



Mercy Hospital School of Nursing Alumni Newsletter

Spring 2021

From Your President:

Happy Spring 2021! While the past year 2020 presented many challenges across the globe, it has been particularly difficult for healthcare. Nurses have been on the frontline and continue to play a vital role in the COVID-19 pandemic. Despite where we are in our nursing career, we were all able to make an impact as a nurse due to the education and high professional standards we received at Mercy Hospital School of Nursing. Let's keep up the good work! Lastly, I want to thank all the alumni who responded to our recent email and shared updates and fond memories of student days. I hope that you will enjoy taking a stroll down Memory Lane as you read this edition of the newsletter and reminisce on the memories that were made as we began our journey into the profession of nursing.

Stay safe and well! I hope that 2021 brings you and your loved ones many blessings!

Sincerely,

Corie (Greece) Schultheis



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MHSN Angels

Our deepest condolences



Name	Date of Death	Grad Year
Irene V. Yagmin	10/12/20	1941
Margaret (Prascak) Tracy	05/05/17	1946
D. Deanne (Tornblom) Gelis	02/08/21	1950
Elsa Jean Chiocchi	10/29/20	1954
Cecilia (Dacko) Pysh	01/24/21	1955
Caroline (Doo) Ryall Baierlein	02/16/19	1958
Nancy (McCartan) Walko	10/08/20	1959
Elaine (Morgan)Weithorn	09/05/20	1959
Patricia (Lee) Weinert	08/05/20	1959
Nancy Lolli	01/23/21	1967
Eileen (Mura) Hertweck	02/27/21	2008

Mercy Parish Nurse & Health Ministry Program

by Dorothy (Kornosky) Mayernik '67

Many nurses feel called to use their professional nursing skills to serve members of their churches as “Parish Nurses.” Please consider becoming part of this legacy program of the Sisters of Mercy, which honors the seven Sisters of Mercy who came to Pittsburgh in 1843. They became known as the “Walking Nuns” for their outreach, service, and healing ministry to the community as health educators, advocates, and counselors. Parish Nursing, now known as Faith Community Nursing, was founded by Rev. Dr. Granger Westberg in 1984. It is now recognized as a specialty nursing practice and international movement. Westberg observed how churches contribute to holistic health through worship, finding spiritual strength, motivating for change, and opportunities for fellowship, service, and when needed, to be served by others. Westberg saw nurses as the connection between faith and health. He observed that people often seek a nurse’s advice, and they benefit from the ongoing support, referrals, and resources that the nurse links them to. (Read more at www.westberginstitute.org)

Mercy established the Parish Nurse and Health Ministry Program in 1991 under the leadership of alumna Maria Boario '67. Now in its 30th year, they have provided consultation and resources to parish nurses from more than 1,000 faith communities of all denominations in the U.S. Parish Nurses can offer church members support, counseling, referrals, advocacy, BP screenings, visit the homebound, and coordinate volunteers to do outreach to parishioners. I was fortunate to be part of the Mercy PNHMP staff for 10 years until my retirement, and I started a Bethany Ministry at my church 20 years ago to reach out to the sick, homebound, and grieving. I can tell you it is very rewarding.

For more information, check out www.pittsburghmercy.org-faithcommunities or contact the Mercy Parish Nurse and Health Ministry Program office at 412-232-5815 or parishnurse@pittsburghmercy.org

