

LIVING THEIR PURPOSE:

COLLEGE PATIENT CARE TECH TRAINEE PROGRAM HELPS STUDENTS TO LEARN, CONNECT, EXPLORE



MISSION

The mission of the Bon Secours Memorial College of Nursing is to foster holistic lifelong learning through innovative career education designed to cultivate servant leaders who are passionate about bringing people and communities to health and wholeness.

VISION

We will be the College of choice for those who consider caring to be a calling and a ministry inclusive of the needs of all people.

VALUES

As a higher education institution, we commit that our mission, vision and strategic direction are framed within these value statements:

COMPASSION — intentional engagement in caring practices that embodies a culture of respect, integrity and justice

QUALITY — commitment to education excellence that promotes lifelong intellectual, ethical and spiritual growth

SERVICE — cultivation of an attentive spirit that seeks to empower others in the co-creation of a just and caring world

GOAL STATEMENTS

CARING — Provide a framework for positively impacting society through culturally sensitive service to the global community.

1. Create opportunities for faculty, staff and students to provide culturally sensitive service to local, regional, national and international communities.
2. Cultivate an environment of respect, compassion and servant leadership that actively promotes and facilitates the development of servant leaders.
3. Embed the core concepts of ministry, mission and civic engagement into the curriculum and campus life.

LEARNING — Foster an environment designed to engage the learner in the development of a critical and creative consciousness.

1. Attract, empower and retain mission-focused students, faculty and staff committed to academic excellence and lifelong learning.
2. Provide a stimulating learning environment that excites curiosity, encourages creativity and integrates community commitment into the learning process.

TRANSFORMING — Liberate the potential of the College community by expanding individual and collective capabilities with respect to knowledge, discernment and growth.

1. Empower faculty and staff to reach their full potential through professional development and mission-related opportunities.
2. Integrate a variety of learning styles into the delivery of the curriculum to enhance the growth of the whole person.
3. Cultivate an understanding of the importance of the College within the Bon Secours Ministry — a Ministry of Education.

LETTER FROM THE VICE PRESIDENT

As with any higher education institution and especially as a nursing school, investing in our students' success is paramount. Our graduates provide care and comfort to patients and their families, and become mental health advocates and patient educators. They are the foundation of health care, and their well-being is integrally tied to their long-term satisfaction as a nurse. This year's annual report shines a light on the many ways we champion student success — academically, spiritually, emotionally — during their time at the College.

This support starts with our newly admitted students. Our nursing leadership rolled out a revised academic initiative called Boost, a workshop series created to give our sophomore students an additional layer of support in the first-year foundational nursing courses. Early academic strategies can yield improved performance, retention and overall success for these students just beginning their nursing coursework.

Another initiative specifically designed for first-year students is the Patient Care Tech (PCT) Trainee Program, featured on our cover. Established in 2022, this program aims to bridge traditional classroom nursing education with real patient care support at our hospitals, with students working as patient care technician trainees.



Melanie H. Green, PhD, RN
Vice President,
Richmond Higher
Education Institutions

Students learn valuable skills, connect with experienced nurses and staff, and can explore different units and paths to consider upon graduation. Read more about this exciting program on page 16.

Our Global Outreach program continues to provide opportunities for students to develop skills, become servant leaders and build empathy through mission trips to Dominican Republic and South Florida, among others. Senior students enhance their educational experience with independent study research projects and summer externships in

local Bon Secours hospitals under the guidance of registered nurse preceptors. We are proud of their academic success and professional development at this early stage in their nursing careers.

Finally, as we prioritize mental health amid the fallout of the pandemic, the Center for Student Success continues to be proactive in its mission to be a resource for students. Our professional advisors enrolled in a course to learn how to better identify mental health challenges and effectively provide support. Student Success Director Dia Lisner said their role “extends beyond academia, serving as a crucial bridge, offering empathy, understanding and reassurance to students in need.” It’s another reminder of how each of our roles can positively impact our students.

Delivering an exceptional educational experience that nurtures student development and growth benefits us all and goes a long way to sustain our students' careers before they enter the workforce. Recognizing this collective responsibility, we invite you to join us in embracing and overcoming the challenges — and celebrating the joys that contribute to student success.

Annual Report 2023

The Bon Secours Memorial College of Nursing's annual report is published by the Office of Student Affairs.

VICE PRESIDENT, RICHMOND HIGHER EDUCATION INSTITUTIONS

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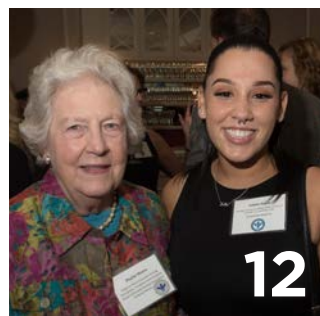
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FACULTY AND STAFF NEWS



Cabrera



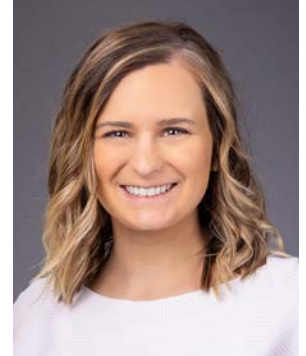
Fike



Mitchell



Shell



Slack

NEW FACULTY

Kiara Cabrera, MSN, RN, Instructor

Cabrera began her teaching role with the College this summer. Her nursing background includes medical surgical, progressive care, same day surgery and hospice. Cabrera says she is passionate about nursing education and is excited to be a steppingstone for her students' journey in becoming future nurses. She earned both her bachelor's in nursing and a master's degree in nursing education from South University. She teaches Competencies for Nursing Practice and Adult Nursing Science I Practicum.

Suzy Fike, MSN, RN, Instructor

Fike is a certified emergency nurse who earned a diploma in nursing from Bon Secours Memorial School of Nursing, a BSN from Virginia Commonwealth University and a master's in nursing from Liberty University. She has worked for Bon Secours for more than 15 years and has experience in emergency nursing, progressive care, women's health and nursing leadership. She teaches Competencies for Nursing Practice Practicum and Adult Nursing Science II Practicum.

Kelly Mitchell, MSN, RN, Instructor

Mitchell has 12 years of nursing experience that spans neurovascular neurology, brain injury rehabilitation and interventional radiology. She completed a Bachelor of Science in nursing from Marymount University and a master's degree

in nursing from Virginia Commonwealth University. Nursing is Mitchell's second career, following a bachelor's degree in economics from the University of Virginia. Her passion for health care emerged during her tenure in the Peace Corps. She teaches Adult Nursing Science I Practicum and Lifespan Health Assessment and Clinical Prevention Lab.

Anita Shell, DNP, RN, Assistant Professor

Shell has been a nurse for more than 20 years. She spent most of her nursing career in nursing leadership before transitioning to education. She taught Adult Nursing Science II Practicum last fall and now teaches Competencies for Nursing Practicum this spring. An advocate for the nursing profession, her goal is to assist and encourage new nurses to grow in their careers and improve the lives in our community. Shell earned both her bachelor's and master's degrees at Old Dominion University and completed her doctoral degree in 2019 from George Mason University.

Rebecca Slack, MSN, RN, Assistant Professor

Slack has been a nurse for more than 11 years, with her background mostly in obstetrics. She has worked in nursing leadership, education, staffing and as a traveler in many health systems in California, North Carolina and Virginia. She completed her undergraduate nursing degree at Radford University and completed her master's degree in nursing education from Point Loma Nazarene University. She teaches Behavioral Health Across the Lifespan, which began this spring.



Suders



Auguste

**Carrie Suders, PharmD, BCPS,
Clinical Associate Professor**

For the past 13 years, Suders has been an emergency medicine clinical pharmacist with Bon Secours, practicing at St. Mary's Hospital and three of the free-standing emergency departments. Suders received her Doctor of Pharmacy from Ohio Northern University and went on to complete two years of residency specializing in critical care. Suders teaches Pathopharmacology I and II.

NEW STAFF

**Tony Auguste, BS,
Administrative Assistant**

Auguste joined the student affairs team as the administrative assistant last spring. He graduated from the University of South Carolina Upstate in 2022 with a degree in nonprofit administration, computer science and writing. Prior to joining the College, Auguste was working in admissions at his alma mater, gaining valuable experience in the field of higher education.

