton: From the south: Follow I-35 north to I-235 east. Follow I-235 east to exit 8A Downtown Des Moines/Iowa Event Center. Take a right onto 5th Avenue, the hotel will be on the left.

From the North: Follow I-35 south; continue on I-235 to exit 8A Downtown Des Moines/Iowa Event Center. Take a left onto 5th Avenue. The hotel will be on the left.



RSVP Form

I will attend the following events during the Reunion weekend:

Please check:

		# Attending
<input type="checkbox"/>	Aug. 7 Noon Potluck Luncheon in the Kelley Conference Room	_____
<input type="checkbox"/>	Aug. 8 9 a.m. Continental Breakfast & Medical Center Update	_____
<input type="checkbox"/>	Aug. 8 Medical Center Tour, following Breakfast	_____
<input type="checkbox"/>	Aug. 8 6 p.m. Homecoming Banquet Kelley Conference Room, Research and Education Center, Ground Level. Members of the Class of 1970 are complimentary. Cost: \$30/person for spouses/significant others and all others	_____

2020 edition of the IMSN Alumni Directory
Cost: \$7.00 each. To be picked up during weekend. Add \$3.00 if you wish to have it mailed to you.

I require a wheelchair in order to attend.

NAME _____ YEAR OF GRAD. FROM IMSN: _____

NAME AT YEAR OF GRADUATION FROM IMSN _____

ADDRESS _____

APT _____ CITY _____ STATE _____ ZIP _____

NAME OF GUEST _____

_____ Banquet reservations at \$30 each \$ _____

_____ Do you need a gluten-free meal? _____

_____ Copies of 2020 IMSN Alumni Directory at \$7 each; \$ _____
directory postage, if applicable, at \$3

Total Amount Enclosed: \$ _____

BANQUET RESERVATIONS MUST REACH CHRIS PARKER BY MONDAY, JULY 20, 2020.

Mail to: Chris Parker, Treasurer, Iowa Methodist School of Nursing Alumni Association
9589 NE 28 Ct. Ankeny, IA 50021 PH: 515-964-3790

>> Continued: Unprecedented times with COVID 19

masks are not considered PPE (personal protective equipment) by the CDC, as no testing or evaluation has been done. If a homemade mask is used it is advised to also utilize a wrap-around face shield.

What we can do to help flatten the curve and protect ourselves and others:

- STAY HOME!!!
- WASH YOUR HANDS!!!
- If you must go out, make only necessary trips.
- Keep a distance of 6 feet between you and others.
- Limit time spent with others to 30 minutes or less.
- Limit your time taking in all the media sources and news bulletins; you need pleasantness in your life, too.
- If you need to connect with someone because of symptoms of depression or panic, consider texting HOME to 741741, and you will be connected to a Crisis Counselor (it works, I tried it!).
- If you have internet access and know-how, the CDC website is very informative! ([CDC.gov](https://www.cdc.gov)).

• Treat yourself well: Eat healthfully; exercise (get out and take a walk, if even just around the block); hydrate (water, teas, juice); limit alcohol; sleep 7-8 hours every night; stay connected to friends and family by text, video chatting, phone conversations and emails; and if you are a believer, pray as if your life and the lives of others depend upon it ... because they do!

All nurses have seen so much in their work lives! Personally I have never experienced nor seen such devastation as this. I have been taking my own advice and reminding myself many times a day that this too shall pass, and that, at least for me, there will be several take-home messages that I have promised myself to do when our world is once again set right-side up!

Be Well!

Becky McKay (Butters, Class of '83) RN, MSN

Cut form out.

SUPPORT YOUR ALUMNI ASSOCIATION — ORDER FORM

NAME _____ YEAR OF GRAD. FROM IMSN: _____
 NAME AT GRADUATION _____
 ADDRESS _____
 APT _____ CITY _____ STATE _____ ZIP _____
 TELEPHONE _____ EMAIL _____

ITEM	QUANTITY	PRICE EACH	POSTAGE	TOTAL COST
History Book		\$15	\$5	
2020 Directory		\$7	\$3	
Donation to Alumni Association				
Total:				

Make checks payable to the IMSN Alumni Association.

Send payment to:

Chris Parker, Treasurer, Iowa Methodist School of Nursing Alumni Association
 9589 NE 28 Ct. Ankeny, IA 50021 PH: 515-964-3790

IMSN Legacy Education Grants Application

The IMSN Alumni Association Board is proud to introduce a new and exciting grant application program to direct descendants of our alumni. Our purpose is to support direct descendants of IMSN graduates who wish to pursue a career in nursing and honor the alumni's influence on these descendant career decisions. This new program will be an addition to our current alumni scholarship program.

Direct descendants are defined as children and/or grandchildren, natural or legally adopted, who are pursuing a career in nursing and have completed at least one year in an accredited nursing program. Application deadline is June 30, 2020. Grants will be awarded for the fall semester of the 2020 school year.

If you have an interested descendant:

Email Chris Parker, IMSN Alumni Treasurer, with the subject line "LEGACY SCHOLARSHIPS."

Christine.Parker@UnityPoint.org

Applicants will need to submit:

- Proof of the relationship
- Proof of completion of at least one year of nursing school
- A 500-word essay relating how the IMSN alumni relative has influenced your decision to pursue nursing as a career

Send your completed application and written essay to:

Chris Parker, IMSN Alumni Treasurer
Iowa Methodist School of Nursing Alumni Association
9589 NE 28th Court
Ankeny, IA 50021
Christine.Parker@UnityPoint.org

Annual Reunion: Challenging Times Require Change in Plans

Hello to all of our alumni! This year has presented our country and world with an unprecedented medical crisis — the Corona virus.

As you are all aware, large gatherings have been prohibited in an effort to prevent spread of the virus and to help with flattening the curve of infected persons rate.

Because the date of our annual reunion falls at the tail end of the projected time of possible viral activity and spread, we have decided to change the date of our reunion and banquet weekend to August 7th and 8th, 2020.

You will find the registration form in this edition, which includes information about hotel and transportation to and from the hospital complex. It is our sincere hope that August will bring a quieting of the virus, a return of our normal activities and travel so that we can proceed with our annual celebration of Iowa Methodist School of Nursing graduates, especially honoring our 50-year class of 1970.

As nurses, whether working or retired, we have an important role to play in our communities during this time — to serve as role models, to teach others and to support the directives from our health officials on hand washing, social distancing and self quarantine, when necessary. Nurses make a big difference! Thank you!

It is the sincere hope of your alumni board that each of you and yours remain safe and COVID 19-FREE. God's speed, and we hope to see you in August this year for our annual reunion!

IMSN Alumni Association



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Des Moines, Iowa 50309

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IOWA METHODIST SCHOOL OF NURSING ALUMNI PUBLICATION

Mark Your Calendar



TRANSCRIPT INFORMATION

Transcripts from both Iowa Methodist School of Nursing and Iowa Lutheran Hospital School of Nursing may now be secured from:

University of Iowa
Registrar's Office
One Jessup Hall, Iowa City, IA 52242
319-335-0230
Fax: 319-335-1999

CONTACT US

We want to stay up to date with you. To update your address, report a death or provide feedback, you can reach the UPH Foundation (our sponsor) at **515-241-6304**.

IN THE NEXT ISSUE

Reunion Weekend Recap
Other Alumni Happenings