News Shared

- ⇒ Joan (Galardi) Kolanay, 1950—Last year I became 90 years old and this year we are seeing our first great-grandchildren —2 boys! My husband is well at 92 years old.
- ⇒ Martha (Povich) Jennings, 1955—Misses Mercy Hospital School of Nursing – great faculty and campus.
- ⇒ Margaret (Scott) Jones, 1957—Retired for 23 years!!!
- ⇒ Patricia (Pasquerell) Aglio, 1958—I remember the class of 1958 loved hiking up to Schenley Park to sunbathe. Great times!
- ⇒ Annette (Russo) Castle, 1960—Worked in the OR in OH and in PA. Also worked on a medical floor for a while. Took care of a few people while retired-- one with Alzheimer's; a few with cancer.
- ⇒ Judith (Woodring) Locke, 1963—Retired
- ⇒ Karen (Huwar) Laraway, 1966—Retired Adult NP Endocrine.
- ⇒ Lynnette Trocki, 1966—Even though I am retired and not on the front lines, I am so proud of all the sisterhood of Nurses that are- including my daughter-in-law, Shannon, a NP in Illinois!
- ⇒ Colleen (Wagner) Bahr, 1978—Married for 42 years. 2 children, 6 grandchildren. Still working. Currently as Medicare Part A reviewer. Best decision ever made was MHSN.
- ⇒ Cheryl (Kania) Donofrio, 1978 – continues to practice within nursing home setting with a focus on infusion education.
- ⇒ Daniel Stairs, 1980 – Currently CRNA since 1988. BSN 1985. CRNA 1988. MBA 2004. MSN 2006. DNP 2006. Only 3 more years till retirement!!
- ⇒ Marlene (Hudak) King, 1981— sends prayers for all nurses and healthcare professionals as we faithfully practice and celebrate Florence Nightingale year.
- ⇒ Carol (Millich) Lescalette, 1981—I have worked in critical care, med surg and cardiac rehab, along with outpatient surgery and home health. I am presently working as a transplant case manager for an insurance company and also work on appeals.
- ⇒ Doreen (Reilly) Bonicky, 1984—Currently I am a healthcare consultant for a DC firm. I love solving complex healthcare problems. Everyday is a new challenge. Completing my MBA and DNP really opened doors to a career beyond traditional nursing roles. I love being a nurse.
- ⇒ Charlene Koehler, 1984—Senior Professional Care Manager at UPMC Passavant, teaching at CCAC, and reviewing charts for consulting. Loved my nursing training and would do it again in a heartbeat.
- ⇒ M. Christine (Vereb) Cassandro, 1991— Children's NICU Pediatric Surgery. Home Infusion, Home Care Hospice and Palliative Care. Retired July 2020 r/t disability MS.
- ⇒ Sheri (Campbell) Gongaware, 1992—went to work on the telemetry unit. Transferred to the Trauma ICU and worked there until 1994. Got married and moved to Tennessee for a year and then back home. Our oldest son was born in 1999. I put my career on hold for 16 years to be a Mom. Received my BSN in 2011 from Carlow and then my MSN-FNP in 2015 from Wheeling Jesuit University.
- ⇒ Deanna (Johnson) Matty, 1992— I am the spouse of an Army officer for 28 years. On return to Pittsburgh I am now working at the VA Hospital, University Drive, as RN in the Covid Testing Center in response to Covid-19.
- ⇒ Jennifer (Stoudnour) Nagg, 1992—I am the lead clinical research nurse coordinator for the University of Pittsburgh General Academic Pediatrics. We focus on acute care research and vaccine studies. Currently I am preparing for the first Covid-19 vaccine studies coming to Pittsburgh. I accomplished my master's degree in 2007.



Remember the kitchenette on the 6th floor?

News Shared (Cont'd)