**Catherine Mays,
Faculty Operations Coordinator**

Mays comes to BSMCON from St. Mary's Ambulatory Surgery Center. For the last six years, she served as the Center's business office manager, supporting patients and employees. She has a strong background in project management and corporate budgets as well as experience in accreditation and regulatory standards.

**Melanie Miller, MSN, RN,
Simulation Technical Specialist**

For 23 years, Miller has worked in academia, teaching pre-licensure paramedic and nursing

programs. She worked previously in critical care and the emergency department. Miller received her nursing education from the Reading Hospital School of Nursing in Pennsylvania and her master's degree in nursing from Bowie State University.

**Chamberlayn Rowland,
Admissions Assistant**

Rowland joined the admissions team for both BSMCON and SOMI last February. She previously served as an administrative assistant at McGuireWoods LLP and worked as a nursing assistant and phlebotomy technician in the health care industry for eight years. Rowland works closely with the admission team's recruiting and admissions specialists to handle admissions inquiries and assist with application processing.

**Chantel Stevenson, MHA,
Academic Operations
Coordinator**

Stevenson is the new academic operations coordinator, providing essential support to faculty, staff and students in Academic Affairs. She brings a wealth of experience in onboarding, compliance monitoring, administrative support and project management from her time as a program coordinator at Johns Hopkins Health System nursing education department. She earned a Master of Healthcare Administration from Winston-Salem State University and a bachelor's degree in health science from VCU. Stevenson is no stranger to Bon Secours; before pursuing her master's degree, she served as a monitor technician at Bon Secours Memorial Regional Medical Center.



Mays



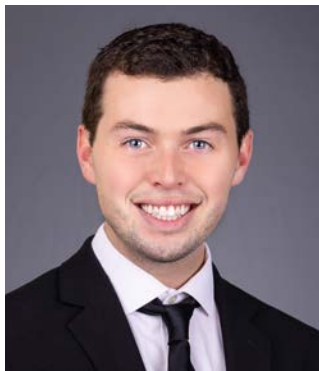
Miller



Rowland



Stevenson



Tolbert

Garrett Tolbert, BS, Student Services Coordinator

Tolbert joined the team last fall from Liberty University and EZC Study Abroad, where he facilitated academic travel and study abroad programs while honing his communication, problem-solving and program coordination skills. In his new role, he will support activities and organizations, manage special projects and events, and serve as a student advocate. He earned a bachelor's degree in integrated marketing communication from the University of Mississippi.

NEW ROLES

Dayna Scarberry, MEd, assumed the role of alumni relations coordinator after Jane Castelvechi's retirement last summer. She joined the College in 2020 in the Center of Student Success, where she played a vital role in advancing numerous initiatives, including the Little Hope Pantry.

Erica Stubblefield, MEd, is the new assistant director for the Center for Student Success. She has managed Peer Academic Advising Services (PASS), College Ambassadors, Peer Buddy Mentoring program and the Little Hope Pantry, in addition to her advising responsibilities. Stubblefield also serves on the Justice, Equity, Diversity and Inclusion committee and participates in the Emerging Leaders program of the National Academic Advising Association.

Alyssa Woodle, MEd, accepted a position with the Center for Student Success team as a student success advisor after completing a Master of Education from Liberty University last May. Previously, she was in a student success coordinator role with the Office of Student and Alumni Affairs.

PUBLICATIONS

Assistant professor **Marcella Williams, DNP, RN**, published an article titled, "Nursing Care of Patients with Hemochromatosis" in the February 2023 issue of MEDSURG Nursing.

Faculty members **JeanMarie Digges, MSN, RN** and **Kathy Faw, MSN, RN**, were published in the July/September 2023 issue of the Journal of Christian Nursing. Their article, titled "How Does a Course on Global Service-Learning Impact BSN Prepared Students?" appeared in Vol. 40, No. 3.

Adjunct faculty member, **Wendi Liverman, PhD, RN**, co-authored an article published in the Journal of Addictions Nursing in January 2023 titled, "Nurses' Attitudes Toward Patients Who Use Cannabis: Does Legal Status or Care Setting Matter?"

PRESENTATIONS

Associate professor **Brian Baird, PharmD, BCPS**, presented a "New Drug Update" to the Virginia Society of Health System Pharmacists at the spring seminar in April 2023.

Associate professors **Robin Whelpley, PharmD, BCPS** and **Brian Baird, PharmD, BCPS**, presented a poster at the National Next Gen Learning Conference in February 2023, titled "Didactic Information to Patient Application: Pharmacists as Part of Interdisciplinary Nursing Practicum."

RETIREMENT

Jane Castelvechi, BS, alumni relations coordinator for Student Affairs, retired at the end of August after a 40-year career with Bon Secours, with the last four years here at the College, helping to develop our alumni relations program. Read more about her long tenure and commitment to the Ministry on page 8.



Scarberry



Faw



Stubblefield



Liverman



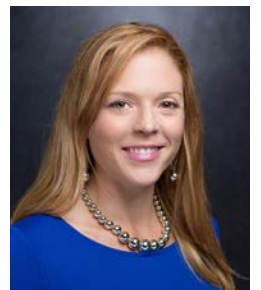
Woodle



Baird



Williams



Whelpley



Digges



Castelvechi



A LEGACY OF GOOD HELP: Jane Castelvecchi's Journey Into Retirement

In the heart of Bon Secours, Jane Castelvecchi quietly became a steadfast presence, dedicating nearly four decades to the pursuit of compassion and care. Her journey began as a clerk typist in the social services department at Richmond Memorial Hospital and would conclude at the College, building a lasting connection between alumni and students.

Castelvecchi's path weaved through various roles within nursing services. From her early days as a staffing office clerk to her tenure as an administrative assistant, her commitment to the mission of Bon Secours was ever present. Her journey took an unexpected turn when Richmond Memorial Hospital relocated to Hanover County. Amid this shift, she played a vital role as a member of the relocation team, transiting into administration, where she served as an executive assistant directly supporting the CEO. Her dedication to the organization's leadership exemplified the trust and respect she had earned within the Bon Secours community.

In 2019, a new chapter began when Castelvecchi accepted the role of alumni relations coordinator at the College of Nursing. Over the course of four years, she nurtured the connections between the College and its former students, helping to build the alumni program we see today.

Throughout her journey, Castelvecchi was profoundly impacted by the colleagues and mentors who guided her. The chief nurse executives across the region left a lasting mark on her, inspiring her with their work ethic and commitment to excellence. The Governance Office, which she collaborated with to handle board activities, introduced her to the community members who generously dedicated their time and talents to uphold Bon Secours' missions, vision and values.



Nursing school is a formidable journey. It is a path paved with small steps, taken one day at a time. You will make a huge difference in the lives of people that are at their most vulnerable; be very proud of that and yourself.

Yet, it is the everyday moments that she holds closest to her heart. Each day presented new challenges and opportunities to make a difference. One poignant memory that stands out is her compassionate assistance to a patient who arrived at the emergency department with a beloved canine companion that was in need of care. Through her efforts she ensured that both the patient and their faithful pet found solace during a challenging time. Another cherished moment was the heartwarming wedding held in the hospital chapel for the daughter of a critical care patient. These instances epitomized Castelvecchi's belief in the importance of going the extra mile to create a warm and empathetic environment.

Awards and accolades followed throughout her remarkable career, including the prestigious Designated Service Award from Memorial Regional Medical Center. However, the true measure of success was found in the smiles of those she helped. Her legacy is not one of grand gestures, but of consistent support for anyone in need. Being a part of Bon Secours meant embodying the spirit of "Good Help" in every task no matter how small, and it was in this spirit that she left an enduring mark on the institution and all those she encountered.

STAFF SPOTLIGHT: Erica Stubblefield, MEd, Assistant Director of Student Success



When students and colleagues think about Erica Stubblefield, they describe her as selfless, honest, compassionate and someone who values humanity. Stubblefield joined the College more than five years ago, during which time she shepherded various crucial programs including PASS (Peer Academic Advising Services) and College Ambassadors. Last year, she co-founded the Little Hope Pantry, a free resource for food and more, with Dayna Scarberry and created the Peer Buddy Mentoring initiative.

