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Rush University Magazine

FOR RUSH ALUMNI & FRIENDS | WINTER 2017



Innovation in Education

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UNIVERSITY LEADERSHIP

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Please recycle this magazine.









Larry Goodman, MD, GME President, Rush University CEO, Rush University Medical Center



Thomas Deutsch, MD '79/RMC; GME Provost, Rush University

Leading Changes in Health Care

Rush University dedicates itself to preparing students for the most important job in the world: improving health. As such, we have a responsibility not only to respond to changes in health care, but to lead those changes.

In this issue of Rush University Magazine, we're proud to share some of the ways that Rush and our alumni are doing just that, emerging as innovators in health care practice, education and research.

Rush University benefits from the expertise of four incredibly talented deans in our colleges of nursing, medicine and health sciences, as well as the Graduate College. Together these leaders are developing new approaches to train our students for the health care environments of the future (see page 8). What's more, our faculty and alumni continue to shape the landscape of health care with new ways to care for patients, prevent disease and educate health care professionals. Dino Rumoro, DO, MPH (see page 12), and Judith Paice, MSN '82/CON (see page 14), are just two of many examples we could cite of faculty and alumni who have emerged as true innovators in our field.

As a part of the Rush family, we hope you take great pride in knowing that Rush University remains at the forefront of changes in health care.

RUSH NEWS



Butler "Graduates" From Rush

Peter Butler, chairman of Rush University's Department of Health Systems Management, retired from his role as president of Rush University Medical Center on June 30, 2016. His more than four decades of experience with teaching hospitals and health care systems include an accomplished run at Rush that started in 1982 and spans two separate tenures.

In recognition of his service, Butler was the honorary degree recipient and speaker at the 2016 Rush University Commencement ceremony in May. He also received the 2016 Trustee Medal from the Board of Trustees of Rush University Medical Center. Rush's highest honor, the medal recognizes individuals who embody the Medical Center's ideals and whose achievements provide exemplary standards for generations to come.

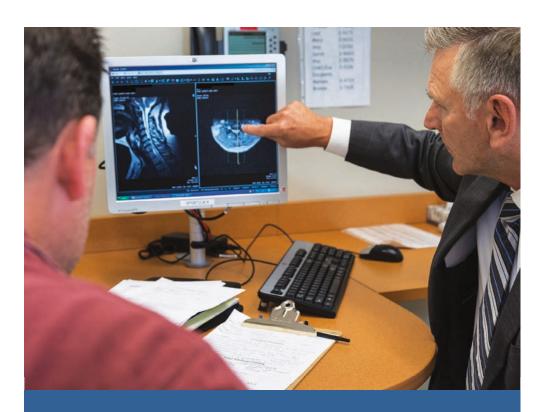
Butler remains a professor of health systems management at Rush and continues to chair that department, which is now ranked No. 5 in the nation by U.S. News & World Report.

Learn more at rush.edu/news/peter-butlergraduating-rush.

Visit the New Rush University Website

Rush University has launched a completely redesigned version of its website, which showcases compelling student, faculty and alumni stories through video, pictures, text and social media.

Explore the new site at rushu.rush.edu.



Early Results Show Hope for Spinal **Cord Injury Patients**

A physician at Rush became the first in Illinois to inject AST-OPC1 (oligodendrocyte progenitor cells), an experimental treatment, into the damaged cervical spinal cord of a recently paralyzed man as part of a multicenter clinical trial. The trial assesses safety and effectiveness of escalating doses of the special cells in individuals with a complete cervical spinal cord injury. Interim research results were announced on Sept. 14 at the 55th Annual Scientific Meeting of the International Spinal Cord Society, showing that "we may in fact be getting some regeneration," said Richard G. Fessler, MD, PhD, professor of neurological surgery at Rush.

All five of the first patients in the study had achieved at least one motor level of improvement, and two of the patients had achieved two motor levels of improvement. "Some of those who have lost use of their hands are starting to get function back. That's the first time in history that's ever been done," said Fessler. "Until now there have been no new treatment options for the 17,000 new spinal cord injuries that happen each year. "Rush is one of six centers in the country studying this new approach. Fessler is the lead investigator of all of the sites involved.



Read more about this promising breakthrough at rush.edu/news/restoring-movement-after-paralysis.



Rush Receives Nearly \$29 Million to Fight Alzheimer's

Can a particular diet prevent Alzheimer's disease? The National Institute on Aging, or NIA, has invested heavily in Rush University Medical Center to try to find out. A \$14.5 million NIA grant is supporting a new study led by researchers at Rush that aims to determine if an intervention known as the MIND diet can help prevent Alzheimer's disease. Additionally the NIA has renewed its funding for the Rush Alzheimer's Disease Core Center with a five-year, \$14.3 million grant. For 25 years, the center has been responsible for obtaining and preserving organ donors' brains and making selective use of them in studies seeking to understand Alzheimer's better.

You can learn more about both grants at rush.edu/news.

Showcasing Alumni Association Accomplishments

This fall the Rush-Presbyterian-St. Luke's Nurses and Rush Medical College alumni associations each launched a "Year in Review" report showcasing key fiscal year 2016 accomplishments, including 15 Golden Lamp Society nursing scholarships and 50 medical alumni reunion co-chairs. In addition, \$3.1 million and \$1.7 million were raised by nursing and medical alumni, respectively.

Find both reports on our website at rushu. rush.edu/alumni.

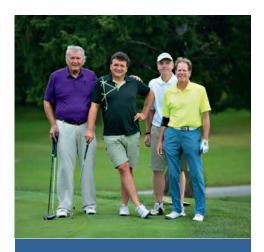
Study Ranks Rush University Medical Center No. 5 Among Leading U.S. Academic Medical Centers

Rush University Medical Center is ranked fifth among 102 leading academic medical centers in the United States in a study conducted by the health care services company Vizient. It is the fourth consecutive time Rush has been ranked among the top five in the study and the eighth time since the University HealthSystem Consortium, now known as Vizient, began the study in 2005. Rush is the only academic medical center in Illinois to receive a five-star rating as well as the 2016 Bernard A Birnbaum, MD, Quality Leadership Award. Twelve other academic medical centers from across the United States received the award.



