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Victoria Conlu,
Class of '17 alumna

advancing health

YOUR LEADERSHIP IN ACTION FALL 2018

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Because of you,

Victoria improves health for high-risk patients in San Antonio. The '17 alumna says she puts into practice daily what she learned at the School of Nursing.

Every day, alumna Victoria Conlu connects high-risk Medicaid recipients to critical resources they need. She makes a difference in the lives of those who need it most and improves health in her community. Victoria represents the nearly 400 alumni who take what they learn at the Betty Irene Moore School of Nursing and make health care better, thanks to you — our generous supporters, dedicated partners and network of alumni.

A few weeks after graduating from the master’s-degree leadership program in 2017, Victoria moved from her native California to Texas with her family. She struggled to find her footing.

“As a public health nurse in Sacramento, I had come to know the local environment and the resources available within it. Being removed completely from that comfort zone threw me for a loop,” Victoria says.

Victoria put into practice the knowledge she gained during her time at the School of Nursing. She built relationships, talked to the populations she served and the providers who served them, listened to their stories and broke down silos.

“The School of Nursing taught me that connections in my community matter and that these connections are a significant part of what helps make me an effective health care professional,” Victoria explains. “Not a day goes by when I don’t use something I learned in the program to make care better for someone.”

She also relied on confidence she gained when she received a scholarship for graduate school.

“I want donors to see someone who, as a student, at times couldn’t look someone in the eye and complete a sentence, but who transforms into a professional with confidence, approaching the world with a sense of dignity, purpose and clarity,” Victoria explains. “Today, I am that person.”

Victoria works as a community nurse case manager serving people with limited resources, many of them children, in San Antonio. She is proud to take her experience and use it to serve her community, and she recognizes she could not have done it alone.

“This school and those who support students, like me, empower me to advance health,” she says.

DEAN'S LETTER

Your leadership inspires others, impacts lives



In this season of giving and gratitude, I am reminded of all the things for which I am grateful. As interim dean, I am honored and thrilled for the opportunity to lead the Betty Irene Moore School of Nursing through this period

of transition, growth and possibilities. I am excited to see the future we will create, together.

Most of all, I am grateful for you. You—our students, alumni, faculty and staff, friends and supporters—make our vision reality. Your passion, optimism, creativity and leadership create amazing impact on the lives of our students and the health of people and communities every day.

Over the past 10 years, I'm inspired time and again to see that our picture of what health care is and what it can be is matched by all of you who see that same vision. With your continued partnership, I know only great things lie ahead.

I hope you will enjoy the stories you read in this newsletter—stories that demonstrate your leadership in action. Together, we advance health.

Debbie Ward, Ph.D., R.N., F.A.A.N.
Interim Dean and Clinical Professor

Advancing is now Advancing Health

Our donor and alumni newsletter is completely redesigned with you in mind. Through this newsletter, we hope you see what your gifts and leadership make possible here and in our communities. If you have suggestions for what you would like to see featured, please let us know by emailing Lora Hollingsworth, director for development programs, at lhollingsworth@ucdavis.edu.



From left, Joanne Disch, Russ Bell and Heather M. Young

Giving in tribute of a leader

Council chairman establishes challenge award to honor founding dean

By G. Russell "Russ" Bell, National Advisory Council Chairman

The Betty Irene Moore School of Nursing at UC Davis holds a special place in my heart. In 2010, Founding Dean Heather M. Young invited me to join the school's National Advisory Council, a diverse group of people bound by our desire to transform health care. It is an honor for all of us to work with Heather and nurture the school's growth.

When Heather announced that she would be stepping down as

dean, my co-chair, Joanne Disch, and I invited council members, past and present, to pay tribute to her leadership. Together, we established the Challenge Award in Honor of Founding Dean Heather M. Young.

It means so much to me to know that forever there will be Heather M. Young Scholars going out into the world to improve health care. I can't think of a better way to say thank you to the person who invited me to be part of this journey.



Helen Devine Toscano, School of Nursing donor since '14

Why do you give to the Betty Irene Moore School of Nursing at UC Davis?

Every donor has a reason. Here's why Helen gives every month.