Stubblefield has always enjoyed working with young adults through youth activities and youth development. This interest led her to higher education. While working in admissions for another local university, she created a trial mentoring program. “This is what helps people feel connected ... doing things where you can interact with someone on an individual level,” Stubblefield said.

Seeking a smaller environment in higher education, she immediately connected with the vision and mission of the College. She accepted an advising position because she valued the student-centered focus and wanted to be part of change in a positive way. Stubblefield said, “I like that I can think big and share ideas with my boss and various leaders, and how that will impact the greater good.”

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Stubblefield believes we all have a purpose, whether it's fully realized or not. “Part of my work is helping students realize their purpose in some capacity. Our part of their journey is very much intertwined.”

Stubblefield is an excellent example of living one's purpose. She's in her second year of the Emerging Leaders Program within the National Academic Advising Association, where she also serves as the regional chair of the Mentoring Program. Her talents extend beyond leading and advising — she has played a pivotal role on the Justice, Equity, Diversity and Inclusion (JEDI) committee at the College. When asked why she felt led to be a part JEDI, she said, “As a person of color, one of the things you ask yourself is, ‘Do people really value what I have to say because of who I am or because of how I look?’ I expressed interest in JEDI because it impacts my life and how I am impacting that voice at work.”

At the College, she helps future nurse professionals enjoy the learning experience, grow in their confidence and feel supported along the way. What's her advice for students as they move through their professional journey? She said, “Don't drive to just move ahead. It's not as fulfilling as people think it might be. When you really can dive into the work and find out what you really enjoy, let that inform where you want to go.”



Assistant Professor Dawn Cullison, MSN, RN

Faculty Focus

Q. Tell us about your purpose as an educator.

A. My purpose as an educator is to inspire a spirit of inquiry in the next generation of nurses to facilitate the acquisition of the knowledge, skills and attitudes of a professional nurse. This prepares students to provide safe, high-quality care to patients, families and communities.

Q. What are some of the most rewarding aspects of your work?

A. Observing the tremendous growth that occurs in nursing students as they matriculate through the nursing program. I also love hearing from former students with updates on their professional journey, and observing former students precepting my students in the clinical learning environment is such a joy!

Q. What do you see as the future for nursing education?

A. That we will become a more diversified body of nurse educators who integrate trauma-informed education concepts into every interaction with students. As a doctoral student. I hope to glean insights into how we can best meet the needs of a diverse body of nursing students, which will hopefully yield a healthier, robust nursing workforce.

Q. How do you inspire your students?

A. I inspire students by sharing my passion for nursing excellence. I see education as a source of empowerment, and I view education as a lifelong pursuit. When students are experiencing academic challenges, I enjoy seeing the pride in their faces when they integrate new learning strategies and achieve success!

Giving Sophomores a BOOST

The Boost program is an academic initiative tailored for sophomore students. Its core objective is to reinforce the foundational concepts taught in sophomore nursing courses. Comprising four one-hour sessions, the program is strategically designed to enhance students' comprehension of course materials, improve their test-taking strategies and refine their clinical judgment skills. Boost also seeks to foster a nursing mindset through immersive activities and collaborative learning experiences that transcend the boundaries of conventional classroom instruction.

Participation in the program affords students numerous advantages. Boost allows students to revisit and consolidate pivotal nursing concepts. "The Boost program promises an enjoyable and interactive experience," Susan Wilkins, clinical associate professor and pre-licensure program chair, said. Additionally, students who voluntarily engage with the Boost program can accrue points toward their final exam grades. Wilkins also emphasized that the participants value the insights shared by upperclassmen.

The Boost series serves as an additional layer of support that extends the existing sophomore coaching initiative. The sophomore coaching program pairs each student cohort with a dedicated faculty member who offers personalized guidance and support along with their academic advisors and faculty mentors. This comprehensive approach demonstrates the College's commitment to nurturing a robust support system for our students.





STRENGTHENING STUDENT SUPPORT: **Success Advisors Undergo Training for Mental Health First Aid**

The Center for Student Success has embarked on a journey to recognize the importance of early intervention and support for students facing mental health challenges. The team took a course aimed to equip the Center's advisors with the skills and knowledge necessary to identify signs of mental health challenges and effectively direct students toward professional support. The team shared their insights in the Q&A below.



How do success advisors provide support, and what qualities do they emphasize to inspire and uplift students throughout their journey at the College?

“Our role as success advisors extends beyond academia; we serve as a crucial bridge, offering empathy, understanding and reassurance to students in need. Finely attuned to significant shifts in learning, behavior and emotional well-being, our commitment is to identify changes signaling distress and disrupting daily functioning.”

– Dia Lisner, MEd, Director of Student Success

What valuable insights and skills did you gain?

“Attending a mental health first aid course gave me the opportunity to practice being a nonjudgmental and listening ear, learn how to better recognize and guide someone in a mental health crisis to professional help, and understand the importance of asking someone if they are planning or have been thinking about suicide.”

– Erica Stubblefield, MEd,
Assistant Director of Student Success

How has this impacted your approach to supporting students' mental well-being?

“It has equipped me with an enhanced ability to discern signs of mental health challenges and offer tailored support and resources to the students under my guidance. It also deepened my understanding of reducing the stigma associated with mental health and empowered me to foster a more open and accepting environment for individuals seeking assistance.”

– Alyssa Woodle, MEd, Student Success Advisor

How did the training contribute to your confidence in providing student support?

“One of the most significant takeaways was walking through specific examples and scenarios of individuals experiencing a mental health challenge. Seeing these situations unfold firsthand demonstrated the importance of providing an open, nonjudgmental platform for individuals to share their challenges and know that they will be fully heard and supported.”

– Leslie Keen, MEd, Student Success Advisor

What specific strategies or techniques from the course have you found to be effective?

“Recognizing the unique nature of each student and situation is crucial to posing direct and impactful questions. We may delve into discussions about the student's self-care practices and establish the connections between well-being and academic success. For others, the focus might shift toward linking students with professional resources. Our aim is to establish these connections and highlight the relationship between mental wellness and academic achievement.”

– AC Canup, BA, Student Success Advisor

How do you incorporate your newly acquired knowledge and skills into your daily interactions with students?

“I have honed the skill of active listening, a vital component of my first aid toolkit. I also integrate authenticity into my interactions with students and colleagues as it helps to foster genuine connections. All of this plays a pivotal role in mitigating elevated levels of anxiety, thereby contributing to a supportive and empathetic environment.”

– Shawn Howard, MS, Student Success Advisor

SCHOLARSHIPS:

Investing in the health and wellness of our community

The College believes its students are the hope that tomorrow needs. Thanks to the generous support of College donors, two endowed scholarships and two annual scholarships were added to the College's scholarship program during 2023. During the 2023-2024 academic year, 65 scholarships were awarded to students based on merit, financial need or both.

Supporting students' "Call to Serve" is integral to the mission of Bon Secours: to bring health and wholeness to our communities by being good help to those in need. Scholarship recipient, Angela Criskos, spoke at the Annual Scholarship Reception on October 2 about what receiving a scholarship means to her. "Your generosity is an investment in health care, in the countless lives we will touch as nurses," Criskos said. "Thank you for believing in us."



Pictured (l to r): Scholarship donor Phyllis Moore with scholarship recipient Juliette Hayes. Tommy and Brenda Eggleston, donors, with scholarship recipient Coy Mullins. Donor Joann Ritz with scholarship recipient Flaklinda Mehmeti.

HIGHLIGHT ON LETTIE PATE WHITEHEAD FOUNDATION SCHOLARSHIP

Mrs. Lettie Pate Whitehead Evans was a generous philanthropist and accomplished businesswoman. She was the wife of Joseph B. Whitehead, one of the original bottlers of Coca-Cola. At his death, she assumed management of his business affairs, establishing the Whitehead Holding Company and the Whitehead Realty Company and leading the Coca-Cola Bottling Company in Atlanta, Georgia.