Rush Opens New Clinic at Grand and Dearborn

Rush's newest health care facility, Rush River North, brings convenient care to residents of Chicago's River North neighborhood. Opened in 2016, the clinic includes four primary care physicians, four cardiologists, one dermatologist, two endocrinologists and one OB-GYN. The location also offers walk-in primary care, on-site lab services and imaging. The ability to complete forms and check in electronically streamlines patients' visits. The practice is also piloting new real-time location technology, allowing clinicians to see how long patients have been waiting and where there are opportunities to improve patient experience throughout. Learn more about Rush River North at rush.edu/rivernorth.



Rush University Golf Outing Marks a Milestone

More than 200 of Rush's friends, leadership, staff, faculty and alumni gathered at Silver Lake Country Club in Orland Park, Illinois, on Sept. 21 to support Rush University students.

This year marked the 10th anniversary of the Rush University Golf Outing, as well as another important milestone: Counting this year's proceeds, this event raised more than \$1 million in scholarship funding for Rush University students.

In the face of rising higher education costs, additional scholarship support will allow Rush to offer more awards to students, reduce their financial burden and attract a more diverse student population.

Rush Receives 10th "A" Grade for Safety

For the 10th consecutive time, Rush University Medical Center received an "A" grade for safety from the Leapfrog Group, announced Nov. 1, 2016. The Medical Center is one of only 72 hospitals in the country to receive an A grade each time the Leapfrog Group has rated hospitals since launching the organization's Hospital Safety Score in June 2012. Rush is now among the elite 2.7 percent of the 2,633 U.S. hospitals that Leapfrog evaluated for the latest round of the organization's twice-yearly grading.

Rush to Launch Mobile Stroke Unit

Quickly receiving the proper treatment for a stroke can mean the difference between life and death or disability. A generous fouryear grant from The Grainger Foundation will allow Rush to develop a mobile stroke unit that will bring immediate stroke diagnosis and treatment to patients at their homes or wherever they're in need. This enhanced ambulance will contain telemedicine technology and a CT scanner, enabling the brain imaging that is critical to accurate stroke diagnoses and treatment. The unit, which will be based out of near west suburban Rush Oak Park Hospital, will be one of only a handful of its kind in the United States.





Tackling CNA Retention and Turnover

Last spring four Rush students presented their findings from the inaugural Shekleton-Clement gerontology project at Scottish Home in North Riverside, Illinois. Scottish Home relies heavily on certified nurse assistants, or CNAs, to care for the senior citizens who reside there. Under the supervision of faculty from Rush University's College of Nursing and Health Systems Management program, Taylor Winn, HSM '17; Shalonne Pryor, CON '16; Janeen Abels, CON '16; and Brianna Solola, HSM '17, assessed CNA recruitment, development and retention at the senior care center and worked to identify best practices, strengths and opportunities in these areas. With funding from an endowment established by sisters and Rush alumni Dolores Clement, MS '81/HSM, and Maureen Shekleton, PhD '82/ CON, the interprofessional project is the first educational opportunity of its kind to be made possible by Rush alumni from different programs.

"I was very impressed by what the students did and the willingness of the Scottish Home to open their facility to examination — all to improve the care of their residents," Shekleton said.

> FIND MORE RUSH **NEWS ONLINE AT RUSH.EDU/NEWS**

COLLEGE OF HEALTH SCIENCES

Richard K. Peach, PhD, professor in the departments of communication disorders and sciences, neurological sciences and otolaryngology/ head and neck surgery, was elected president of the Academy of Neurologic Communication Disorders and Sciences for a three-year term, effective January 2016.

Rush physician assistant students raised more than \$4,000 through a silent auction to benefit Chicago's Franciscan House, which provides meals, shelter and other services for hundreds of homeless individuals. The proceeds will be used for much-needed renovations of the shelter's free clinic, staffed by Rush volunteer health care providers and students every week.

Demetra "Toula" Castillo, MAdEd, MLS (ASCP), assistant professor, medical laboratory science, received the American Society for Clinical Laboratory Science - Illinois 2016 Educator of the Year award for her outstanding achievements in the field.

Rush's Student Occupational Therapy Association

participated in the American Occupational Therapy Foundation's St. Catherine Challenge for the first time this year, winning the challenge with its contribution of \$8,600. The challenge is a student-led, cross-country fundraiser to raise money for the foundation's Intervention Research Grants program.

COLLEGE OF NURSING

Susan Swider, PhD, APHN-BC, FAAN, director, advanced public health nursing, and professor, community, systems and mental health nursing, was appointed to a five-year term on the Community Preventive Services Task Force for the Department of Health & Human Services, Centers for Disease Control & Prevention, or CDC.

The 2016 AACN Academic-Practice Partnership Award was presented to the following cross-departmental team of nursing faculty at Rush who partnered with Chicago Public Schools for this collaboration award: BethAnne Christopher, MS, RN, CNL; Heide Cygan, DNP, RN; Sally Lemke, DNP '15, MS, RN, WHNP-BC; Diane McNaughton, PhD, APHN-BC; Monique Reed, PhD, RN; and Jennifer Rousseau, DNP '11, WHNPP-BC.

Kathleen Delaney, PhD '83, CERT '05, PMH, NP, professor, community systems and mental health nursing, was named Psychiatric Nurse of the Year by the American Psychiatric Nurses Association.

Sarah Ailey, PhD, APHN, professor, community, systems and mental health nursing, received RO1 grant funding from the National Institutes of Health for her research "Steps to Effective Problem Solving." The purpose of this clinical trial is to test the efficacy of methodology to improve social problem solving skills and reduce aggressive/challenging behaviors for individuals with intellectual disabilities living in group homes.

GRADUATE COLLEGE

In its second year, the doctoral program in integrated biomedical sciences enrolled 13 new PhD students and continues to seek Rush faculty to mentor these future researchers. Three students have been accepted, thanks to continued funding through the National Institutes of Health's Initiative to Maximize Student Development.

The Master of Biotechnology Program celebrated its 10th anniversary in spring 2016. This accelerated one-year program prepares graduates for continued training and jobs in the biomedical industry. The program's founders, Paul Carvey, PhD, and Arthur Prancan, PhD. attended the 2016 Graduation Dinner to celebrate the milestone.

The Cancer Research Pilot Project, established in 2016 by Rush and the University of Chicago Institute for Translational Medicine, has awarded \$100,000 to two collaborative projects between the institutions. The projects investigate diagnostic imaging techniques in lung cancer and the role of DNA in blood cancers.

John Hamilton, PhD candidate in biochemistry,

was awarded a F31 fellowship grant by the National Institute of Arthritis and Musculoskeletal and Skin Diseases to complete his doctoral training project on the use of anti-VEGF therapy in osteoarthritis.

