

# Nurses' plans help support young, older generations



Karin Krause

Karin Krause is a nurse with a passion for the two fastest growing segments of our population – seniors and young families in poverty. Nine years ago she and a friend, Paula Reif, decided to call

the Small Business Development Center in Madison to ask if their ideas for creating supportive neighborhoods (Therapeutic Interactive Intergenerational Neighborhood, or TIIN) would be worth pursuing.

After a long conversation, the staff agreed to work together on developing a business plan with Karin and Paula. But they cautioned that funding would be difficult to find.

From the beginning, many people volunteered their time and energy to the process of developing this idea of a staffed neighborhood that serves individuals as a supportive, interactive community. The idea sprung primarily from Karin's experiences growing up after the loss of a parent.



Here is the story in her words:

When I was 8 years old, my 33-year-old father was getting ready

for work when he suddenly suffered a heart attack. He died later that day – Jan 11, 1966.

In the small town we lived in, our neighbors were of mixed income and ages. When our furnace stopped working, men from the neighborhood and our church showed up to fix it – free of charge. When I walked home from school a lady in our neighborhood, called Grandma, but related to no one, would look to see if my mother was home from work. If she was not, Grandma would ask me if I could help her in her garden, or help bake cookies.

When in the garden, she always wore a hat I called her Pioneer hat. I asked if I could have it when she died and she promised it to me. Grandma watched my driveway and would say, "Oh, there is your Mother's car. She will wonder where you are! You better go now before I get you in trouble."

When I was 9, we moved to a new town so my mother could go to college with the money she had from my father's life insurance. Now when I came home from school, it was to an empty apartment for long, anxious hours. Life was pretty sparse on our tight budget and I was alone a lot. My performance in school suffered. As one of the few children walking home alone, I was approached at an

early age by young people selling drugs. I avoided that route, in large part because I knew it would disappoint the important seniors in my life.

Still, long hours alone taught me too much about feeling unimportant and lonely. Eventually my mother graduated and remarried, to a wonderful man. Life improved.

When I was a teenager, my neighborhood Grandma had to move into a nursing home. When I went to visit her the first time in this new home, I was met by foul odors and rude staff. They pointed down the hall and said, "Second to last room on the right." As I neared the room, I heard a staff person yell, "Anyone check 22?" Another answered, "I will," and disappeared into a room. Silently, she went into and came out of room 22. This staff person was now pushing a wheelchair containing my surprised looking Grandma. Grandma was now "number 22."

This experience so strongly affected me, that my life's work has been dedicated to helping frail seniors find ways to live that allow them to remain in the mix of life with true purpose, love and belonging.

I have been a registered nurse and teacher since 1979. While working as a nursing supervisor I had many single mothers working with me as Certified Nursing Assistants who were trying to stay in the work force with inadequate finances and support systems.

One hot summer night after working with a young mother who, I found out, was keeping her children in her car while she worked, I wondered how we could bring lonely seniors and young at risk families together to make everyone's lives better. That was when the picture formed in my mind's eye for an intergenerational neighborhood (TIIN).

I have come to see seniors as an untapped resource in the idea of an intergenerational neighborhood. The idea that came to me on that hot summer night was of a neighborhood with three types of housing: an Adult Family Home (AFH) for frail seniors, independent living units for healthy seniors and housing for young families in need of mentoring and support to move forward in life. There would be green space for playing and gardening, a sidewalk connecting the

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## CELEBRATIONS

### UW Health neuroscience nurses win honors

Neuroscience nurses Joan Kutz and Nancy Ninman received awards last month for their work on behalf of patients with neurological disorders.

The two received the honors in a surprise ceremony – complete with a “brain cake” – hosted by the American Parkinson’s Disease Association, the Wisconsin Nurses Association and Teva Neuroscience.

Joan Kutz, a registered nurse, works in the department of neurosurgery and was honored for being committed to “holistic patient care,” in part by being a great communicator with all members of the neurosurgery team. She is known for being detail-oriented and a great mentor for new employees. She also participates in research and presents at the American Association

of Neuroscience Nurses and is certified by the American Board of Neuroscience Nursing.

Nancy Ninman is an advanced practice nurse and geriatric nurse practitioner who works with patients



Nancy Ninman, left, and Joan Kutz



Pictured from left to right: St. Mary's Hospital President Dr. Frank Byrne, Beth Rozak, Stephanie Lehmann, Stacey Hamre, Susan Luginbuhl, Sharon Warden, Patricia Webster, Kara Sedlmeyer, and St. Mary's Foundation Executive Director Sandy Lampman. Not pictured: Jessica Krier.

### \$30,000 in scholarships awarded to St. Mary's nurses

Congratulations to the eight St. Mary's Hospital nurses who were awarded a total of \$30,000 in scholarships in May.

The recipients and the scholarship each received are Stacey Hamre, Sr. Mary Jean Ryan FSM Nursing; Jessica Krier, Anne Bormett Dardis Scholarship; Stephanie Lehmann, Madison Emergency Physicians Scholarship; Susan Luginbuhl, Auxiliary Nursing Scholarship; Beth Rozak, Leona Grubb Nursing Scholarship; Kara Sedlmeyer, Dr. William and Alice Kopp Scholarship; Sharon Warden, Auxiliary Nursing Scholarship; and

Patricia Webster, Nurses Shaping the Future Scholarship.

