



Swedish
Covenant
Hospital

SPRING 2011

THE *Caring* TIMES

A SWEDISH COVENANT HOSPITAL PUBLICATION FOR ALUMNAE OF THE SCHOOL OF NURSING

Dear Nurse Alumnae,

Swedish Covenant Hospital is 125 years old! The hospital, and nursing in particular, has seen its share of changes and fascinating advancements throughout its history. Twenty-five years ago, when the hospital celebrated its centennial, staff leaders met to look at patient programs for the future. Even in 1986, a good bit of what we learned as nursing students was outdated. Since then many more changes have taken place.

For example, in wound care, we SCH graduates remember when “treating” decubitus ulcers and wounds meant packing them with sugar, using wet-to-dry dressings to debride them, and often making patients sit or lie on “donuts.” Ostomy patients used a lot of dressings, and we had to struggle to protect the skin. Now the hospital has a Wound Care Center and two enterostomal therapists to serve and educate patients.

Diabetes, which is so routinely treated today, was regarded very differently when most of us were young nurses. We knew about some important things: the discovery of insulin in 1921, two types of diabetes identified in 1935, oral medications in 1950, and urine strips in the 1960s. Now, in addition to modern treatment of diabetes in the hospital, Swedish Covenant has a Diabetes Community Center, where patients learn nutritional management, exercise, lifestyle improvements and blood glucose monitoring, taught in both English and Spanish. Innovative technologies such as the insulin pump also are provided.

In the mid-1950s, the use of radiology to screen women for breast cancer began. Mammography started in 1960, but it was 1969 before the first x-ray units dedicated to breast imagery were used. By 1976 mammography had become a standard practice. Today, mammograms are part of Swedish Covenant’s community cancer education programs. SCH is proud to offer free mammograms to those who cannot afford the cost, through funds raised by the SCH Foundation.

(continued on next page)



Dear Nurse Alumnae *continued from page 1*

Pain management has also changed substantially. Pain is now called “the fifth vital sign.” We remember when pain control was defined as following the doctors’ orders and giving the pain medications on time. Now, we have pain specialists. We also see the importance of treating the whole person, who may be experiencing various types of pain, including acute, chronic, emotional and others. Nurses are now members of a team of health practitioners who treat a person’s pain with such things as TENS units, biofeedback, and hypnosis, as well as opioids, non-steroidals, and other medications.



During our days in nurses’ training, we studied and worked “on the floors,” knowing nothing of such educational options provided today. The nursing department today is constantly sending nurses to conferences, as well as bringing in nursing educators to present new trends in nursing. With a goal of learning and implementing best practices in nursing, an array of specific issues are addressed and discussed, often relating to nursing ethics, pain management, infection control, patient education, and new accreditation standards.

Although our school no longer exists as a separate entity, we can celebrate the contributions of nursing to the history of our hospital. At our 2011 Alumnae Luncheon, we will again come together for a joyous reunion and honor the five-year classes. At the same time, we can remember our past as part of the 125th anniversary of Swedish Covenant Hospital. The luncheon will be on June 25th, at the Doubletree Hotel, Skokie, Illinois. Please come to celebrate the ever-changing story of nursing with the past and future of our own hospital.

Phyllis Anderson
Class of '65

Nursing Exhibit on Display at North Park University

The exhibit *Tradition of Care: the School of Nursing – from Swedish Covenant Hospital to North Park University* is on display through the summer of 2011 on the campus of North Park University in the Archives exhibit area in the lower level of Brandel Library. *Tradition of Care* will trace the history of nursing education that began at the Home of Mercy in 1899, continued at the Swedish Covenant Hospital School of Nursing until 1969, and has flourished at North Park University ever since. The exhibit will feature photographs, artifacts, and ephemera from the North Park collections along with items on loan from friends of the nursing program, including Swedish Covenant Hospital.

Your Scholarship Dollars At Work

2010 scholarship recipients: Neal Johnson and Kari Nelson



Neal Johnson is related to Doris Everett (Class of '48) and Shirley Klint (Class of '51). The son of missionaries to Guatemala, he applied to one college, North Park. While playing on the "Ultimate Frisbee" team, he has been able to maintain his grades. His favorite courses have been Human Physiology and Pathophysiology.

