



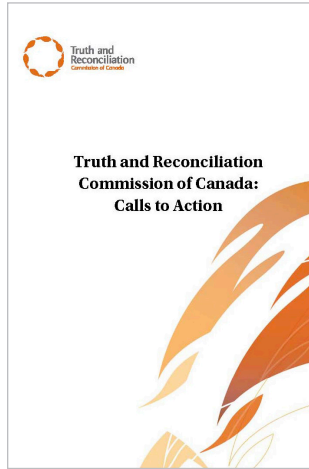
News Brief celebrates the many achievements of alumni, students and faculty from the Faculty of Health Disciplines. Share your story! Please [send a note to fhdnews@athabascau.ca](mailto:fhdnews@athabascau.ca).



NEW! 2 PD courses focus on mental health

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[Read more](#)



Building Indigenous knowledge, understanding

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[Read more](#)



A river runs through it

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[Read more](#)



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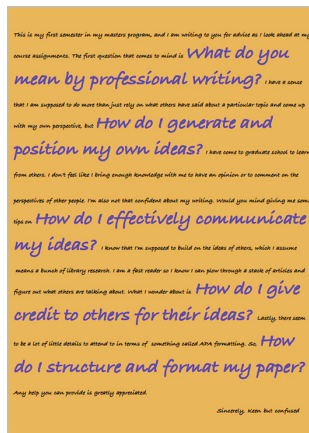
[Read more](#)



Serving nurses, country and queen

Lt. Col. Rhonda Crew (Master of Nursing '16) has served around the world, is a respected mentor and trainer of nurses with the Canadian Armed Forces, and last year was appointed the honorary nurse for Queen Elizabeth. No surprise, then, that she also received AU's 2017 Distinguished Alumni Award.

[Read more](#)



Gooder: Better writing is just a click away

A free online ebook is an invaluable resource for writing better and communicating more effectively. It's the perfect resource for professional writing that goes beyond reporting on information you have received, to saying what you think about it — and showing what you have learned.

[Read more](#)



Active Living Corner: Losing in order to win the marathon of life

Kim Seeley (Master of Nursing: Nurse Practitioner '15) writes her story of loss — shedding almost 150 lbs. by mapping her own weight-loss journey. Along the way, this Nova Scotia native (who lives in Lower Eel Brook and works in Pubnico) found better health and a new career avenue.

[Read more](#)



Alumni, students and faculty continue to inspire

Do you have a new job? A project that would be interesting to others in the profession? Reason to celebrate? A recent publication or presentation? Share it with the Faculty of Health Disciplines community by sending an e-mail to fhdnews@athabascau.ca.

[Read more](#)

Share your news! Submit a story! Let us know what you want to read about! **Drop us a line** and help grow and strengthen the Faculty of Health Disciplines community. Together, we'll have the conversations that matter to you.

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NEW! 2 PD courses focus on mental health

Two new, highly engaging and media-rich non-credit courses enable you to acquire the specialized knowledge to increase your confidence in making mental health diagnoses, and to develop treatment plans to meet your patients' needs.

One in five Canadians will personally experience a mental health issue in their lifetime, and the incidence and complexity of these issues is growing. More people are seeking help, making it imperative that nurse practitioners and other health care professionals — on the front line, in management or administration, or in an organization or community large or small — have the knowledge needed to meet the needs of people they serve.

A series of two new non-credit professional development courses offered by the Faculty of Health Disciplines enable health care professionals to enhance their knowledge in the crucial area of mental health, and to feel more confident in providing patient care.

These engaging, visually rich courses are offered online. Learning is self-directed and can begin at any time and undertaken anywhere, taking approximately 45 hours to complete. Each course costs C\$200 + GST (non-refundable).

Designed for primary care nurse practitioners in Canada and the U.S., the courses also would be beneficial for health care professionals such as nurses, psychologists, counsellors and social workers.

“Every day, health care professionals see people experiencing mental health conditions,” explains Donna Clare, Academic Coordinator and course developer. “Most Nurse Practitioner programs in Canada do not teach mental health in sufficient depth for the types and numbers of disorders we are seeing in our practices.

“Nurse Practitioners have told us they need more information on the diagnosis and treatment of mental disorders, and on how to support mental health and prevent mental illness. And psychologists, nurses and social workers tell us they would like more information on the medications their patients are receiving.”