- ⇒ Lisa (Pesanka) Christman, 1995—Married with 5 children. Working as a pediatric private duty nurse with same company for the last 14 years.
- ⇒ Sherry (Harper) Jaquay, 1997—I live in Florida, work in labor and delivery for over 18 years. Clinical Educator for La Roche. Completed BSN 2011 from the University of Tampa.
- ⇒ Deborah (Spence) Rinkas, 1998—Staff RN in operating room. Operating Room Manager for the last 5 years. I have been the OR Systems coordinator with a focus on reports, billing and auditing. Have two beautiful kids. Cassie just turned 18 and is starting UNCC in the fall. Our son, Nate will begin 8th grade. Married to Tom Rinkas for 24 years. He is also an alumnus from the early 90s.
- ⇒ Heather (Sickles) Rodebaugh, 1999—Worked on 7 McAuley and NCCU then worked in PACU. Worked at the waterfront in Same Day Surgery in PACU. Currently working in real estate and full-time mom.
- ⇒ Erica (Zezza) Gilligan, 2002—working toward MSN at Chamberlain University with focus on Population Health.
- ⇒ Kimberly (Klein) Hvozdk, 2003—I am the nurse educator in Jacksonville, Florida for DCI. I have worked in Dialysis setting since 2012. I have 4 children. The eldest is 19 and in the Air Force. My other 3 children are in 5th, 6th, and 9th grade. I have been married to my husband for 15 years.
- ⇒ Gina Hajduk, 2006— Former staff nurse at the Mercy Hospital Trauma Burn Unit. Former Manager of West Penn Hospital Burn Center.
- ⇒ Cassandra (Pickett) Hanks, 2010—Currently a Clinician at UPMC Passavant Cranberry in the ER. Obtained BSN from La Roche and in the process of finishing my MSN in education at La Roche as well.
- ⇒ Sarah (Fadok) Claus, 2014—I have been working in the NICU at West Penn since graduation. I have received my BSN from Carlow and intend on pursuing a master's degree in leadership and education at Carlow. I got married and started a family since graduation as well.
- ⇒ Sarah (Nevel) Jones, 2014—Currently Clinical Transplant Coordinator at UPMC Children's Hospital of Pittsburgh in the Abdominal Transplant Department. Prior position was NICU nurse at Children's for 5 years.
- ⇒ Mandy Burkett, 2015—Currently at UPMC Passavant working rehab. I have also worked in med surg and occupational health. Continue to focus on goal-oriented health and prevention. Have independent business focused on health and wellness.



We've carefully checked spellings of everyone's name against our records...so please let us know if we misspelled your name and we'll correct it in the Alumni Database. Please email Mercyalums@gmail.com with any corrections.

Alumni Memories

As a student working the night shift on 5E Ward, in the middle of summer, in a non-air-conditioned hospital, I can tell you it was a tough assignment. You came off that shift drenched and ready for bed—even wanting to skip breakfast and just strip off your uniform and hit the sack. But, add to my stress the task of reporting to Sr. Vincent, the Assistant Director of Nursing, the report from your department, to include the seriously ill patients, their names, ages, Dr's names and had the patients received the Rite of the Sick, any patients going to surgery, their names, Dr's names and what their surgery was to be. And, this ALL must be memorized—no reading from a paper. If you forgot one detail, you were told to go back over to the hospital, get the info and return to the back of the line of the students giving their reports. Well this particular morning, after a night of, I swear, working in a sweatbox of 90 degree temps. I go into Sr. Vincent's office to give my report, which I had said over and over to myself while standing in line in the hallway behind other students waiting to give their reports. I go into Sr's office and give my report. As I finished, I felt proud of myself, knowing that I had not forgotten anything. It was then that I became deflated, when Sr. Vincent looked at me with her piercing eyes and said "Miss Summerville (my maiden name), when are you going to do SOMETHING with that hair?? You see, I had no natural curl to my hair, and what body I did have from earlier in the day, had died about 5am. I stumbled, trying to explain why my hair was dragging but it didn't matter—she dismissed me. I was crushed, but got over it. That's just how Mercy Hospital School of Nursing was in those days!!

-Nancy (Summerville) Wallis '60

A memory I have is loving how my class was small to where we felt like a family. We held each other accountable and pushed each other to continue doing well. Having the "open door policy" with instructors was a breath of fresh air as well. If you ever need quick clarification on information or just need someone to talk to, they are always there to help and assist. Thank you.

- William Brody '18



Judy Lyons, Pat Kilmashko, Joan Michalski, Linda Marcus

Graduation Day 1967

On graduation day we wore our student uniforms for the last time at morning Mass in the School of Nursing Chapel. Then we attended a lovely breakfast that was prepared for us. Those uniforms were worn thin from three years of trips to the hospital laundry, torn and held together with adhesive tape. It was easy to rip them to pieces... and we did! Then we changed into those classy long-sleeve graduation uniforms and the beautifully starched Mercy caps perched on our heads. Legend was that Sr. Vincent ironed all the caps, but we don't know if that was true.

Since we were always assigned to our dorm rooms and clinical groups in alphabetical order, our best friends' last names are within a letter or two of our own last name. Needless to say, that system worked great for us!

