

White Pillars

Albany Medical Center Schools of Nursing • Alumni Association News 2018



ALBANY MEDICAL CENTER
SCHOOLS OF NURSING

– Alumni Association – 2018-2019 Officers

PRESIDENT

Sharon Granito Habiniak '74

VICE PRESIDENT

Leslie Raczynski Matthews '72

TREASURER

Mary Van Wagenen Carey '78

RECORDING/CORRESPONDING SECRETARY

Shirley Beckley Myers '70

BOARD MEMBERS

Committees

ALUMNI NEWSLETTER EDITOR

Carol Taylor Carman '66

NOMINATING COMMITTEE

Elsie Linglebach Whiting '55

BYLAW COMMITTEE

Elsie Linglebach Whiting '55

EDUCATIONAL/PROGRAM

Betty Lou Harris Wessell '55

WEB MASTER

AMC Foundation

WEB LIAISON

Shirley Beckley Myers '70

DIRECTORY REVISION

Shirley Beckley Myers '70

Carol Taylor Carman '66

GENERAL INFORMATION

Please send dues, name changes, updates to address, telephone number or email to:

Shirley Myers
72 West Shore Drive, Valatie, N.Y. 12184
ShrlyMyers@aol.com

Class lists are available to graduates of a school – contact one of the alumni officers.

Caps are available from:

Albany Medical College Bookstore
New Scotland Avenue, Albany, N.Y. 12208
Telephone: 262-5444

Union University caps are \$4.50 + 4% tax
AMC caps are \$6.75 + 4% tax.
Shipping and handling for all caps is \$2.00

All pins are available from Herff-Jones at
1-800-837-3489 ext. 3273.

AMCSNAA President's Message 2018

Greetings to our many AMCSN esteemed colleagues. I will begin by saluting our officers and our ad hoc team members for another great year. We enjoy gathering and sharing information and we hope that you will enjoy this publication as well. Our thanks go out to those who have contributed updates. It is so entertaining to hear about life and memories since your days at AMC. We hope to publish more in our next edition so we are urging you to share memories, photos, and your accomplishments.

You may be aware that we are always recruiting volunteer members to join our work groups and to possibly consider becoming an officer. We are committed to maintaining the legacy of our school with the hope that the last graduating class will have the opportunity to celebrate their 50-year reunion! We will continue to host our annual reunion and we encourage you to attend. This event is not limited to our 50-year gradu-



(L-R): Leslie Raczynski Matthews '72, Carol Taylor Carman '66, Shirley Beckley Myers '70, Sharon Granito Habiniak '74 and Mary Van Wagenen Carey '78.

ates but to all our graduates regardless of their class membership. Seeing the clusters of graduates from the various years reminisce is so much fun. We held the luncheon portion of this event at the Hilton Garden Inn at AMC as our cafeteria was being renovated. Since the response was



Caption:

so overwhelmingly positive, we have decided to hold the luncheon there next year as well. We are hoping that this will make the event more attractive to the current AMC employees.

Our Annual Holiday Party held at Normanside Country Club has become very popular. If you have not had the pleasure of attending, you have been missing a lovely event. Like the reunion it is a gathering of old friends, faculty and colleagues, where we exchange hugs, stories and holiday cheer. This is a great way to launch your holiday season.

Our Annual Board Meeting in September is open to all (dues paying) members. We meet to discuss plans for the upcoming year. Currently we have 240 lifetime members and 362 annual members. Our directory has a listing of 600-700 graduates.

To update you on the finances; we are fiscally sound and have recently set (*continues on page 2*)

NEWS/UPDATES:

New Pediatric Emergency Department Coming this Summer



This summer of 2018 the Albany Medical Center will open their new Pediatric Emergency Department—the first such facility in northeastern New York and western New England. The Massry Family Children’s Emergency Center at Albany Med has been made possible by generous donations by many donors and fund raising continues to complete the project.

It will exclusively serve children and teens up to 18 years of age and will be open 24 hours a day seven days a week year round. Specially trained physicians, nurses, mid-level Practitioners and pediatric specialists will

provide a full range of care. The facility is designed specifically for children with state of the art technology, child sized equipment and friendly décor. A triage area, fast track unit, observation unit for stays up to 23 hours, on site imaging and x-ray and negative pressure rooms are included. Valet parking will make the area easily accessible for parents and there is easy ambulance access.