RUSH MEDICAL COLLEGE

Rush Medical College is replacing its program objectives with eight roles that students will have proficiency in by graduation. The roles include practitioner, scholar, educator, communicator, collaborator, advocate, professional and leader. The purpose of the roles is to better emphasize specifics of practicing medicine and to better prepare physicians to collaborate with other health care professionals.

The Department of Obstetrics and Gynecology

has launched a new opportunity for M3 clerkship orientation day: Residents now teach the conduct of vaginal delivery utilizing an inanimate pelvic model in the simulation lab. The premise is that exposure early in the rotation to residents who teach will help students recognize and appreciate the skill and effort of the "resident-as-teacher."

Second-year medical students attended the first Career Buffet in September. Students briefly interacted one-on-one with different faculty across a wide range of disciplines to get a better sense of a variety of career paths. About 60 students participated with 30 faculty members representing 17 different clinical professions.

New integrated M1-M2 curriculum debuts in fall 2017 with the incoming M1 class. This innovative curriculum includes new assessments. allowing students to pinpoint strengths and weaknesses and track progress. The "flipped classroom" approach allows students the opportunity to review foundational content in advance of case-based, small-group learning, in which knowledge is applied to medical cases. A variety of resources will be available to promote retention of content as well as clinical applications.



Innovation in Education

How Rush is using technology and real-world experience to change classrooms.

BY BEN FELDHEIM

Joy LaCalamita pushes her wheeled walker next to a chair and table and sits down. The 66-year-old from Lake Barrington, Illinois, smiles at the five students who are seated around her in a classroom on the ninth floor of Rush's Armour Academic Center. These students represent an array of Rush programs: physician assistant, general entry master's in nursing, biotechnology and Rush Medical College. The five ask LaCalamita questions about her life, ranging from how she gets around her house to her doctor's appointments and other aspects of her daily life. The students listen intently, smiling at times and nodding at others, as they learn about LaCalamita's family, dogs and artwork, as well as the challenges she has faced since being diagnosed with multiple sclerosis and breast cancer 12 years ago.

"I'm very good on the stairs, especially after I re-learned to walk," LaCalamita said to the students. "I don't see getting around as a challenge. It's more like a puzzle that just needs the right combination of steps to be solved."

It's far too early in their education for this group of students — all in their first and second years — to offer any diagnosis or advice. Rather, the five are among 370 Rush students who are participating in a seminar to learn what life is really like for volunteers like LaCalamita, known as Health Mentors, who live with chronic conditions. The Health Mentors seminars began in 2015 as



a way to bring students from all four Rush colleges together to build their understanding of how specific each patient's individual experience is, both within and outside a medical institution. The seminar is among several efforts to weave interprofessionalism into Rush's DNA, from first-year students all the way up to clinical practice and research.

"Efforts like this not only help health care professionals see their patients as unique people, but it teaches them to work together with people from different disciplines,"

said Joanne Miller, MSN '76/CON, associate professor in adult health and gerontological nursing. "No single health care professional can provide for all of a patient's needs. We all have to work as a team."

Campus-Wide Changes in Education

There is a sea change happening at Rush, and interprofessionalism efforts like the Health Mentors seminar is one aspect. Innovations in education are happening throughout all four colleges. Classroom learning is being structured to focus more



(From left to right) James Mulshine, MD, acting dean of the Graduate College and professor of internal medicine; Marquis Foreman, PhD, RN, FAAN, the John L. and Helen Kellogg Dean of Rush University College of Nursing; Charlotte B. Royeen, PhD, OTR/L, FAOTA, dean of the College of Health Sciences and A. Watson Armour III Presidential Professor; and K. Ranga Rama Krishnan, MB, ChB, Henry P. Russe, MD, Dean of Rush Medical College and senior vice president of Rush University Medical Center, are all developing innovative ways to educate at Rush.

"We have a faculty so committed across all of our programs in the college that, while still maintaining their full-time responsibilities, they revamped the entire curriculum."

Charlotte B. Royeen, PhD, OTR/L, FAOTA
Dean of the College of Health Sciences at Rush University

on experiential exercises and programs rather than lengthy lectures. More resources are being made available online for students to learn at their own pace and free up class time for practicing skills and methods. Simulation is expanding more into the students' experiences. Colleges are finding ways to sustain research efforts even as National Institutes of Health grants become increasingly competitive, and curricula are going through complete overhauls.

"People are accustomed to the 'sage on the stage' approach to education, where the faculty stands in front of everyone and lectures," said K. Ranga Krishnan, MB, ChB, the Henry P. Russe, MD, Dean of Rush Medical College and senior vice president of Rush

University Medical Center. "Rather than that, we are working to create a 'guide on the side' so students can more actively learn and start applying it sooner rather than just listening to a lecture. By adopting this active learning approach, our students will be educated in an innovative and creative way that will then foster innovative and creative approaches throughout their careers."

Preparing Students to Lead Amid Change

One of the major changes happening within the University is an effort to convert all four colleges to the same semester-based academic calendar. The College of Health Sciences and the Graduate College have reworked their curricula and schedules to fit the new timeframe.

"We have a faculty so committed across all of our programs in the college that, while still maintaining their full-time responsibilities, they revamped the entire curriculum," said Charlotte B. Royeen, PhD, OTR/L, FAOTA, dean of the College of Health Sciences.

The Graduate College took the opportunity to create a new degree program while reworking its curriculum. The Integrative Biomedical Sciences Degree track was created to instill in students the resiliency, critical analysis and strategic thinking needed for the quickly evolving field of biomedicine.

"We have to prepare scientists to be able to continuously learn, well after they leave here, and be ready if they change career paths during their lives, as is often the case with the biomedical field," said James L. Mulshine, MD, acting dean of the Graduate College of Rush University and professor of internal medicine. "We want them to take a vast sea of information and synthesize it into usable principles and system models to solve complex problems."

Resources to Support Evolving Models

As Rush University continues to grow and expand, adding resources to simulation will remain a priority in service of students and faculty across all four colleges. Since opening in fall 2014, the Rush Center for Clinical Skills and Simulation has tripled the amount of simulation training that Rush can accommodate.



More opportunities for student-led discussion help Rush University students become active learners, equipped to apply information sooner.

"We're not going to change health care — or poverty or any larger universal issue — if we don't change health care education."