-Pat (Kilmashko) Harkins '67

Becoming a nursing student at Mercy was a major life transition. In a short time, we learned how to care for the sick and dying, how to help with surgery (brain surgery for me), and how to care for mothers and their new babies. Meanwhile, we bonded with our fellow students and made some lifelong friends. It was a special time with many memories.

-Margaret (Shandor) Miles '58

I was class of 1969 and I loved being a student nurse on 2East ward. I remember the male patients tossing a rubber chicken bed to bed, as I struggled to miter those bed sheet corners perfectly for Miss McWhirter!

-Kathie (White) Trosch '68

Search your closets, albums, wherever you have your old pictures and memories!

Submit what you find to Mercyalums@gmail.com

We will add them to the newsletter, Facebook and/or the web site. Please remember to add names and years – Some of us have changed over the years!!

We wonder which class will have the most pictures posted each month!?

More Alumni Memories!

I was recently asked by my youngest brother if I ever felt confined, possibly "overworked", (think he was referring to "nights", weekends, classes, studies, etc.) and if I was lonely at Mercy? This brother was 8 years old when he came with my parents, and my footlocker, as I checked in on a blustery day in early September 1954. He saw the austere tall building on Pride St. was not home! I answered smilingly NO and then launched about gaining lifelong friends, bright colleagues, smart learning in class, clinical. Busy, but always with purpose. Never a boring moment, happy to complete, return for reunions, and keep memories alive to this day :)

-Pat Collins '57

One of my favorite memories being at Mercy was the lunchtime walks up to Duquesne to get some fresh air before heading back into lecture. We got to enjoy the summer weather while still being dedicated full time to becoming a nurse.

- Kahli Schultz-Smith, RN '19

My days at Mercy were filled with meeting new friends and learning about something I'm very passionate about. We had some amazing laughs with our teachers and got down to business when we had to.

- Jordyn Noullet '17

Confession - Sometime during our senior year (1963-1964) a few of my close classmates and I learned that "Dial M for Murder" would be the feature on the late night movie on TV that evening. As many of you will remember, we were to be in our rooms at 10 pm with lights out shortly after. We decided we wanted to watch the movie and knew the house mother, Kay, would never permit us to watch it in the Smoker (lounge) where the TV sat. So, we decided we would steal the TV, a big heavy console, and set it up in one of our rooms. That's exactly what we did. Someone made popcorn and this small band of miscreants watched the movie. During the returning of the heavy piece of furniture, Kay turned up on rounds. We were all in the smoker in the dark and the TV was sitting in the middle of the room. We told her we just couldn't sleep and a couple had quickly lit up cigarettes. She turned the overhead light on and never noticed the TV being out of place in the middle of the room. She told us to get to bed and went about her rounds. Once she was gone, we returned the TV to it's rightful place and went to bed. We were never caught, but who knows what might have happened had we been!

-Margaret (Peggy Powell) Prather '64

I spent most Holidays, or parts thereof, working in the nun's infirmary!!

-Judy Miller '59

I graduated from Mercy in '65 and I remember falling asleep in the lounge at the end of our hall the night of the day JFK was fatally shot in Texas.

-Mimi D. Stohner '65

For sure, I would not trade those years for anything. Another thing I remember is that we used to have a prom once a year, I think at the Webster Hall Hotel. Those were the days of strapless gowns and of course we were not allowed to wear them. Before we left the building we had to pass inspection with Sister Paulinus, the director of nursing. Several of us took a lacy half-slip, put it over our heads, tucked the elastic inside, and put a costume jewelry pin on to hold it in place. She thought we all looked so nice. As soon as we got outside off came the slips, of course, and there we were with our strapless gowns. Too bad I don't have a picture. By the way, Bobby Vinton was a student at Duquesne at the same time and he was in a band and that's who played the music at the prom.

Getting back to sneaking in at night, one of the girls in my class got caught sneaking up the back stairs and was immediately kicked out. When you think about it logically it sure didn't make sense. We were responsible for people's lives but we were treated like children with all of the rules.