When Helen Devine Toscano talks about her days as a nurse, her eyes light up and a big smile comes across her face.

"It was just so much fun," the nurse of 42 years recalls. "I guess I've always been nurse material."

At 18 years old, Helen left her hometown near Marysville, California, and enrolled in nursing school, which, at the time, was the Sacramento County Hospital School of Nursing. From 1953 to 1956, she took classes for half the day and trained at Sacramento County Hospital the other half. She even lived in a dormitory next to the hospital for part of the time. She was one of 561 nurses who completed the program during its existence.

In 2014, she accepted an invitation to see how far the hospital she trained in grew. Today, that hospital bears the

name of UC Davis Medical Center. Helen recognized far more changed than just the name.

"We sometimes practiced on each other. Now, students learn techniques on sophisticated mannequins in class," Helen says. "We had mannequins, but they were not very life like."

Seeing the advances in nursing education at UC Davis Health motivated Helen to invest in future nurses. Since 2014, she's been a monthly donor to the Betty Irene Moore School of Nursing at UC Davis.



WE COULDN'T DO IT WITHOUT YOU!

Your gifts support future health leaders. Thank you, donors!

"I was impressed by those teaching in the school. Health care professionals need more education if things are going to get better," Helen explains. "There's still a long way to go. That's why I'm a donor; I want it to continue getting better."

Faculty profile: Fawn Cothran

Nurse scientist advocates for caregivers

November is National Family Caregivers Month. In honor of this, we introduce you to Fawn Cothran, a new assistant professor in the Family Caregiving Institute at the Betty Irene Moore School of Nursing at UC Davis. She shares her perspectives on why research is so vital to support the millions of people who provide care for a family member.

Q: *National Family Caregivers Month calls attention to issues facing family caregivers. Why is it so important to highlight caregivers?*

A: There is an urgent need to support caregivers in a rapidly evolving health care system and diverse society. Historically, family caregivers have been under-recognized even as they provide care at

Fawn Cothran, Ph.D., R.N.
Assistant Professor, Family Caregiving Institute

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the expense of their own physical and emotional health. We must also examine the changing demographics of caregivers,

including multigenerational and multiple caregivers.

Q: *What brought you to the Family Caregiving Institute at the Betty Irene Moore School of Nursing?*

A: The vision of the Family Caregiving Institute combined with the school's innovative focus on interprofessional collaboration

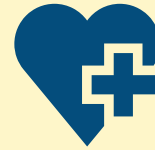
aligns with my passion for family caregiver health. I look forward to further examining health disparities through a community-based lens that translates research into the community and transforms health care.

Q: *Tell us about your research.*

A: My research focuses on African-American caregivers and the intersection of race, gender and environment on their health. Environmental stress, caregiving stress and the burden of health disparities are understudied areas. We need to consider social, cultural and environmental factors that may influence the health of caregivers and what supports can offer them the best relief.

Q: *Why do you believe philanthropic support is critical in moving this work forward?*

Caregivers are on the frontline every day. We need to expedite the design, testing and implementation of resources. We cannot wait for the slower pace of federal funding. We need to meet caregiver needs when they need them most—now.