 K. Ranga Rama Krishnan, MB, ChB, Henry P. Russe, MD, Dean of Rush Medical College

"Clinical placements can be very competitive, and as we move to having fewer patients in hospitals, we can leverage simulation as an alternative approach that's highly effective for teaching students through experiences," said Marquis Foreman, PhD, RN, FAAN, the John L. and Helen Kellogg Dean of Rush University College of Nursing.

Online learning is essential for students who need flexibility in their career development, especially postgraduate students, and Rush is a national leader in distance learning. To create even more effective online learning programs, College of Nursing faculty are now attending the Online Learning Consortium series to be certified in teaching online, giving them the refined skill set needed to develop curriculum for and instruct this new kind of student.

And as opportunity swells but research funding remains in short supply, finding innovative approaches to fund student research remains a top priority. The Graduate College proposed a way to provide in-house funding for 10 PhD students to pursue dissertation projects with faculty without having to worry about the ever-shrinking pool of available NIH funding to enable their efforts.

In the College of Nursing, the Golden Lamp Society — the donor recognition society for those who support the college at the level of \$300 or more each year — awards research support to one DNP and two PhD nursing students annually. And each year, the Rush Medical College Alumni Association provides funding that allows 20 medical students, working alongside faculty, to pursue promising research opportunities through the Rush Medical College Summer Research Fellowship program. The top 20 student fellows are honored with the designation of Alumni Association Scholars.

"It's all interconnected," Krishnan said. "We're not going to change health care — or poverty or any larger universal issue — if we don't change health care education."

What are some of the biggest changes you've witnessed in health care education? Tell us about it. #RushUMag alumni@rush.edu f facebook.com/ RushUniversityAlumni twitter.com/rushualumni



Connecting the Dots of Disaster

With local and global disease outbreaks hitting headlines daily, one program developed at Rush is helping prevent and minimize such health care catastrophes.

BY ANNA SEIFERT

During the summer of 1995, hundreds of Chicago residents flooded Rush's emergency department as a historic heat wave struck the city, ultimately killing 739 people. One question weighed heavily on Dino Rumoro, DO, MPH, associate professor and chairperson of Rush's Department of Emergency Medicine: Could this have been prevented?

The answer was a hard but complex "yes."

"At the time, we weren't putting two and two together," said Rumoro. "Emergency physicians were working in air-conditioned environments, driving in air-conditioned cars and living in air-conditioned homes. We had to really take a step back and figure it out."

Finding the Common Denominator

Rumoro began working alongside a researcher from the Centers for Disease Control and Prevention, or CDC, collecting data from 33 area hospitals to see if emergency departments could have predicted the crisis by taking note of heatrelated illnesses like heat stroke.

"Rush's commitment to scholarly activity provides a unique opportunity to positively impact the patients we serve as well as the future of our communities, our city and — perhaps — even the world."

— Dino Rumoro, DO, MPH, associate professor and chairperson of Rush's Department of Emergency Medicine

"We saw that hospitals started to see an increase in heat-related illnesses one week before the first person died," said Rumoro. "We also found that when there were more than two heat-related illnesses for every 100 emergency room patients, it was a predictor of a heat-related crisis and impending mortality."

Not long after, GUARDIAN was born — a disease surveillance system developed by Rumoro and other Rush physicians and researchers to identify emerging health threats and help contain outbreaks.

Real-Time Predictions

Short for Geographic Utilization of Artificial Intelligence in Real-Time for Disease Identification and Alert Notification, the suite of software tools detects the spread of infectious agents by immediately analyzing patients' symptoms as they are processed through the emergency department.

The system then alerts physicians of possible or confirmed cases of illnesses. So far GUARDIAN has helped identify a variety of biological threat agents, West Nile virus, flu-like and gastrointestinal illnesses, Zika and meningitis.

Additionally a new application of the system can estimate whether a patient will need to be hospitalized 15 minutes after they arrive in the emergency department — expediting bed placement and patient flow significantly.

"We're trying to make the computer think like a clinician," said Rumoro, noting for the last five years, they've out-predicted the CDC with public flu reporting weeks before an official public health announcement was issued.

Reaching Farther With the **Rush Factor**

Now the product of more than a decade of work, GUARDIAN also continues to illustrate the entrepreneurial spirit Rush fosters alongside its physicians — allowing them to bring ideas to life through innovative technology and research.

"The supportive environment and resources provided by Rush allows physicians and researchers alike the freedom to test, experiment and resolve complex issues," added Rumoro. "Rush is an academic medical center that strives for excellence and, in turn, ensures that the learning process is an ongoing journey that extends well beyond graduation. This provides a unique opportunity to positively impact the patients we serve as well as the future of our communities, our city and — perhaps — even the world."

Do you think predictive medicine is more important today than ever before? Tell us why. #RushUMag

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Changing the **Cancer Experience**

In partnership with the Centers for Medicare and Medicaid Services. physicians from Rush University Medical Group and Rush Copley Medical Group are helping streamline the care process for chemotherapy patients while improving experience and outcomes through a new innovative Oncology Care Model.

Through this partnership, oncologists will work more closely with each other and clinicians, providing support and wraparound services to offer patients more integrated care and decrease unnecessary or duplicative services. Patients will benefit from enhanced navigation services and increased access to care in appropriate settings.

"Ideally people will have more access, with additional hands-on intervention outside normal physician visits," says Brent Estes, president and CEO of Rush Health, which is coordinating the collaboration. "We will look at navigation and other opportunities for partnership. Everything is on the table."

The program began on July 1, 2016, and runs for five years.

A Modern Approach to Pain

Witnessing the challenges of cancer pain management for more than 40 years, one alumna wants to make sure history doesn't repeat itself when it comes to preventing patient suffering.

BY DELIA O'HARA





"Pain is a really complex phenomenon. We haven't done a good enough job of helping people understand pain and set expectations for relief."

— Judith Paice, MSN '82/CON

For decades Judith Paice, MSN '82/CON, has worked on the leading edge of the campaign to better understand and treat pain, especially in cancer patients and survivors. "Pain is a really complex phenomenon," Paice said. "We haven't done a good enough job of helping people understand pain and set expectations for relief."

Learning Patient-Centered Care the Rush Way

Before becoming director of the Cancer Pain Program at Northwestern University's Feinberg School of Medicine, Paice worked for 17 years as a nurse, researcher and educator at Rush, where she was part of a team led by Richard Penn, MD, that implanted the first programmable morphine pump in a patient to control cancer pain.

