

SAMUEL MERRITT COLLEGE

Reporter

A NEWSLETTER PUBLISHED TWO TIMES A YEAR CONNECTING SAMUEL MERRITT COLLEGE, PROVIDENCE COLLEGE OF NURSING AND THE CALIFORNIA COLLEGE OF PODIATRIC MEDICINE WITH THEIR ALUMNI AND FRIENDS

First Named Occupational Therapy Scholarship Established at Samuel Merritt College

In October, 2007, Pradip and Rekha Choksi established the Pradip and Rekha Choksi Endowed Occupational Therapy Scholarship Fund—the first named endowed scholarship at Samuel Merritt College to benefit occupational therapy students.



Pradip and Rekha Choksi

THERE WERE MANY REASONS for establishing this scholarship, states Mr. and Mrs. Choksi. “One, because we wanted to acknowledge the excellent education that our daughter received at Samuel Merritt College, and also we learned firsthand how important it is to have highly skilled and compassionate health care providers.” Mr. and Mrs. Choksi’s daughter, Shefali Parikh, is a 1999 graduate of Samuel Merritt’s Master of Occupational Therapy program.

On May 15, 2004, Pradip and Rekha Choksi were enjoying an afternoon bicycle ride to Simi Valley when, in an instant, their

world went from carefree to chaos. Pradip had taken a fall from his bicycle and lay motionless. Even though Pradip was wearing a helmet, he suffered a tennis ball-sized blood clot in the right side of his brain and would spend the next three weeks in a coma. All of a sudden, Pradip, an athlete who climbed mountains, ran marathons and bicycled all over the world, could not even walk. Not only was he not able to walk, but Pradip, a brilliant mechanical engineer who had invented his own brand of fluid flow products and built a worldwide Chatsworth-based distributorship around it, couldn’t even count.

Today, nearly four years later, thanks to the wonderful care that Pradip received from Providence Saint Joseph Medical Center’s Acute Rehabilitation Department in Burbank, California, Pradip is walking, talking and back to enjoying life. “The biggest job was for me to stand up and walk. It was a shocking experience, being a grown man and needing so much help—but the staff and the therapists supported me and helped me keep my dignity. With those wonderful people helping me, I finally got it.”

CONTINUED ON PAGE 2...

There’s Nothing Basic About SMC Basic Science

WHETHER IT’S NURSING, physical therapy, occupational therapy, podiatric medicine or physician assistant, students at Samuel Merritt College (SMC) must go through the rigorous academic preparation of knowing the basic sciences. We are not talking about the biology and chemistry we learned in high school, or the undergraduate courses in physics.

The basic science program is all about graduate level human science courses like gross anatomy and functional neurosciences, physiology and pharmacology.

At SMC, graduate students are taught and mentored by one of these graduate faculty members:

➤ **Fred Feuchter, PhD, Professor, Interim Chair**
Dr. Feuchter teaches gross anatomy and functional neuroscience courses.

➤ **Richard Rocco, PhD, Associate Professor**
Dr. Rocco teaches the pharmacology courses in the DPM, MPA, and undergraduate ABSN programs.

➤ **Kamla Ahluwalia, PhD, Assistant Professor**
Dr. Ahluwalia directs the gross anatomy courses in the DPT and MPA programs.

➤ **Barbara Puder, PhD, Assistant Professor**
Dr. Puder teaches neurosciences in the MOT, DPT, and DPM programs.

➤ **Zarir Marawala, DPM, Adjunct Assistant Professor (and a 1983 CCPM alum)**
Dr. Marawala teaches undergraduate anatomy and physiology courses.

CONTINUED ON PAGE 3...

WHAT’S INSIDE

2 Mary Robinson Honored by California Association of Student Financial Aid Administrators
18th Annual Picchi Lecture Series

3 Second Annual Robert L. Rutherford, DPM Memorial Golf Tournament Scheduled for June 2008
San Mateo Learning Center Opens Doors

4 2008 Dr. Milton Wolfson Memorial Scholar Named

5 SMC Alum Reveals How the Occupational Therapy Program Prepared Her for Combat Stress
Win a New 2008 Honda Civic Hybrid

6 From the Ranks

7 Remembering Julie Anne Cortez
In Memoriam

Mary Robinson Honored by California Association of Student Financial Aid Administrators



Mary Robinson, Director of Financial Aid

SAMUEL MERRITT COLLEGE'S longtime Director of Financial Aid, Mary Robinson, was honored by the California Association of Student Financial Aid Administrators (CASFAA) with the 2007 Independent Segmental Leadership Award.

Very few current or former Samuel Merritt College students over the past twenty-seven years have completed their academic studies without knocking on Mary's office door. Mary began her career on "Pill Hill" in 1972 at Peralta Hospital's drug and rehabilitation program. After eight years, she left Peralta to work in the private sector, only to return one year later in 1981. At that time, all financial funding for students was managed through the Business Office at Samuel Merritt Hospital. Due to federal guidelines, Samuel Merritt College shortly thereafter organized its own Financial Aid Office and Mary became the first financial aid officer. With only 189 undergraduate students, 1981 was the first year in which the College offered a bachelor of science in

nursing degree; previously the College offered only a nursing diploma program. Twenty-seven years later, the College now offers several different undergraduate and graduate degree programs in five disciplines and has over 1,200 students. Mary is most excited about how the Financial Aid Office has grown since she began working at the College. "There are many more financial aid options available, to students now than in 1981." Mary is proud of the difference she has made in the lives of many of the College's students by being able to assist them with financial aid to fund their education.

Mary is known throughout the financial aid community as an outstanding administrator and student advocate. All aspects of the College benefit from having a professional like Mary as part of the team.