For those of us who remember the AMCH of long ago, this building is being erected on the site of the old laundry which was a very hot and busy place when the hospital did all its own laundry. That is now outsourced.

Alumni Fund Donations

IN ORDER TO CARRY ON THE WORK of the AMCSN Alumni Association we have asked that a fund be set up through the Albany Medical Center Foundation specifically for our use. When you choose to make a donation using the enclosed insert, you may specify the Alumni fund. You may also donate to the Marjorie A. Mellor Endowed Chair for Nursing Education. This fund provides money for nursing education, allows nurses to attend conference days and supports and annual teaching day sponsored by Albany Medical Center.

PICTURED: Marjorie Mellor ('45) shares a laugh with Audrey Thurck. Mellor was honored as the first AMC Employee of the Year. Her smile, so typical of her, is a reminder of this terrific nurse and mentor.



(President’s Message continued from page 3) up a special account with the AMC Development Department to help support our mission. We currently rely on membership dues, Albany Medical Center support and your contributions to remain solvent. If you choose to contribute, you have a choice of the Marjorie A. Mellor Fund, which exclusively supports nursing education or the AMCSNAA Special Account. The latter allows our association access to the funds, for utilization of these funds toward business operations. Future donation cards may indicate the name of this special account but in the interim please note that you would like your contribution restricted to the AMCSNAA Special Account.

As you may have witnessed, the Medical Center continues to grow. The number of off-site Urgent Care and Specialty Practice sites is always expanding. As well, the number of patients admitted and transferred to us increases each year. New programs highlight the expertise of our physicians, nursing staff and other disciplines. Our reputation is one of providing care that other centers are unable to provide. This may sound familiar, but it is the essence of what AMC is: “Known for our expertise, chosen for our care”.

I hope this publication conjures up your sense of pride, the valuable lessons bestowed upon us, including great memories, dear friendships, success stories and the journey to becoming a Registered Professional Nurse. As we continue to age, it is time for us to focus on our accomplishments and the indelible impact we have made in healthcare and to our communities. Although the physical campus at AMC has changed, the concepts and memories live on. Please enjoy reading this publication and we look forward to hearing from you with feedback and news!

*Sharon Granito Habiniak
Fall '74*

Sharon Granito Habiniak, R.N., BSN
President AMCSNAA

Memories

Every year I look through our archives for pictures or items I think would be of interest to alumni. Among the donated uniforms and year-books I found a 1972 copy of the Student Handbook saved and donated by Mary Ann Miosek Murphy. While it was a handbook for some years after my days at AMCSN it brought back many memories.

A section on the student uniform explained the sleeves were pink as a nod to the first school, Albany Training School for Nurses, where the student uniform was pink with an overlay of white bib and apron. The second school, Russell Sage College School of Nursing was represented in the design of the white center part of the uniform. At the last school, Union University, students wore green and white checked blouses for preclinical and blue and white checked

blouses for the rest of their courses thus the sleeves were checked. The cap with its four scallops represented the four schools.

I must confess that I had forgotten most of this and it was touching to realize the significance of the uniforms I so hated to “stud” and the cap that was forever getting knocked off my head on traction or some other equipment. Even in 1972 uniforms could be no more than two inches above the knee. I think many of us probably violated that rule! Male students were allowed to have neatly trimmed mustaches, sideburns (may not originate below the mandible) and hair no longer than one half inch above the collar.

Glancing through the handbook I found other things I had forgotten. Remember these:

- No unsealed food in your room – cafeteria food ok (2 sealed beverage cartons, 2 sandwiches, 2 pkgs. chips only)

- Smoking in bedrooms and visiting rooms only
- No tape on the walls, no candles or incense. I also recall a rule about no irons in your room. (How else could you make a grilled cheese sandwich?)
- Remember Honor Court? Pink slips? Sunbathing on the dorm roof (baby oil and iodine of course)

At times the days spent in school seem very far away and yet I can close my eyes and see the first dorm room I had as a new freshman and remember how I carried my Tabers everywhere as it seemed like I had to learn a new language in order to understand textbooks and staff. I can see in my mind’s eye things long gone- the tennis courts, the grand old staircases of the dorm and Minerva on her perch. Most of all I can remember friends of long ago and treasure the ones with whom I can stay in touch.