In addition to his North Park life, Neal has worked as a camp counselor and video technician at Covenant Harbor Bible Camp. He currently works at Children's Memorial Hospital as a student nursing assistant.

His nursing philosophy is based on developing a caring relationship with patients and their families, a relationship founded on compassion and the dignity and worth of the individual. (Neal has seen how "some nurses do not give their best care to 'difficult' patients"). He believes that through God's love and example we are empowered to establish the kind of relationships in which he believes.

Neal's dreams include returning to Guatemala for several years. A class trip this Fall includes finding out possible short-term missionary assignments. After graduation and becoming an RN, he hopes to work at Children's Memorial Hospital in the Intensive Care Unit, and would like to later return to school and become a Certified Nurse Anesthetist in Pediatrics. Neal sees his philosophy of nursing acted out in establishing a caring relationship with the children facing surgery and their parents.

Kari Nelson is related to Verna Fogel (Class of '40). A lifelong Midwesterner, she is preceded at North Park by her parents, brother and members of her extended family. Kari is a runner, currently specializing in half marathons. After starting at North Park with a biology major she received some wise counseling and transferred to Nursing. She says that nursing is "much more rewarding" and is grateful to some excellent nursing professors.

After working as a lifeguard, in retail, and at three Covenant Camps, Kari is currently working as a Patient Care Technician at Glenbrook Hospital. She prefers the night shift, which she finds to be "more relaxed and gives you more time to talk with the patients."

Kari describes her philosophy of nursing as a way of taking care of others, "following Christ's model of compassion and love." Her dreams include getting a nursing job in the Chicago area and doing some short-term missionary work.

Make plans to join us for the 2011 SCHNAA Reunion!

Continental breakfast, Chapel service and tours at SCH. Luncheon at the Doubletree Hotel in Skokie.

Celebrating the classes of 1936, 1941, 1946, 1951, 1956, 1961 and 1966.

See details and RSVP form in this newsletter.



Swedish Covenant Hospital welcomes the Chicago Back Institute

Last summer Swedish Covenant Hospital opened the Chicago Back Institute to meet the growing demands for back and spine care in the community as baby boomers begin to age. As you may know, back pain is more than just a medical condition — it interferes with your daily life and can be as painful and debilitating as a chronic illness. At the Chicago Back Institute (CBI), the physicians, therapists and staff understand and recognize your desire to regain control of your life and normal function as soon as possible. With a strong focus on motion preservation procedures and techniques, they are dedicated to helping you restore stability while preserving natural motion.

In keeping with Swedish Covenant Hospital's patient-centered philosophy, CBI carefully considers each patient's personal preference for care, age, lifestyle, activity level, symptoms and pain before determining the proper treatment plan. They view aggressive surgeries as a last resort in favor of less aggressive or complementary procedures when appropriate, and when surgery is the most beneficial treatment, they offer advanced, innovative procedures with high skill and quality.

Chicago Back Institute's physicians are board-certified neurological surgeons recognized as national and international

experts in spinal care. In addition to patient treatment they have been extensively involved with the development and teaching of new, innovative procedures.

The field of neurological surgery encompasses conditions affecting the spine, back, neck, arms and legs, and nervous system. The Chicago Back Institute specializes in diagnosing and treating degenerative disease of the spine, herniated disk, neck pain, myelopathy, pseudoclaudication, sciatica, scoliosis, stenosis, Tarlov cyst and many other conditions and symptoms. For a complete list, go online and visit <http://swedishcovenant.org/medical-services/technology-9>.



The team (from left to right): Dr. Daniel T. Laich, Carol Talisse, Dr. Jerrel Boyer, Dr. Fred H. Geisler

Update: Virginia M. Ohlson Scholarship Fund

We would like to thank all who responded to Swedish Covenant Hospital's annual appeal letter with a gift towards the Virginia M. Ohlson Scholarship Fund. As you may recall from the letter, as well as from the previous Caring Times, Virginia graduated from SCH Nursing School in 1937 and went on to do extraordinary works in nursing on both national and international levels. Upon her passing in April 2010, she left behind a love for Swedish Covenant Hospital, which we alumnae share, and a legacy of learning, teaching and caring.