Congratulations Mary! Keep up the good work.

...CONTINUED FROM PAGE 1

"For the first time, our family was on the receiving end of therapy services. It was difficult to keep the 'occupational therapist' in me from stepping in," states Shefali. "I had to remind myself that while it was important for me to follow my father's treatment plan, my role was first and foremost as his daughter."

Following her father's injury and during his recovery, Shefali stepped in to run her parent's biomedical business as Vice President of Resenex Corporation. Resenex Corporation offers innovative fluid flow products for medical and industrial applications. Today, on any given day, both Pradip and Shefali can be found working side by side at Resenex.

Shefali, who is married and has two beautiful daughters, aged 7 and 4, states that while she is not doing hands on occupational therapy, she is still working in health care but now works with the FDA instead of with patients. Shefali also reports that she keeps her license current so that she can return to practicing occupational therapy should she so desire.

For more information on named scholarship funds currently held at the College or to receive information on establishing a named scholarship, please contact the Office of Development and Alumni Affairs at 510.869.8628. ☎



L to R: Shefali Parikh (MOT '99) pictured presenting a check on behalf of her parents, Pradip and Rekha Choksi, to Tanya Grigg, Associate Director of Graduate Financial Aid.

"IS ABSTINENCE FROM BEER AND WINE HAZARDOUS TO YOUR HEALTH?" 18th Annual Picchi Lecture Series Headlined by Dr. Arthur Klatsky

ARTHUR L. KLATSKY, MD, will present, "Is Abstinence From Beer and Wine Hazardous to Your Health?" at the 18th Annual Picchi Lecture Series on Wednesday, March 19, 2008 starting at 5:30 p.m. This memorial lecture will be held at the Samuel Merritt College Health Education Center, 400 Hawthorne Avenue in Oakland.

Dr. Arthur Klatsky is an Adjunct Investigator at Kaiser Permanente in Oakland. He served as Chief of Cardiology at Kaiser Oakland from 1978-94, and directed the Coronary Care Unit from 1968-90. He has written and lectured extensively on alcohol consumption and its connection to health. Dr. Klatsky has also published over 100 peer review publications with the majority on alcohol and its effect on health. Other research interests include coffee, tea and health and cardiovascular risk in Asian-American ethnic groups. In 1992, Dr. Klatsky received the first Thomas B. Turner Award for Research Excellence. In 1995,

the National Academies of Practice named him a Distinguished Practitioner. In 2004, Dr. Klatsky was awarded the Morris Collen Award for Lifetime Research Achievement.

The Picchi Memorial Lecture is sponsored by Samuel Merritt College (SMC) in memory of Dr. Joseph Picchi and his wife, Mary. Dr. Picchi was a beloved physician who prized health education. Mary was a licensed clinical social worker who dedicated her life to helping developmentally disabled adults. Proceeds from the Picchi Lecture are used to inform the community about a broad variety of medical topics and fund the Picchi Collection of health information in the John A. Graziano Memorial Library at SMC's Oakland campus.

Space is limited and reservations are required. The suggested donation to attend is \$25. To attend or donate, please call the SMC Office of Development and Alumni Affairs by March 5th at 510.869.8628 ☎



THE REPORTER
WINTER 2008

The Alumni Affairs Office
450 30th Street, Suite 2840
Oakland, CA 94609

PHONE 510.869.6618
FAX 510.869.6725

Editor

Carla R. Ross

Design

Shelby Designs & Illustrates

Printing

Solstice Press

The Reporter is published two times a year for Samuel Merritt College, Providence College of Nursing and California College of Podiatric Medicine alumni, community, friends and supporters. The goal for this newsletter is to keep our readers informed about the College and to link alumni with one another. *The Reporter* wants to be your voice. Therefore, ideas or articles are always welcome!

...CONTINUED FROM PAGE 1 “We are trained to educate health care and science professionals, rather than to treat patients, and we have PhDs in specialty areas, such as human anatomy or neurosciences,” says Dr. Fred Feuchter, Professor and Interim Chair, Basic Sciences. “In many schools of health sciences, basic science courses might be taught by someone with a clinical degree, rather than a specialist in the subject area as we have at SMC. One of the consistent reasons students choose to attend SMC is our strong basic science curriculum.”

In the Physician Assistant program, the first fifteen months of the curriculum is devoted to basic medical and clinical sciences such as anatomy, microbiology and infectious disease and pharmacology. For the podiatric medicine program, the basic science courses are human anatomy, histology, and neuroscience, as well as biochemistry and microbiology. The basic science curriculum in the California School of Podiatric Medicine (CSPM) is extensive enough to have its own coordinator.

Dr. Bruce Richardson, Chair of the Department of Basic Medical Sciences at CSPM, believes Samuel Merritt College has unique

aspects when it comes to basic science in the podiatry program, such as early clinical exposure and disciplines in research.

“In the doctoral programs, part of the accreditation process involves demonstrating research that is being conducted by faculty and students. Once students obtain their degree, they will know how to manage practice and research in their lives. This can help them further advance their career in podiatric medicine and for those studying physical therapy.”

With a campus wide program, basic science also allows professors to ‘team teach’ across programs which allows faculty to do research.

“One of the areas that is evaluated for faculty promotion is carrying out scholarly activities, of which one is research,” says Dr. Richardson.

The Basic Science Department also offers undergraduate prerequisite courses in anatomy and physiology that are required for admission into graduate programs in the health sciences. ☎

SECOND ANNUAL ROBERT L. RUTHERFORD, DPM Memorial Golf Tournament Scheduled for June 2008



Robert L. Rutherford, DPM,
FACFAS

THE CALIFORNIA SCHOOL of Podiatric Medicine’s (CSPM)

Student Body Association and the CSPM Alumni and Associates will host the Second Annual Robert L. Rutherford, DPM Memorial Golf Tournament on Wednesday, June 4, 2008 at Monarch Bay Golf Club, 13800 Monarch Bay Drive in San Leandro. Registration and lunch begin at 12:30 p.m. followed by a 1:30 p.m. shotgun start with a scramble format.

