

# The Pulse

Volume 2:4 July 2010



**California Hospital School of Nursing Alumni Association**  
**PO Box 88585**  
**Los Angeles, CA 90009**

## President's Message

The summer is here and activities come in different shapes and forms. I have two suggestions: a book to read and a story to write (to the Alumni Association). Kaiser Permanente Southern California has compiled different stories from their medical staff into a book entitled, "*Caring, Making A Difference One Story at a Time*". I highly recommend this book. I have given it



to several nurses and have been getting back beautiful notes, thanking me for giving them the book, with recipients saying that the stories make them proud to be nurses. You can read about Ryan the Lion, who touched the lives of the nursing staff and families. Each story ends with a quote (my favorite is from Ryan the Lion: "We can do no great things, only small things with great love." — Mother Teresa). There are over 100 stories, with titles such as: One Exceptional Night Shift, Nursing — Elusive Passion, Groundhog Day, Becoming a Butterfly, A Tribute to a Mighty Giant, On a Busy Day—On a Busy Unit, In Control, Star, to name a few. The stories cover all different aspects and settings of nursing. I think that this book should be a must read during the summer. Your assignment for the summer, is to tell your story to the Alumni Association. Native Americans have a saying, "It takes a thousand voices to tell a single story." We alumni have a thousand events which we can document. Last fall, when the Class of 1960 met in Santa Barbara in a yearly reunion, we were more reflective and spent an afternoon telling stories from our Nurses' Training. We each remembered a special moment, special patient, special person, or a special day that has lasted 50 years. We wanted to share with each other to provide a legacy for our Class, and a way to document our memories. I am asking each member of the Alumni contribute a story that they remember from Nurses' Training at California Hospital School of Nursing. As stated in "Caring, Making a Difference One Story at a Time," 'we are sharing our wisdom, strength, knowledge, and fortitude; so, share a special moment. Savor your memories. Leave a legacy. Tell us your story.' I

could not state it any better.

Storytelling is the most powerful way to put ideas into the world today (Robert McKee). Are you a storyteller? Shouldn't you be one?

Joyce (Scheffel) Jacob

Class of 1960

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*The first edition of "Caring, Making a Difference One Story at a Time", was collected and compiled by Terry L. Beam and Joyce A. Johnson, with Editor Karen B. Casady is sold out. The second edition can be obtained from Amazon.com. Search: "Caring, making", and it will pop up. Price is \$9.95 and shipping is free if your total order is  $\geq$  \$25.*

Cruising the web looking for things CHSNAA related? Check out the web Archive located at [www.chsnarchive.org](http://www.chsnarchive.org) and with over



1,000 records to date, including portraits, candid shots, personal correspondence, marketing material, and curricula related to the School of Nursing. The design of the *California Hospital School of Nursing Digital Archive* is under the direction of the Studio for Southern California History, a nonprofit dedicated to Southern California's social history, and the Alumni Association.

For questions regarding current addresses/Mailings, contact:

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or email at: [elvy@IBTnet.org](mailto:elvy@IBTnet.org).



## Tell Us About You....

### Your commentary on life, etc....

“As usual, Homecoming was truly a Homecoming. So great seeing classmates and others. Thank you and all of the Board for all of your hard work on making the day special. At our May luncheon, our speaker, Dr. Vincent drew the winning ticket and Jeanne Martin (one of our members) won! Because Margaret Underwood made a block for the quilt and helped with the embroidery on four others, I had hoped the winner would be either a CHSNAA member or someone from our Guild—so yeah! I appreciate all those who purchased tickets. All Southern California quilt guilds have been asked to send quilts to the West LA VA hospital, as they are opening a new care facility. I mailed them five large quilt and one wheelchair quilt on the 7th. The largest amount of money that our Guild spends is for comfort quilts, which I need. Batting alone is over \$2000 per year. We have to pay for the very large quilts to be quilted. Otherwise, we quilters quilt all the others. We also create neck coolers for the troops for a retired Marine to distribute. We have had a new request for something for the female military members, so you can see how we spend our money. I will have another beauty, a large bed sized quilt to our 2011 Homecoming (ticket to be drawn at our September 2011 Quilt Show), if that is okay. Thanks again.”