The two new continuing education courses will address these knowledge gaps. Both can be taken according to individual learning needs or in sequence. They are offered entirely online and include multiple mini-quizzes and learning activities. The first course focuses on mental health promotion, mental disorder prevention, and the diagnosis of mental disorders using criteria from the American Psychiatric Association. The second focuses on prescribing and medication management, reviews of current psychotherapies, how to address mental health emergencies and reviews common mental health concerns in special life stages and settings.

For complete details on course content and learning outcomes, and to register, visit the [FHD website](#).

REGISTRATION IS OPEN!

**Foundational Concepts:
Health Promotion, Illness
Prevention and Diagnoses**



**Advanced Concepts:
Medications, Therapies
and Special Populations**

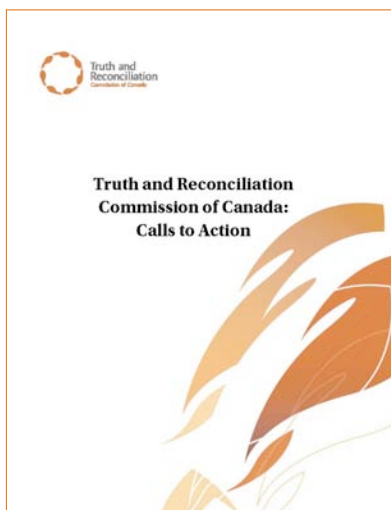
**VISIT THE FHD WEBSITE
FOR MORE INFORMATION
AND TO REGISTER**

GO TO NEXT STORY →

Building Indigenous knowledge, understanding

As educators and as educators of future health care professionals, the Faculty of Health Disciplines has a key role to play in responding to the Truth and Reconciliation Commission's calls to action — and changing relationships between Indigenous people and the education and health care systems.

In June 2015, Canada's **Truth and Reconciliation Commission (TRC)** released the summary report from its landmark eight-year mission to facilitate reconciliation among former residential school students, their families and communities, and all Canadians. This included **94 calls to action**, a catalyst for mobilizing learnings.



Athabasca University and all Canadian post-secondary institutions are responding to the call to integrate Indigenous knowledge, perspectives and teaching methods into programs and courses, and to encourage First Nations students' participation and success. As part of AU's initiatives, the Faculty of Health Disciplines launched a five-member working group in January 2017 to help guide change.

"Responding to the calls to action is especially important for us as educators and as educators of future health care professionals," explains Rose Schroeder, academic coordinator and group leader.

"What we do has the potential to change the trajectory of relationships between Indigenous people and the post-secondary and health care systems. The impact of changes we implement can ripple out very widely and very quickly."

Since 2013, one of the core competencies required by the College and Association of Registered Nurses of Alberta for licensed RNs has been knowledge of health disparities and inequities, and understanding how nursing practice can contribute to achieving positive health outcomes for Indigenous populations. "Cultural care is incorporated into much of our program content," Schroeder says. "The TRC report inspired us to look at this again, to see what we have done in the past and think about how we can move forward."

Working with AU's **Centre for World Indigenous Knowledge and Research**, the group's initial focus is on building a strong knowledge foundation: gathering resources, attending presentations and workshops, connecting with First Nations communities and, most recently, hearing from Elder-in-Residence Dr. Maria Campbell at a Faculty meeting in January 2018. **Karen Lara** (Master of Counselling '17), whose **award-winning research** centred on Indigenous justice and First Nations Courts, spoke to the group in September 2017.

"We can't do this on our own and engaging with Indigenous people is crucial," Schroeder explains. "As a Faculty, we're always learning and growing. We need a shared understanding in order to move forward in a meaningful way, so change is sustained and has the desired outcomes. Hearing from someone like Dr. Campbell is transformational. Understanding how we got to where we are today is essential for informing where we will go tomorrow."

A river runs through it

As a military trauma nurse for 20 years, Capt. Mary Ann Barber saw more than she wants to remember. She returned home with PTSD and her journey toward recovery includes a once-in-a-lifetime whitewater adventure. She took AU along for the paddle.

About 10 days into the whitewater canoeing expedition, **Mary Ann Barber** (Master of Nursing: Nurse Practitioner student) realized that, except for the people sharing the journey with her, the only evidence of other human beings she could see was a plane's contrail. She smiled. This was exactly where she wanted to be.



photo by Warren Robertson, Scope Digital Media

Capt. Barber served as a military nurse in Canada's Armed Forces for 20 years, and was deployed to places where the atrocities of war are part of daily life. It was a job she loved, but what she experienced on three tours to Afghanistan and one to Bosnia, in particular, took a heavy toll. Diagnosed with post-traumatic stress disorder, in 2013 she began the long, hard journey of recovery.

