

Word of Wisdom from Some of our Fresno State Nurse Alumni and Faculty

- “I have become an elder, a woman of wisdom, a woman with little patience for superficiality and a woman with the sense of my place in the universe as an awesome speck.”
- Persistence is a key aspect of success in any area of life
- Going against the flow of wastefulness, greed and easy way out is often lonely but is the only path to integrity and self confidence
- Taking care of yourself is not selfish; truly whole persons are the most effective givers
- Appreciate the beauty of the trees and the wonders of the rests of the natural world every day
- Develop a sense of gratitude for all that has been given to you, including the difficult people and situations
- Love is the most important message we can offer to ourselves and to others
- Forgiveness benefits me more than anyone else
- Generativity, giving back to the planet and its people, is the most important quality an elder can demonstrate.

— *Dr. Joan Heron, former Faculty “The Elder Goddess”*

- My best bit of wisdom I received from a patient in a Cardiac Care Unit. He told me he could always tell which were the best nurses when they walked into his room. The best ones looked at him first, then the monitors, the worst ones looked at the monitor only. This was almost humorously validated by the nurse who called a respiratory code on a child that was up playing and the pulse oximeter had fallen off!

— *Dr. Pauline Kliewer former faculty and Chair*

- As for bits of wisdom that I have learned over the years...I have found that over the years, I have learned more and become stronger from my mistakes, and it is important “not to be afraid to try new things,” but to make mistakes and new learning situations positive learning.” Use the adversity in the trials tha God blesses you with for growth, accomplishments, and the better of mankind.

— *Roxanne Garispe Alumni class of 2002 & 2004, from FCC*

- First be true to yourself. Always follow your heart and instincts. Always be honest and forthright. Keep learning.

— *Joanna Hughes alumni class of 1977*

- I learned that life is about choices, you can learn to do just about anything you want to, but not everything may be something you want to do.

- If you are upset, do not put it in writing, it will come back to haunt you.
- Be kind with your words, you will reap what you sow.
- Moderation truly is the best policy.
- I've learned we are not healers, only the body can heal itself, we can either help or harm.
- Only healthy Moms and healthy lifestyles can grow a healthy baby.
- Our caring and empathetic listening go further to help patients hear and heed our teaching.
- If you are in a sticky situation, listen to your internal warning system.
- If a situation at work is difficult, realize the grass may not be greener on the other side of the fence. Every job has its own problems. Someone once told me, "It just depends on how deep you want to stand in it!"
- I do believe you only need a union if your employer is not responsive to staff needs. Unfortunately most employers are more interested in the bottom line.
- I also believe every nurse should be taught self defense and how to break a choke hold, disable an attacker, and how to negotiate in difficult situations.

— *Pam Loewen class of 1966 Retired SPHN, USAF Flight Nurse Instructor, CSUF Volunteer Historian & Alumni Liaison. (See BIO and photos on web site.)*

- I have learned that you have to be an eager learner to keep current in your specialty of nursing and always open to new ideas and changes to meet the many needs of our students/patients.

— *Patricia Amoroso DeFehr class of 1965*

- When I was a student, I thought I would get wiser as I got older. Well I did get older and the only thing I know is that I don't feel much wiser. (But at this age, it doesn't bother me anymore!)

— *Kathleen Kalstrom Callahan class of 1962*

- As a PHN I learned people really want to express their thoughts and feelings to a nurse and that the public still very much have respect for the nursing profession.

— *Joan Wall Sweet class of 1966 Retired PHN Orange Co.*

- Be Flexible. Never assume anything. Sometimes the best thing to do is listen.

— *Kathleen Nyberg class of 1971*

- The most important thing I've learned is "communication!" Communicate patient care from one nurse to another. Communicate the patient as a diagnosis, person, and personality.

— *Susan Cocciolo class of 1978*

- The only bit of wisdom I can give is for nurses to always be proud of what they do. Always try to be part of the solution, don't just complain and be part of the problem.
— *Nancy Bush class of 1980*
- What ever area of nursing you decide to work in, do your best to stay up to date, positive, and pursue your job with your best efforts. You truly do reap what you sow.
— *Karen Bever Hughes class of 1980.*
- My advise is to gain as much education as you can.
— *Carol Gipson Chinn class of 1985*
- You can't solve everything, so just do your best for the person in front of you.
— *Ginger Manss class of 1985*
- When working with human beings, you cannot blame yourself for the poor choices that other people make. You have to accept people and love them for who they are. Maybe then they will learn to trust you and try out what you have taught them and don't ever give up!
— *Tanya Desmond class of 1990*
- Nursing can be frightening and overwhelming at times, but there is nothing so satisfying.
— *Lynnell Booth Griffin class of 1965*
- Over the past few years, I've learned that patients respond much better to the nurse that shows them true compassion and interest. If we can just for a minute stop and let our patients know that we are there to promote a speedy and healthy recovery they'll truly learn to trust and respect the profession of nursing. Nurses have to learn to move away from being occupied with completing tasks. We have to go to the bedsides of the patient and learn the whole picture and act accordingly.
— *Shaneaya Caraway-Garner Class of 2003*
- I'm just as excited and fulfilled today as I was when I graduated in 1995. The nursing profession can be very challenging and exhausting, but the hug you receive from a child with cancer at the end of the day, or the thank you from a teenage boy returning to football after a broken arm are very rewarding. When it comes to dealing with difficult staff, physicians, or families, You have to remember, you do not know what is going on in their life at that time, or how their past experiences have influenced them and remember we are all human.
— *Carrie Ceppi-Rogulkin class of 1995 & 1998*