Patricia (Ward) Varnum

Class of 1952

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*\*Submitted 6/9/2010\**

“Dear Joyce,

I want you to know how much I appreciated the invita-

tion to the Nursing Alumni meeting in April, and how much I enjoyed myself. It was so nice to see so many of the nurses who came up to me and “reintroduced” themselves. This was one of the more memorable events for me. It seemed that everyone I talked to brought up at least one memory of the ‘good old times.’ I also want you to know that I read practically every issue of *The Pulse* and was totally surprised to see the letter from Mary Streit!! I must answer it, and see if she has more stories about our days at California Hospital. Thank you for the CD and the playing cards. I appreciate your thoughtfulness. Again, many thanks for giving me a memorable day.”

Dr Erwin Kaye

*\*Submitted 6/8/2010\**

Submitted from an Interview with a CHSNAA member in the UCLA Employee Newsletter (June 2010 issue):

Barbara Browning,



Director of Quality Assurance at Santa Monica-UCLA Medical Center & Orthopaedic Hospital

Barbara embodies the ideals, values and spirit of the nursing profession and has received this year’s “Rick Crocker Spirit of Volunteerism Award” for outstanding community service from the Santa Monica Red Cross.

*How long have you worked at SMUCLA?*

I’ve worked at SMUCLA since 1965, ever since I graduated nursing school. I liked the idea of working near the beach, and never planned on staying at the hospital for more than a few years, but as new opportunities kept coming up for me to grow, I stayed on. I’ve never had a job in nursing that I haven’t loved.

*What has inspired you to devote so many years here?*



For questions regarding the Treasury, contact:

Lucinda "Cindy" Westhafer (Treasurer) at (310) 216-1586

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Through the years, I have been involved in so many projects near and dear to my heart. In the 1960's, I organized the first mother-baby class while working as the Postpartum Unit and Nursery head nurse. In the 1970's, I created the hospital's first medication administration course for licensed vocational nurses. In 1975, I helped establish the Westside's first Oncology Unit, which was expanded to include AIDS patients in the 1980's. In 1982, I began working on my favorite project—Hospice in Home, a program I created with Pastor Bob Richards to care for cancer and AIDS patients.

*What are your job responsibilities now?*

Since 1990, I have taken my nursing skills and dedication to patient programs to the administrative side of the hospital, although the transition was not easy. I remember sitting in my office the first day I got the desk job and I said, "What do I do now?" However, soon after, I had my hands full with patient safety, risk management, infection control, and even more as director of Quality Assurance. I continue to work on new programs and practices for patients, such as the Palliative Care Program to address end-of-life needs and the Center for Humane and Ethical Care at the hospital. I just recently received the "Rick Crocker Spirit of Volunteerism Award" for outstanding community service from the Santa Monica Red Cross. I also work to provide medical care for homeless patients and am active in Santa Monica's annual American Cancer Society 'Relay for Life' event.

*What experiences have been most memorable for you?*

There are many memorable experiences. Everything I do is based on my interactions with patients, hospital staff and physicians. I look at every interaction as an opportunity to help and learn. I enjoy learning about the people I meet. The experiences that touch me the most are those that involve patients, families, staff and physicians dealing with end-of-life issues. I feel it is a privilege to be with people at the end of their lives. Even though I can't change what is happening, I can be there for them and (to) try to support them the best I can. I often feel that they have given me more than I have been able to give them. I am blessed by all the people I meet and interact with daily.

*What do you enjoy most about your job?*

I've enjoyed every aspect of nursing, but oncology and end-of-life issues really captured me. (Ensuring that) when patients reach hospice care, they have what they need in terms of medicine and doctors. However, they and their

families are often overwhelmed by the transitional process and the daily tasks they must do. Hospice workers support the medical and emotional needs of the patient and family and I hope to focus more time when I retire on securing volunteers for Hospice in Home.

*What is the most challenging part of all you do?*

The most challenging part of my job is when I am not able to satisfy a disgruntled patient and family. I try to listen and offer support and reach out to resources, but sometimes it is not enough. I listen and sometimes that is all I can do. In my 'ideal' world I would like to effectively help everyone!

*What do you do in your spare time?*

I am very involved in my church, Lutheran Church of the Master in West Los Angeles. I love spending time with my family and friends and I enjoy playing the piano. I walk every day and enjoy the quiet time with nature and am so thankful to be alive!