Taking part in an exhausting river expedition — and pursuing her passion for helping others through Athabasca University by taking her reading with her on the 400-km trip — are both important parts of her healing.

"I'm never going to be the person I was when I went to Afghanistan for the first time," says Barber, who was medically released from the Forces on Feb. 15, 2018. "Now I have to learn how to be the new me. Being a nurse is who I am and I am so proud of it. I was devastated to learn that I couldn't continue military trauma nursing.

"But now, I'm happy to have successfully recovered enough that I can still live my dream — AU is 100% part of my healing and is helping me rediscover myself in a new way."

Barber chose the AU program in 2014 because "my brain with PTSD doesn't work the way it used to — I can't sit in a classroom" and, because she travels a lot, was able to take her studies wherever she went. In 2017, that included the adventure of a lifetime.

— continued —

True Patriot Love, a national charity dedicated to providing essential support and resources to Canadian military members, veterans and their families, celebrated Canada 150 by organizing three expeditions in some of the most remote physically and mentally challenging places in the country. Barber was among 30 who took part in the TPL Scotiabank Douglas Expedition, which paired ill and injured soldiers with business leaders in the remote wilderness.

“Baring your soul to a group of strangers, and trusting that when you’re having a hard time emotionally, they’ll have your back, is difficult,” Barber admits. “We don’t open ourselves up a lot in the military, and here I had to get into the weeds and put complex feelings into words. It was very powerful.

“I have travelled all over the world, and this was one of the most beautiful, austere places I’ve ever been.”

For 12 days, the group retraced the route of explorer George Douglas in the Northwest Territories, travelling 300 kms down the Keele River and 100 up the MacKenzie. They paddled 60–70 kms a day and relied on only what they carried in their 15 canoes. In Barber’s case, that included a Kindle and some AU readings.



photo by Warren Robertson, Scope Digital Media

“I had written my last test before I got on the plane, but had a few readings and some prep still to do. At the end of each day, I wrapped up by learning more about managing hypertension and diabetes.”

Now completing her second-last course, Barber hopes to complete her MN:NP in August and to become certified in the fall. After doing her women’s health clinical in two First Nations communities in northern Alberta and being part of the river expedition, she’s heeding a new call.

“When I got home in 2008, I wasn’t sure I could ever nurse again. There were some horrible years. AU helped solidify my love of health care and nursing.

“I always wanted to be an NP, and Kim Lamarche is a great mentor. Now I am shifting my identity and see my future as a nurse practitioner working in women’s health in the north.”

She knows the journey will have its ups and down, peaks and valleys — and one incomparable river adventure.

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From babies surviving hypoxia to people surviving cancer — the health and well-being of these and countless others across Canada and beyond will be enhanced because of what is being learned in research projects involving investigators from the Faculty of Health Disciplines. Here are a few of those projects.

CIHR grant supports project to help ease pain of people living with dementia

Dementia research — and specifically research into how nursing home residents with dementia communicate pain — received a boost in January when a project led by **Dr. Jennifer Knopp-Sihota**, Associate Professor, received a grant from Canada's high-profile Canadian Institutes for Health Research (CIHR). Knopp-Sihota is the primary investigator on the collaborative "Improving Pain Assessment in Nursing Home Residents with Dementia" project, which is working towards developing a new tool to assess pain severity — and, ultimately less suffering through better pain management. The project was one of only eight projects (of 58 submissions) from across Canada, and the \$577,574 grant will be allocated over three years. [Read more about the research](#) in the September 2017 issue of *News Brief*.



Saving the lives of babies who suffer hypoxia

Dr. Bill Diehl-Jones, Associate Professor, and colleagues at the University of Manitoba recently received a grant to advance their work investigating the potential of a drug showing great promise to save the lives of babies with hypoxia (oxygen deprivation). The project, "Effects of PGE2 Agonists on Neonatal Hypoxia," looks into Misoprostol or Cytotec, a drug approved by Health Canada and currently used to treat ulcers. Work by Diehl-Jones and colleagues has shown that Misoprostol causes alternate splicing of a cell death gene — creating a new gene that "switches" its protein into one that is pro-survival. A paper submitted to a Tier 1 journal, *Cell Death and Disease*, shows the precise molecular pathways by which this happens. Most excitingly, in both cell-based and preliminary animal-based experiments, Misoprostol rescues gut, intestine and brain cells after hypoxia. Funding will enable more animal experiments to measure Bnip Delta Exon 3 (the pro-survival protein) in behavioural tests after treatment. The group's investigations could lead to human trials in coming years, and it is hoped this could then lead to better treatments for pre-term infants at risk of hypoxic brain and heart injury.



