

# CRNA ALUMNI Update

volume 13 | 2013

Greetings Mayo Alumni,

Another year has quickly passed by since the last nurse anesthesia alumni newsletter arrived in your mailbox. At the risk of sounding like a broken record, I can't believe how fast time goes. Another nurse anesthesia class has graduated, many CRNA's have celebrated milestone years of service, some have received higher degrees and our committee has lost and gained valuable members. I'm sure your lives have not remained static either. I hope each one of you had a successful year!

I would like to thank everyone who participates in the Nurse Anesthesia Alumni Association. Many of you give your time and others give through financial contributions. Through your contributions we are able to sponsor an alumni room during the Nurse Anesthesia Seminar, present awards to student poster presentations during the seminar, and alumni awards to nurse anesthesia graduates, plan an annual breakfast, plan an alumni gala, send out an annual newsletter and buy educational items for the nurse anesthesia program. A lot of time, money and effort is given by our association and committee to make these things possible. Everything you give and do is greatly appreciated.



I am proud to share with you that your Nurse Anesthesia Alumni Association has purchased a Genesis Epidural/Spinal Injection Simulator. The Genesis Simulator is a training device with the ability to demonstrate routine neuraxial procedures: epidural loss of resistance, single shot spinals, epidural and spinal catheter placement, and combined spinal epidural technique. The simulator will be housed by our nurse anesthesia program and its primary use will be educating nurse anesthesia students. However, CRNAs are always welcome to use the Genesis Simulator!

The Nurse Anesthesia Alumni Committee is so excited to remind you all that the NURSE ANESTHESIA ALUMNI GALA occurs this year! Please see the invitation and instructions included in this newsletter. It promises to be a festive evening shared by friends and colleagues reminiscing with each other. In addition there will be a social hour, photography on site, music, and a great meal. Don't miss this event; it only comes around every three years!

Abraham Lincoln said, "The best thing about the future is that it comes one day at a time." Between newsletters live each day to the fullest and may your future bring you back to Rochester so we will see each other again.

Sincerely,  
Lori Brundige, CRNA, MNA  
Alumni Committee Chair

Mayo Clinic Nurse Anesthesia Alumni Committee  
And  
Mayo School of Health Sciences Alumni Association  
cordially invite you to attend the

# Nurse Anesthesia Alumni Gala

Time: 6:00-7:00 p.m. Social  
7:15 p.m. Dinner and Music

Date: Saturday, November 2, 2013

Place: Nathan Landow Atrium  
Gonda Building, Subway Level  
Mayo Clinic, Rochester, Minnesota

Cost: \$10.00 per person

RSVP by Tuesday, October 22, 2013

RSVP by e-mail to us at [mshsaa@mayo.edu](mailto:mshsaa@mayo.edu) or call the Alumni Center at  
507-284-2317 or fax 507-583-7442



Peter Fecht



Marge Eggenberger & Merry Milverstedt



Jayne Arvold & Pat Wick



Dan Laurila, Wendy Verhaal Basford,  
Robyn Finney, Chris Dietz, Jack Gruzca, &  
Pat Wick

## Returning in 2013 The BIG Gala



### ALUMNI GALLERY



Kristina Kemp and Daniel Laurila



Sharon Brandt, Su & Mark Draper and Michael Johnson



Francie Lovejoy and Peter Okubo



Ann Brenner Kiel and Linda Redmann Weich

Mark your calendar for our next *Gala Event!*

**November 02, 2013**

## PROGRAM UPDATE

At the time this is being written 96% of Class of 2013 graduates have contacted us to share the good news that they have passed their certification exam! Throughout the program these students contributed to patient care, research and our profession. This year's graduates have had several research project manuscripts published in various peer reviewed journals. Twenty-one members of the graduated class participated in poster presentations at the 2012 Annual National Meeting in San Francisco. As I reflect on the past year I feel very blessed that we have such dedicated, wonderful didactic and clinical instructors who participate in the students' educational and research journey.

This year eight research posters (Class of 2014) were accepted for the 2013 Annual Meeting in Las Vegas. One of the senior research projects has been accepted for the Fall MANA meeting's oral presentations and several seniors will participate in the MANA poster presentations. This fall's 39th Annual Mayo Clinic Seminar for Nurse Anesthetists will again provide opportunities for four oral research project presentations, while all seniors will participate in the Seminar's Alumni Poster Presentation session. The seniors and faculty hope that all of you will have an opportunity to attend at least one of the previously listed meetings and see the results of the Class of 2014's research.



Michael Cragun, Darin Hill, Farley Abcejo & Tim Ahern

Thank you to those of you who have supported the Mayo Nurse Anesthetists' Alumni Association over the years. Your gifts of time, money and instruction have provided Mayo SRNAs opportunities to understand the responsibility they must accept to uphold the long tradition of exceptional Mayo educated nurse anesthetists. Following the Mayo Seminar Poster Judging session, the Alumni Poster Awards are presented. These awards serve to encourage quality nurse anesthesia research. Alumni who are not Mayo Rochester staff attending the seminar will be selected as judges for the November 1, 2013 MNA Student Poster Presentations.