Mrs. Whitehead felt a keen sense of duty to those in need. Bowed by the grief of losing her first husband and two sons, she devoted herself to faith and philanthropy. Tucked in the pages of her personal scrapbook is a quote she lived by: "I shall pass through this world but once. Any good therefore that I can do or any kindness that I can

show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again."

Today, The Lettie Pate Whitehead Foundation devotes most of its resources to their scholarship program. Mrs. Whitehead was an ardent supporter of education, and she gave generously to many educational institutions during her life. The Foundation's scholarship program awards annual grants for the education of deserving female students with financial need at more than 200 accredited educational institutions throughout the southern United States. The Foundation has a particular interest in health education with a significant number of grants targeting education in the medical, nursing and allied health fields.



Lettie Pate Whitehead Foundation has provided critical scholarship funding for the students at Bon Secours Memorial College of Nursing for over a decade. Thousands of Bon Secours students have been the recipients of these scholarship awards.

We are incredibly grateful for Mrs. Lettie Pate Whitehead's dedication to philanthropy and the legacy carried forward by the trustees and staff at Lettie Pate Whitehead Foundation.

Biography and image courtesy of Lettie Pate Whitehead Foundation.

Available Scholarships

The following scholarships were awarded to students during the 2022-23 academic year.



MERIT-BASED SCHOLARSHIPS

The Gloria H. Booker Scholarship: This scholarship was established in honor of Mrs. Booker's devoted 40 years of dedicated and compassionate teaching and service. Eligible students must have a GPA of 3.0 and be a rising junior or senior with a strong commitment to compassionate care.

The Walter H. Hilburn Endowed Merit Scholarship: This is a merit scholarship available to full-time students who are meeting the requirements of Satisfactory Academic Progress and who are U.S. citizens. It was established to honor the life of Walter H. Hilburn, father of Dr. Melanie H. Green, RN, vice president of the Bon Secours Richmond Higher Education Institutions.

The MADMONE, Inc. Foundation/O'Neil Family Endowed Scholarship: This scholarship was established by a Richmond family and preference will be given to students from the greater Richmond community who demonstrate merit and financial need.

The George M. Modlin, PhD Scholarship: Established to honor Dr. George Matthews Modlin, former president of the University of Richmond and a founder of Richmond Memorial Hospital School of Nursing, this scholarship is awarded to a student who shows promise and has potential to make significant contributions to nursing and the community. Leadership and community service involvement

must be evident. The recipient must have a GPA of 3.5 or higher and be in the top 10% of their class.

The Perkins Law Annual Merit Scholarship: This scholarship is open to students who have a minimum GPA of 3.0. Preference is given to students from Southwest Virginia or Southern West Virginia.

MERIT-/NEED-BASED SCHOLARSHIPS

The Castelvevchi Scholarship: This scholarship was established to honor the nursing career of Jane Shonts, a longtime nurse who retired from St. Mary's Hospital. Recipients must be enrolled in the traditional BSN program with Satisfactory Academic Progress, financial need and a maintained GPA of 3.0.

The Louise T. Cole Scholarship: This scholarship was established for students who demonstrate financial need and exhibit academic merit.

The Alberta Fulper Endowed Nursing Scholarship: This scholarship was funded by Diane F. Smith, DNP, RN and Richard Fulper Jr. to honor Alberta Fulper as a devoted mother and wife. This endowment is added to annually by Dr. Smith, a member of the Bon Secours Memorial College faculty and her father, Mr. Fulper, in gratitude for Alberta Fulper's support of Smith's nursing career. It is awarded to students who exhibit both academic merit and financial need.

The Oscar Frommel Smith Nursing Merit Scholarship: This endowed nursing scholarship honors the life and legacy of Oscar Frommel Smith, a prominent Norfolk, Virginia, businessman. It is funded by grants from the Oscar F. Smith/Marjorie Smith Chase/Angie Newman Johnson Smith Chase/Angie Newman Johnson Fund, held by the Charlottesville Area Community Foundation. Trustee for the fund is Thomas N.P. Johnson III, who is thanked for the scholarship.

The Sidney R. Jones III, MD Nursing Scholarship: Established by Janet and Earl Binns in honor of the outstanding compassionate care Dr. Jones provides to their family. The scholarship is given to students with demonstrated merit and financial need.

The Jean Ritz-See Scholarship: This need-based award is given annually in memory of Ms. Ritz-See, class of '81, by her family. Recipients must have a GPA of 3.0 or higher and demonstrate financial need.

The Ed and Susan Scott Endowed Nursing Scholarship: Established by Susan P. Scott, this scholarship honors Mrs. Scott's late husband and the Scotts' commitment to nursing.

The Stansbury-Binns Scholarship: Established by Janet and Earl Binns in honor of the great care their parents, Frances and Bob Stansbury, received from Bon Secours providers during their lifetime of 90-plus years, especially for their care in Bon Secours hospice. This scholarship is given to

students with demonstrated merit and financial need.

The Turner Memorial Scholarship: This need- and merit-based scholarship is funded by a Bon Secours Memorial College of Nursing faculty member in memory of a dear friend and nurse, Betty Jane Turner.

The James and Peggy Wilson Scholarship: This is an annual scholarship to be awarded to students in good academic standing and with financial need. BSN program enrollment is a requirement.

The Miriam and Steve Lindsey Scholarship: J. Stephen Lindsey is a longtime friend and supporter of the Bon Secours Richmond Health System and a former member of the Bon Secours Richmond Health Care Foundation Board. Recipients of this annual scholarship must be full-time students who are meeting the requirements of Satisfactory Academic Progress and who demonstrate financial need.

NEED-BASED SCHOLARSHIPS

The Tina Andrews Endowed Nursing Scholarship: This scholarship was established by the family and friends of Tina Andrews to honor her nursing career. Andrews worked for Bon Secours Health System, first as a bedside nurse at St. Mary's Hospital and most recently in the revenue integrity department for Bon Secours Mercy Health. Her competent, compassionate caring nature sets an example for future nurses receiving their education at Bon Secours Memorial College of Nursing. This scholarship will be awarded to students who demonstrate financial need.

A Century of Service Scholarship: This is a need-based scholarship open to students who are meeting the requirements of Satisfactory Academic Progress.

The Sisters of Bon Secours Nursing Scholarship: This scholarship is given annually to students enrolled full time in the BSN program, who demonstrate financial need.

The Peter B. Cleal Scholarship: Students must demonstrate financial need, leadership potential and a commitment to community service to be considered for this award.

The Brenda Hopkins Eggleston Endowed Nursing Scholarship: This endowed scholarship was established by the Board of Directors of the Rock Foundation, and the Board of Directors for the Elmon B. Duff Charitable Lead Annuity Trust, in honor of Brenda Hopkins Eggleston, a trustee of the Bon Secours Richmond Health Care Foundation, to recognize her family's support of the community. Annual scholarship awards are to be given to traditional BSN students in good academic standing and with financial need.

The Sophie Guillot Nursing Scholarship: Established in memory of Sophie Guillot who worked as a dedicated Emergency Department RN through her illness. Through this scholarship, her memory, passion for nursing and dedicated personality will live on through future nurses. Sophie embodied the core values of Bon Secours — compassion, quality and service.

The Sister Marie A. Kerns, RSM, RN Endowed Nursing Scholarship Fund: This scholarship honors Sister Marie's many years of dedicated, compassionate service to the Bon Secours Health System, especially Memorial Regional Medical Center, as a nurse and in ministry and mission outreach. Recipients must demonstrate financial need.

The Noëlle C. Loving "But Tomorrow" Foundation Endowed Nursing Scholarship: This scholarship honors the life and legacy of Noëlle C. Loving, who never accepted the word "no," always countering with "but tomorrow." She died too young but left a legacy of true love, compassion and care for others. Students awarded this scholarship must be enrolled in the traditional BSN program and demonstrate financial need.

The Mary Jane Naecker-Young Award: As its class gift to the Richmond Memorial School of Nursing, the Class of 1965 presented a scholarship to honor its class advisor, Mrs. Mary Jane Young. This is a need-based scholarship awarded to a junior who will uphold the values and principles of the College and the nursing profession, possesses and demonstrates leadership ability, and exhibits good citizenship and College spirit.