To date, there have been 46 SCHNAA members who have generously made tax-deductible donations towards this fund. The scholarship fund provides much needed financial assistance to current staff nurses who wish to enhance their knowledge and careers through pursuit of advanced nursing degrees. Betty Johnson (class of '47) stated, "I loved and admired Ginny as my babysitter, Sunday school teacher and friend. This, combined with the bond we shared of being Swedish Covenant Hospital Nursing Alumnae members, made me to want to show my support."

There are various ways you can help in growing this fund. For some it might make the most sense to make an outright gift. Others might prefer to simply set up a charitable gift annuity, which provides the donor with an income stream at a higher percent than that of certificates of deposit. Yet another way would be through a bequest, which would provide for this fund through one's estate upon passing. If you are considering partnering with SCHNAA and Swedish Covenant Hospital in supporting this wonderful cause, please get in touch with Cam Johnson, of the SCH Foundation, at (773) 989-6256 or cjohnson@schscho.org to discuss how you can help make a difference.



From the Desk of **Mary Shehan, RN** *Senior Vice President, Chief Nursing Officer*

What People are Saying about the Hospital's Magnet Designation

Recieving Magnet status from the American Nurses Credentialing Center last year is more than just a feather in the hospital's cap. It is a signal to the best nurses in the community, and the nation, that Swedish Covenant Hospital is a place where nurses do outstanding work, are recognized for their expertise and provide the highest quality patient care.

Since SCH's Magnet designation was announced, cards and letters of support and affirmation have poured into the hospital's Nursing Administration and executive offices from Magnet organizations, nurse recruits and community leaders from across the state and the nation. Danielle Piagentini, an outstanding SCH summer nursing intern, wrote one such letter to me saying, "From the second I stepped into the hospital's doors, I gained a sense of warmth, respect and belonging, which made coming to work feel like no work at all. I believe the attitudes of the staff here at Swedish Covenant truly reflect the hospital's values as a Magnet level facility, and a facility that prides itself on teaching high quality, patient-centered care. I am enthusiastic to continue my integration into the health care team here at Swedish Covenant."

In a recent letter to CEO Mark

Newton, Illinois Governor Pat Quinn wrote: "Quality healthcare depends upon nursing's training and knowledge. In becoming a Magnet hospital, Swedish Covenant Hospital has been recognized for its nursing excellence. This distinction is an affirmation of the significant contributions your nursing staff makes to the hospital's overall performance."

Letters like these reflect some of the benefits of being a Magnet hospital, including improved nurse satisfaction, recruitment and retention. In addition, they serve as reminders of the awesome achievement that SCH nurses will enjoy throughout the next three years, and keep them focused as they prepare for re-designation in 2014.

As we look to the future, we recognize the need for a formal process that addresses succession planning at all levels of nursing clinical leadership – from the bedside to nursing administration. In development this year is a New Graduate Residency Program. This program will prepare the next generation of nurses to assume key roles in our organization.



In Loving MEMORY

Pearl (Johnson) Grimwood '41
May 7, 2010

Joan (Anderson) Matson '56
October 31, 2010

Elsie (Anderson) Humphrey '45
February 17, 2011

Lorraine (Nelson) Gibson '45
September 19, 2010

Tina (Lautt) McKnight '65
December 9, 2010

Reseda (Matson) Nelson '38
October 7, 2010

Lillian (Wahlquist) Strom '46
December 31, 2010

Missing Alumnae

We continuously strive to keep our records accurate so that we can reach as many of our alumnae as possible with the newsletter, invitations, and other communications. The following is a list of alumnae for whom we have no contact information. If you have any information regarding these alumnae, please contact Cam Johnson, of the SCH Foundation, at (773) 989-6256 or cjohnson@schosp.org. Thank you for your help.