This past year the two desktop Symposiums (Smart Board Computers) purchased with the support of the Alumni Association allowed instructors and students to do real-time drawing on PowerPoint slides, which can then be captured and sent to the Off-Campus SRNAs. Recently, the Alumni Association has agreed to purchase an Epidural and Spinal Injection Simulator model. This teaching tool will assist in teaching our students regional technique in preparation for their Off-Campus Rotation. Additionally, as more of our CRNAs participate in medical mission trips, they have found it useful to stop up and use the program's mannequins and other teaching tools to brush up on those technical skills they are not using on a regular basis.

Mayo's Off-Campus Rotation (OCR) sites continue to provide students with an understanding of anesthesia practice outside our large academic center and obtain regional anesthesia experience. The Red Cedar Hospital-Mayo Clinic in Menomonie, WI has just become our newest OCR site. Our first SRNA started their rotation on July 8, 2013. It is exciting to know that three of our alumni are part of that practice: Gram Cotton (2006), Alison Glapa (1990) and Kelly Jarvis-Ziehl (1982). Gram Cotton, CRNA, DNP, Red Cedar's Chief Anesthetist was instrumental in making this rotation a reality.



Steve Osborn, Susan Quering and Jayne Arvold

As the program continues to look for ways to enhance our students' clinical experiences, I would like to again extend an invitation to all of our alumni who work in a practice that could provide our students with great experience in general and regional anesthesia, to contact me: [marienau.mary@mayo.edu](mailto:marienau.mary@mayo.edu) (1-507-284-8331) to discuss providing your practice as a Mayo OCR site.

As the program moves towards the projected July, 2014 start date for the Doctorate of Nurse Anesthesia Practice (DNAP) program, our accreditation site visit was conducted on April 24 and 25, 2013. After an extremely thorough visit that verified the 1000 plus pages of documentation and narrative included in our program's accreditation self-study document, the visitors' exit report found that the program was 100% in compliance with all of the COA Standards and reported no citations. The institution, MSHS, anesthesia department, program, faculty and students were all thrilled with the visitors'

report. The final length of accreditation will be determined at the COA's October Meeting. We hope to obtain the full ten year accreditation approval.

Once the accreditation visitors left and we celebrated for a few minutes, it was back to work on applications for the DNAP Entry-Into-Practice Program, the DNAP CRNA Post Graduate Degree Program, Distance Education, and Higher Learning Commission! All four were submitted August 1st, so much work outside our routine program activities continued. If all goes according to plan we will then receive re-accreditation for our Master Classes of 2014, 2015, 2016 and 2017, for first year DNAP distance education courses, and approval to start both our DNAP program with year I hybrid distance education and our limited CRNA degree completion DNAP programs in July, 2014.

We very much want our doctorate program to be relevant to nurse anesthetists. The program's core faculty is working to incorporate required "Essential" content into our DNAP program using four existing WSU DNP courses and nurse anesthesia application. The WSU contracted courses will be team taught using WSU instructors (2/3 of the course: online portion) and CRNAs (1/3 of the course: face-to-face portion) who are doctorally prepared or are in a doctorate program. Currently the core faculty and staff is made up of Chris Dietz (Associate Program Director- 0.8 FTE), Sharon Brandt (Clinical Education Coordinator - 0.8 FTE), Erin Martin (Core Didactic Instructor- 0.6 FTE), David Moses (Core Didactic Instructor-Technology - 0.2 FTE), Matthew Koedam, (core didactic instructor- 0.6 FTE), Administrative Assistants: Tammy Neis (1.0 FTE), Julie Predmore (0.6 FTE), Michelle Rahman (0.5FTE) and myself (Program Director of Nurse Anesthesia Education- 1.0 FTE).

As part of our faculty development and enhancement of our communication flow between the Program and clinical areas a Core Clinical Educator Group was selected from CRNAs in all Rochester clinical rotations. This group of ~ 30 CRNAs has been meeting once a month and working between meetings on projects that will enhance CRNAs ability to effectively instruct and evaluate SRNAs and mentor fellow CRNA clinical instructors. A

Core Clinical Group project that is planned for implementation in September is a monthly CRNA Journal Club. It will be hosted by a different clinical area each month on campus sites except twice a year it will take place at an off-campus site. CEUs will be available for those meetings.

I hope you are continuing to enjoy your profession or if you have retired enjoy reflecting on your time as a CRNA. I also hope you feel very proud to be a Mayo Graduate. A strong indication of the caliber of CRNA alumni is the numerous kudos and requests for additional graduates I receive from employers of Mayo grads from around the country.

Please plan to come back to visit the program and get together with your classmates during the fall seminar or ...anytime!