The Sarah F. Richardson Endowed Scholarship: Ms. Richardson was a member of the Bon Secours Memorial College of Nursing faculty who had also served in the U.S. Army. Richardson's parents created this scholarship in her memory to perpetuate her love of nursing and legacy of compassion. The recipient should demonstrate financial need and embody the spirit of nursing in a manner that evidences the qualities of compassion, servant leadership, commitment to excellent, joyfulness of spirit and a positive attitude.

The Mary Catherine Rotert Endowed Scholarship: Believing that "nurses help nurses," Mary Catherine Rotert, a nurse and member of the Bon Secours Health Care Foundation Board, established this endowment to give back.

The Tom and Donna Sokol Nursing Scholarship: Established by Tom and Donna Sokol, this scholarship honors the Bon Secours Health System and its commitment to high-quality nursing and compassionate caring. It is awarded to a student with demonstrated financial need.

The Stuart Circle Hospital School of Nursing Alumnae Association Endowed Scholarship: This scholarship was established by the Stuart Circle Hospital Nursing School Alumnae as a lasting legacy to honor their nursing school tradition. Students must demonstrate financial need, with priority consideration for any family connections to the Stuart Circle Hospital School of Nursing.

The TowneBank Richmond Nursing Scholarship: This scholarship represents TowneBank Richmond's

commitment to providing enrichment opportunities in the Richmond metropolitan area.

GENERAL SCHOLARSHIPS

The Ralph and Alfretha Ardabell Nursing Scholarship: Toni R. Ardabell, former president for the Bon Secours Richmond Health System, established this scholarship to honor her parents. It is awarded to traditional BSN students who are actively enrolled at the College and are meeting the requirements of Satisfactory Academic Progress.

The Bon Secours Scholarship: This scholarship is funded by generous donors who wish to remain anonymous. The scholarship will be awarded to traditional BSN students who are actively enrolled at the College and are meeting the requirements of Satisfactory Academic Progress.

The Helen G. Pugh, RN Scholarship: This scholarship was established in honor of Helen G. Pugh, RN, by a loving granddaughter in whom she instilled pride for the nursing profession. It is awarded to students who display a passion for nursing in the Bon Secours spirit of caring.

The Margaret and Fairfax Randolph Scholarship: This scholarship was established to honor the parents of Malcolm Randolph, who were longtime supporters of Bon Secours St. Mary's Hospital. The scholarship is awarded to a student who demonstrates a commitment to Bon Secours values.

The John Moreland Spence, MD Scholarship: This award was established in honor of John Moreland Spence, an OB-GYN at Johns Hopkins Hospital.

RESTRICTED GENERAL SCHOLARSHIPS

The Glenn LeBlanc Men in Nursing Scholarship: This award was created by an alumnus who wanted to support male students in their pursuit of nursing education. Recipients are required to submit a written essay expressing "How Men Can Make a Contribution to Nursing."

The Rappahannock General Hospital Foundation Endowed Nursing Scholarship: This scholarship supports students seeking degrees at the Bon Secours Memorial College of Nursing who reside in the Rappahannock General Hospital service region, defined as the five counties that

comprise the Northern Neck of Virginia: Lancaster County, Middlesex County, North Cumberland County, Richmond County and Westmorland County.

RESTRICTED NEED-BASED SCHOLARSHIPS

The LeReve Mallory Peluso Scholarship: This scholarship was established in memory of St. Mary's Hospital nurse LeReve Mallory Peluso, by her family. Applicants should be interested in newborn nursery care, be a junior or senior who is actively enrolled and meeting the requirements of Satisfactory Academic Progress and have a demonstrated financial need.

The Lettie Pate Whitehead Foundation Scholarship: The Lettie Pate Whitehead Foundation is a need-based charity dedicated to the support of Christian women in nine southeastern states. Eligible students must be female, embrace a Christian faith and reside in one of the following southern states: Alabama, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee and Virginia.



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Fall Term: Apply by June 1

 **Bon Secours**
Memorial College of Nursing

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Living Their Purpose:

**STUDENTS BECOME PATIENT
CARE TECH TRAINEES TO
LEARN, CONNECT, EXPLORE**

Envisioned in 2022, the forward-thinking initiative known as the Patient Care Tech (PCT) Trainee Program was unveiled for students at Bon Secours Memorial College of Nursing, setting the stage for an inspiring narrative of professional development. The program has been carefully crafted to create a seamless bridge between the world of nursing education and delivering care in the hospitals. It offers a unique journey for aspiring nurses, providing them with an opportunity to advance their careers in a fast-paced and ever-evolving industry.

Each semester, a hiring event takes place at the College, where approximately 45 students are selected to begin their new positions as patient care tech trainees. Students who are offered positions can combine their academic pursuits with meaningful, hands-on experiences that can shape their nursing school experience and offer insights to career options.

The program begins with skills training and lectures and progresses to hospital-based practical experiences. By agreeing to work a minimal schedule, students are eligible for their tuition to be covered by Guild. In addition, students make a commitment to serve Bon Secours as registered nurses for 18 months upon graduation.

“Students who have worked as a PCT typically exhibit a higher level of confidence as they progress through the nursing program. Perhaps more significantly, they have started to build those all-important relationships that will not only ease their transition into the role of a registered nurse but also empower them to provide compassionate, high-quality patient care,” Allison Peterson, manager of career services, said. Peterson partners with BSMH Talent Acquisition and University Relations to coordinate the hiring event held each semester.

“Students who have worked as a PCT typically exhibit a higher level of confidence as they progress through the nursing program.”

Nursing students are, by nature, hands-on learners, and this program provides them with an opportunity to apply their skills, foster self-assurance and nurture professional relationships. It encompasses a diverse array of tasks including taking vital signs, collecting specimens, offering mobility assistance, conducting electrocardiograms, tending to basic wound care, providing nutritional support and engaging in range-of-motion activities. These trainees perform their duties under the careful guidance and direction of a registered nurse.

For student Dominique Friend, the PCT Trainee Program reassured her that nursing was the right path. “This program has been very valuable for me because I am a career switcher; I left education after 20 years to become a nurse,” Friend said. “The PCT Trainee Program has given me the opportunity to see firsthand if nursing was right for me. I have loved every moment of being a PCT and learning from the nurses. I’m able to make connections between what I learn in the classroom and providing patient care.”

The program is not only about education and skill development; it’s also about making lasting connections. “Janine Schroder, the program coordinator, plays a pivotal role in ensuring a seamless connection between the students and their unit leaders, facilitating their inspiring journey and creating an environment of support and growth,” Maureen Whiteside, director of nursing practice and education, said.



This program benefits the students by allowing them to learn skills in school and then immediately apply what they have learned in the clinical setting.

– Maureen Whiteside, MSN, RN
Director of Nursing Practice
and Education



I knew I wanted to be a nurse but I was unsure of exactly what area of nursing I’d like. The PCT program is a great way to work in different hospital units to discover your passion and the unit you would like to work in after you graduate.

– Dominique Friend
PCT and junior II student

As the PCT Trainee Program unfolds, skill level and professionalism build. “As I get to know the students, it’s incredibly gratifying to see a notable surge in confidence toward the end of the program, particularly after acing their skills checks and completing practicum experiences,” professional development coordinator Janine Schroder said. This transformative journey not only reflects the program’s efficiency in skill development but also emphasizes the profound impact it has on cultivating a newfound assurance that will undoubtedly propel these individuals toward successful nursing careers.

This program stands as an invaluable catalyst for individuals entering the health care system, offering a significant boost as they begin their nursing careers. It ensures that hospitals are receiving a steady supply of skilled PCTs who seamlessly transition into the nursing workforce. The objective is to have these talented students join as registered nurses within the same health care family upon their graduation, nurturing a thriving and dedicated community.

The program continues to flourish over time, transforming eager nursing students into confident and highly skilled patient care techs. Their commitment to excellence and dedication have shaped them, paving the way for a future as registered nurses for Bon Secours Mercy Health. This journey is a seamless blend of education, experiential learning and a strong focus on compassionate, high-quality care. This pioneering program is shaping the future of health care in a profoundly impactful and meaningful way.