For only \$150 per person, golfers enjoy 18 holes on the beautiful Tony Lema Golf Course as well as lunch, dinner, goodie bags, prizes, awards and more! Cocktails are at 6 p.m. followed by an awards dinner. Register today by calling Carla Ross at 510.869.6618 or email her at cross@samuelmerritt.edu. The first 72 golfers to register will receive a tournament windbreaker jacket.

This annual fundraising event is held in honor of Dr. Robert L. Rutherford. Dr. Rutherford, an avid golfer, who graduated from the California College of Podiatric Medicine in 1940. When he started medical school, Dr. Rutherford only had a linen suit, straw hat and a set of golf clubs. He began his teaching career at CCPM in the Department of Surgery in 1943. For the next 27 years, Dr. Rutherford served as Chairman of the surgery department and Chief of Surgery of the Podiatry Hospital from 1960 until his retirement in 1970.

During that span of 27 years, Dr. Rutherford was responsible for advancing podiatric surgery in the west from simple digital procedures to the more advanced reconstructive procedures of the foot and ankle. He was always very proud of the fact that he had been involved in the surgical teaching of 986 students during his 27 years as a medical educator.

Dr. Rutherford was instrumental in developing plans for a teaching hospital which opened in San Francisco in April 1960 and became an outstanding program for learning foot and ankle surgery. As a result of his perseverance to develop a major surgical teaching center, many podiatrists obtained exceptional skills and went on to become leaders in their profession.

Tournament proceeds will be used to fund educational speakers, ceremonial gatherings and developmental workshops for current CSPM students.

BE SURE TO MARK YOUR CALENDAR AND START FORMING THOSE FOURSOMES!

If you know of anyone who might be interested in assisting with this event by becoming a sponsor, please email Kevin Blue at kevin.blue@samuelmerritt.edu; or Ryan Muchowski at ryan.muchowski@samuelmerritt.edu; or contact Carla Ross in the Office of Alumni Affairs at 510.869.6618. ☎

SAN MATEO LEARNING CENTER Opens Doors for Nursing Students

IN DIRECT RESPONSE to the growing shortage of nurses nationwide, Samuel Merritt College (SMC) has opened its newest nursing facility in San Mateo. On October 2, 2007, more than three-dozen students in the Accelerated Bachelor of Science in Nursing (ABSN) program began classes at the newly renovated San Mateo Learning Center (SMLC). The twelve-month program is designed for someone who already has a baccalaureate in a non-nursing field.

The 12,000 square-foot facility, located at 1720 South Amphlett Boulevard, is the latest learning site that will provide vital educational opportunities to health care students living in the Bay Area. The new learning center has two spacious classrooms, a 12 patient bed skills lab, ten private faculty offices, a computer lab/library, a conference room and break/lounge room.

The ABSN program responds to SMC’s mission of educating students to become highly skilled and compassionate health care

professionals who positively transform the experience of care in diverse communities. Students can enroll at one of the four SMC learning centers located in Oakland, San Francisco, Sacramento, and now in San Mateo. The San Mateo cohort of students had been studying at the SMC San Francisco Learning Center while construction was under way at the San Mateo site.

“The new Center will provide much-needed nursing and health science facilities for the community,” said Dr. Sharon Diaz, Samuel Merritt College President. “We are excited about the new learning center and are looking forward to making this a model program.

The San Mateo Learning Center was made possible due to grants from Kaiser Permanente and the Betty Irene Moore Nursing Initiative through the Gordon and Betty Moore Foundation. ☎

2008 DR. MILTON WOLFSON MEMORIAL SCHOLAR OF THE YEAR NAMED

by Dr. Albert E. Burns, Dean and Professor, Department of Surgery



Anthony Poggio, DPM

THE DR. MILTON WOLFSON MEMORIAL SCHOLAR is awarded annually to honor someone who has made significant contributions to primary care in podiatric medicine. The recipient is selected by a committee appointed by the Academic Dean of the California School of Podiatric Medicine (CSPM), presented with a plaque and invited to give a talk in his/her area of expertise.

For 2008, the committee selected Anthony Poggio, DPM. In addition to being a 1984 graduate of the California College of Podiatric Medicine (CCPM) (now known as CSPM), over the past ten years, Dr. Poggio has generously given of his time and talents

by lecturing to those following in his professional footsteps. Dr. Poggio teaches a course in practice management and has presented several lectures on a wide range of topics. In addition, Dr. Poggio has been an active mentor of podiatric medicine students and offers an externship through his Alameda office for third year students.

“He sets the standard for leadership and dedication to educating the next generation of podiatric medicine professionals,” states Dr. Alex Reyzelman, member of the Dr. Milton Wolfson Memorial Scholar selection committee.

Congratulations Dr. Poggio!

FREQUENTLY ASKED QUESTIONS

About Charitable Remainder Trusts

➤ WHAT IS A CHARITABLE REMAINDER TRUST (CRT)?

A charitable remainder trust (CRT) is a trust that provides an income for one or more named individual beneficiaries for a term of years or life, and eventually the remaining assets within the trust will be distributed to one or more charities. The grantor receives a tax deduction for the present value of the remainder interest to go to charity. Many supporters name themselves as the beneficiary of the charitable remainder trust and receive a regular income for the duration of the trust.