-Mary Shirk Marienau, CRNA, Ph.D.  
Program Director -



Rita Marquardt and Robert Conway



Tammy Buchanan & Doreen Gudliny



Joannine Njus & Amber Ackley



March 16, 2013 – Graduates  
 Row 1: Sounally Lehnhoff, Starla Richter, Dana Citrowske Lee, Kayla Runkle, Brooke Bailey, Elizabeth Lee  
 Row 2: Mandy Hilgeman, Kathryn McLaren, Carrie Michels, Jana McNeil, Joan McCaffrey, Stacie Gwaltney, Tricia Renk  
 Row 3: Laurie Trudell, Andrea Aguilar, Tami Mullenbach, Rita Gasser, Melinda Kohn, Claire Dutton, Amanda Tucker  
 Row 4: Terry Gran, Tyler Wetsch, Sean Loughran, Sean Hurley, Timothy Rozman, Ann Malone

**MAYO SCHOOL OF HEALTH  
 SCIENCES MASTER OF NURSE  
 ANESTHESIA PROGRAM  
 CLASS OF 2013**

**GRADUATES – EMPLOYERS :**

- Andrea L. Aguilar, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN
- Brooke A. Bailey, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN
- Dana L. Citrowske Lee, BSN*  
 Future Employer: Undecided
- Claire H. Dutton, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN
- Rita J. Gasser, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN
- Terry L. Gran, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN
- Stacie L. Gwaltney, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN
- Mandy L. Hilgeman, BSN*  
 Future Employer: Legacy Good Samaritan  
 Medical Center, Portland, OR
- Sean P. Hurley, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN
- Melinda A. Kohn, BSN*  
 Future Employer: Blakewoods Medical  
 Center, Jackson, MI
- Elizabeth A. Lee, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN

- Sounally P. Lehnhoff, BSN*  
 Future Employer: Northwest Anesthesia, PA -  
 Abbott Northwestern Hospital, Minneapolis, MN
- Sean M. Loughran, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN
- Ann M. Malone, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN
- Joan M. McCaffrey, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN
- Kathryn C. McLaren, BSN*  
 Future Employer: Children's Hospital and  
 Clinics of Minnesota, Minneapolis, MN
- Jana L. McNeil, BSN*  
 Future Employer: United States Army  
 Reserve and Mayo Clinic, Rochester, MN
- Carrie A. Michels, BSN*  
 Future Employer: Northwest Anesthesia, PA,  
 Minneapolis, MN
- Tami E. Mullenbach, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN
- Tricia D. Renk, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN
- Starla J. Richter, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN
- Timothy S. Rozman, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN
- Kayla J. Runkle, BSN*  
 Future Employer: Sanford Health, Fargo, ND
- Laurie C. Trudell, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN
- Amanda K. Tucker, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN
- Tyler M. Wetsch, BSN*  
 Future Employer: Mayo Clinic, Rochester, MN

**CLASS OF 2013**

**FACULTY AWARDS**

- Nurse Anesthetist Educator Award:**  
*Amy Gnagey, CRNA, MNA*  
 St Mary's Hospital Anesthesiology
- Dana Hertzfeldt, CRNA, MNA*  
 Rochester Methodist Hospital Anesthesiology
- Physician Educator Award:**  
*Jonathon Fox, M.D.*  
 Instructor in Anesthesiology  
 Mayo Clinic College of Medicine

Special Recognition Awards:

*Tammy Neis*

*Julie Predmore*

*Michelle Rahman*

Administrative Assistants, Master of Nurse  
Anesthesia Program

**STUDENT AWARDS**

Robert R. Johnson Achievement Award:

Tami Mullenbach, BSN

Gilles, Nelson, Torrance Alumni Award:

Tami Mullenbach, BSN

Rebecca S. Finley Alumni Award:

Elizabeth Lee, BSN

Virginia B. Hartridge Achievement Award:

Stacie Gwaltney, BSN

Robert A. E. Devloo Book Award:

Rita Gasser, BSN

**STUDENT POSTER AWARDS – MAYO  
CRNA ALUMNI ASSOCIATION**

**1<sup>ST</sup> PLACE AWARD - \$300.00**

Incidence of Venous Air Embolism in Awake  
Craniotomy for Deep Brain Stimulator  
Implantation

Sounally Lehnhoff, BSN

Jana McNeil, BSN \*\*

Advisors: Michael E. Johnson, M.D., Ph.D.,  
*Assistant Professor of Anesthesiology,  
Mayo Clinic College of Medicine*  
Margaret W. Weglinski, M.D.,  
*Assistant Professor of Anesthesiology,  
Mayo Clinic College of Medicine*

**2<sup>ND</sup> PLACE AWARD - \$250.00**

Continuing Clopidogrel During Elective Total  
Hip and Knee Arthroplasty: Assessment of  
Bleeding Risk and Adverse Outcomes

Sean Hurley, BSN

Sean Loughran, BSN

Tyler Wetsch, BSN\*\*

Advisors: Adam K. Jacob, M.D.,  
*Assistant Professor of Anesthesiology,  
Mayo Clinic College of Medicine*  
Mary Shirk Marienau, CRNA, Ph.D.,  
*Assistant Professor of Anesthesiology,  
Mayo Clinic College of Medicine*  
Robert Trousdale, M.D., *Professor of Orthopedics,  
Mayo Clinic College of Medicine*