One more story and I promise to quit! One night I was in Tootsie Van Jura's room after 10pm and the door was open. All of a sudden we heard Sister Paulinus's rosary beads clanging as she came down the hall. Now what do I do? Well I hid under Tootsie's bed and Sr. stops and says to Toots, "Miss Van Jura, is there someone in the room with you?" and she doesn't know what to say so I crawled out from under the bed with the dust bunnies over me. Apparently my feet were sticking out so Sr. knew someone was under there. We heard later that Sister really laughed after she left. Never mind the fact that I was like 20 years old.

-Antoinette (Sanctis) D'Alessandro '60

I completed my studies at Mercy in 1958 when it was a three-year program. I was hired as an assistant teaching beginning students with Grace Ammannito Scarsellato. I entered Duquesne University's nursing program and continued to teach at Mercy until I entered the nursing program at U Pittsburgh for my master's degree. I have always loved Mercy and my years there, both as a student and as a faculty member. And I will always have fond memories of my years there.

-Lorys (Fuge) Oddi '58

Loved seeing Sister Carolyn Schallenberger in the halls still keeping us in line on the floors at nearly 80 years old!

-Clay Soffel '12

Thank you for the work that you do for the newsletter. Here are my memories: I can't believe that it has been 40 years ago this year that I graduated from Mercy. So much has changed in my life since then. Memories include moving in to the dorms in 1979 - the year the Pirates won the World Series as we all watched in the lounge. The Steelers also won the Super Bowl for the 2 years we were there. I got married between the first and second year during our break. Fond memories of Sister Carolyn and the devotion she had to all of us. And graduation in 1981! My how things have changed in medicine!

-Dawn Thomas, RN, MSN '81

Where are they now?

Former MHSN Director, Alexis Weber

When I left Mercy I was not ready to stay at home and after great prayer found this job in the newspaper! Who would have thought. I wanted something different, and I was lucky they hired me (considering I was old and had no experience in the area). The Bread of Life Food Pantry began in 1989 after the flood to meet the needs of the Etna Community. It has never closed since that time, even during the pandemic. The decision to remain open reflected the values and determination of the board of directors and a core group of dedicated volunteers.

The pantry is a member of the Greater Pittsburgh Community Food Bank and is administered by a board of directors representing many local Presbyterian and Lutheran Churches. It is located in the basement of the Calvert Memorial Presbyterian Church in Etna. Services have now expanded to cover not only Etna and Sharpsburg but also the entire Shaler area. However, no one is ever turned away from the pantry. Hunger is not a geographical issue.

Before Covid, our families shopped for food inside our pantry using a market style approach. They were able to select their own food items. While they waited for their turn, we offered B/P screening by nurses, free legal assistance by an attorney, and health insurance information from several companies including UPMC. In March of 2020, in order to remain open and safe, we closed all inside services and delivered food boxes directly to the cars. Delivery for families with Covid and the elderly who feared going out was provided by the Etna Police Department!

We are eager to return to our full service pantry in the fall, if all goes well. For Thanksgiving we served 131 families and provided a \$25.00 gift card and a turkey dinner in addition to the usual distribution. For Christmas we provided 141 families with a ham, a \$25.00 gift card and \$100 in gift cards for each child to purchase gifts, in addition to the usual distribution. We served 100 families for Easter with a ham and a \$25.00 gift card + the usual distribution. Our families received 1 large box and 2 bags of non-perishable food items, 1 large bag of fresh produce, 1 dozen eggs, cheese, 1/2 gallon of fresh milk, margarine, 3+ loaves of bread and/or buns, 5 protein selections (chicken, fish, etc.), and 3+ sweets.

Our generosity was enabled by the tremendous outpouring of support from individuals from the local communities, the churches, the schools, local grocery stores and other organizations. It was and remains amazing!!