"A new book is just out, "*Nurses of Los Angeles: Uncapping the Mystery*" written by Cynthia Broze, NP, MSN. This book details the history of nurses in Los Angeles from 1856 to the present. It contains more than 400 historical images and included is the history of California Hospital. On page 248 is an article about Barbara Jury and on page 249 is an article about Joyce Jacob. It is an excellent book about nurses in Los Angeles. The book is available at [www.nursesoflosangeles.com](http://www.nursesoflosangeles.com).

"Last month, I was very pleased and proud to participate in the Pinning of my step-granddaughter at her graduation from the Accelerated BS in Nursing program at California State University San Marcos School of Nursing.

I knew she already had a BS in Neuroscience but didn't realize all 100 of the graduates had to come into the program with a BS. The program lasts for 20 months with 1000 hours each of clinical and classroom work.

Judy Papenhausen, RN, PhD Director of the School of Nursing was the Keynote Speaker. Her talk centered on the present lack of jobs due to the recession. She indicated that many formerly part-time nurses have moved to full time to augment lost family income and that the retirement rate has been reduced for the past few years with a full 20% of working RNs at 50+ years of

For other questions, contact: Claudia Stiver (Director)  
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age. Who would have thought that just a few years ago we only heard about the nursing shortage and how devastating this could be with the influx of the Baby Boomers and their health issues. Now these new graduates are being counseled to do whatever they can to keep their skills up as the job market for them will probably be very tough for at least another year!

On the bright side it is expected that with the Health Reform bill, many more people will be seeking medical care and this is expected to increase opportunities for nurses, both in terms of the job market and their scope of practice.”

Rea (Babcock) Crane

Class of 1963

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\*Submitted 6/25/2010

### **In Memoriam...**

Dorothy (Lee) Lucas, was born May 10, 1930—went to be with our Lord and Savior on Wednesday, May 26, 2010. She is survived by her sister Wilma, her sons (Richard, David, Robert), nine grandchildren, and three great grandchildren. Dorothy’s parents (Charles and Naomi Lee) moved from Colorado to Norwalk, CA in 1939. She attended Excelsior HS, where she was a top tennis player and was also in the band. She attended USC where she met her husband-to-be, Daniel Broox Lucas Jr. Dorothy graduated with a degree in nursing (CHSN Class of 1953) and was married on June 11, 1955. She had a zest for life and enjoyed traveling, playing bridge (with college friends for over 50 years) and spending time with the grandkids. Dorothy had lived in Santa Ana for 43 years, but moved to Fountain Valley in 2007 to be next to her sons’ homes. A memorial service was held on Saturday, June 5, 2010 at 1 pm, at the Shoreline Baptist Church in Fountain Valley, CA.”



Submitted by Sidel (Gelbart) Myers

Class of 1963

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*\*Submitted from The Orange County Register,  
6/4/2010\**

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Questionnaire for the California Hospital School of Nursing Alumni Association: mail to the PO Box

Please take your time to answer each question. Use separate pages for more space. Print clearly or type your responses; they will be recorded in the California Hospital Digital Archive & posted on the Archive's website.

Name: \_\_\_\_\_ Maiden Name: \_\_\_\_\_

Graduation Year: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Grad year: \_\_\_\_\_

E-mail: \_\_\_\_\_

**May we contact you for photographs or for an interview?      Yes      No**

1. How old were you when you first thought about becoming a nurse? When did you definitely decide to become a nurse? What influenced this decision? (For example: a parent or teacher, fictional or real figure in history, a war, etc.).
2. How would you describe your background? Your parents? Did you come from an extended family or a smaller family unit?
3. What or who were your support systems prior to coming to CHSN? Did your support systems change?
4. What schools of nursing did you consider? Why did you choose California Hospital School of Nursing?
5. What do you recall of the application process? Who interviewed you? Was it an individual or group? One interviewer or more? Where was the interview held? What was it like?
6. What are your early memories of your first classes at the School of Nursing? Who were your first teachers? First impressions? What was California Hospital like when you arrived?
7. If applicable, what do you remember about moving into the dorm? Did you have a roommate? Was she someone you already knew? What was your first encounter like?
8. If applicable, what are some of your favorite memories of dormitory life? What social events stand out in your memory? Memories of study hours? Lock out? Housemothers?
9. What are some of your favorite memories of time spent in the Library? During study hours? After class? Doing research?
10. Where were you living before you came to California Hospital? If different from Southern California, what were your first impressions of the place?
11. What was downtown Los Angeles like when you arrived? Did any major events occur when you were at California Hospital? Refer to list below for examples of historic pivot points.