**3<sup>RD</sup> PLACE AWARD - \$200.00**

Platelets Potentiate Cancer Metastasis -  
A Review

Rita Gasser, BSN

Advisors: John C. Sill, MD; *Associate Professor of  
Anesthesiology, Mayo Clinic College of Medicine*  
Mary Shirk Marienau, CRNA, Ph.D.,  
*Assistant Professor of Anesthesiology, Mayo Clinic  
College of Medicine*

**BOOK AWARDS**

The Incidence of Postoperative Acute Kidney  
Injury Following Bariatric Surgery

Mandy Hilgeman, BSN

Joan McCaffrey, BSN

Starla Richter, BSN

Advisor: Toby Weingarten, M.D.,  
*Associate Professor of Anesthesiology, Mayo Clinic  
College of Medicine*

Utilization of Computer-Based Anesthesiology  
Paging System for Intraoperative Emergencies in  
Adult Surgical Patients

Claire Dutton, BSN

Melinda Kohn, BSN

Elizabeth Lee, BSN

Tami Mullenbach, BSN

Advisor: Toby N. Weingarten, M.D.,  
*Associate Professor of Anesthesiology, Mayo Clinic  
College of Medicine*

Exposure to Anesthesia for Procedures and  
Alzheimer's Disease: A Case Control Study

Andrea Aguilar, BSN

Kayla Runkle, BSN

Amanda Tucker, BSN

Kathryn McLaren, BSN

Advisors: Juraj Sprung, M.D.

*Professor of Anesthesiology,  
Mayo Clinic College of Medicine*

Christopher C. Jankowski, M.D.

*Assistant Professor of Anesthesiology, Mayo Clinic  
College of Medicine*

Toby N. Weingarten, M.D.

*Associate Professor of Anesthesiology,  
Mayo Clinic College of Medicine*

Does Low Dose Droperidol Increase the Risk of  
Polymorphic Ventricular Tachycardia or Death in  
The Surgical Patient?

Tricia Renk, BSN

Ann Malone, BSN

Carrie Michels, BSN

Laurie Trudell, BSN

**Advisors:** Gregory A. Nuttall, MD, *Professor of Anesthesiology, Mayo Clinic College of Medicine*

William C. Oliver Jr., M.D., *Professor of Anesthesiology, Mayo Clinic College of Medicine*

**Anesthesia Management of the Parturient with Systemic Lupus Erythematus and Related Complications for Cesarean Delivery: A Case Study**

Dana Citrowske Lee, BSN

**Advisors:** Michelle O. Kinney, M.D., *Assistant Professor of Anesthesiology, Mayo Clinic College of Medicine*

Mary Shirk Marienau, CRNA, Ph.D., *Assistant Professor of Anesthesiology, Mayo Clinic College of Medicine*

**A Comparison of Blood Loss and Transfusion Requirements in Pediatric Patients Undergoing Congenital Heart Surgery of Those That Received Aprotinin Versus Current Practice.**

Terry Gran, BSN

Timothy Rozman, BSN\*\*

**Advisor:** William C. Oliver Jr., M.D., *Professor of Anesthesiology, Mayo Clinic College of Medicine*

**Anesthetic Treatment and Outcomes In Patients With Fontan Circulation Undergoing Scoliosis Surgery**

Brooke Bailey, BSN

Stacie Gwaltney, BSN\*\*

**Advisors:** William C. Oliver, M.D., *Professor of Anesthesiology, Mayo Clinic College of Medicine*

Gregory A. Nuttall, M.D., *Professor of Anesthesiology, Mayo Clinic College of Medicine*

\*\*Denotes students who gave presentations at the seminar - Receive an added - \$25.00

## **SERVICE WITH DISTINCTION**

**CRNA'S Service with Distinction for 2012-2013**

Recognizing years of service at Mayo. Thank you for your commitment and dedication.

**40 years** - Rita Marquardt

**35 years** - Vandela Hicks-Scherer, Terry Egbers, Rick Vanderbosch, Francie Lovejoy

**30 years** - Lori Allen, Joseph Stumvoll, Debra Denny, Jerald Kvasnicka, Craig Woxland, Byran Wanek, Rosalie Ivers, Sharon Brandt

**25 years** - Jayne Arvold, Michael Berg, Mary Ellen Dreher, Darcy Mullenbach, Melissa Brudwick, Marlys Smelter, Richard Loken, Lori Brundige, Doreen Gudlin, Marlea Judd, Mavis Ward, Lori Fisher, Deborah Maiers

**20 years** - Sheri Reed, David Sell, Daniel Halvorsen, Kristin Meincke, Stephen Ringhofer, Diana Wilson, Broc Siems, Greta Jones, Jeannie Mattson

**15 years** - Rebecca Ferber, Christy Eischens, Kevin Lindeen, Kristin Groves, Shannon Monosmith, Stephen Pieper, Minerva Johnson, Travis Werts, David Tygart, Ann Sullivan, Todd Meyer, Michael Haffey, Cari Reinsvold, Brandee Kroening, David Streyle, Jason Novak, Sarah Wood