Mike Ridewood photo

Preventing cancer by promoting healthy habits among Albertans



Mike Ridewood photo

This year, nearly 17,000 Albertans will receive a new cancer diagnosis and about 7,000 people will die from the disease. **Dr. Steven Johnson**, Assistant Professor, is the lead investigator on a project looking at how healthy eating and physical activity impacts cancer development — to offer insight into how cancer may be prevented by promoting and supporting healthy behaviours. “Examining Dietary Patterns, Physical Activity and Cancer Risk from Alberta’s Tomorrow Project” received a grant from **Alberta’s Tomorrow Project**, which is tracking the health of more than 50,000 adults in the province. The team will identify dietary patterns in the ATP cohort, define and describe physical activity, and examine the association among dietary patterns, physical activity and cancer risk.

Improving the lives of women with breast cancer

Dr. Jeff Vallance, Associate Professor, and **Dr. Lynn Corcoran**, Assistant Professor, are members of the **AMBER** (Alberta Moving Beyond Breast Cancer) research initiative — a multi-institution, pan-Alberta group which recently received a \$1.9-million grant from the Canadian Institutes of Health Research to continue the team’s groundbreaking work examining how lifestyle factors affect breast cancer recovery and survival. Vallance is one of the AMBER team’s principal applicants, and Corcoran is among the co-applicants. The study is engaging 1,500 newly diagnosed breast cancer survivors over a five-year period, and the latest round of CIHR funding will enable the team to create one of the largest and most comprehensive breast cancer cohorts in the world.



Mike Ridewood photos

Finding the best ways to engage students in face-to-face and online learning

The AU student is taking the lead. **Katherine Janzen** (Master of Nursing ’11) and Associate Professor at Mount Royal University, is the primary investigator on a project which includes **Dr. Margaret Edwards**, Dean, Faculty of Health Disciplines, and **Dr. Beth Perry**, Professor, as co-investigators. “An exploration of the effects of arts-based teaching strategies on engagement of digital native learners in online and face-to-face learning environments” is looking at the pervasive problem of disengagement of students raised in the era of digital technology. Teaching strategies that increase student engagement in face-to-face and online learning environments have been understudied, so this project has the potential to greatly enhance teaching and learning. The current research builds on an SSHRC-funded project led by Edwards and Perry, in which Janzen was a research assistant — bringing the team full circle.



Janzen



Edwards



Perry

Serving nurses, country and queen

Lt. Col. Rhonda Crew (Master of Nursing '16) has served around the world, is a respected mentor and trainer of nurses with the Canadian Armed Forces, and last year was appointed the honorary nurse for Queen Elizabeth. No surprise, then, that she also received AU's 2017 Distinguished Alumni Award.

Not many people in the Canadian Armed Forces hold a job with an honorary line to the British monarchy.

Lt. Col. Rhonda Crew (Master of Nursing '16), a Nursing Policy and Staff Officer, is one of them.

Last January, she was appointed Chief of Nursing Services — or, as she calls it, “The Honorary Nurse for the Queen.” It’s just the latest in a string of accolades that began when Crew joined the CAF more than 20 years ago, and is among the many reasons why a career in education, community service and caring earned the Stittsville, Ont., resident Athabasca University’s 2017 Distinguished Alumni Award.

On the job, Crew excels in coaching and mentorship, and oversees the training of Military Nursing Officers to ensure they are sufficiently prepared for missions domestic and international. She was in their shoes not long ago, deployed around the world with the Royal Canadian Air Force, working in aeromedical roles, and as a hospital military nurse, in the former Yugoslavia, Afghanistan and Haiti.

“My role now is to support the nurses to be able to do their jobs to the best of their ability,” Crew says. Creating the Canadian Forces’ Health Services Coaching and Mentoring program in 2016 reflects that commitment, as does her advocacy for mental and physical ‘after care’ for nurses returning from overseas assignments and needing time to re-integrate successfully into their home lives.