As I get to know the students, it’s incredibly gratifying to see a notable surge in confidence toward the end of the program, particularly after acing their skills checks and completing practicum experiences.

– Janine Schroder, BSN, RN
Program Coordinator

PCT TRAINEE HIRING EVENTS



PCT Trainee Hiring Event 2022



PCT Trainee Hiring Event 2023



PCT Trainee Hiring Event 2022



PCT Trainee Hiring Event 2023

BSMCON Achieves National Quality Matters Recognition for Online Teaching Excellence



The College is pleased to announce that it has earned Quality Matters (QM) certifications in Online Teaching Support, Online Learner Success and Online Learner Support. QM certification, nationally recognized and designed to encourage excellence in online learning environments, was awarded to both BSMCON's pre-licensure (BSN) and post-licensure (RN-BSN) programs. These certifications were achieved throughout the 2023 calendar year.

Quality Matters evaluates online courses and programs based on a set of rigorous standards, ensuring they meet the needs of students and faculty in the online setting. BSMCON's certification required three years of evidence demonstrating the College's process and commitment to online course

delivery, ongoing pedagogical support for faculty, encouragement of faculty professional development, instructor availability and feedback to learners and collecting and using feedback from learners to improve online teaching.

The Quality Matters certification efforts were spearheaded by the College's QM Strategic Planning Committee, which began the certification process during the 2021-2022 academic year. The team, composed of Trina Gardner, MSN, RN, Julie Marsh, MEd, JeanMarie Digges, MSN, RN, Arlene Holowaychuk, EdD, RN, Brian Baird, PharmD, BCPS, Christine Turner, PhD, RN, Rachel Bulifant, MS, and Catherine Mikelaite, DNP, RN, was responsible for analyzing the criteria, gathering



data and preparing summary documents submitted as part of the certification progression to Quality Matters. A special recognition goes to Trina Gardner, who served as the committee chair, and to Julie Marsh for her leadership and enthusiasm.

In addition to the QM certifications recently achieved, BSMCON faculty aim to acquire an additional certification: the QM Online Program Design certification, which is expected by the end of the 2024-2025 academic year. The final goal is to achieve exemplary status with QM, which will happen if all four program certification recognitions are obtained within a three-year timeframe.

The College believes that online classes should be held to the same high standards as traditional on-campus courses. This certification is a testament to the dedication and hard work of College faculty and staff in providing the highest quality online education for students.

Ashely Egerdahl Examines Human Trafficking in Independent Research Study

The College offers students an opportunity to conduct research via an independent study course. Students can choose a topic of interest and work under the supervision of faculty to construct learning objectives, goals and evaluation methods. Ashely Egerdahl, a December 2023 graduate, completed an independent study in July.

For her research, Egerdahl chose a subject in her concentration, population health. She wanted to learn more about identifying victims of human trafficking when they appear in the hospital. Egerdahl chose the topic of human trafficking because she believes it is a misunderstood issue rarely discussed in the health care setting. Her goal was to bring awareness to this subject by becoming more aware herself.

According to Egerdahl, when most people think of human trafficking, they think of sex trafficking overseas. However, many different forms of human trafficking exist and occur in the United States. In her research, Egerdahl used documentaries, case studies, articles,

books and personal interviews to learn more about each type of trafficking and how health care workers can recognize and treat these patients.



“I am very grateful the College offers an independent study course. I had such a good experience working on this research topic and I am grateful for the opportunity to study something I am so interested in,” Egerdahl said. “My faculty advisor, Kelly McClure, was extremely supportive throughout the process and helped me to succeed in the course.”

Egerdahl currently works in two different departments at St. Mary’s Hospital. She has served as an emergency department technician for two and a half years and as a patient care technician in the forensics unit for more than a year. Egerdahl credits her husband, parents, friends and clinical group for support throughout her time at BSMCON.

Christopher Messier Explores Integrating Physical Activity in Health Care Practice: An Independent Study

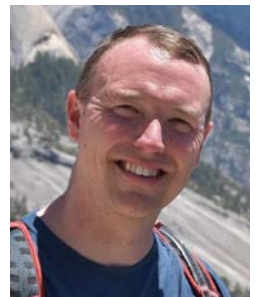
Christopher Messier, a senior student and an upcoming May 2024 graduate, was excited to complete an independent study during the summer, aligning his interests in the global health and wellness concentration. His independent study focused on physical activity as a health care intervention and ways in which the College could integrate physical interventions within the institution. Messier sought the guidance of faculty member, Kelly McClure, MSN, RN, as he conducted his research.

His research has informed him to explore innovative methods for incorporating the metric of physical activity into patient assessments and potential health outcomes. He hopes to gain a better understanding of his patients’ current activity levels to realistically suggest physical activity to enhance overall health and

outcomes associated with their current hospitalization.

Messier believes the independent study process introduces fresh ideas to the College that embody the spirit of evidence-based practices. He said, “This was an amazing opportunity to explore subject material that resonated with me, both as an individual and a future nurse. I hope that my experience, along with those of my fellow independent study classmates, will ignite a passion for evidence-based practice at the College and beyond.”

After graduation and as a part of the early career decision program, Messier will join the Intensive Care Unit as a floor nurse at St. Mary’s Hospital.



I was thoroughly impressed with the work these students completed and the interventions they provided for potential projects aimed to change practice in their desired fields. *Kelly McClure, MSN, RN (faculty advisor)*



GLOBAL OUTREACH

HEADS TO DOMINICAN REPUBLIC AND SOUTH FLORIDA

Sometimes, life's interconnectedness takes us by surprise. After three decades, assistant professor Leslie Buck, MSN, RN, realized this connection as she spearheaded a weeklong Global Outreach mission trip to Puerto Plata, Dominican Republic, in June 2023. This connection began 30 years ago, when Buck was a nursing student at Barton College in North Carolina. Her instructor and mentor, Carol Ruwe, with whom she is still in contact, made a partnership with Dove Youth Development in Puerto Plata.

Dove Youth Development is fully supported by donations and strives to help students learn trades. Computer labs have been donated as well as a hair salon. One group of attendees goes to school in the morning and then joins Dove in the afternoon, while a second group attends the nonprofit

organization in the morning and school in the afternoon.

After COVID-19 prevented the College from gaining access to public schools for the pediatric curriculum, Buck sought to create an outreach opportunity and worked with assistant professor Kathy Faw, MSN, RN, an instrumental leader in our Global Outreach initiatives.

"Never in my wildest dreams did I think we would be able to go international. I had a conversation with Ruwe who had already worked with Dove Youth Development. Dove had not welcomed students back in the country since before COVID-19 and they loved the idea," Buck said. After approval from the Global Outreach Committee, Buck enthusiastically stated, "It was like it was meant to happen!"

Buck, Faw and Michelle Hence, DNP, RN, accompanied four students: Imani Holmes, Abigail Powers, Margaret Sarco and Christina So. The team united in purpose and discussed the "why's" of their work. "We had conversations about 'What are we doing for this community?', 'What is Global Outreach about?', 'What are we sharing?', 'What are we offering?', 'Are we present?', and 'Are we a reverent presence?' It was a very humbling experience for everybody," Buck said.

Upon arriving in Puerto Plata, the team unloaded two duffle bags filled with donations created from a wish list by Dove. Some of these donations included school supplies, hygiene products and thermometers. In addition, the mission team provided health care services, such as screenings for 150 students at Dove,



ages six through high school, as well as approximately 50 adults from families of the children involved in Dove's program. The screenings were especially important because, due to COVID-19 and flooding, health and progression records were lost. These screenings would document blood pressure, height, weight and vision. Overall, the team observed the children were relatively healthy. Buck recalls one memory that stood out to her during these screenings, "One grandmother walked out crying and praying at the same time because she was thrilled. She could see through donated glasses what we were able to provide."

In addition, the team visited the barrios, small neighborhoods that had very limited access to running water, electricity and refrigeration. "There were a lot of tears while walking through the barrios. We would see five people living in one single hut. We saw a mother sweeping the dirt floor of her home with her two children sharing a mango in the center of the room," Buck said. "People would hug us and offer us food, even though they didn't have enough for themselves. They were very

"People would hug us and offer us food, even though they didn't have enough for themselves. They were very grateful for the health care we were providing."

grateful for the health care we were providing. This is a very compassionate and giving population."