**10 years** - Linda Anderson, Jennifer Shanahan, Kathleen Latcham, Myongsu Draper, Eric Larson, Dawn Clark, Amanda Sterry, April Kennedy, Jacqueline Lee, Amy Plackner, Maria (Jhoel) Peterson, LaChelle Wieme, Cassandra Kumpel, Andrea Pendl, Aaron Tempel, Paul Jarett, Shala Bain, Cassie Johanns, Jennifer Braaten, Aaron Gross, Bryan Jones, Mathew Koedam

**5 years** - Tera Cox, Lucyna Aho, Joel Gregory, David Moses

## **IN THE LIFE OF...**

**1970**

**Ellen L. Martig** graduated in 1970. She resides



Ellen L. Martig

with her husband in Phoenix, AZ. They are both semi-retired and travel extensively. After graduating from the Mayo Clinic Nurse Anesthesia Program, Ellen went on to work in small and large hospitals and clinics in Minnesota, New Mexico, Texas and Arizona. It was a great experience. While she no

longer works in anesthesia, Ellen always felt that being a CRNA gave her a "leg up," and because of that she had a very rewarding career and life. She currently coaches medical doctors and other medical professionals as they transition out of medicine into business or other careers. What she remembers most about the Mayo Clinic is how big and authoritarian it was in the late 60s and 70s. She felt overwhelmed, but knew she was among the



best and the brightest. Her advice for future graduates is to remember that no matter how much education and experience they receive, it is only the basis, and they will need to/want to continue to learn every day. Nurse Anesthesia is a great profession!

**1973**

*Paul Almeida* graduated from the Mayo Clinic Anesthesia School in 1973 and took a position with an anesthesia group in Yakima, WA. It consisted of 5 anesthesiologists & 3 CRNA's. He was the first male CRNA and soon after arrival, became the chief Nurse Anesthetist. They provided all of the anesthesia in both 100+ bed hospitals. After 14 years with the group, he was recruited by 4 ophthalmologists to set

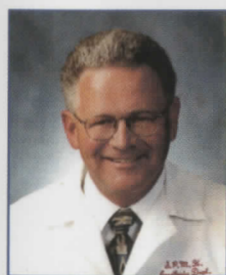


Paul Almeida

up, manage and be the sole anesthesia provider for an ambulatory eye surgery center, the first outpatient surgery center in Yakima. He retired in 2004 and has been enjoying spending the winters in the Palm Spring area, other travel, golf, bowling and volunteering in Hospice. What he remembers about Mayo Clinic is working from 7am to 5/6pm and going to class at night. His advice for future graduates is to ask a lot of questions and maintain a calm approach. [thealmeidas@q.com](mailto:thealmeidas@q.com)

**1975**

*Thomas W. Murphy* graduated in 1975 and lives in Prairie du Sac, WI with his wife Brenda. After graduation, he took a job in a rural hospital outside of Madison, WI, where they did 200 cases per year. He was the sole provider 24/7 for seven years. He is currently the Director of Anesthesia at Sauk Prairie Memorial Hospital. After a 37 year growth, they now have 6 full time orthopedic surgeons (one specializing in spine surgery only), two general surgeons, 2 OB/GYN and many visiting surgeons. They also have 9 staff CRNA's and perform 4000+ cases per year. Thomas retired on January 23rd, 2013 after 37 years, 4 months, and 23 days. He hopes to work some per-diem so that he can see the new hospital in 2014. It has been a most gratifying life! What he remembers most about Mayo Clinic is the many hours of work and study. His advice to future graduates is that this is only the beginning, and they will continue to learn for the next 40 years.



Thomas W. Murphy

**1983**

*Gary Haven* lives in Rapid City, SD and is a staff anesthetist and co-owner of Western Plains Anesthesia, P.C. He has practiced ophthalmic anesthesia for the past 17 years, which has been very rewarding. He graduated in 1983 and most remembers the variety of cases and his great group of classmates at Mayo. His advice to future graduates is to be willing to try one thing 10 different ways, then choosing what works best for them.

**1986**

*Robert C. Wells* graduated in 1986 and works at the Heartland Center for Reproductive Medicine in Omaha, NE. He remembers his experience at the Mayo Clinic and in Rochester fondly. It was an intense and all-consuming educational experience. After leaving the Clinic, Robert and his wife moved to Omaha, NE and have practiced and enjoyed life there since. His first job was at a large community hospital with a large diverse surgical list, and a good environment to hone his skills. He worked there for 16 years and moved on to a Reproductive Medicine Center, a great anesthesia practice. Young women who have to be healthy enough to get pregnant are the most motivated patient population in all of medicine. He continues to enjoy working there today. He lives with the most wonderful woman in the world, R. Coleen Stice, M.D. and they are beginning to plan their retirement life. His advice to future graduates is to know that if you leave the clinic, your experience will serve you well, and take time for yourself and your family.