Shirley Beckley Myers (S’70)

MEMORIES FROM ALUMNI AT THE 2018 REUNION

Miss King and her passion for accurate strict med passing. I never killed anyone!
– C. Valenta '68

Working nights and being in charge of the entire floor and the single phone on the residence floor- students always waiting their turn
– K. Scully Bielawa '68

My first occupied bed patient was in a body cast. I was very proud of accomplishing this until I realized the patient was on top of both sheets!
– No name given

Meeting her husband (an RPI student) at an AMC mixer – married 49 years this year!
– J. Cronk McGovern '68

The iron lungs on the ramp (where did they go)?
– J. Franz Flanigan '69

Working nights in HUN and picking up sputum cups in the am, being thrown out of the OR thoracic room because she didn’t have the right clamp, the “dungeon” vending machines in the basement and throwing finger cots filled with water out the residence windows at people in the parking lot!
– P. Pilus Trimble S'68

Serving as senior chairman of Honor Court and Miss Snarskis – her accent and condemnation of all infractions!
– B. Holt '68

Dating rooms and curfews, mixers, the blackout
– J. Wellenstein '68

Mrs. French told me my uniforms were too short. She sent them to be lengthened and they came back two inches shorter!
– S. Lacy S'68

Walking through the tunnel from the residence past all the iron lung machines.
– B. Roman Pedlow '68

“Date rooms” and signing in and out in the nurses’ residence, pay phones on each floor.
– J. Wells Swasey '68

Being overwhelmed when I first got to school, not knowing anyone and the totally new environment at the age of 17. It only took a few days to realize everyone else felt the same. After that, three years flew by and I loved what I learned and was able to put into practice initially on B2 at AMC – another great learning experience.
– C. Muller '68

The blackout of 1965 and their prep for manually operating iron lungs and working by their own flashlight light!
– E. Cary Jackson '68

I remember being asked if my mom ('F62) forced me to go to nursing school (she didn't)!
– M. Cleveland 'F84

I remember so many happy times and frightening times like it was yesterday. So many friends who remain friends after 40 years- want to see more of Fall 78 next year at reunion- look for our class on Facebook!
– J. Cornish Merritt '78

Cook at breakfast would see me coming and have food ready as I ordered same thing every day. One day a man took my breakfast plate and the cook chased him down calling “that’s not yours.” Had my ears pierced in the dorm and wore earrings to the OR (still have those gold studs). I was stopped by a faculty member and spoken to about them. I boldly stated “would it be ok if I wore round Band-Aids” and continued walking.
– A. Haun Rymski '68

Making and keeping in touch with lifelong friends and being part of tight knit community of students with many experiences of hands-on learning.
– A. Champine Krom F'79

Most important standout event was meeting and marrying my wife Mare – best decision of our lives
– H. Whipple S'73

All the fun we had in the dorm (!), being in charge at night with hardly any help and not knowing what I was doing and luckily not killing anyone.
– J. Smith Bosman '68

Celebrating the Class of 1968



I can't believe another year has passed by and how time seems to "just evaporate". Yet, here we are celebrating our 50 year graduates once more. There was a significant buzz going on while members were amidst registration, picture taking and grabbing a tour of AMC as it is today. Members seeing each other again, hugs, laughter (even tears) and sharing memories plus making new ones, all went into creating this buzz. They had traveled from both East and West coasts and various locales in between such as; California, Indiana, Ohio, Pennsylvania, North Carolina, Virginia, New Hampshire, Massachusetts and not to forget our home state of New York. Following all of this the Celebratory Ceremony proceeded with the presentation of the symbolic rose, candle and pin (50Yr), an edited replica of our Graduation Ceremony. The buzz soon returned as we made our way to the luncheon and continued throughout the remaining event. Thanks go out to Jeri Savoy Bosman, Bernie Roman Pedlow, Ginny Leitch and all others that may have contributed and lent a hand. You certainly did an incredible job of locating and catching up with your Classmates to produce another successful reunion. For more pictures of this event go to <https://community.amc.edu/amcsnaa>.