Annemarie Gruden Photography

[Read more of Rhonda Crew's story on the AU News website →](#)

Crew also a keen proponent of advanced education, and sees the natural connection between AU and the Canadian Armed Forces. Both are rooted in excellence and flexibility. “AU allowed me to learn at my own pace, in my own surroundings and with a diverse peer group,” she notes, adding that several military peers have been able to pursue their educational dreams because of AU.

In the future, when her military career winds down, it wouldn’t be at all unusual to see Crew pursue her passion for teaching and learning at AU once again — perhaps next time as an AU professor.

~~Gooder~~ Better writing is just a click away

A free online ebook is an invaluable resource for writing better and communicating more effectively. It's the perfect resource for professional writing that goes beyond reporting on information you have received, to saying what you think about it — and showing what you have learned.

In graduate programs, synthesizing and thinking critically about the information you take in is key to growing your knowledge — and so is expressing and communicating your own original thoughts and ideas, supported by professional literature.

Professional Writing in the Health Disciplines — a free, online ebook for students not only in the Faculty of Health Disciplines, but in all disciplines — is an invaluable resource in making the transition from being a “consumer” of information to being a “creator” of information.

“A different type of writing is expected at the graduate level,” explains Dr. Sandra Collins, Counselling Professor and developer of the ebook, which was published in 2016. “This eases students through the transition from reporting what is learned from others, to making a statement about what they think and supporting it.

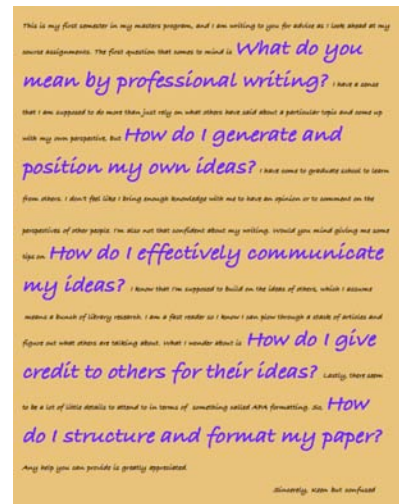
“Even at the undergraduate level, where there is an increasing emphasis on writing, it can help with the shift from ‘this is what I’ve read’ to ‘this is what I’ve thought about and what I’m making a statement about.’”

Collins was inspired to write the ebook because style manuals don’t always explain why things are done in a certain way, and without that context, it can be difficult to structure writing well. “We sometimes need to step back and look at what we’re trying to accomplish, which is to communicate our ideas effectively,” she says. “We need to focus on what professional writing looks like, and why it is important.”

Since the ebook’s launch — part of a growing inventory of open electronic resources (OERs) created by FHD faculty and freely available to people worldwide — FHD students have been using the resource throughout their programs. Faculty, too, use it when giving feedback, often directing students to specific sections of the ebook when additional follow-up is needed.

The ebook goes beyond APA format to walk the reader through the process of writing at a graduate level from conceptualization of ideas to polishing the manuscript. It is divided into chapters and includes quick links to specific topics. Practice exercises are also included, so students can hone their skills. While the exercises’ subject matter is drawn from the health disciplines, the learning is applicable to every discipline.

“No matter what program you are in, if you are writing papers where you are expressing an opinion or taking a position, the same principles for better and more-effective writing apply,” Collins says.



ACTIVE LIVING CORNER

Losing in order to win the marathon of life

Kim Seeley (Master of Nursing: Nurse Practitioner '15) writes her story of loss — shedding almost 150 lbs. by mapping her own weight-loss journey. Along the way, this Nova Scotia native (who lives in Lower Eel Brook and works in Pubnico) found better health and a new career avenue.

I have always been obese but, I always felt that I was active and that my weight didn't hold me back from going on adventures. I love to travel and, even at my heaviest, I walked on glaciers in Iceland and hiked in Greece.

Just after graduating from the Master of Nursing: NP program at Athabasca University, I went on a celebratory graduation trip with my family. While at an amusement park, I attempted to get on a roller coaster, but couldn't fit in the seat. My son, as luck would have it, was too short to ride and was promptly removed, leaving me as the sole person who knew I wouldn't have been able to ride either. It took me two weeks to come to terms with that knowledge.

I had attempted to change my lifestyle before, albeit halfheartedly. I would get discouraged and give up as quickly as I had started. But this time was different. I wanted to be able to live my life alongside my family, not just sit and watch them live.