➤ ARE THERE DIFFERENT TYPES OF CRTs?

Yes, there are two types of CRTs:

- the charitable remainder annuity trust (CRAT) and
- the charitable remainder unitrust (CRUT).

The primary difference between a CRAT and a CRUT is in determining the payout to the non-charitable beneficiaries. The CRAT produces an annual fixed income that is determined by the donor at the time the gift is made. The CRUT produces an annual income that is a percentage of the trusts assets as valued every year.

➤ WHAT TYPE OF CRT SHOULD I CHOOSE? A CRAT OR A CRUT?

That depends. Some people choose a CRAT because they prefer a fixed income. However, others choose a CRUT because their annual payout can be a hedge against inflation if the appreciation of the trust assets equals or exceeds the rate of inflation.

➤ HOW MUCH OF AN INCOME CAN I EXPECT FROM A CRAT?

Within broad limits, you can select the payout rate you want to receive from the CRAT.

For example, Geoffrey (age 72) creates a CRAT with \$250,000 of stock holdings. He chooses an annual payout rate of 5 percent. Every year, Geoffrey will receive \$12,500 (5 percent of \$250,000) for the rest of his life. Any change in the financial markets will not affect the amount that Geoffrey should receive from the CRAT.

➤ WHAT DOES IT MEAN THAT A CRT IS AN IRREVOCABLE TRUST?

A revocable trust can be modified or terminated altogether. But a charitable remainder trust

generally cannot be changed or terminated prematurely. However, a donor may retain the right to change the charitable beneficiaries that will receive some or all of the trust remainder when the trust ends.

➤ WHY SHOULD I CREATE A CRT?

A CRT is a great way to make a gift and retain an income. A CRT is an especially good way to convert appreciated, low-yielding securities or property into a sizeable income stream. A CRT is also an especially good way to avoid potential capital gains taxation on appreciated property (the transfer of assets to a CRT does not trigger capital gains). You can enjoy these benefits while fulfilling your philanthropic goals.

Provided for information purposes only. Always check with your tax and financial advisors before implementing any gift plan.

For more information on charitable trusts, please contact Sue Sylvester, Executive Director of Development at 510.869.1507. ☎

2007 HOLIDAY FOOD DRIVE A SUCCESS



Carla Ross, Director of Alumni Affairs, sorts through donated food items.

AS PART OF THE 2007 alumni holiday events—alums were invited to bring donations of non-perishable food items and/or small gift items to alumni events held in December.

Thanks to the generosity of Samuel Merritt and Providence College of Nursing alumni—seven baskets were made containing everything needed to prepare a holiday meal for a family of four, including a \$60 Safeway gift certificate to purchase a ham, turkey or roast beef of their choice and gift items for two adults and two children.

The baskets were assembled in laundry basins, festively wrapped, and were given to the Alta Bates Summit Medical Center Chaplaincy Services Department, in the name of Samuel Merritt College and Providence College of Nursing alums. Alta Bates Summit Medical Center then distributed the bas-

kets to the Parks Chapel AME Church on 34th Street who, in turn, distributed them to those in need in the Oakland community.

Together with baskets prepared by other Alta Bates Summit departments and employees, over 200 holiday food baskets and 600 gift items were provided for less fortunate families in the Oakland community. ☎

ERRORS AND OMISSIONS

In the Fall 2007 issue of The Reporter, in the photo accompanying the First Annual Robert L. Rutherford, DPM Memorial Golf Tournament article, Dr. Al Burns was identified as a member of the CCPM class of 1970. Dr. Burns is actually a member of the CCPM class of 1978. Dr. Burns has notified us that he doesn't need any help in getting older. Our apologies Dr. Burns!

A SMC ALUM REVEALS HOW THE OCCUPATIONAL THERAPY PROGRAM PREPARED HER FOR COMBAT STRESS

FOR THE PAST SIX YEARS, Captain Ellie Johnson, United States Army, has worked with patients dealing with anger, stress, depression, and fatigue. During her one-year deployment in Iraq, she aided soldiers who encountered homemade bombs, rocket-propelled grenades, and mortar fire during their deployment. Brain injuries caused by explosions have become some of the most common combat wounds suffered in Iraq.

During her deployment, Captain Johnson trekked to and from battalion aid stations in desert storms, floods, heat and rain, looking for people who were too afraid or embarrassed to find help. She says she couldn't have done any of this, if it weren't for the Occupational Therapy (OT) classes she took at Samuel Merritt College.

"What I learned in OT from instructors like Kate Hayner and Gordon Giles, is that people aren't one-dimensional. When you treat a person you have to look at the big picture: what does that person like to do? what is their family like? where do they live? You have to take all of that into account when you are working with an individual."

Entering the military with a Master of Occupational Therapy degree, Captain Johnson admits she was not mentally prepared for the assignments the Army gave her. While in Iraq, most OT's were deployed to the 'Fitness Team,' screening patients. Captain Johnson's mission was with the "Prevention Team," helping soldiers and their commanders find mental medical attention.

"Ten to twenty percent of occupational therapists work in mental health," said Gordon Giles, Associate Professor of Occupational Therapy. "At the College, we teach the use of functional activities to promote a sense of well being and redeveloping the capacity for functioning in a person's life. In Ellie's case, she was helping soldiers manage everyday military activities to keep them focused on anything but the stress of combat."

"Gordon Giles taught me a lot about mental health, looking at medication, DSM4, (Diagnostic and Statistical Manual of Mental Disorders) and mental health diagnosis, so I definitely had that background with me when I started this new line of work," said Captain Johnson.