The Global Outreach team also toured one public and one private hospital. They noted the vast differences in both hospitals. For example, the public hospital had no air conditioning, with inside temperatures reaching a high of 97 degrees Fahrenheit. The public hospital required residents to bring with them necessary items from a list for any procedure being performed. Such items included everything from

sutures to bandages, to having to stop by a store to collect a bag of blood, if needed. On the other hand, the private hospital was cleaner and only for community members who have a job and insurance. Both hospitals were in stark contrast to hospital conditions seen in the United States.

Finally, throughout the mission, team members also provided bags of food for 80 families, including rice, cornflakes and cooking oil. In addition, the team conducted health education for the children at Dove. This took the form of conversations about self-care and self-respect.

This spring, the College anticipates bringing eight junior I students to Puerto Plata, thus resuming the traditional spring break mission abroad for the first time since 2020, just before the pandemic struck. In the upcoming spring semester, we anticipate eight junior 1 students to participate in the next Global Outreach trip to Puerto Plata. These dedicated students and faculty exemplify a life of living their purpose and carrying out the mission of Bon Secours.





Students and Faculty Serve Communities in South Florida

During the week of spring break 2023, College faculty members, Kathy Faw, MSN, RN, and Susan Wilkins, MSN, RN, accompanied students Imoni Anderson, Angela Criskos, Alexis Gayles and Yashiyah Tobiyah on a Global Outreach mission trip to North Miami and Immokalee, Florida. The team partnered for the second time with Sant La Haitian Neighborhood Resource Center, MJD Wellness and Community Center as well as MJD Nourishing Souls Food Bank to carry out a range of activities. These activities included distributing food, conducting blood pressure and diabetes checks, providing health education and analyzing patients' lab reports for provider follow-up. This community service in Immokalee provided care and food for more than 400 people.

Students also had the opportunity to serve side by side with the C.G. Bethel High School to distribute food and host a wellness tent in North Miami Beach. "Although at times the students encountered many people who did not speak English, the language barrier did not deter the education of what was needed for each person," Faw said. "I am immensely proud of these students for embracing change, being flexible, stepping out of their comfort zone and, most importantly, answering their call to serve."





TAKE FLIGHT: Students and Alums Head to Paris for Study Abroad

Over the summer, the second study abroad session took flight to Paris. The group included 14 students; two alumni; Maureen White, the director of nursing practice and education; two faculty leaders, Dr. Chris-Tenna Perkins, dean of academic affairs and Dr. Amy Feurer, associate dean of academic affairs; and two Bon Secours Sisters, Sr. Pat Dowling and Sr. Nancy Glynn. The study abroad trip began in Baltimore, Maryland, tracing the steps the Sisters of Bon Secours took when they came to the U.S. in 1881 from France.

While in Baltimore, students and faculty collaborated with the Community Works program, which emphasizes youth services, workforce development and economic growth. The group also visited the Bon Secours Retreat and Conference Center, meeting Sr. Pat and learning about Bon Secours history. Students explored archives, made connections with peers and embarked on a spiritual journey of self-evaluation.

The team continued their spiritual journey in France. Throughout this immersive study abroad trip, students traced the footsteps of the Bon Secours Sisters, using their legacy to deepen their sense of purpose in serving others and connecting with the spirit of the mission. The trip was also intended to provide a platform for spiritual introspection.

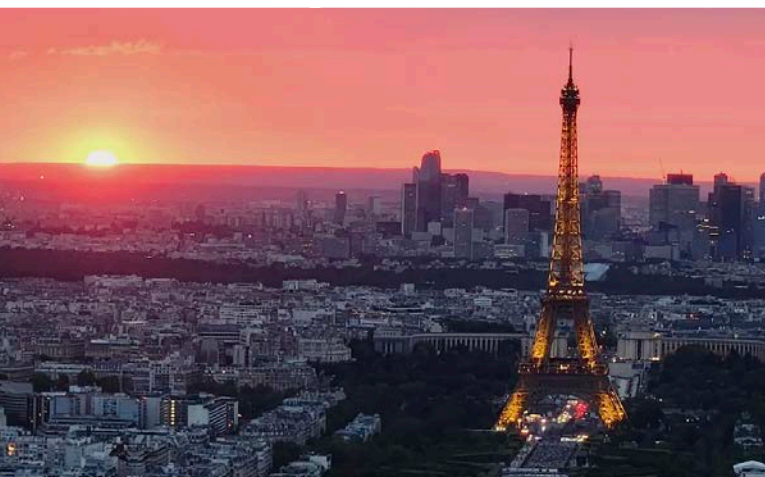
While visiting Becordel, France, the team visited a retirement community. Students saw this as a very influential experience regarding the difference between cultures when caring for senior populations. Becordel was also the home of Josephine Potel, one of the first 12 Bon Secours Sisters. Senior Madison Lander was moved by the experiences there. “We deepened

our bonds and fostered a sense of closeness,” Lander said. “This moment transcended the ordinary and left an indelible mark on our journey, solidifying our camaraderie.”

While in Paris, they visited the Motherhouse, where students shared personal promises and aspirations as health care professionals. They also took a memorable dinner cruise along the Seine River, enjoying local food and reminiscing about their study abroad journey.

Lander described the trip as providing “unique opportunities to experience chapels, moments of silent reflection and prayer, explorations of the Motherhouse and insights into the dedicated work of the Sisters.” She added, “The compassionate efforts of the Sisters has not only rejuvenated my personal spiritual journey, but has also equipped me with the tools to actively engage with and support my patients on a spiritual level.”

Students and faculty returned with a commitment to cultivating a more profound connection between their own spirituality and the compassionate care entrusted to them as nurses with Bon Secours.



Alternative Spring Break's Journey of Care in Richmond

In spring of 2023, the Alternative Spring Break (ASB) program embarked on a journey of compassionate care, rekindling its mission to serve the Richmond community. From March 13 to 15, a dedicated group of students, staff, and for the first time, alumni of the College, descended upon various corners of the city, extending a helping hand to those in need.

The group of ASB volunteers collaborated with local organizations, which included Evelyn D. Reinhart Guest House, United Methodist Family Services (UMFS), Richmond CARITAS, Sacred Heart Center, Shalom Farms and Housing Families First, devoted to uplifting the most vulnerable members of Richmond. Through hands-on experiences, volunteers in the ASB program gained an understanding of the challenges faced by their neighbors.

A notable presence among the returning alumni was Tyra Fuller, a graduate from the class of 2019 and the inaugural ASB Alumni Champion. Fuller's return symbolized a bridge between the past and present as she shared her experiences and wisdom with the current generation of nursing students. Her presence highlighted the enduring impact of the ASB program, illustrating how it can shape the trajectory of aspiring nurses.

Looking ahead, ASB staff leaders eagerly anticipate the next chapter in the program's evolution. Plans are underway for ASB 2024, promising a continuation of the impactful tradition and service.



The Nurse Externship Program provided by Bon Secours Mercy Health offers a valuable learning experience for nursing students. The program, which spans eight weeks, enables students to acquire in-depth clinical knowledge and experience beyond a classroom while still under the guidance of registered nurse preceptors.

The externships are available in several Bon Secours facilities in the Richmond, Virginia, area. These include Memorial Regional Medical Center, Richmond Community Hospital, Rappahannock General Hospital, Southside Medical Center, Southern Virginia Medical Center, St. Francis Medical Center and St. Mary's Hospital.

Each extern is matched with a department aligned with the student's interests, ensuring well-rounded clinical exposure. Externs are expected to adhere to the specified schedule, working alongside their assigned preceptor and mirroring their mentor's work hours. Additionally, externs must also participate in required educational workshops. Overall, this learning experience should help students achieve a smooth transition from being a student to becoming a professional.

Yashiyah Tobiyah is a senior BSN student and completed an externship during summer 2023. He reflects on his experience below.

What made you choose to participate in this program?