"During my training at Rush, I found there was something compelling about nursing, that caregiving component and treating people with cancer," said Paice. "We focused on the entire patient, and it was so clear that the emotional piece and the social responses to the illness were just as important as the physiological consequences."

More recently Paice led the research effort that, for the first time, described the various types of pain associated with cancer treatment and survivorship; the paper was published in the Journal of Clinical Oncology.

The Evolution of Cancer Pain **Treatment**

"Cancer patients and others with chronic pain should not be expected to suffer," Paice said. "But we do need to have a more nuanced approach to pain management in light of rising alarm over opioid misuse and addiction — and the high number of resulting deaths."

She recalls the challenges associated with helping cancer patients manage their pain back in the 1970s and 1980s, when opioid treatments were reserved for a patient's final days. "We did a pretty awful job of pain relief," Paice said. "I hope people will hear that history and not repeat it," she added, regarding today's growing concern about opioid use.

In 1996 the American Pain Society, of which Paice is a past president, introduced the premise that pain is so important, it should be seen as "the fifth vital sign." She still holds to that view, but some health care professionals are backing away from keeping pain control a top priority in patient care.

"There's no question that opioid misuse poses a serious challenge for oncologists and oncology nurses," Paice said. "Addiction is serious — but so is pain. We can't let people suffer. It can't be a question of one or the other. Opioids are crucial in the management of pain, and they need to be used carefully."

A Paradigm Shift in Pain **Management**

A Feinberg professor, researcher and member of Northwestern's Robert H. Lurie Comprehensive Cancer Center, Paice believes a modern approach to pain needs to be multidisciplinary and credits her Rush education with introducing her to this approach. "It helped me realize

it is important to work as a team and see the world through the eyes of other professionals — physicians, nurses, researchers, social workers and pharmacists — as well patients and families," said Paice.

She also notes that exercise, massage, acupuncture, good sleep habits, maintaining a healthy weight and avoiding foods that can cause inflammation are all strategies that can be effective in lessening pain.

"In part, we need to help people understand that they may experience some pain on this earth," Paice said. "And there may not always be a pill that will quickly stop it."

According to Paice, a major challenge comes now, when treatments for cancer save more lives than ever, as some treatments themselves cause pain. Surgeries and radiation, stem cell transplantation and immunosuppressive agents can all sometimes lead to painful complications. As many as 40 percent of cancer survivors now live with pain.

"It's a paradigm shift," said Paice. "We knew how to use opioids when we were treating people who had a very limited lifespan. But with people living three to four years with lung cancer, five to 10 years or more with breast cancer, this is a whole different situation."

Rush alumni: Do you have an interesting area of expertise? Let us know. Your submission may be featured in future alumni communications from Rush. #RushUMag

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1940s

CATHERINE E. ADAMS BUCHAN,

PRES '41, is 96 years old and lives with her daughter and son-in-law in Ponce Inlet, Florida. She previously lived in Arizona for 20 years and resided in Illinois and Indiana since graduating from Rush. Buchan worked as an RN at Roseland Community Hospital in Chicago and returned to the area this fall to attend Homecoming 2016 in celebration of her 75th reunion.

DOROTHY BOWEN KENNEDY, ST. LUKE'S

'46, is still relatively active in her community at Morning Star Assisted Living. At age 93, she plays bridge, bingo, trivia and dominoes and is a reading buddy at a local elementary school. She would love to hear from any of her classmates.

1960s

MARY MCNAMEE GREGG, PSL '66, has been a volunteer for American Nurses Cre-

dentialing Center and chaired the Content Expert Panel for Nursing Case Management. She retired in 2013 after four years as a clinical nursing instructor.

GLORIA SIMONELLI KROC, PSL '66,

received her master's degree in library science, specializing in medical libraries, and now works in a hospital library. She currently volunteers as a docent at Brookfield Zoo.

JUDY SCHAAFSMA OOSTERHOFF, PSL

'66, worked as an RN for 50 years, certified in rehab/restorative nursing and community parish nursing. She served as a nursing instructor at Kankakee Community College for the last 20 years.

1970s

THOMAS BLECK, '77/RMC: GME, received the Lifetime Achievement Award from the Council of the Society of Critical Care Medicine, honored for his contributions to the field of critical care through the advancement of medical science and education. Bleck currently serves as professor of neurological sciences, neurosurgery, medicine and anesthesiology, Rush Medical College, and director of clinical neurophysiology, Rush University Medical Center.

RUTH M. WINGEIER, BSN '77/CON, runs an independent nurse-midwifery home birth practice in central Minnesota. Providing midwifery and women's health services, she cares for a large percentage of uninsured or underinsured clients who were previously not coming in for prenatal or gynecological care because of the cost — a large percentage being Amish and Mennonite.

PAUL HENDERSON, CRNA '79/CON,

has been enjoying his retirement since the end of June, working on old cars and keeping a muscle car collection. He serves on the board of directors of the Woodlawn Hospital Foundation and is involved with the Lions Club in Rochester, Indiana.

ABBREVIATIONS IN THIS ISSUE

Colleges and programs

ALID Speech & Hearing Science* CON Rush University College of Nursing GRAD The Graduate College of Rush University HSM Health Systems Management*

OT Occupational Therapy* PSI Presbyterian-St. Luke's School of Nursing PRES Presbyterian Hospital School of Nursing

RMC Rush Medical College

ST. LUKE'S St. Luke's Hospital Training School of Nursing *programs in the Rush University College of Health Sciences

Degrees and certifications

BS Bachelor of Science BSN Bachelor of Science in Nursing CFRT Certificate

CRNA Certified Registered Nurse Anesthetist DNP Doctor of Nursing Practice

GME Graduate Medical Education (House Staff Alumnus) MD Doctor of Medicine MS Master of Science MSN Master of Science in Nursing

PhD Doctor of Philosophy

1980s

services.

Fourth Edition.

FRANK L. BLEYER, MD '82/RMC; GME, joined Mercy Hospital Lincoln in Troy, Missouri, providing full-time cardiology

JAMES T. O'DONNELL, MS '82/CHS, AND JAMES J. O'DONNELL, III, PHD '11/GRAD, edited a new book, O'Donnell's Drug Injury,

RICHARD A. ZEFF, PHD '82/GRAD, was appointed chair and professor of medical sciences and senior associate dean of scholarship at the Frank H. Netter MD School of Medicine at Quinnipiac University.