There were times when Captain Johnson's college instincts helped her during some intense moments. "There were times when the battalion aid station needed my help and without thinking I would stuff my bag with only my OT tools, a goniometer (used to measure range of motion in a joint), a measuring tape and a pen. It helps you chart so you can look at progress and see if the patient is getting better or worse. They are not normal supplies, but I carry them with me always. A habit I developed at SMC."

Before heading to Fort Jackson, South Carolina this past September, where she now works at an outpatient clinic, Captain Johnson stopped by SMC and spoke to a large group of OT students about the different skills she learned in the military. The lecture peaked the interest of Rochelle Connelly, a second year OT student at SMC.



L to R: Kate Hayner, EdD, OTR/L, Associate Professor and Chairperson, Occupational Therapy and Captain Ellie Johnson, U.S. Army

"It definitely encourages us to branch out in what we are studying," said Connelly. "The traditional occupational therapy setting is in a hospital or a rehab facility. People don't traditionally think of mental health, and it definitely opens up opportunities for practicing OT in different places and settings. I have thought of working at the Veterans Affairs department."

"Until you actually go out in the field and start working with the patient, it's hard to see, oh that's what that class was trying to teach me." You understand then that you received a good knowledge base and that's what I got at SMC," states Ellie.

The Berkeley native started SMC in 1999, graduating with a Master of Occupational Therapy degree in 2001. Six months later, Ellie Johnson was shipped off to Officer Basic Course Training, where she was thrust into her first field work with the U.S. military.

IT ONLY TAKES ONE... just ask Dr. Jerry Wisniew. In June of 2007, Dr. Wisniew bought ticket number 052 while attending the 2007 Western Podiatric Medical Congress in Anaheim, CA. "I never expected to win. I just bought tickets because I was approached by a colleague selling them and to support current California School of Podiatric Medicine students", stated Dr. Wisniew. "My wife and I had been talking about purchasing a Hybrid, but never did I think all I would have to pay to get one was the price of a drawing ticket, tax and license!"

The California School of Podiatric Medicine (CSPM) Alumni and Associates is pleased to announce that it will once again pull the winning ticket, during the annual Western Podiatric Medical Congress, for a Honda Civic Hybrid with all net proceeds benefit-

ing current doctor of podiatric medicine students through the CSPM Alumni and Associates Scholarship Fund.

Imagine winning a brand new 2008 Honda Hybrid and helping to raise scholarship monies for current DPM students—all for the cost of dinner for two and a movie! With the maximum of 500 tickets being sold, you'll have a better chance to win than in Las Vegas or the lottery!

In addition to qualifying for the grand prize drawing of the car, the first 300 tickets sold will qualify for an additional \$1,000 bonus drawing. So, don't delay! Buy a ticket today!

For more information or to purchase tickets, contact the Office of Development and Alumni Affairs at 510.869.8628.

Samuel Merritt College, the California School of Podiatric Medicine and the CSPM Alumni and Associates wish to acknowledge and thank Hopkins Honda and Acura in Fairfield, California for partnering with them in this fundraising effort.

WIN A NEW 2008 HONDA CIVIC HYBRID

2006-2007 ALUMNI SURVEY WINNERS

Congratulations to the following winners of a \$100 Barnes and Noble Gift Certificate:

Megan Bainbridge MPT '02

Julia Hausman ABSN '06

Carlee Stewart BSN '06

Catherine Warren MSN '03

Amanda Firoved MOT '06

Suzanne Henke DPM '03

Jennifer Veliz MPA '05

EACH YEAR Samuel Merritt College's Institutional Research Department surveys alums (who are one, three and five years out from graduation) to assist the College in evaluating its academic programs and in order to collect the necessary data to satisfy specialty accreditation requirements.

As a way of thanking alums for completing the survey, names of each respondent is entered into a

drawing and one \$100 gift card is awarded to an alum from each of the College's academic programs: Accelerated Bachelor of Science in Nursing (ABSN), Bachelor of Science in Nursing (BSN), Doctor of Physical Therapy (DPT), Doctor of Podiatric Medicine (DPM), Master Physician Assistant (MPA), Master of Occupational Therapy (MOT), and Master of Science in Nursing (MSN).

ATTENTION CLASSES OF 2007, 2005 AND 2003—2008 IS YOUR YEAR TO COMPLETE THE ALUMNI SURVEY!

Be sure that the College has your current contact information (including email address). To update your contact information visit the College's website at www.samuelmerritt.edu.

From the Ranks

California College of Podiatric Medicine GRADUATES

1978

Dr. Charles (Chuck) Kelman runs a fleet of fishing boats off the Los Angeles coastline.

ATTENTION 1978 CCPM ALUMS!

Are you interested in a 30th year reunion? Contact **Dr. Andrew Schink** at 541.683.3351 or the Office of Alumni Affairs at 510.869.6618.

1986

Dr. Philip McKinney has a nursery, growing all species of maple trees.

Providence College of Nursing GRADUATES

1960

Sandy Moretti Sifferman would love to hear from any of her 1960 PCN classmates. Her email address is dsifferm@pacbell.net.

1968

Susan Iardi Williams became a grandmother in December 2007. Natalie Sheriden Williams was born to Susan's son Aaron and daughter-in-law Mogeh on November 27, 2007. Natalie weighed 7 lbs 14 ounces and was 21 inches long.

1972

Teresa (Terri) Francis Hudson writes, "I am now living and working in Corvallis, Oregon after a four year residence in British Columbia."

Samuel Merritt College GRADUATES

NURSING

1926

Dorothy Noe Buhler celebrated her 102nd birthday on September 10, 2007! Dorothy has macular degeneration but other than that states she is "fit as a fiddle." She states that she has very fond memories of her nurses training at Samuel Merritt.



Dorothy Noe Buhler pictured on her 102nd birthday!