- What wisdom, I had learned over these years are that your foundation in nursing will withstand any things they throw at you, so cry and scream now while you are in college because later you will enjoy the rewards and benefit sfrom your college experience that will help you from the beginning to the end of your career in nursing. I have continued to perfective my art of nursing so that it will be a benefit to both myself and my community.
— *Gracie Exum class of 2005*
- A bit of wisdom I have learned since graduation is there are many different paths in nursing you can take. Finding the one you were meant for can be a challenge, but once you discover it there will be no limit on how far you can go!
— *Katie Farnham class of 2007*
- In 1974, when I first entered nursing, Professor Delores Kendall identified “caring made visible” as our calling. And, I have found, there is nothing more powerful or health promoting as one individual showing actual caring for another...even if there is little that can be done medically. Although there have been times when the demands of nursing seemed overwhelming, I have never failed to believe in the value of my profession, nor have I found regret in choosing such a challenging career. Alleviating fear, relieving pain, encouraging self expression and creativity, gentle confrontation of bad health habits, therapeutically touching, active listening coupled with accurate research-based therapies define nursing at it’s best.
— *Patricia Hall Jackson class of 1978*
- Bits of wisdom I have learned over the years from nursing and my nursing education? I have learned to not sweat the small stuff, live every day like it is your last, always have a goal and dream before accomplishing your current goals, embrace change and diversity and seek out new experiences which may lead me to another grand adventure.
— *Kelly Tuttle Class of 1992*
- Formal education is great and it will help you professionally, however, informal education is better. The best course I took to prepare me as a nurse was being a patient. As a patient, I realized what pain is and how important the role of the nurse is in the healing process. Thank God for nurses who place patients first and strive to improve their practice.
— *Major LeRoy Marklund class of 1993*
- Bits of wisdom: Go with your gut feelings if you think something is wrong with your patient, use your senses not the automated machines to assess the patient
— *Micki Lemke class of 1987*

- Although I left bedside nursing shortly after graduation, my education has provided me endless opportunities. The essence of nursing is relating to people on every level; this skill/art is invaluable in my current role in Human Resources and in my volunteer work at the Hinds Hospice Home.

— *Linda Sue Miller class of 1975*

- I have learned that nursing is an honorable and noble career which most people respect. I am proud to say I am a Registered Nurse. It has taught me to be organized, research-minded and given me the ability to juggle multiple tasks at one time. Nurses can do it all!

— *Patricia Noble Hutchison class of 1985*

- Nurses are constantly taking care of others in some way so it's very important to find ways to take care of ourselves as well. Staying active and healthy is very important to me. How can we expect to teach others how to properly take care of their health if we are not doing it our self? We must be good role models.

— *Kendra Norris BSN class of 2008 (AD RN 1985)*

- I've learned patience, perseverance, and creative problem solving.

— *Deanna Pappas Larson class of 1980*

- If you want to change peoples lives for the better, if you want to help people get through crisis in their lives, if you want to have a career that makes you feel good to be a human being- CHOOSE NURSING.

— *Julie Post class of 1994*

- My education has had a great influence on my personal, spiritual, and professional experiences. I encourage our students to step back and look at the entire picture, to be patient, and enjoy their particular pathways. I often use the phrase "Let's wait to see" or "That's yet to be determined" when asked what or how do proceed.

— *Dr. Michael F. Russler class of 1974 &1978, Chair CSUF Dept. of Nursing*

- Nursing: I have always loved nursing. I believe nursing truly personalizes the health care experience for people. I highly recommend nursing as a profession to everyone I meet!

— *Dr. Pam Springer class of 1987 MSN Adm. Associate Dean of the College of Health Science /Chair Dept. of Nursing Idaho State University for 19 years.*

- Bits of wisdom : Hard work is the only way to succeed. Nursing education is very demanding. More so than most degrees in any college environment. It should be a five year degree. Most students cannot experience college outside of the College of Nursing department due to the demands. The cost to students is too great when compared to the responsibility a Licensed RN carries as soon as they pass the boards.

As part of the National Health Insurance movement, more funds need to be set aside for students to use to pay for their nursing education. More hospitals should also help finance the training.