ROW 1: Lynda Armstrong Ficili, Eileen Ashcroft Jackson, Lillian Bogart Canham, Linda Cloran Carlson, Janice Cronk McGovern and Virginia A. Forkey Champagne.

ROW 2: Mary Diane Grabowski Nadolny, Ann Hahn Rymski, Martha Hillriegel Yin, Barbara Lynn Holt, Mary D. Swistak Easton and Sue Lacy.

ROW 3: Marianne Lattanzio Patnode, Virginia Leitch, Ruth A. McQueen Kirk, Carol Muller, Carolyn Valenta Neverusky and Peg Pilus Trimble.

ROW 4: Bernadette Roman Pedlow, Mary Alice Ruddy Manley, Kathleen Scully Bielawa, Joyce Atwood, Jeri Savoy Bosman and Leah Swinton Mason.

ROW 5: Nancy Utter Lownd, Jean Trowbridge Wellenstein, Judith Wells Swasey and Janet Hull Tenser.



Join us in 2019!

Please remember that, in addition to honoring the 50th year alumni, we also encourage you to come no matter what your year of graduation. We will give special recognition to graduates having their 25th, 30th, 35th, 40th, 55th, etc. We'll be happy to reserve a table for you and your fellow classmates at lunch that day so that you can all catch up with each other's news and life stories.

The reunions are a great deal of fun. There is much laughter, many hugs and reunions and lots of conversation as we all compare where life has taken us. Tours of the hospital are available; you will be surprised at the changes if you have not seen AMCH in a while. This year, lunch was enjoyed at The Hilton Garden AMC and was delicious!

UPDATES FROM ALUMNI

Barbara Danforth Meyer ('52) is living in Englewood, Florida and wrote to say that only distance prevents her from coming to a reunion. She and her husband are in great health and recently celebrated their 65th wedding anniversary. She and her husband are both retired (she at the age of 80) and have two sons, two daughters, ten grandchildren and 15 great grandchildren, all in the Albany area.

Janice Wilson Felipa ('60) wrote to let us know that she is living in Gilroy, California, is retired and doing well. She and her husband volunteer at their project (Selva in Action) every year. This year they are helping the Rotary Club submit a grant to build a school to improve education for youth in Peru. They have 9 grandchildren in several states and live near their son who is employed at Stanford. She hopes to get to a reunion one year.

Peg Pilus Trimble ('68) is still working doing home care two days a week after retiring from a local hospital nine years ago; she worked there for 22 years as clinical coordinator in the operating room. She became interested in therapeutic touch and has now obtained a holistic board certification after graduating from the Birch Tree Center for Holistic Nursing. She noted that she has been relearning basics taught to us 50 years ago! She lives in Newburgh, NY.

*Friendships that have stood the test;
Time and change are surely best.
Brow may wrinkle, hair grow gray;
Friendship never knows decay.*

Ann Haun Rymski ('68) lost her husband in 2017 after a long bout with renal carcinoma that started as an unexplained fever and included numerous other medical problems. He spent a short stay under palliative care at Daughters of Sarah that

allowed their two daughters to spend some time with him as well. She lives in Slingerlands, NY near her daughters.

Carolyn Valenta ('68) has had a varied career as an oncology nurse, neonatal nurse and since 1992 is working as an infection control nurse.

Jean Wellenstein ('68) has worked in the OR at AMCH and Upstate Medical Center in Syracuse then in OB at Crouse in Syracuse and is now a nurse case manager at a VA clinic.

Mary Diane Nadolny ('68) got her BSN in 1978 from University of Maryland. She worked in Pediatrics, Infection Control, Staff Development and ADON in hospitals and nursing homes. She has an Administrators license in Nursing Home Administration. She is now retired and loving it!