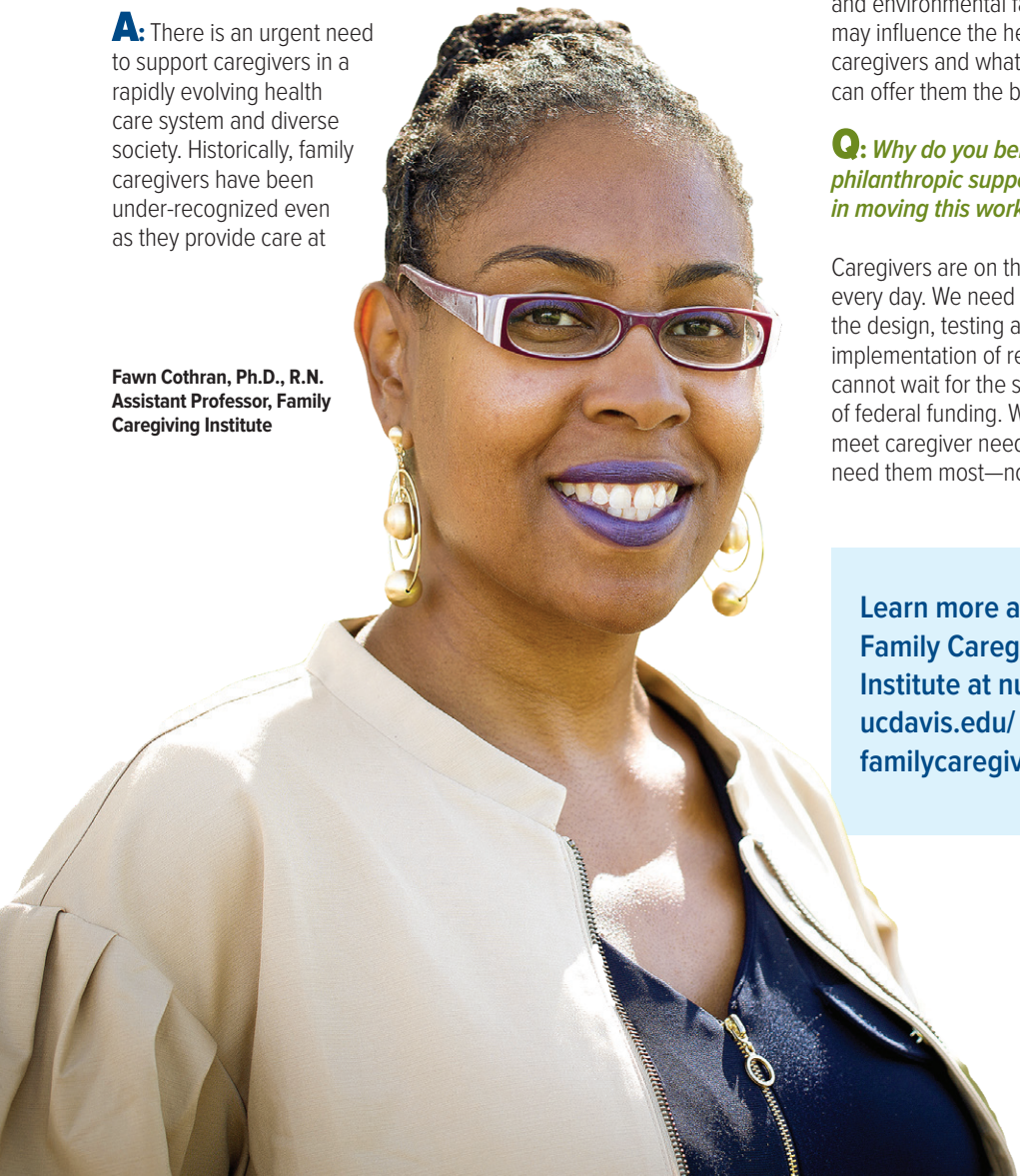


Caregiving facts

- **An estimated 43.5 million people** are informal (unpaid) caregivers of an adult Age 50 or older.
- **80% of care** received by older adults is provided by family or friends.
- **More caregivers** are women (75%).
- **42% of caregivers** are age 50 or older.
- **On average,** caregivers provide 21 hours of care per week.
- **The average age** of older care recipients is 75 years.

Sources: AARP, Institute on Aging, American Geriatrics Society, National Alliance for Caregiving and Pew Research Center.

Learn more about the Family Caregiving Institute at nursing.
ucdavis.edu/familycaregiving





Michelle Camicia,
Class of '18 alumna and donor

From nurse to caregiver

Alumna's personal experiences change her perspectives and passion

Michelle Camicia's personal and professional trajectory changed in an instant 12 years ago, when her sister suffered a life-changing accident. Despite a nursing career that spanned 25 years, Michelle found herself in unfamiliar territory of family caregiver and gained a new perspective and new passion for her nursing career.

An avid cyclist, Michelle's sister suffered a bicycle accident that severed her spinal cord. Michelle stayed with her at the bedside, then helped her transition from the hospital back home with her new life using a wheelchair for mobility.