1937

Sharon Marks (SMH 1963) writes, "My mother Gertrude Grieb Shaffer (SMH 1937) passed away in July 2003. She lived in Yucaipa, CA. She remained

active in her nursing career until she died. She was the caregiver of her husband Donald from 1988 to 2003."

1938

Ruth File Butler writes, "Well, I'm still hanging in and doing fine. I'm living at Skyline, an assisted living complex. It's very nice and you get good care. They have lots of activities for us like bowling, bingo, exercise classes. They keep us moving. I'll soon be 92 and I feel fine."

1948

Florence Cuddeback Bywater writes, "My nursing experience still comes in handy often in my neighborhood and in my work at St. Vincent De Paul Thrift Store with shoppers! I also enjoy and appreciate my family, son, daughter-in-law and two grandsons (all teachers!). We are never at a loss for great conversation. I do so miss my nursing class friends at good ole Samuel Merritt."

1952

Patricia McGee Kenworthy writes, "My husband, John, passed away in January 2007, and I've been coping with taking over what he did, such as paperwork and doing what I've always done. Friends and family have been supportive and helpful."

1958

Carol Coleman Wilson writes, "I moved to Del Webb's Sun City in Lincoln, CA, after living in Orinda for 38 years. I am retired and have joined an antique and garden group."

1960

Mary J. Colburn LeMieux writes, "These days I stick to home pretty much. My lovely custom home in Dayton, Nevada is up for sale and I'm the seller. I hold open houses nearly every weekend. December 2006 and June 2007, I traveled to the Bay Area to celebrate Christmas and my grandson's fourth birthday, as well as visiting some friends. To see photos of the house, go to www.117hillcrest.com. My telephone number is 775.246.7246."

1963

Carol Ann DeStefano Aspland writes, "Currently, I am and have been, for the past three years, doing volunteer work in our local N.I.C.U. It is very rewarding. Jerry and I spend our spare time traveling. This past fall, we spent three weeks in Italy. We go to Northern California to visit our eldest son, Michael, Margie and our three granddaughters. We, also, visit our son, Kurt, Jackie and our other three grandchildren (Grant, Laurel, and Ryan), in Maryland. Our youngest son, Brent and his wife, Wendy, live closer in Santa Monica. We are always busy and enjoying retirement." Sharon Shaffer Marks writes, "I attended Lewis-Clark State College in Lewiston, Idaho and earned my Bachelor of Science in Nursing and Bachelor of Science in Management Tech

in 1984 and 1986 respectively. I worked as a nurse from 1963 until 1994 when I retired from nursing—doing primarily home health and teaching at junior colleges wherever we lived. In 1995, I received my teaching credential and in 1997, my masters in Environmental Education. I taught elementary school until 2007. I am now retired and spent a month in China teaching English as a second language. Awesome experience! I also spent three months touring around the United States and Canada this past August, September and October."

1965

Maggie McGrane (Lynne Cowan) writes "I am sorry that I was not able to attend the Annual Alumni Holiday Dinner, but look forward to attending in 2008. I now live in Maryland, so it takes a little planning. I also want to let my classmates know that I have changed my name from Lynne to Maggie and have married a man named McGrane so my last name has changed as well. I am now Maggie McGrane—a little weird."

1967

Carol Swander Clark writes, "We retired and moved to our retirement dream home in a golf community in Windsor, CO across the highway from where we have lived since 1970."

1982

Elena Luttrell-Teixeira writes, "I have been happily living in the valley for the last twenty years. I worked in PACU at Emanuel Medical Center for 20 years. I currently work for the Northern California Surgery Center and I absolutely love it. I would like to say hello to all my classmates from 1982. Cindy Schumacher Niermeyer from my class used to work with me at Emanuel Medical Center."

1989

Kira Dronfield Duro has been married to fellow SMC alum **Dr. Travis Duro** (MPT 2002) for 14 years and they have two children.

1994

Dana Rosales Clarkson writes, "Patrick Clarkson and I were married on March 27, 2007. We currently live in Murrieta, CA with a 12 year old son Cody, 10 year old son, Mateo, and 5 year old daughter Isabella. I would love to hear from my classmates. My life is blessed!"

1995

Arlene Henderson Stavropoulos writes, "I would love to talk with any classmates from our graduating class of 1995. Our family has been in Lodi, CA for 12 years and now has moved back to San Ramon, CA. I am working at San Ramon Regional Medical Center in the Family Birthing Center. My specialty is neonatal intensive care and I am hoping to secure a job at Children's or Kaiser in the near future. I have been a NICU nurse for the past 10 years. I am

still married to the love of my life, Steve, and we have three energetic little boys, George (9), Niko (6), and Dimitri (3)."

1998

Fraulein Silvestre Nelson writes, "2007 was a hectic year for the Nelsons. Ilsa turned four and Koen turned one and Jeff and Fraulein probably aged ten years, but I think it was a graceful maturity. After taking the year off to take care of Koen, Fraulein decided to jump start her brain again from all the babble talk and get back to work in August. She started a per diem position at Sutter Hospitals as an in-patient Nurse Case Manager/Discharge Planner. However, this adventure was short lived, because just when she was beginning to enjoy her new adventure, Jeff got laid off in September and she immediately searched for a full time position. She was hired in October as a Case Manager but in an office setting doing Medical Management/Authorizations also for Sutter Health. The move actually provided more salary with free health insurance for the whole family and working only 72 hours per pay period (She gets a day off every 2 weeks). She is enjoying her new job and quickly realizing that it was a good move for her. Fraulein also continued on her passion for photography and took another class at a local community college, and has received a certificate of merit for excellence for one of her photographs. She continues to try to learn as much as she can and get published as