**1998**

*Kathleen West* graduated in 1998 and lives in North Carolina. She is a CRNA at American Anesthesia of North Carolina. What she remembers most about the Mayo Clinic is studying with classmates and how freezing it was! Her advice to future



Steve and Katie West

graduates is that the job is worth the blood, sweat and tears of school, and to remember that you are only as good as your last anesthetic. [skepwestie@aol.com](mailto:skepwestie@aol.com)

### 2007

*Norazlina Milne* graduated in 2007 and lives in Ohio with her family. She is a CRNA at the University of Toledo Physicians Group. As a CRNA working in an academic setting, she enjoys educating future providers as they rotate thru the anesthesia department. She also enjoys the extra time with her family and is looking forward to the quiet life on the farm with horses and chickens. What she remembers most about Mayo Clinic is the graduation day, and the excellent educators and doctors. She advises students to be proud of their accomplishments, embrace diversity, study hard and work hard, but to make sure there is a balance between the two.

### 2009

*Natalie N. Johnson* and her husband Brandon are living in Duluth, MN, where they are both originally from. They have one son, Brooks, who is 3. She graduated in 2009 and is a staff CRNA at St. Mary's Hospital, part of Essentia Health in Duluth. She is very proud to tell her patients she studied and practiced at the world famous Mayo Clinic. She continues to care for her patients with the values instilled in her while working at Mayo. She remembers the high level of professionalism and that the patient always comes first from her time at Mayo. Her advice to students is to treat their patients like they are their own family, to make a difference each and every day, and to be proud to be at Mayo.

### 2012

*Robin L. Olsen* graduated in 2012, and is currently living and working in Winona, MN. Robin loves her job, and can still hardly believe that she accomplished her goal of becoming a CRNA. Every day she gets a thrill when she remembers that boards are behind her. She remembers the depth and breadth of knowledge present at the Mayo Clinic, and the many varieties of cases. Her advice to future graduates is to pay attention to the various methods and techniques, and to remember that they may not always be at Mayo. [jasminebealecrna@yahoo.com](mailto:jasminebealecrna@yahoo.com)

## IN THE SPOTLIGHT

### PROFESSIONAL ENGAGEMENT

*Sharon Brandt, CRNA, DNP*

September 2012: The University of Minnesota School of Nursing Doctor of Nursing Practice (DNP) Innovation Institute  
Perioperative Hypothermia Prevention with Prewarming: A Practice Change

### DNP COMPLETION

As expected more and more CRNA's are returning to the classroom, or computer, to further their education and obtain a doctoral degree. Taking on this commitment on top of a demanding CRNA career can be challenging.

The alumni committee would like to congratulate Erin Martin, CRNA, DNP and Ann Sullivan, CRNA, DNP (RMH Supervisor) upon completing their doctoral degree. Your hard work and fortitude are a great example to all CRNA's.

If you have completed your doctoral degree please let the alumni committee know. We would like to continue to recognize our alumni accomplishments!



Erin Martin



Ann Sullivan

## CRNA WAR EXPERIENCE SHARED IN LOCAL NEWSPAPER

### TRAVEL SCENE: TIMES HAVE CHANGED

Bob Retzlaff | Posted: Friday, June 7, 2013  
3:44 pm

The war in Vietnam ended more than 40 years ago; the Paris Peace Accords ended hostilities on Jan. 27, 1973. Shortly after, by March 29, all U.S. troops were withdrawn from South Vietnam.

But today, war tourism is a driving force in Vietnam's burgeoning economy. Part of this driving force is the return of hundreds — perhaps thousands — of American military veterans to the areas of war that are forever etched in their memories.

One of these veterans, Steve Lee, of Rochester, was a member of a Post-Bulletin-sponsored cruise group that recently visited wide areas of Southeast Asia, including Vietnam.

Lee wasn't all that interested in reliving his Vietnam experiences at first. These "experiences" resulted in Lee being awarded a Bronze Star and Purple Heart. But he admitted to being talked into taking the trip by his wife, Felisa.

"I'm glad she did, though, and I think she felt it would bring closure" to his experiences, he said.

#### Action seen

Lee, a Kenyon native, was drafted into the Army in June 1969 and sent to Vietnam in November, when the conflict was at its height. He spent a year there as a member of the famed "Lightning Division" — the 25th Infantry Division. Lee was a driver of an armored personnel carrier. He remembers well an incident when the APC he was driving hit a land mine, and he sustained cuts and burns, as well as a leg injury, earning him a Purple Heart. He was awarded a Bronze Star for his part in a mission at Black Virgin Mountain, near Tay Ninh. After his Vietnam duty, Lee served six months in Germany.

Lee and his wife, both retired Mayo Clinic nurse anesthetists, made the most of the cruise stops in Vietnam — there were four of them, and most of the trip was devoted to those excursions.

One stop that captured his attention focused on the Tunnels of Chu Chi, an underground guerrilla base located in the Saigon area near the area where Lee served.

The tunnels — part of a three-story network that ends many miles away, near the Cambodian border — were the location of several military campaigns during the war and were the Viet Cong's base of operations for the Tet offensive in 1968. The tunnels, hand-dug in the 1940s when the Vietnamese were fighting the Japanese, were used as hiding spots during combat as well as serving as communication and supply routes, hospitals, food and weapon caches and living quarters for numerous guerrilla fighters.