I chose to participate in the externship with the goal of strengthening my nursing skills. Rather than taking a summer break or continuing to work solely as a phlebotomist/PCT, I wanted to keep my mind active and further my proficiency in nursing procedures and critical thinking.

Where did you complete your summer externship?

I had the opportunity to work at two different locations during my externship. I spent most of my time at the freestanding emergency department in Colonial Heights. I also gained experience at Southside Medical Center emergency department.

Finding Purpose & Service Through Summer Externships



“ I became more comfortable caring for a diverse range of patients from infants to the elderly. This experience allowed me to connect with potential mentors and made me a more competent and confident health care provider.

– Yashiyah Tobiyah



What connections did you make?

As part of my externship, I had the privilege of working closely with an experienced emergency nurse who had more than 20 years of nursing experience. She shared a wealth of knowledge and skills related to critical care and step-down nursing. While there, I connected with staff, doctors and security staff. I was able to gain support and establish connections for mentorship and reference building.

I became more comfortable caring for a diverse range of patients, from infants to the elderly. This experience allowed me to connect with potential mentors and made me a more competent and confident healthcare provider. This experience provided more than I could have anticipated.

What did you enjoy most about your experience?

I cared for a range of patients, including infants, young adults and expecting mothers, and older patients focusing on their health and well-being. I found the experience incredibly rewarding to witness the “lightbulb moments” when I shared techniques to help them protect themselves and their families. This aspect of the externship brought me such great satisfaction.

What advice would you give to incoming nursing students?

My advice would be to invest in your career by exploring opportunities like the nurse externship, as well as volunteering and involvement in committees. These experiences helped me greatly distinguish between my roles as a phlebotomist/PCT and a nurse. I recommend all future nurses keep these opportunities on their radar. I recognize that participating in an externship is an excellent addition to your resume. This addition signals to employers you are willing to invest extra time outside of your program to perfect your craft as a nurse.

What led you to apply to nursing school at BSMCON?

For as long as I can remember I have enjoyed helping others. I have a deep desire to help people through their journey of life, and I believe the profession of nursing grants me the honor to be that person for others, especially during times of vulnerability and illness.

What experiences have been instrumental in your success as a nursing student?

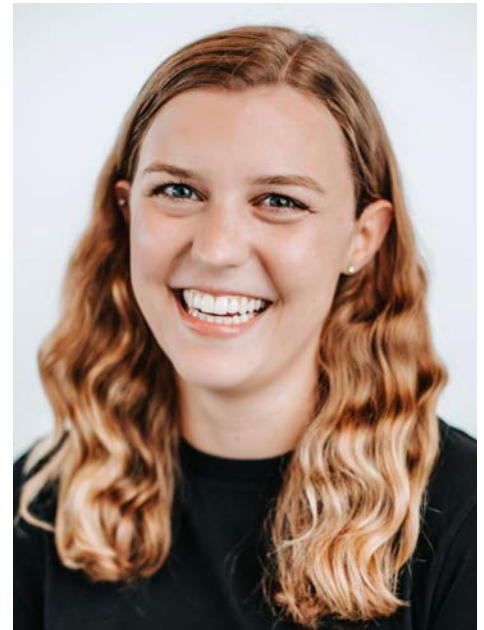
I had three years of exposure to the intricacies and details of the human body through cadaver donors who have so clearly helped me grasp nursing concepts with a better level of comprehension. I also consider myself to be an active listener; I listen out for the little things when it comes to providing patient care.

Which area of health care interests you?

I really have a passion for women's health. I studied public health prior to pursuing my nursing career and have felt motivated toward the topic of women's health ever since learning about the disparities that exist within it.

What is a significant challenge or opportunity in the field of nursing today?

A challenge that sticks out most to me is the presence of individual burnout and the power of teamwork. I plan to utilize my strategies of self-care and boundary setting to help me manage sensations of burnout during challenging times in my education and career.



BSN STUDENT PROFILE:

**Logan
Glancy**



**RN-BSN STUDENT
SPOTLIGHT:**

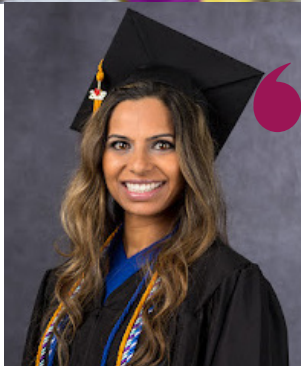
**Leanne
Wood**

Current RN-BSN student Leanne Wood, RN, hopes to learn more about holistic care of patients while attending the College's online post-licensure program. While serving as an RN on the cardiac-respiratory stepdown floor at Maryview Hospital in Portsmouth, Virginia. Wood jumped at the opportunity to be affiliated with the respected nursing college she had heard about in the past. She also appreciated the financial support provided through Guild.

Wood felt the online program would give her a better work-life balance, although she suggests she is still learning communication skills and how to manage her time effectively. According to Wood, her professors are supportive and continue encouraging her as she transitions from working full time to part time while taking classes. Wood credits her student success advisor, Leslie Keen, MEd, with helping her look to the future and plan accordingly.

When asked what advice she would share with nurses who are thinking of enrolling in an RN-BSN program, she advised them to fully commit and allow plenty of time to complete the assignments. "Reach out to professors if you are unsure about assignments and lean on the many technology resources at BSMCON, including the library," Wood said.





ALUMNI PROFILE

Checking In With Farwa Mateen, Class of 2016

Alumna Farwa Mateen, BSN, RN, doesn't want to be an average nurse; her goal is to be an exceptional nurse! "It is always rewarding to make a difference, no matter how small, in the lives of others. I take pride in being a patient advocate," she said.

Life, as is often the case, rarely goes according to plan. Born and raised in Pakistan, Mateen earned a master's degree in Urdu literature and served as a lecturer at Lahore College before moving to the United States 15 years later to pursue an MBA.

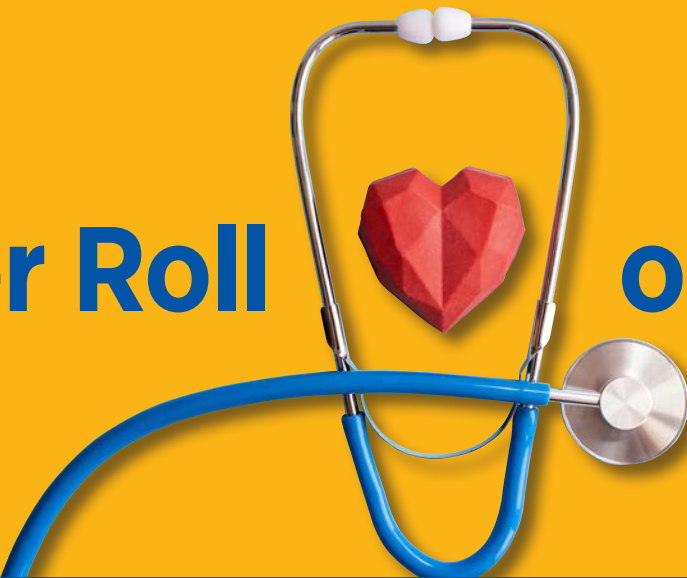
After witnessing her father's death as a child and caring for her grandmother as a teenager, Mateen knew she wanted to work in the medical field. Nursing best fit her career plan when she realized there is no age limit to start nursing school. She chose BSMCON because of its focus on caring for individuals, families and communities. "What drew me to Bon Secours was the values, success rate and program curriculum. Everyone here was welcoming and supportive. I had no trouble adjusting and was assisted all along the way."

Several years after graduating, Mateen is still achieving her goals. She is a wife and mother of three children. She is currently serving as an emergency department RN and is pursuing a DNP from Georgetown University in a dual midwifery/women's health nurse practitioner program.

As she advances in her career, she looks at every patient with a "what if" scenario. In other words, she asks herself, "What if this were my mother? What if this were my child?" With that mindset, she shows compassion and gives the highest level of care in all circumstances. She encourages nurses to show kindness daily and to remember their goals and dreams and to return to them often.

“What drew me to Bon Secours was the values, success rate and program curriculum. Everyone here was welcoming and supportive. I had no trouble adjusting and was assisted all along the way.”

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