The Nelson Family

much as possible. Fraulein also tries to balance her #1 passion of loving her children and taking care of her family. This year's big adjustment has been blessed with happiness and health for the whole family. Jeff finally found his opportunity to switch from being an electrical engineer making semiconductors for 13 years, to being Mr. Mom and following his passion with his music. He enjoys hanging out with the kids and the kids are getting used to Dad being around. The children have improved their soccer skills since the family room and kitchen has been turned into a soccer field on a daily basis. Jeff continues to direct our contemporary band for church and is very good at it (Frau sings in the band as well). He continuously shines with his talent of singing, playing the piano and guitar and directing the band. Jeff is also doing contract work with a developer for the City of Folsom to use his expertise in sound engineering in building our new Amphitheater. He is very excited with this new opportunity and doing the things he loves—music and raising the children. Ilsa is now going to Jr. Kindergarten at Golden Hills School. She loves her new school and is learning at a tremendous pace. She is reading now and loves to write her own notes to

REMEMBERING JULIE ANNE CORTEZ

by Lisa "Lash" Himes-Short, BSN '06

JULIE ANNE CORTEZ was the type of person you may meet only once or twice in a lifetime, if you are lucky. Not only was she extraordinarily bright, driven, and beautiful, but she was truly kind, compassionate, and I believe, an old soul.

Julie had a love of literature and language. Before becoming a student at SMC, Julie attended Yale University with a full academic scholarship. In 1998, she graduated Phi Beta Kappa Magna Cum Laude with a degree in French Literature. One story goes that after reading one of her essays, her French Literature professors wrote to her, "When I have a pile of papers and essays that need to be graded, I always save yours for last. This is because I know I can take your paper home, put my feet up on my desk, and read pure perfection."

After graduating from Yale, Julie moved back to the Sacramento area where she worked in the admissions department of UC Davis. She was unfulfilled, however, and after much consideration and research she decided to become a nurse. Julie saw nursing as an extremely rewarding profession where she could have a true impact on people's lives.

I met Julie in 2005, on the first day of class for the Accelerated Bachelor of

Science in Nursing pilot program. I remember that we were standing outside Bechtel Hall by the grass, both looking quite confused, when our eyes caught. At that moment I did not know what drew me to her; all that I knew was that we were going to be friends.

Julie was a reserved person. At first, if you weren't paying attention, you might not even notice her. But once you did, her uniqueness was undeniable. Not only did she have a genius IQ, but she was a warm, caring, loving person who did not judge people because they were different, or for any superficial reasons. In fact, the only people Julie did not like were people who thought only of themselves. Julie had so many passions; for learning, the environment, animals, art, music, fashion, going out and having fun, or just sitting in the sun having a talk with a friend.

Julie's long-term goal was to become a CRNA. She knew that this meant she had to work in an ICU after graduation. During clinical rotations for SMC, she fell in love with the babies in the NICU. In 2006, following completion of her academic studies, she was hired to work at the Kaiser Oakland NICU, where she worked for a year. She had just transferred, in June of 2007, to the Kaiser



Julie Anne Cortez, ABSN '06

Morse Hospital NICU in Sacramento, where she lived with her sister. It gives me peace to know that Julie was very excited with how her life was going.

As far as I could tell, Julie only had one major flaw...she was chronically late. I myself, being from the East Coast, used to joke that there was "California Time," which is about five minutes late, and then there was "Julie Time," which was anything later than that! Unfortunately, on Monday, August 20, 2007, Julie was, as usual, running late. At 2:45 p.m. she was driving to work, when she took a corner too fast, lost control of her car, hit a telephone pole, and was killed instantly. She was only 31 years old.

Julie was a star among stars. She sparked with life and ideas, and most of all, love. I will miss her forever. 🍷

and preschool teachers, occupational therapists and certified occupational therapy assistants, resource specialists, speech and language therapists, para-professionals, principals, psychologists, pediatricians, evaluators, professors of teacher training programs, etc. in working more effectively with all students to make handwriting a pleasurable learning process with a functional outcome.

"Handwriting is the primary method used in the schools to communicate information, feelings, and thoughts. However, with the rigorous curriculum in the schools, parents and teachers may have little time to work on developmental skills and to practice handwriting skills; furthermore, they may have little training in working effectively with students to make handwriting successful. 'Handwriting HIGH FIVE' is an interactive multimedia computer program. For more information, visit www.HandwritingHighFive.com."



2001

Katherine Anne Dothee and **Jimmy Ray Bowman, Jr.** were married on June 23, 2007 at Wildwood Acres resort in Lafayette, CA. The couple honeymooned in Moorea and Bora Bora and currently resides in West Sacramento with their English Bulldog, Otis. Katherine is currently employed as an occupational therapist at Mercy General Hospital in Sacramento. *Congratulations Katie and Jimmy!*

Tina (Olson) Warren

and her husband Stephen welcomed their first child, Savena Kayley Warren, on December 21, 2007. Savena weighed 6 pounds 15 ounces and was 18 inches long at birth. *Congratulations Tina and Stephen!*



PHYSICAL THERAPY

2002

Dr. Travis Duro received his doctorate in physical therapy in 2007 from Boston University. He has been married to fellow SMC alum **Kira Dronfield Duro** (BSN '89) for 14 years and they have two children. Travis is the Director of Physical Therapy at The Rafael; a Marin based skilled nursing facility which has been ranked number one in sub acute rehab for all Kaiser Affiliates for the past several years.

in memoriam...