FIRST NAME	LAST NAME	MAIDEN NAME	DATE GRADUATED
Bernadine	Adams	Anderson	1943
Nancy	Alderson		
Donna	Anderson	Kossen	
Frances	Anderson		1953
Sue	Anderson		1964
Carol	Bennett	Shrum	1959
Patricia	Bolin		1966
Helen	Branthaver	Myers	1966
Lillian	Christensen	Stenmark	1939
Lela	Dean	Christenson	1955
Elizabeth	Dodsworth	Harper	1951
Marion	Erian	Yonker	1956
Pauline	Ferguson	Bard	1951
Peggy	Fullerton	Holm	1955
Alice	Garver	Vander Weel	1953
Margery	Grawberg		1946
Edith	Hitchington	Howard	1949
Sandra	Holton		1966
Barbara	Hull	Anderson	1955
Marie	Hunt		1940
Edna	Jenks		1937

FIRST NAME	LAST NAME	MAIDEN NAME	DATE GRADUATED
Genevieve	King		1963
Mary	Lee	Lundeen	1963
Lois	Leyson	Johnson	1950
Frances	Mayforth	Sobieski	1957
Harriet	Milton		1947
Dorothy	Peters	Bjur	1935
Bernice	Peterson		1940
Susan	Powell		1960
Linda	Reynolds	Disney	1963
Joan	Ryan		1955
Esther	Schuman		1944
Rose	Scott	Peterson	1939
Jeanette	Seaberg		
Pat	Sexton		1942
Irma	Smith	Nelson	1945
Evelyn	Stella		1939
Elaine	Tatman	Carby	1962
Peggy	Upstrom		1968
Patricia	Volz	Pullen	1950
Ruth	Wang		1948
Agnes	Willoughby	Kimble	1951



Swedish Covenant Hospital Nursing Alumnae Association
ANNUAL REUNION LUNCHEON
Celebrating the Class Years of '36, '41, '46, '51, '56, '61 and '66
SATURDAY, JUNE 25, 2011

8:30-11:00 am Continental Breakfast at SCH, English Room, Anderson Pavilion

Noon Luncheon at Doubletree Hotel, 9599 Skokie Boulevard, Skokie, IL 60077
For room reservations, call 847.679.7000. Room rate: \$109 before June 11

2011 SCHNAA LUNCHEON RESERVATION

Luncheon reservations must be received by Monday, June 20, 2011.

Name	Maiden	Class
Address	City, State	Zip
Phone	Email	
Guest Name(s)		

Amount enclosed @ \$30.00/person \$_____ *Missionaries are welcome as our guests.*

Reservations also accepted via email or phone by contacting Cam Johnson at cjohnson@schosp.org or (773) 989-6256. Payment also accepted at the Luncheon.

Please mark events you plan to attend in the morning of June 25.

- ☐ Breakfast and fellowship at 8:30 am (English Room in Anderson Pavilion)
- ☐ Chapel Service at 9:30 am (Chapel)
- ☐ Hospital Tours at 10:00 am (Departing from Chapel)

FYI, for those staying at the Doubletree, a shuttle service will be available for the morning trip to SCH and back to the hotel.

2011 SCHNAA DUES NOTICE

Name	Maiden	Email
Address	City, State	Phone

- ☐ \$30.00 Annual Membership (separate payment from luncheon)

Return this form to SCHNAA, Attn: Cam Johnson, 5145 N. California Ave., Chicago, IL 60625

THE *Caring* TIMES

is a publication of Swedish Covenant Hospital's Nursing School Alumnae Association and the Foundation Office.

Mark Newton, President and CEO

Editor: Cam Johnson

We try to be as accurate as possible with the information that we have available. Please inform us of any misspelled names or inaccuracies by calling (773) 989-6256. We value your input.

To learn more about the Hospital's current programs, upcoming events or to make a gift in support of Swedish Covenant Hospital, please call (773) 989-6256.

Please send any class notes or address updates to
Swedish Covenant Hospital
Foundation Office
Attn: Cam Johnson
5145 N. California Ave.
Chicago, Illinois 60625



Swedish Covenant Hospital



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