MARIANNE WOODS CIRONE, MS '84/

CHS, is the founder and editor of an online journal dedicated to safe, evidence-based modalities and support for people affected by cancer called the Integrative Cancer Review.

SHIRLEY P. O'BRIEN, MS '84/OT, received the 2016-18 Eastern Kentucky University Foundation Professor Award, recognized for her "creative, self-motivated exemplars of the ideal college professor."

JUDY FRIEDRICHS, MSN '85, DNP '15/CON,

recently received the Gift of Hope's Lifesaving Partner Award for her work in the neonatal intensive care unit and organ donation.

PAULA MEIER, PHD '85/CON, received this year's Judith Storfjell Distinguished Award for Scholarly Practice from UIC College of Nursing. Meier was nominated for her contributions to the promotion of breastfeeding the most vulnerable infants, changing the lives of mothers of preterm infants and contributing to science, practice and education.

THOMAS J. FILIAK, BS '87/CHS, transitioned from his previous position as COO at Auburn Community Hospital in New



It Takes Two

Janice Northway Baureis and Kathleen Northway Kersting, PSL '66

Janice Northway Baureis, PSL '66, claims her Rush education gave her the skills and confidence needed to always secure a nursing position wherever she lived. "My graduation from Rush was just the start of a fulfilling life as a nurse," said Baureis, who shared the experience with her identical twin sister, Kathleen Northway Kersting, PSL '66. "She is absolutely my best friend, and we have always been together in everything we do — including our decisions at five years old that we would become nurses when we grow up," Baureis added. "Even now as we have both retired, we continue to hold dear our shared chosen profession."

Honoring Our Alumni

Each year the Rush-Presbyterian-St. Luke's Nurses Alumni Association presents the Distinguished Alumni Award, recognizing an alum who has notably excelled through their service, research or practice. Additionally the Excellence in Practice Award honors an alum who has made outstanding contributions in health care while demonstrating clinical excellence. Congratulations to the 2016 recipients:

- Distinguished Alumni **Award Recipient** KATHLEEN DELANEY, PHD '83, CERT '05/CON, is professor and program director for Rush University's PHM-NP program and project director of Rush's **Graduate Nursing Education** demonstration.
- Excellence in Practice **Award Recipient** GAY S. LANDSTROM, BSN '83/ CON, serves as executive vice president and chief nursing officer for Dartmouth-Hitchcock health system and interim chief executive officer at Mt. Ascutney Hospital & Health Center.

York and is currently working as Projects Manager for the hospital's nine delivery system reform incentive payment program projects.

PAULA SCHIPIOUR, MSN '87/CON,

was named the associate director for the Chicago Bilingual Nurse Consortium, a local nonprofit group that assists Internationally Educated Nurses, or IENs, to complete the requirements for Registered Nurse licensure in the United States. Schipiour has represented the organization at the Rosemont Latino Caucus, Neighborhoods of the World at Navy Pier, on Spanish Public Radio, the Lumpen Radio talk show and WGN news.

RHONDA A. SCOTT, MSN '88/CON, was promoted to chief operating officer/CNO for Grady Healthcare System in Atlanta.

JULIE G. DONALEK, MSN '89, PHD '98/

CON, was awarded Loyola University's Neihoff School of Nursing's 2016 Spirit of Ignatius Award for her work with low-income, homeless and mentally ill individuals in Chicago's Uptown neighborhood. Donalek previously received the 2015 DePaul University Community Engagement Award for her inclusion of DePaul University Master's Entry to Nursing Practice Program in her work.

1990s

SUSAN THOMPSON HINGLE, MD '93/RMC, was elected to serve as the chair of the

American College of Physicians Board of Regents 2017-2018.

MARLA GOLDSMITH BASS, BSN '95, DNP

'02/CON, became a board-certified nurse practitioner in hospice and palliative nursing in December 2015.

KIMBERLY RUSSO, MS '96/AUD, was named chief executive officer at George Washington University Hospital. Shortly after she was awarded the first-ever Rush University Speech-Language Pathology Alumni Award.

KATHLEEN M. WEBER, MD '96/RMC;

GME, a sports medicine specialist at Rush University Medical Center, was appointed as the first female physician to serve as president of the Major League Baseball Team Physicians Association.

TRESA E. ZIELINSKI, MSN '97, CERT '99, DNP '11/CON, started her term as president-elect of the National Association of Pediatric Nurse Practitioners in July 2016.

2000s

KATHERINE SHARKEY, PHD '01/GRAD;

MD '02/RMC; GME, was appointed assistant dean for Women in Medicine and Science at Brown. She has been serving as medical director of the University Medicine Sleep Center and associate director of Brown's Sleep for Science Research Laboratory.

JASON A. AKRAMI, MD '02/RMC; GME,

has been working as a teleradiologist (general and neuroradiology) for vRad (Virtual Radiologic) since September 2014.



ALUMNI UPDATE

The Power of Patient Emphasis

Christopher Goetz, MD '75 / RMC; GME

"Rush has always placed the patient at the forefront," said Christopher Goetz, MD '75; GME, professor of neurological sciences and pharmacology and director of the Rush Parkinson's Disease and Movement Disorders Program. "Because of this patient emphasis — fully integrated with research, education and outreach — my efforts to develop a program focused on Parkinson's disease and movement disorder neurology have really been able to flourish."

Goetz acknowledges his Rush mentor, Harold L. Klawans, MD, for developing the concept of a specialty center to treat Parkinson's and related disorders, helping the Movement Disorders Program become the international center of excellence it is today. "Through translational research, this unique, two-way street approach between laboratory and clinical teams all in the same medical center is undoubtedly the emblem for which we are known," said Goetz. "Discoveries in the laboratory lead to new treatments for our patients, and discoveries in the clinical service lead to laboratory studies for testing cells and chemicals in the diseases we treat."

Continually recognized as one of the nation's leading experts in movement disorders, Goetz — a senior Fulbright Scholar — received the 2015 Rush Medical College Distinguished Alumni Award and was named a "Top Doctor" by Chicago Magazine in 2012.

BEN REMOR E. INVENTOR, MSN '03/CON;

PHD '15/GRAD, is a member of the Department of Adult Health and Gerontological Nursing at Rush University College of Nursing and will be the guest speaker for the 37th College of Nursing Pinning Ceremony at West Visayas State University in Iloilo City, Philippines, which is where he began his nursing career.