#### Underground attraction

Now, the tunnels are among the country's top tourist attractions, and the mainstays of Vietnam's war tourism promotions. An estimated 1,000 persons per day enter the tunnels to get a look at conditions, which are pretty much unchanged from years ago, although they have been widened to accommodate tourists.

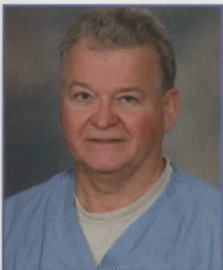
There are many other areas of war tourism, and the most notable to us was the infamous Hanoi Hilton. That was the ages-old prison where Arizona senator and former presidential candidate John McCain spent several years as a prisoner after being shot down in his fighter plane.

There are other war-driven remnants in the country, including war museums, wrecked tanks and trucks that are still visible, abandoned hangars that once held helicopters and bombers and barbed wire around former landing strips.

#### New names

But there have been changes, particularly with names. Many in Vietnam call it the American War, not the Vietnam War. And now, it's Ho Chi Minh City, not Saigon. It was the Museum of American War Crimes before it was renamed The War Remnants Museum. The South Vietnam President's Palace is now the Reunification Palace.

And, of course, North and South are no longer separate. All of these changes came about when North Vietnam took over the country a few years after the war ended.



Steve Lee

But there are other changes, too. China Beach, a rest-and-rehabilitation area for GIs during the war, is now the home of a thriving vacation region for foreigners, and there is a new Hilton Hotel — of the luxury variety — that is popular in Hanoi.

So what did Lee think of all of the changes?

“There seems to be a lot more people,” he said. “There are many shops along the roads, and the roads are vastly improved. Most striking were the hotels and improved tourism facilities at China Beach, located in a coastal area near Danang.”

#### Lots of traffic

Hanoi is a hornet’s nest of traffic — motorbikes, cars, bikes, you name it, and virtually no one pays attention to traffic lights. The story we were told is that you are much better off taking a taxi to cross the street than trying to navigate yourself.

There’s no question that Vietnam is becoming “Americanized.” Starbucks is opening its first outlet in the country, at Ho Chi Minh City, formerly Saigon. But they may face a tough time marketing their product, with French-inspired coffee reigning supreme in the country. That coffee, made from ballsy robusta beans, packs a stronger caffeine wallop than Starbucks’.



## RETIREMENTS - 2012



Don Vehrenkamp  
01/01/12



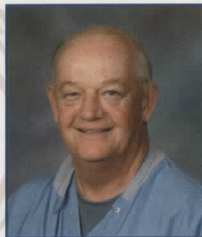
Pat Wick  
01/04/12



Jane Cummings  
01/15/12



Teresa  
Ratchford  
02/06/12



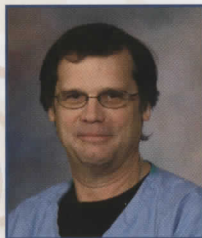
Steve Schmidt  
04/05/12



Sandra Beier  
05/08/12



Craig Kluck  
06/08/12



Mike Quinn  
10/29/12



John Ahle  
12/2/12



Jai Choi  
12/31/12

## OBITUARIES

### Rochester:



Arlene R. Lehman  
87 yrs.

*Arlene Rose Lehman (Anderson)*, 87, of Rochester, passed away on May 21st, 2013 at Homestead of Rochester following a long battle with memory illness. Arlene was born in Alma, WI on March 14, 1926. She graduated from Alma High School in 1944. Arlene attended Saint Mary's School of Nursing and was a Registered Nurse (Saint Mary's Emergency Room). Arlene went on to complete the Certified Registered Nurse Anesthetist program at Mayo becoming a CRNA in neurosurgery at Saint Mary's Hospital. Arlene married Paul Lehman of Rochester on December 17, 1949. Along with Arlene's many personal accomplishments in her long career at Mayo, she was especially known and recognized for her sincere caring ways with patients and the Mayo staff alike. Arlene was a member of Mayo Clinic Legacy, Friends of Mayowood, Minnesota Quilters Inc., and the Southeast Minnesota Hosta Society. She was a master gardener and quilter. Arlene's quilting skills resulted in multiple state champion and runner up recognitions. Her gardening skills were recognized with various garden club tours at her home along with pictures and articles in gardening publications. Along with her husband Paul, she was a dedicated Minnesota sports fan and traveled to hundreds of games and sporting events. Arlene was extremely dedicated to her husband, Paul, her family and especially her grandchildren and their accomplishments. Arlene is survived by her sons, James Lehman (Beverly Spittell) of Rochester and Mark Lehman (Brigitte Brown) of Lakeville; three grandchildren, Emma Lehman of Boston, Massachusetts, Erin Lehman of Duluth, Minnesota and Beverly Lehman of Santa Barbara, California; nieces; nephews; and cousins. She was preceded in death by her husband Paul; parents, Coy and Orma Anderson; one brother, Galen 'Bud' Anderson; sister in law, Joan Anderson; and nephew Tom Anderson. Arlene will be dearly missed by her family and friends. May she now rest in peace. Memorials are suggested to the Poverello Fund at St. Mary's Hospital, Rochester, Minnesota. A private interment will occur at a later date.