When I got on the scale, I was 304.5 lbs. I was prediabetic, pre-hypertensive and dyslipidemic. I began calorie counting with a free app on my phone and walking on my lunch break — 30 minutes most days of the week. I got a Fitbit and started increasing my step count.

After I had lost the first 50 lbs. (six months into the journey), my blood pressure had normalized, my cholesterol was normal and I was no longer prediabetic. After one year, I started jogging. The idea of running was terrifying. It was so hard at the beginning and I wasn't used to pushing myself physically.

But I was really trying to prove to myself that I could do it, so I signed up for a half marathon and started training. I completed my first half marathon in September 2017 at 2 hrs. 32 mins. and cried at the finish line. As of December 2017, I had lost 143 lbs. in total, with my ultimate goal being 152.2 lbs. (half of what I started at).



Kim before ... and after ... running a 5k not long after completing her first half marathon.



I continue to be a work in progress.

I am currently becoming a bariatric educator as obesity is a real area of interest for me. I often discuss lifestyle changes with my clients and I focus on these main points:

- You have to figure out how not to be hungry, whatever plan you choose. So for me, what works is eating a high-fibre diet and lots of vegetables.
- The vast majority of weight loss is done in the kitchen. You need to have some awareness of the amount you are eating, and measuring is very helpful.
- You have to start where you are. If you can do only 15 minutes, start there — but don't stay where you are comfortable for too long. Keep pushing yourself.
- Lifestyle change CAN change your blood pressure and lab values.
- Lifestyle change is very important but you have to be realistic with yourself about what you are going to be able to do for the remainder of your life.

*by Kim Seeley
Lower Eel Brook, N.S.*

[← RETURN TO FRONT PAGE](#)

[GO TO NEXT STORY →](#)

Alumni, students and faculty continue to inspire

What's up? What's new at work or at home? Do you have a special reason to celebrate an accomplishment or achievement? Or just want to check in with the gang? Share a few words with the Faculty of Health Disciplines community by sending an e-mail to fhdnews@athabascau.ca.

Mary Ann Barber
MN:NP student

... is one of five Canadian military veterans featured in *I Am War*, a 60-minute documentary about the “human side” of serving in Afghanistan, which aired on History Television in November 2017. The 20-year military trauma nurse also took part in a life-changing river expedition this past summer. [Check out her story](#) in this issue.



Samantha Boland
MHS alumna

... was asked by her union to take part in a [media campaign](#) highlighting the hard work and dedication of Ontario’s public service employees, and her story was shared in ads and other vehicles. Samantha is a Program Supervisor with the Ministry of Community and Social Services and lives in London, Ont.



Lloyd Bowers
MHS alumnus

... is the Manager of the Assessment and Stabilization unit and the Comprehensive Psychiatric Care unit at Homewood Health Centre in Guelph, Ont. Lloyd has worked in community mental health for 25 years, 17 in management. “I love my job and I credit my degree for achieving this position,” he says.

Dr. Lynn Corcoran
Assistant Professor

... will have [“Exploring the impact of off the beaten path: Violence, women, and art”](#) published in the *Women’s Studies International Forum* March–April 2018 issue.

Dr. Annette Lane
Associate Professor

Joyce D’Andrea
Sessional instructor

... is well known to students in the Master of Health Studies and Master of Nursing programs. Last fall, she received a Friend of Health Sciences Award from the University of Lethbridge, recognizing her many contributions to the field and to students over more than five decades.

Debbie Fraser
Associate Professor

... received the Lifetime Achievement Award from the Academy of Neonatal Nursing in September 2017. Debbie has been the group’s executive director for many years and is also the editor of its journal, *Neonatal Network: The Journal of Neonatal Nursing*. The award was presented at the Academy’s conference in Las Vegas.



Dr. Kathryn Hannah

... is a world-recognized nursing leader whose long and distinguished career was recognized in 2015 when she was named to the Order of Canada. She is an innovator in health information management to support optimal health outcomes and professional nursing practice, and she and FHD Dean **Dr. Margaret Edwards** have co-authored several books. Kathryn is retiring and plans to donate her extensive library to AU this year. More information about this exciting contribution to teaching and learning will be published in a future issue of *News Brief*.

Vanessa Icton
MC alumna

... received her Provisional Psychologist through CAP in December 2017 and started a new position as a Registered Provincial Psychologist with the Grief and Trauma Healing Centre in Edmonton on Feb. 21.