Shopping is provided 3 times a month:

10a-12p the 1st Wednesday of the month

1p-3p the 2nd Wednesday of the month

6p-8p the 3rd Wednesday of the month

The rest of the days are spent receiving deliveries, stocking shelves, packing boxes. Donations are received Tuesday morning from 9 to 11 am at the pantry located at 94 Locust Street in Etna. There is also a food drop off area at All Saints Church in Etna on Mon from 2-4, Wednesdays from 6 to 8 and Fridays from 10 to 12. Frequently you will see the Mayor of Etna there accepting donations!! This pantry is blessed with the support of the entire community and stands ready to serve all who call.

Donations may be sent to: Bread of Life Food Pantry
94 Locust Street
Pittsburgh, Pa. 15223



Self-care and the Year of the Nurse

By: Maureen (Melia) Chadwick PhD, MSN, RN, NE-BC 84'

It is certainly an understatement that 2020 and now 2021 have been designated as the year of the nurse by both the World Health Organization (WHO) and the American Nurses Association. The profession of nursing has demonstrated throughout this global pandemic: leadership, courage, bravery, grit, unwavering compassion and caring for the patients and communities we serve. It is now time for us to demonstrate rigorous self care. No matter how long you have been a nurse, nothing prepared us for these extraordinary experiences. The physical, emotional and spiritual exhaustion that nurses are experiencing around the country demand us to pause, reflect and look inward. A great majority of you are running on fumes and this is not sustainable---our physical bodies cannot run on a deficit of sleep and I know many of you are getting less than six hours of sleep/night. Our emotional selves cannot give what we don't have and our spiritual selves cannot hope if we are depleted. The great news is that we can and do have control over this! As nurses, you repeatedly make sure everyone in your personal and professional lives are cared for---now it's time to take care of yourself...you cannot give what you don't have! I ask that you consider filling out the "commitment to myself" below and then cut it out and tape it to your bathroom mirror---to remind you every day to fill your own cup first before you can fill anyone else's cup!

Today's date is _____

My Commitment to Myself

1. I commit to one extra hour of sleep every night.
2. My favorite activity, hobby, exercise, craft is _____
3. I will make a weekly appointment with myself for minimally 30 minutes to do the activity in #2 on a weekly or daily basis.

My Signature _____

Remember---self care is NOT selfish!!! You will be able to do so much more by nourishing your body, mind and spirit!! I wish you well and happy nurses month to all the amazing professionals of the MHSON!!



Florence Nightingale's Birthday is May 12th

Dear Mercy,

Jane Frances Hribal was my mother. She told me many stories about her days at Mercy. If I remembered them all I could write a book.

When I was about nine or 10 years old I was about to throw away a sliver of soap. She stopped me and told me about how they saved them all in nursing school. They'd mix them with water and use them as enemas! I didn't know what an enema was and the details horrified me!

Throughout her life she talked about her days at Mercy often. She remained friends with her classmates for years, and I know she missed them dearly when she moved to California in the early 1960s. Jane was diagnosed with pancreatic cancer in early 2000 and died later that year. I am her only child and I have no children. I am sending this to you to do with as you will! I can't have her class pin melted down. Perhaps a financially deserving student would accept it as I don't want to throw these items away.

My mom loved Mercy and I know she appreciated all she gained from attending. She loved being a nurse and was proud to provide such a high level of care.

Thank you,
Judy Amos

Alumni Board Projects

This year the Board members have been working to update the Alumni Database. This is a monumental task, but we're tackling it. Class lists prior to the year 2000 are typed in Word documents. Angela Balistrieri and Mary Ann Curley McDonough have been converting these lists to the Excel database. Our goal is to make our Alumni Database as complete as possible, with current addresses and emails. The email blast we sent out a few months ago got a fantastic response.

With all the wonderful memories, photos, and updates we received, we had to add 4 pages to the newsletter! If you liked this issue, send us an email at Mercyalums@gmail.com. Please keep those emails coming with information we can share in the next issue.