"For the first time, I experienced the stress and crisis that comes with being a first-hand caregiver," recalls Michelle, a nurse leader in a rehabilitation hospital in the Bay Area. "I would walk down the halls at work, looking into the eyes of the family caregivers and our patients, with compassion I'd never known before. I had a deep connection with their pain and understood their challenges on a new level."

After being thrust into the sudden role of caregiver, Michelle wondered how to better prepare herself for such crisis. So, she enrolled in the doctoral program at the Betty Irene Moore School of Nursing at UC Davis to find solutions for the millions of caregivers like her.

"The program gave me the time to stop and focus on the experience of caregivers and what resources are available to help them as they transition a family member from the hospital back home," explains Michelle, a Class of 2018 alumna. "For my dissertation, I developed a tool to assess how prepared caregivers are in advance of accompanying their family member home from the hospital."

Michelle studied that transition in the instance of a stroke. Unlike an illness that comes on slowly, a stroke happens suddenly. It thrusts families into unfamiliar territory, just as her sister's bike accident jolted her into a new reality of caregiving. Her tool already received interest from her current employer, Kaiser Permanente. She seeks future federal funding to

expand caregiver preparedness for other acute injuries, including brain and spinal cord injury.

"We have a long way to go before making person- and family-centered care a reality," she says. "I'm on a personal mission to lead that campaign."

Michelle invests in that personal mission through both her work and donations to the School of Nursing. Her gift honors family caregivers.

"Donors invested in me and I am driven to make a difference," Michelle says. "I was so inspired by the gift that I received, I want that experience to continue. I don't want it to stop with me."

A L U M N I N E T W O R K

The Alumni Network is where physician assistant, nurse practitioner, nursing, nurse leadership and doctoral alumni can catch up and connect with one another.



In July, we honored our school's founding dean, Heather M. Young, with a celebration to honor her decade of leadership as dean. Inaugural Master's Entry Program in Nursing alumni ('17) Neal Oppenheimer and Julia Yu chat with doctoral candidate and leadership alumnus ('15) Charlie Dharmasukrit at the party. Young stepped down as dean July 31 and, following a year-long sabbatical, returns to the school in 2019 as professor and dean emerita.



Joanna Mello, an alumna of the school's master's-degree leadership program ('14), is one of several alumni who now work part of their time as clinical instructors with the school's Master's Entry Program in Nursing, guiding prelicensure nurses in clinical settings.



Lori Madden, an alumna of the doctoral program ('14) and UC Davis Medical Center Nurse Scientist, led the return of Nursing Grand Rounds at UC Davis Health with a special session in August that featured Chancellor Gary S. May, Vice Chancellor for Human Health Sciences David Lubarsky and School of Nursing Interim Dean Debbie Ward.



Carly Hustrei, an alumna of the physician assistant master's degree program ('16), spoke at the P.A. Oath and Celebration in August when the Class of 2018 marked the completion of their last degree program exams with the recital of the P.A. Oath.

MORE ALUMNI FEATURES ON NURSING.UCDAVIS.EDU



Sandra Calderon and Mariel Yapdiangco, both Class of 2016 alumnae, discuss their roles today as family nurse practitioners caring for under-represented populations in the Sacramento region.

DID YOU KNOW over the past 48 years, more than 1,575 physician assistants (P.A.s) and 1,063 nurse practitioners earned their certificates or degrees from UC Davis?

THIS FALL, we celebrated National P.A. Week and National Nurse Practitioner Week with faculty, students, preceptors and you, alumni. Do you have ideas on how we can celebrate your professions? Please email or call Sarah Mentze with your thoughts (*contact information below*).

MILESTONE MOMENT, JUNE 2018 With this year's graduation, the number of School of Nursing alumni, 406, now outnumbers our current students, 323.



CONNECT WITH SARAH MENTZE, director for alumni and community engagement, to learn more about how you as alumni can engage with the school. Please call or email to post a job, submit an alumni update or news, learn more about precepting opportunities or just to chat!

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LOOK AT THE IMPACT OF YOUR LEADERSHIP

BY THE NUMBERS

323 current students

406 alumni

5 Nursing Science and Health-Care Graduate Degree programs

48 scholarships

350+ community partners and collaborators

Ranked among the best nursing schools in the U.S.

(*U.S. News & World Report*)

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