— *Steven Walls NP class of 1981, 12 years USAF Nurse Corps*

- Bits of wisdom: Don't be afraid to get in there and try things as a nursing student or as a new nurse – and don't let any negativity get to you if someone is trying to bring you down as you learn to fly on your own! Remember to cherish those moments with your family and friends – life can be taken away so quickly as I found out with my good friend, Mary Seneker. Mary was my friend for many years, dating back to our competitive nature as we took tests in Physiology from Mr. Shirley at Fresno City College as one of our many prerequisites. We went on to the nursing program and graduated from Fresno State together in 1999. We always kept in touch, and I was able to talk Mary into becoming my Infection Control Nurse at KDH. She also filled in for me when I was on maternity leave in 2007. Shortly after my return to work, she began having severe headaches and high blood pressure. To keep the story short, I will only say that she died shortly thereafter and it was heartbreaking for many who knew her and had grown to love her. So tell everyone how much you care about them while you have the opportunity, and remember to keep your career in perspective – it is only one portion of your life and shouldn't dictate it.

— *Debbie Baskin Zamora class of 1999*

- I obtained an AS in nursing in 1980. I continued my education to obtain a BSN with a PHN in 1985. Since being married and having 4 children I have worked outside a hospital. All of my non- hospital nursing employment has required either a BSN or PHN, I would not be working where I am without them. My advice is to obtain as much education as you can.

— *Carol Gipson Chinn Class of 1985*

- Be good to yourself, find ways to prevent burnout, it's easy to overdo it in this profession and feel stressed.

— *Ernestine Faggionato class of 2000*

- Nursing can be frightening and overwhelming at times, but there is something so satisfying about it.

— *Lynnell Griffin class of 1965*

- Yes, nursing is a great profession, and you will always have a job. Job security is very important. The class of 1964 started with 75 students but only 24 graduated.

— *Lynn Henderson Henricksen Class of 1964*

- Whatever area of nursing you decide to work in do your best to stay up to date, positive and pursue your job with your best effort. You truly do reap what you sow
— *Karen Hughes class of 1980*
- I wish that I had been able to concentrate more on my nursing career but have been busy with family and life.
— *Suzanne Babcock Kelly class of 1968, LT. Col US Army Nurse Corps NP*
- Respect & politeness go a long way in relationship with other hospital professionals
- As hard as it is, accept change and work to improve
- Be aware that while it may seem otherwise patient's is often very acute.
— *Sharon Bolster Klocksieben class of 1962 US Navy Nurse Corps.*
- Having 2 masters degrees and a BSN in nursing , I have never had difficulty getting interviews or job offers. My advice would be “don't get comfortable in your career”. Look for ways to challenge yourself and learn new things. You will be amazed at your potential
— *Donnamae Tuason Mallett class of 1998*
- You can't solve everything, so just do your best for the people in front of you.
— *Ginger Manss class of 1985 & 1993*
- Nursing is a wonderful profession if you enjoy being an intimate part in peoples lives
— *Blaine McAfee class of 1991*
- Treat people as important special human beings and always preserve their dignity as human beings
— *Wanda Moore class of 1966*
- Be flexible ; Never assume anything
- Sometimes the best thing to do is to Listen!
— *Kathleen Harding Nyberg class of 1971*
- Nursing has helped me understand that there is a great need for caring people, I believe nurses help provide that
— *David Parker class of 1994 US Army Nurse Corps/ Chief Operating officer 6 ER MDs.*
- I have gathered many bits of wisdom over the years, however, the two most important ones are: Trust in the Lord with all your heart and lean not on your own

understanding: in all your ways acknowledge him, and he will make your path straight. Proverb 3:5-6

And when life gives you lemons, make lemonade!

I am just a very small part of this big wonderful world and I have only been able to succeed and endure because of my faith and my Lord Jesus Christ who strengthens me. He enables me to make that lemonade when I've had a whole truck of lemons thrown at me!

— *Emily Oliver class of 1974*

- Nursing always helps
 1. Problem solving approach
 2. Reliable communication skills, ability to listen
 3. Ability to prioritize
 4. Aces Situation – develop a plan of action

— *Judith Perrachi class of 1967*

- Life is precious and short, we are all appointed to die at some unknown time for various reasons. Nursing has allowed me to view life through the sick and the afflicted and I know that I have made a difference in many people's lives. In some ways I can't picture myself without nursing. Knowing that I could be a patient at any time makes me want to improve the profession for my self and my loved ones. I have seen so many nurses do so many great things over the years without any credit being given , all doing great things on the job.

— *Jerry Rodriguez class of 1986*

- I have never left nursing, but I'm also a licensed real estate broker and computer network marketer. Nursing education, formal and ongoing practice, has taught me to be a problem solver, team player and tenacious.

— *Susan Sawdy class of 1981*

- The most important part of nursing to me is the connecting with people. In every role I have had being a nurse provided me a special connection – students, patients, staff and families all need and appreciate care. What each has given to me is priceless. —

— *Genevieve Sexty class of 1998*

- As a public health nurse I've learned that people really want to express their thoughts and feeling to a nurse and that the public still very much have respect for the nursing profession

— *Joan Wall Sweet class of 1966*

- Still have SO much to learn... ☺

— *Valerie Villagomez-Herring class of 1999*

- I began my RN career in the ED, a level one Trauma center. It was immersion that allowed me to learn the health field rapidly.
— Laura Woods class of 2003