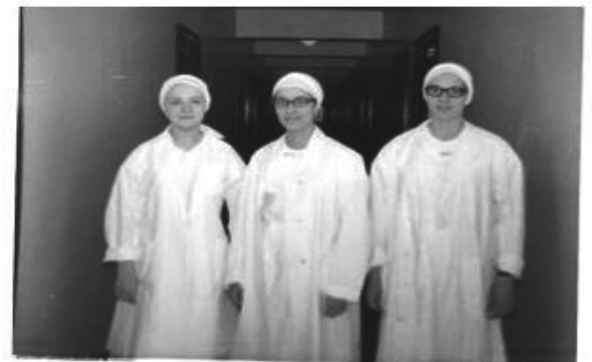
Also, there are opportunities available to serve on the Board of Directors and on special project committees. No traveling to meetings at MHSN required. With email and virtual meetings, alumni can take part from wherever you happen to be. Help us keep our Facebook posts active, help with the website, reach out to alumni to get current contact information, take a role in planning future in-person gatherings and fundraisers – which we hope will be soon. We're certain that there are a lot of good ideas out there, so please stay in touch with your MHSN Alumni Association!



• NOV • 55



Found a nun's veil in the dresser drawer so had to try it on!



NOV • 65

Remember those turbans for O.R. clinical experience?

Music to Their Ears

By Tanya M. Barras, BSN, RN, CMSRN

Let's talk about COVID-19, a term that has become all too familiar too us, and a part of everyday vocabulary. Just hearing the word "coronavirus" can trigger so many emotions, from fear to stress and uneasiness. This past year has been an exercise in extreme adaptation to the virus, with social distancing and constant masking becoming the new normal.

As cases of COVID-19 have skyrocketed over the last year, so has the stress on essential workers, particularly those with positions in health care. But as trying as it has been on the nurses, doctors and ancillary staff battling this global pandemic, imagine what it would be like to be a patient on a designated COVID unit. Not only would you feel isolated from your loved ones at a time when you need their calm reassurances and hugs the most, but each day would be a juggling act with your respiratory system. One minute you are normally breathing the air around you, and the next you may be receiving high powered oxygen through a large machine. You would feel weak, tired and fearful. Eventually, however, after multiple doses of IV antiviral medications and steroids you start to come back around and the possibility of being discharged starts to near.

UPMC Mercy's 5F Progressive Care has been a COVID unit for the better part of a year. Their team members have been in the trenches at the bedside, helping these patients through what may be one of the scariest moments of their lives. It is so incredibly rewarding when they see their patients reach their full recovery and one day get to say the most joyful and hopeful words to them: "You are going home today!"

For those that have made it through to the other side of this illness, no ordinary discharge process would do! Alicia Brown, care manager on 5 F, realized that our patients' home-going was a tremendous win and took the initiative to spearhead a special send-off when a patient is discharged from her unit. She started by joining with the staff members honking a bicycle horn and cheering for the patients as they were leaving. Eventually it grew to include a large, vibrant poster being held up that proclaimed the words COVID CHAMP! Soon, church bells donated from our chaplain were being joyously rung as the patients left. Finally, a giant bell with a rope that the patients could ring themselves to announce their victory over COVID was donated by Trish Macara's husband and installed next to the exit from the unit. It is affectionately called "The Macara Bell".

For those that haven't felt the experience of being a victim of COVID-19, a bon voyage with a cheering team members and ringing bells might not seem like that big of a deal. But to the patients on 5F Progressive Care, it is music to their ears.



Alumni Association Dues Renewal 2021

Please detach and return with your dues/donation

If you have already paid your dues for 2021 you do not need to submit this with payment again.

First Maiden Last Class

Address

Email address

Phone number

\$20 membership _____ Donation to: MHSN Alumni Assoc. _____ MHSN _____

Please make checks payable to MHSN Alumni Association and mail to:
MHSN Alumni Association, PO Box 53123, Pittsburgh, PA 15219

The Mercy Hospital School of Nursing Alumni Association awards annual scholarships to any alumni member who is pursuing an advanced degree in nursing. Applicant must be a member of the Alumni Association who has paid their dues for two years prior to submitting their application, be enrolled in a BSN, MSN, DNP, or PhD program, and submit a letter of need and a copy of enrolled courses as well as the cost of said courses.

To apply, please submit letter of need and course info to:

Michele Buraczewski, RN, MSN
MHSN Alumni Association
PO Box 53123
Pittsburgh, PA 15219



**Please connect with us on social
media and the web!**

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