Carol A. Wallace  
79 yrs.

*Carol Ann Wallace*, 79, of Rochester, died Wednesday, Dec. 12, 2012, at Seasons Hospice in Rochester. She was born Sept. 6, 1933, in Chicago, Ill., to David and E. Patricia (O'Brien) Wallace. Carol grew up on Bad Medicine Lake in northern Minnesota. She graduated from Detroit Lakes High School. In 1955, Carol graduated from Methodist-Kahler School of Nursing in Rochester, and in 1959 from Mayo Clinic School of Nurse Anesthesia. From 1955-1957, she held several positions at Rochester Methodist Hospital: head nurse, assistant supervisor and supervisor. From 1959 until her retirement in 1987, she was a nurse anesthetist at Mayo Clinic. In 1982 Carol received her bachelor's degree in Individualized Study and then in 1988 her master's degree in Counselor Education: Professional Development, both from Winona State University. She was co-owner of an antique business and owner of Creative Learning Institute and Customized Bus Tours.

Over the years, Carol was involved with the Methodist-Kahler School of Nursing Alumni Association serving on the Board of Directors for 20 years, History Center of Olmsted County, Daughters of the American Revolution, American Association of Nurse Anesthetists, and she served in various capacities on church committees. She was instrumental in organizing the Rochester Chapter of the American Diabetes Association and the Minnesota State Chapter of Myasthenia Gravis. In 1986 Carol established the Carol Ann Wallace Distinguished Lectureship in Human Values at Winona State University.

She enjoyed her cat, Smokie, art, antiques, classical music, reading, history, philosophy, ethics and theology, gardening and studying birds. There is no immediate family surviving. Carol had many friends and colleagues who will remember her fondly.

A Celebration of Life service will be held at 1 p.m., Saturday, Jan. 5, at First Unitarian Universalist Church in Rochester, with David Kraemer officiating. A reception will follow the service. Burial will be in Oakwood Cemetery in Rochester.

Memorials may be directed to Seasons Hospice, 1696 Greenview Dr. S.W., Rochester, MN 55902, or Mayo Clinic and indicate the gift is for the Methodist-Kahler School of Nursing Alumni Scholarship Fund, Department of Development, Mayo Clinic, 200 First St. S.W., Rochester, MN 55905.

Alumni Statement: Mayo nurse anesthetists alumni will promote professional and personal relationships on local, national, and international levels. The Mayo Nurse Anesthetist Association will support nurse anesthetists students, educators, and alumni in their pursuit of excellence in education, research, and patient care.

*Richard H. Lusk, Jr.* from Bremen, GA graduated from Mayo Clinic in 1972. Sadly he passed away on July 6, 2011 due to heart failure. He enjoyed his family and spending time at Weiss Lake in Centre, AL. He was proud to be a graduate of Mayo.

*Rosina Caserotto Legerski* was a longtime resident of Rock Springs, WY. She attended St. Luke's Nursing School in Boise, Idaho where she obtained her registered nursing degree. She began her career in nursing at the hospital in Rochester, MN. She graduated in 1960 from the Mayo Clinic Nurse Anesthesia Program. She was also employed at the Sweetwater Memorial Hospital, and was a nurse anesthetist for Dr. Jackman for many years. She passed away in 2012 at the age of 83.

*Betty Jean McKnight* resided in Nashville, KS and graduated from Mayo in 1963. She passed away on February 1, 2012. Betty was one of the first Mayo Clinic graduates to practice in the rural areas of Kansas as a CRNA. She always spoke about the respect she had for the physicians and the staff of the Clinic. She was a Charter member of the Student Anesthetist Society in 1961, and was awarded certification as a Physician's Assistant in 1968.



Mary Marienau & Jean Guyer



Frank Hall, Ann Sullivan, Stan Bargfrede, Jessica Halverson, & Tammy Buchanan

Alumni Mission Statement: Mayo nurse anesthesia alumni will promote professional and personal relationships on local, national, and international levels. The Mayo Nurse Anesthesia Alumni Association will support nurse anesthesia students, educators, and alumni in their pursuit of excellence in education, research, and patient care.

## COMMITTEE MEMBERS



Lucyna E. (Lucy)  
Aho



Linda K.  
Anderson



Lorrie A.  
Bennett



Lori K. Brundige



Tammy G.  
Buchanan



Julie S.  
Castagno



Terry L. Egbers



Joan M.  
Hunzier-Dean



Kelly A. Jacob



Marlea A. Judd



Debra A. King



Rebecca F. King



Kathleen L.  
Latcham



Mary Shirk  
Marienau



Deborah R.  
Maiers



Todd A. Meyers



Shannon R.  
Monosmith



Tanya M. Pool



Ericka J.  
Slivinski