Coralea Forbes

Jennifer Jackson
MN alumna

Dr. Margaret Edwards
FHD Dean



... three generations of nurses came together on Aug. 24, 2017, when Jennifer (centre) received AU's Rising Star Alumni Award at a special Olds, Alta., ceremony. FHD Dean Dr. Margaret Edwards (right) presented Jennifer with her award, and was joined by a guest who is special to both women. Coralea(left), a long-time nursing instructor — Jennifer's former neighbour and Margie's teacher in nursing school — was on hand to share in the celebration. [Read more](#) about Jennifer and Coralea's connection in an article published in the *Olds Albertan*.

Dr. Paul Jerry
Professor
FHD Associate Dean

... serves as the President of the College of Alberta Psychologists (a post he held previously in 2009–10) and was profiled in the September 2017 issue of *LINKS*, a newsletter for Alberta FASD Diagnostic Clinics. Paul is the psychologist for the Medicine Hat/Brooks, Alta., neurodevelopmental clinic.

Alexandra (Glennie) Johnston
AU@MRC BN alumna

... was in northern Saskatchewan ER for five years after graduating in 2007, then moved to Calgary where she has worked in community ever since, including in a home care ambulatory wound clinic and, as of 18 months ago, as a clinical nurse educator in supportive and facility living. In January 2018, she started work on her Entrostomal Therapy (ET) certification, which is a specialty focus on wounds, ostomy and continence. She sent a great family note: “My son will be five years old this summer and I can’t believe he is that old already! We have very similar personalities, which is both a benefit and a challenge some days. I have had horses since I was 15, and wanted a Norwegian Fjord for a long time. I finally bought myself one for my birthday last year. She is the same age as my son, so it is a lot of fun watching the two of them together. Looking forward to reading other people’s updates ”



Dr. Kimberley Lamarche
Associate Professor

... was promoted from Captain to Major in the Reserve Force of the Canadian Armed Forces in December 2017. Kimberley is the Deputy Commanding Officer with 35 Field Ambulance in Sydney, N.S., and Senior Practice Leader for Reserve Nurses in the Canadian Forces.

Deborah Mears
BN alumna

... manages the Cardiac Intensive Care unit at the Royal Alexandra Hospital in Edmonton, a 10-bed unit with about 60 staff. She and her husband — Peter Ratcliff, who graduated from AU’s Bachelor of Professional Arts in Criminal Justice program — convocated together and also volunteer together. The duo helps out Edmonton’s Wildlife Rehabilitation Society and the Christmas Bureau, and has travelled twice to Quito, Ecuador, with the Canadian Association of Medical Teams Abroad, assisting with hip replacements and club foot repairs for Indigenous people.



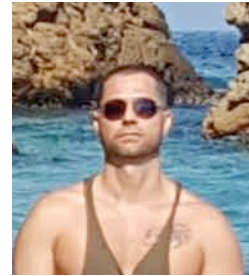
Miriam Neufeld
MN:NP alumna

... and her husband, Keith, welcomed Camrose, Alta.’s, official “New Year’s Baby” into their family on Jan. 2. Naomi Marie’s mom is an NP with the Camrose Primary Care Network.

— continued —

Stuart Pretzlaw
Post-RN BN alumnus

... has his dream job, five years after graduating: He works in a busy intensive care unit and a coronary care unit in Edmonton. He writes: "The flexible degree program allowed me to fulfil my dreams of being an RN and, as such, I am able to live a great lifestyle, which includes travelling, as well as being married and adopting a beautiful three-year-old boy. AU changed my life and thanks to the unlimited versatility of the degree, I can further my education in the future with an advanced degree. Thank you AU!"



John Remington
BN alumnus

... has moved from direct bedside care, to being a professional practice specialist in surgery, to his current position in clinical informatics. He is currently taking the final course in his Master of Public Administration degree. "I greatly appreciate the opportunity AU provided to learn and work at the same time."



Dr. Gina Wong
Associate Professor

... was recently quoted in a [Huffington Post article](#) on maternal mental health and, in particular, on nurses' training and their ability to differentiate between such things as postpartum OCD and intrusive thoughts, and postpartum psychosis. The article is a follow-up to a story in which one U.S. mother reached out for help and found herself referred to child welfare authorities. Gina contacted nurse organizations in Canada and found the issue may be Canadian, too.