RONNY T. PHILIP, MS '04/HSM, was appointed regional vice president of operations for Sound Physicians, based out of their Chicago office. Previously Philip worked for DaVita Healthcare Partners for their Kidney Care division. In his new role, he oversees hospitalist programs in the Midwest, particularly Michigan, Illinois, Iowa and Wisconsin.

RACHEL REICHLIN, BSN '05/CON, was chosen as a 40 Under 40 Emerging Nurse Leader Winner by the American Nurses Association Illinois. As manager of care management for CountyCare, Reichlin was chosen by a panel of peers based on professional achievement, leadership and community involvement.

JOY SCHLOTON ELWELL, DNP '06/CON,

was named director of the Doctor of Nursing Practice Program at the University of Connecticut in November 2015. As an associate clinical professor, Elwell teaches health policy to graduate nursing students and consults nationally with advanced nursing practice leaders on improving legislation to eliminate barriers to nursing and improve access to health care. She also serves as president of the Mu Chapter of Sigma Theta Tau.

MARILYN K. WIDEMAN, DNP '07/CON,

was named associate dean of online programs at Kaplan University School of Nursing. At Homecoming in October, Wideman began a two-year term as president of the Rush-Presbyterian-St. Luke's Nurses Alumni Association.

Congratulations, Alumni Inductees

Congratulations to the following Rush University College of Nursing alumni who were inducted as fellows into the American Academy of Nursing this fall:

- BETTY RAMBUR, MSN '88, PhD '91
- JOSEPH EDWARD PELLEGRINI, MSN '95, PhD '98
- KATHRYN RUGEN, PhD '02
- KATHRYN WHITE, DNP '05
- JOY SCHLOTON ELWELL, DNP '06

LAURA M. SETLUR, MD '09/RMC, a boardcertified internal medicine physician. joined Edward Medical Group's Plainfield, Illinois, campus office in June 2016.

2010s

LISA FELDMAN, MD '10/RMC, spent a year studying perfluorocarbons in New Zealand. Supported by a prestigious fellowship from the American Association of Neurological Surgeons, she hopes to move her findings into clinical trials for patients battling aggressive brain tumors.

JASON PAGSISIHAN, MSN '10/CON, was nominated by Rush's Robert R. McCormick Foundation Center for Advanced Emergency Response for a Nurses Week Award and was named the 2016 Mary Beth O'Holleran Nurse Mentorship Award winner for consistent outstanding mentorship.

JENNIFER L. COOPER, MSN '11/CON,

began her new role as assistant professor of nursing at Hood College in Frederick, Maryland, in August 2016.

JAMES J. O'DONNELL, III, PHD '11/GRAD, see note for JAMES T. O'DONNELL, MS '82/CHS.

JENNIFER A. SALERNO, DNP '11/CON,

published her book on Sept. 6, 2016, Teen Speak: A how-to guide for real talks with teens about sex, drugs and other risky behaviors.

MAX FITZGERALD, MD '12/RMC, is working at Rush as a physiatrist and assistant professor in the Department of Physical Medicine and Rehabilitation.

LYNDSAY M. HOY, MD '12/RMC, was diagnosed with a rare lung disease called LAM and wrote an essay on her experiences living with the chronic illness as a physician. The piece was published in the January 2016 issue of Anesthesiology: The Journal of the American Society of Anesthesiologists.

SVEINN SIGURDSSON, MS '13/CHS,

accepted a position at Stanford Health Care to serve as the implementation lead for their High Value Care initiative.

JAMIE N. SCHMIDT, MS '14/CHS, completed her fellowship at the Edward Hines Jr. VA Hospital upon graduating and later moved to New York City, where she currently works as a speech language pathologist at NYU Langone Medical Center and the James J. Peters VA Medical Center.

SALLY H. LEMKE, DNP '15/CON, received this year's March of Dimes Jonas Salk Health Leadership Award.

CARLY M. MOSER, MS '16/CHS, recently joined Sanford Clinic in Bismarck, North Dakota, as a physician assistant, general surgery. Moser received her bachelor's degree from the University of Wisconsin in Madison.

HOUSE STAFF

GUNNAR B. J. ANDERSSON, GME, was named chairman of the International Advocates for Spine Patients board of directors.

NOELLE L. BERTELSON, GME, joined The Colon and Rectal Clinic of Colorado-SurgOne practice, the largest practice of its kind in Colorado. She will join the awardwinning staff in providing world-class treatment and minimally invasive surgical solutions to colon and rectal issues like hemorrhoids, inflammatory bowel disease, colon and rectal cancer, and diverticulitis.

ATUL R. CHUGH, GME, is a cardiologist at St. Franciscan Physician Network in Crawfordsville, Indiana, and is eager to

educate the county about heart issues and the associated risk factors.

AL A. SARRAJ, GME, is the author of Alert Medical Series (USMLE I, II, III. INTERNAL MEDICINE I, II, II. EMERGENCY MEDICINE I, II, III): review, test prep and comprehensive knowledge acquisition.

ROBERT J. ZAGAR, GME, professor at Chicago School of Professional Psychology, published "Finding High Risk Persons with Internet Tests to Manage Risk - A Literature Review with Policy Implications to Avoid Violent Tragedies, Save Lives and Money" in the Review of European Studies, 2016, volume 8. His work documents how his algorithm saved 324 homicides and \$2,089,848,548 in Chicago with a return on investment of \$6.42 for every dollar spent.



A Sound Argument for Rush

Stephen Hallenbeck, MS '03, PhD '05/AUD

Now a senior audiologist at GN ReSound in Glenview, Illinois, Stephen Hallenbeck, MS '03, PhD '05/AUD, credits much of his success to his Rush roots.

"The education at Rush both required and developed a skill set founded upon critical thinking and creative solutions," said Hallenbeck. "From that perspective, Rush not only provided the opportunity to try new things, but also galvanized the resolve to hang in there and continue to experiment."

Most recently Hallenbeck assisted in the development of the LiNX, a new hearing instrument developed at GN ReSound that was the first of its kind to connect directly to an iPhone. He admits the experience challenged him and reshaped his concept of hearing health care.

"I've been extremely fortunate to have the space to experiment and vet numerous innovative ideas — some of which may have contributed to the global advancement of audiology," said Hallenbeck. "But without the guidance of my Rush mentors, I doubt I would've ever embraced the joy and pain that accompanies conceptualizing, developing and propagating new ideas into the world."