Through an initiative of St. Mary's Foundation, \$1 million was raised to build nursing scholarship endowments supporting the advanced education of nurses. To be eligible, nurses must be employed by St. Mary's Hospital or St. Mary's Care Center, its skilled nursing facility, and pursuing an advanced degree in nursing. All scholarships were created by generous donors including St. Mary's Auxiliary, alumni of the hospital's nursing school (open from 1923-1974) and others who are passionate about the nursing profession.

with Parkinson's disease, essential tremor and dystonia in the UW Health Movement Disorders Clinic. She also helps patients before and after deep-brain stimulation surgery, programming the stimulators and helping patients learn their new technologies.

Ninman helped create and coordinates “Moving Forward,” a free series of monthly talks sponsored by the UW Health Movement Disorders Program, which features experts

answering questions for patients and caregivers. Beyond her many honors, most important is her connection with people.

“Patients and caregivers truly adore her,” says Dr. Laura Buyan Dent, director of the UW Health Movement Disorders Program. “On a daily basis I hear wonderful feedback for patients and clinic staff. Nancy is a truly great example of how to provide outstanding patient care.”



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# Rural Wisconsin Health Cooperative announces award winners

Tim Size, executive director of the Rural Wisconsin Health Cooperative, recently announced the recipients of the 2013 Kristi Hund Awards.

In 2012 the Nurse Excellence Awards honored Kristi Hund (former DON of Stoughton Hospital) posthumously for her contributions to nursing practice. Going forward, at the request of her peers from the RWHC Nurse Executive Roundtable, those awards will be known as the Kristi Hund Awards. Nancy Zangl from Stoughton Hospital received the Kristi Hund Award for Excellence in Nursing Leadership. Anna Anderson from Monroe Clinic received the Kristi Hund Award for Nurse Excellence.

From Nancy's nomination: "Nancy Zangl has been an integral part of the Stoughton Hospital

nursing team for over 25 years. Throughout her years of service, she has held a variety of roles in our nursing departments. Nancy has worked as a staff nurse on the Medical/Surgical Unit, as a House Supervisor and the Medical/Surgical Coordinator. This past year, Nancy was promoted to the role of the Medical/Surgical Manager. Nancy's strong clinical and critical thinking skills coupled with her leadership abilities have proven to be a valuable asset to our nursing leadership team."

From Anna's nomination: "Anna has demonstrated excellence in clinical nursing practice in many ways. One way is that she is always willing to teach others. Since Anna has seniority in the department by 30+ years, she has a lot to share. She has established and revised a



Nancy Zangl

unit specific orientation process including checklists and scheduled meetings that involve the preceptor, new employee, and coach or manager. She is also actively involved as a primary preceptor to new hires. When she is not precepting, she is helping others on the unit so that no one gets behind on their work. Anna



Anna Anderson

demonstrates high teamwork skills in everything that she does."

Staff Nurse Award nominees include Barb Ingebritsen (Monroe Clinic), Danielle Lima (Monroe Clinic), Dorothy Petersen (Stoughton Hospital), Jenifer Burns (St. Clare, Baraboo), and Scott Blackledge (Stoughton Hospital). ■

## Future of Nursing Scholars program launched by RWJ

The Robert Wood Johnson Foundation has announced it is investing \$20 million in the new Future of Nursing Scholars program to support some of the country's best and brightest nurses as they pursue their Ph.D degrees. In its landmark nursing report, the Institute of Medicine recommended that the country double the number of nurses with doctorates; doing so will support more nurse leaders, promote nurse-led science and discovery, and put more educators in place to prepare the next generation of nurses.

The University of Pennsylvania School of Nursing, which hosted the event to launch the new program, will serve as the national program office for the Future of Nursing Scholars program.

"Implementing the Institute of Medicine nursing report is a major priority for RWJF, because we cannot achieve our mission to improve health and health care without a robust, well-educated nursing work force and many more highly educated nurse leaders," said John Lumpkin, MD, MPH, RWJF senior vice president and director of the Health Care Group.

"The Ph.D-prepared nurses the Future of Nursing Scholars program supports will help identify solutions to the country's most pressing health problems, and educate thousands of nurses over the course of their careers. They will be positioned to lead change and inspire the next generation of nurses." ■

## Generations

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housing units, a community building for activities and a central gazebo for intimate gatherings and music. There would be staff and everyone who was able would volunteer, each group being helped as well as helping.

This idea had a lot of common sense appeal for me. It was a version of the neighborhood I started life in – with the addition of staff and the conscious concept of intentional community with mutual support and obligation. We already know that seniors with purpose and belonging remain healthier than their lonely peers and we know that young adults and children develop greater resiliency when they have older mentors in their lives. Some of my questions were, where do I start and could my family and I stand living with people I cared for?

I have stepped into this vision in a major way and will be telling you more in future articles. If you need to

read the end before the middle of the story, please see our website, [www.hopeandafutureinc.org](http://www.hopeandafutureinc.org).

## Our Mission Statement

Hope & A Future III Inc. is a 501(c)(3) charitable organization that is taking a fresh look at the needs and strengths of the two fastest growing segments of our population: seniors and young families at risk. We are looking to develop staffed neighborhood settings that use the resource potential of motivated individuals from both groups to be helpful while being helped. Our Mission is to develop intergenerational neighborhoods and supportive care that fosters hopeful futures for young and old – in a faith-based environment. Your tax deductible donations will help develop the first TIIN. This is a unique opportunity for nurses to stand together and make a difference. You may donate at [www.hopeandafutureinc.org](http://www.hopeandafutureinc.org) or mail your gifts to Hope & A Future III, Inc. 3440 S. High Point Road, Madison WI 53719. ■