1941: The bombing of Pearl Harbor

1960-1974: Vietnam War

1942: The internment of Japanese Americans

1965: 5-year Delano Grape Strike

1943: Zoot Suit Riots

1965: Watts Riots

1944: End of WWII

1968: Assassination of RFK at Ambassador Hotel

1950: Korean Conflict

1969: Manson murders

1954: Opening of Disneyland

1973: Election of Tom Bradley, LA Mayor

1957: Dodgers come to LA

1984: LA hosts the Summer Olympics

12. What are your first memories of your early clinical experiences?
13. What are your memories of your capping ceremony?
14. What were your favorite classes in nursing school? Why?
15. What did you usually wear to school? Describe it?
16. Were there nurses or other hospital staff members who had a positive influence on you? Who were they?
17. What were your favorite floors to work on? Why? Least favorite? Why? What shifts did you like best? Least? Did you work for pay?
18. Who were your favorite patients to work with? Why? Can you remember any stories that illustrate This?
19. Who were your favorite doctors? Head nurses? Supervisors? Nursing instructors? Hospital administrators? Why? Can you remember any stories that illustrate why he or she was your favorite?
20. What are your memories of your Affiliations? What are they? Positive and negative? Be sure to Include specific information.
21. What do you remember about the cafeteria? Your favorites? Night lunch? Dorm food/snacks?
22. What do you remember about your graduation ceremony?
23. What was your first job in nursing after graduation? Was it in the area of nursing that most interested you? Did you remain in this area of nursing throughout your career?
24. What other areas of nursing did you pursue? What influenced your job/career changes?
25. If applicable, what college or school did you attend prior to and during your education at CHSN? Favorite classes? How did you commute to and from classes? If you drove, what kind of car did you have? Did you have any favorite teachers?
26. Did you pursue further education after graduation from CHSN? What degrees, certifications, etc, did you earn? From what colleges, universities, educational programs, etc?
27. Did you pursue a career (careers) other than nursing? What and why?
28. Have you received any form of recognition or acknowledgment apart from your nursing career? What were they associated with?
29. Did you join the military after graduation? Which branch? What was your rank at the time of discharge? Did you travel in the course of your service? If so, where? What are a few of your most memorable experiences while in the service?
30. What is the best thing about nursing to you?
31. What is the worst thing about nursing to you?
32. Why should we remember California Hospital School of Nursing?
33. Please include any other memories, experiences, or thoughts that you wish to share.



California Hospital School of Nursing  
 Alumni Association  
 PO Box 88585  
 Los Angeles, CA 90009

**\*\*Return Service Requested\*\***



**CHSN Alumni Association: Merchandise Price List**

Merchandise	Available Sizes (circle order)	Price/one	Price/two	Subtotal
Blue Sweatshirts w Gold CHSN Logo	L XL	\$15	\$25	
Blue Sweatshirts w Gold CHSN Logo	XXL XXXL	\$17	\$28	
White Polo Shirts w Blue CHSN Logo	L XL	\$15	\$25	
Tote Bags w CHSN Logo	N/A	\$10	N/A	
Fanny Pack w CHSN Logo	N/A	\$6	N/A	
Stainless Steel Travel Mug w CHSN Logo	N/A	\$10	N/A	
Wine/Burgundy Leather Planner/Organizer w embossed CHSN Logo	4" x 7"	\$12	N/A	
Navy blue Baseball Style Cap w Gold CHSN Logo	Adjustable	\$8	N/A	
CHSNAA Memory Cookbook	N/A	\$20	\$40	
Deck of Nursing History Cards	N/A	\$5	\$10	
Commemorative CHSN Display Brick	Variable Appearance	\$25 on site \$40 w S/H		

Shipping & Handling \$5, not including Brick (see pricing)

\$\_\_\_\_\_ S/H

Total \$\_\_\_\_\_

Make checks payable to  
 CHSN Alumni Association

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Zip Code \_\_\_\_\_

Phone  
 (\_\_\_\_\_) \_\_\_\_\_

Pickup arrangements must be made with  
 CHSNAA Board member

**Homecoming 2010 will be Saturday, April 9, 2011. Start planning now—reserve the day!**

**Honored Class for 2010: the Class of 1961 (50 years)**

**Other honorees: to be announced**

**Submissions for The Pulse may be sent to the PO Box or emailed to the Editor. Please include a CHSN identifier(s) in the email subject line/message if any attachment(s) enclosed.**