Also an adjunct professor for the Department of Communication Disorders and Sciences at Rush, Hallenbeck was honored with the 2011 Rush University Audiology Alumni Distinguished Achievement Award as well as the 2014 Illinois Academy of Audiology President's Award.

IN MEMORIAM

EILEEN PRICKETT, ST. LUKE'S '41, of Hoopeston, Illinois; May 2, 2016

BLAKE STROTHER TALBOT, MD '41/RMC, of San Diego, California; July 28, 2016

ELIZABETH GODFREY ELPHICK, ST. LUKE'S '43, of San Diego, California; Aug. 24, 2016

JACQUELYN A. JOHNSON LIDGE, PRES '45, of Barrington, Illinois; June 27, 2016

DOROTHY A. NIELSEN, PRES '46, of San Jose, California; June 1, 2016 JEAN MEARS ANLEITNER, PRES '47, of Mount Prospect, Illinois; March 2009

AUDREY D. STURENFELDT PIKUNAS, PRES '47, of Yulee, Florida; August 2016

DOROTHY L. BROOKE AMICK, ST. LUKE'S '51, of Fort Wayne, Indiana; March 20, 2016

LOIS A. HANSEN SHEARER, ST. LUKE'S '51, of Milton, Wisconsin; Nov. 4, 2015

WILMA KING MALOY, ST. LUKE'S '53, of Geff, Illinois; Jan. 7, 2016

MARIAN RUTH WILSON REINHART, ST. LUKE'S '53, of Beason, Illinois; July 19, 2016 JEAN H. FREDERICK PLESKO, PRES '54, of Ballwin, Missouri; June 15, 2016

SUSANN STEWART, ST. LUKE'S '56, of Perrysburg, Ohio; April 23, 2013

PATRICIA L. GENTRY HUNTER, ST. LUKE'S '58, of Dyer, Indiana; Jan. 12, 2016

CHARLENE FORGEON STEWART, PSL '60, of Phoenix, Arizona

MARY ANN HAMILTON PETERSON, ST. LUKE'S '66, of Bourbonnais, Illinois; Sept. 15, 2013

ELAINE M. SCORZA, BSN '75/CON, of Chicago; October 2016

KEVIN SWEENEY, MD '83/RMC, GME, of Gallup, New Mexico; April 19, 2014

HENRY C. WONG, MD '83/RMC, of Seattle; July 16, 2016

JOAN CAROL MURRAY, MD '87/RMC, of Bozeman, Montana; June 20, 2016

ROBERT C. VOLZ, MD '06/RMC, of La Crosse, Wisconsin; May 11, 2015

MINERVA T. NOLTE, GME, of Beaverton, Oregon; April 23, 2016

IZOLDA M. KLEIN, GME, of Lockport, Illinois; March 4, 2016

NIKOLAS F. HANSEN, GME, of Indianapolis, Indiana; June 15, 2014



ALUMNI SPOTLIGHT

A Homecoming Story

Angelique Richard, BSN '85, **MSN '88/CON**

"No matter where I've gone in my journey, I've always felt I'm still a part of the Rush family," said Angelique Richard, BSN '85, MSN '88/CON, recently appointed vice president of clinical nursing and chief nursing officer for Rush University Medical Center and associate dean for practice in Rush University College of Nursing.

"My roots go very deep at Rush," said Richard, who went on to receive her Doctor of Philosophy in Nursing Sciences from the University of Illinois at Chicago after earning her master's at Rush. "I cut my teeth here, and my education has been a lifelong gift but with any gift comes a certain level of responsibility."

Before rejoining Rush, the 30-year nursing veteran served as the chief nurse executive and vice president of clinical operations for Seattle Cancer Care Alliance. Richard is also a past president of the Rush-Presbyterian-St. Luke's Nurses Alumni Association.

"I was very fortunate to get more than just an outstanding education at Rush," Richard said. "I learned to establish strong relationships and respect other disciplines who care for patients because it truly does take a village. Whatever level of nursing you're practicing at, it's important to remember that it is a privilege to serve others, and that is what Rush helps us realize."

"Rush gave me the chance to become a doctor. I want others to have that chance."

— Edward Weiner, MD '73/RMC; GME, on why he and his wife, Marsha, are supporting Rush with charitable gift annuities.



A New Way to Support Rush While Planning for Your Future

A new gift planning website offers you methods to plan thoughtfully for retirement while enriching Rush's future in health care, education, research and community outreach. Compare benefits of giving options side-by-side and find the option that's best for you, your family and Rush. Read stories of Rush Heritage Society members like Weiner and what inspired them to join. Stay updated on legislation relating to planned gifts. Establish a legacy that will affect countless lives.

To see all of the new features and begin planning your legacy, please visit rush.edu/giftplanning.



A History of Hands-On Experience

Pictured above at left (standing), Alma Miles, MSN '82/CON, coordinator, psychomotor skills lab, recognized the significant role simulation played in her education and career more than 30 years ago: "One of the best things about being a nurse at Rush is that this institution is always growing, always on the frontier of health care. It allows you to grow constantly and my personal growth and goals mesh with the institution's growth."

Still at the forefront of simulation training and health care education, Rush's Center for Clinical Skills and Simulation now provides high-quality clinical training and real-world patient care scenarios in a safe and controlled environment. Since opening in 2014 with \$3.9 million in gifts from alumni, medical staff, faculty and friends, the new center has more than tripled Rush's simulation training capacity, enhancing practical education for students, sharpening the skills of clinical faculty and serving as a resource for the Illinois Medical District.

To support Rush's simulation lab, please call (312) 942-1514.

To learn more about the history of Rush and explore our unique collections, contact the Rush University Medical **Center Archives at** rush archives@rush.edu and visit online at rushu.libguides.com/rusharchives.

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ALUMNI EVENTS CALENDAR

All events are located in Chicago.

For more information, call (312) 942-7199 or email alumni@rush.edu.

FEBRUARY

- 17 Rush Medical College TGIF Happy Hour
- 24 START (Students today. Alumni of Rush tomorrow.) Philanthropy Day

MARCH

16 RMC Alumni Reception (northern suburbs)

APRIL

- 6 Speed Networking
- 27 Nursing Networks

MAY

- 23 Golden Lamp Society Luncheon
- 24 Rush Medical College Commencement Banquet
- 25 Rush University Commencement

OCTOBER

13-14 Rush Medical College Reunion

NOVEMBER

3-4 Rush-Presbyterian-St. Luke's Nurses Alumni Association Homecoming