Ruth Swanson Carroll '28

Evelyn S. O'Brien Gordon '33

Virginia Lee Bostick '38

Margaret Ryan P'42

Joan Margaret Welch Doherty '50

Dr. Howard Jasperson '52

Cleopatra Vaughn P'55

Mary Anna Latham Love Isenhower '57

Margaret Clara "Corky" Cook '71

...CONTINUED FROM PAGE 6

everyone. She loves to sing and dance. She continues to have piano lessons and is doing really well playing with both hands. She also loves swimming and is able to swim on her own. She loves to play soccer with her brother and dad, and loves to wrestle with her brother, although we keep telling her that once Koen gets bigger than her (and he will), she will regret tackling him when he was small. It is a challenge to raise a bright and strong-willed child (especially with the new adjustment) but we continue to make it clear to her that she is the child and we are the parents, and she is beginning to realize that her parents are a united front! Koen is such a wonderful boy. He just goes with the flow and has gotten used to being dragged to all his sister's activities (soon he will have his own). He is developing his own personality in addition to the other ones he is acquiring from his sister. He has discovered his voice and numerous words and is not afraid to use them. We thought he would be the quiet one...but we were wrong. We have had to accept the fact that our family (both sides) is everything but quiet. He is such an athletic child. He began walking at 11 months and has continued on to dribbling a soccer ball. He loves soccer and often found sleeping with his Real Madrid soccer ball. This year's Halloween costume for him was very easy, we just put a soccer jersey on him and gave him the ball and he held on to it the whole night. We can see what activities he will be doing very soon. Soccer leagues here we come! Recently though, he has been shooting his soccer ball like a basketball into his high-chair. We'll probably have multiple sports to deal with. (Side note: One

of Ilsa's first words was "book"...and Koen's was "ball") Hope that this letter finds you well with the blessings from God. Love to all."

2000

Christine Elaine Armigo writes, "I happily completed my studies in December, 2007, at Sonoma State University, graduating with an MSN, Nursing Education. I have accepted a position at SRJC as Adjunct Faculty, Clinical Instructor, in the OB/Peds section of their highly-regarded ADN Program. I will also retain my position at Alta Bates Summit in Berkeley, in the NICU, as a staff nurse/staff educator. It is true, your fifties (I'm 54) are a time to realize your potential—go for it! I will also become a grandmother for the first time in February! Life is good."

2001

Marie Chua Medalle participated in the Treasure Island Triathlon in November 2007. Marie trained for 16 weeks with the Leukemia & Lymphoma Society's Team in Training. Marie set a personal goal of raising \$2,500 and actually exceeded that goal by raising a total of \$3,710! Marie also set a goal of finishing the triathlon in 2.5 hours. The Triathlon was to include a 0.5k (.31 mile) swim (yes, in the Bay!), a 20k (12.4 mile) bike ride, and a 5k (3.1 mile) run, but be-



Marie Medalle crossing the finish line.

came a "Du"athlon, because three days before the event the swim portion was cancelled due to the massive oil spill from the Bay Bridge accident. "I was bummed because swimming was my strength," states Marie. Marie finished the 20K bike ride and 5k run and did so with an official time of 1:19:07. *Way to go Marie!* In addition to finishing out 2007 by completing the Triathlon, Marie also reports that she and her husband found out on Christmas Eve that they are expecting their first child in August 2008!

Lisa Marie Meikle and **Stephen Daniel Ingerson** were joined in marriage on the third of November 2007. Vows were exchanged in an early evening service held in the Saint Mary's College chapel followed by a reception held at Scott's Garden in Walnut Creek. *Congratulations Lisa and Stephen!*



2007

Rebecca L. McCormack Johnson of the May 2007 ABSN class was married to Brian Johnson on June 30, 2007 in Castro Valley, CA. Rebecca is currently working at Kaiser Permanente Walnut Creek as a medical-surgical nurse. *Congratulations Rebecca and Brian!*

OCCUPATIONAL THERAPY

1996

Nancy (Nan) Ann Sweeney Arkwright has published a pediatrics CD entitled "Handwriting HIGH FIVE" along with SMC Professor Fred Feuchter. The CD is designed to assist parents, elementary

2008 ALUMNI EVENTS :: MARK YOUR CALENDARS NOW!

**California School of Podiatric Medicine Alumni and Associates
CADAVER WORKSHOP**

Saturday, April 5, 2008
Oakland, California

**SECOND ANNUAL ROBERT L. RUTHERFORD, DPM
MEMORIAL GOLF TOURNAMENT**

Wednesday, June 4, 2008
San Leandro, California

**Annual Samuel Merritt College and Providence College of Nursing
ALUMNI REUNION LUNCHEON**

Saturday, June 7, 2008
Oakland, California

**CALIFORNIA COLLEGE OF PODIATRIC MEDICINE
ALUMNI REUNION RECEPTION to be held during the
Western Podiatric Medical Congress**

Saturday, June 21, 2008
Anaheim, California

**CALIFORNIA COLLEGE OF PODIATRIC MEDICINE
ALUMNI SUNSET COCKTAIL CRUISE to be held during the
American Podiatric Medical Association Annual Scientific Meeting**

Saturday, July 26, 2008
Honolulu, Hawaii

**ANNUAL SAMUEL MERRITT COLLEGE ALUMNI
HOLIDAY DINNER**

Thursday, December 4, 2008
Lafayette, California

**PROVIDENCE COLLEGE OF NURSING
ANNUAL HOLIDAY TEA**

Saturday, December 13, 2008
Oakland, California

For more information regarding any of these events or to obtain a current class list to rally together your classmates to attend, contact Carla Ross in the Office of Alumni Affairs at 510.869.6618 or by email at cross@samuelmerritt.edu.



Reporter

SAMUEL MERRITT COLLEGE

Alumni Affairs
450 30th Street, Suite 2840
Oakland, CA 94609