Eileen Cary Jackson ('68) spent 10 years as charge nurse at Mary McClellan Hospital, head nurse and instructor in their LPN school. She also attended Russell Sage College and received certification as a School Nurse Teacher. She then spent the next 30 years in the Lake George school district.

Barbara Lynn Holt ('68) received her RNC-NIC certification for NICU and an MSN in Maternal Child Care as well as Certified Neonatal Nurse Practitioner status. She worked in England for the Department of the Army and Kingdom of Saudi Arabia.

Kathy Scully Bielawa ('68) spent 46 years working in GI Endoscopy and is certified in GI. She also served as Treasurer of the New England Society of GI Nurses and is on their Board of Directors.

Jeri Bosman ('68) worked at AMC until 1982 when she left to be a charge nurse in a private practice. She retired in 2014.

Kristy Sinclair Reynolds ('71) lives in Alexandria Bay, NY and worked 10+ years as

a Nurse Case Manager for the US Army at Fort Drum. She retired on Halloween 2017 (in her witch costume!) and is enjoying retirement. She and her husband Mark have been married 46 years and have a son Eric who is in a relationship. They have a 12 year old grandson who she describes as "very cool."

*Make new friends, but keep the old.
Those are silver, these are gold.
New made friendships, like new wine,
Age will mellow and refine.*

— JOSEPH PARRY

Kathy Green Klinger ('74) wrote to tell us that she and her husband moved to Loveland, CO last October. She and her husband are adjusting to the altitude although her husband has some pulmonary issues. He just turned 80 and she spends her time caring for him. She is happy to be close to her daughter Rebecca and her new granddaughter. She hopes to get back to New York for a visit.

Diana Carmody Parks ('78) worked in the AMCH Emergency Department for a year and a half after graduation. She then left New York and spent eight years in Frankfurt, Germany as a civilian nurse in a US Army emergency room. She met her husband in Germany and they returned to the United States in 1988 where they had their first child and she finished her bachelor's degree and then earned her master's degree as a Family Nurse Practitioner. She had another son in 1995 and has worked as an FNP for 15 years in Michigan. She has spent the last 8 years in a dermatology office. She credits her diploma nursing education as serving her well and fondly remembers school and her classmates.

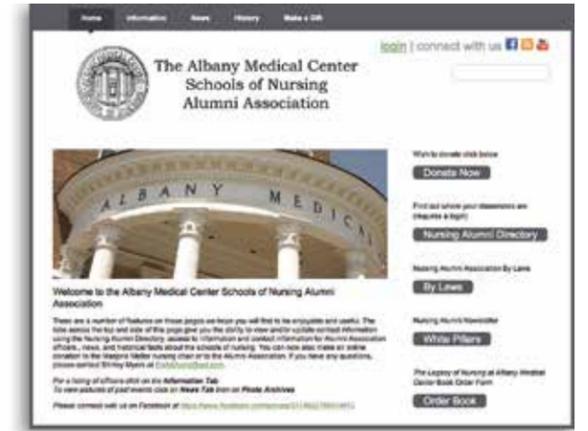
Jennifer Walsh Beyer ('88) let us know that she received her BSN at Western Governor's University in April. She works at Vassar Brothers Medical Center in Poughkeepsie, NY.

Did you know?

OUR WEBSITE

Our website is <http://community.amc.edu/amcsnaa> or you can just Google the school of nursing. The website contains recent reunion pictures and videos, a listing of officers and contact info and other information. Most importantly there is directory for you to reach old friends; the info is as current as we know it so if you see a wrong address let us know. You will need to create a logon and password to access the directory.

Our website is updated by the AMC Foundation staff so it is not always the most current. For recent pictures of events and comments by alumni also see our Facebook page. We post future events there as well as queries by alumni looking for classmates, etc.



Need these items?

If you need a copy of your nursing school transcript or your diploma you may go the website www.amc.edu/transcripts or contact the National Student Clearing House.

For a replacement AMCSN or Union University cap, call the Albany Medical College Bookstore at 518-262-5444. Union University caps are \$4.50 plus tax and AMC caps are \$6.75 plus tax. Both have a \$2.00 shipping and handling charge.

Pins are available at the Herff Jones Company at 1-800-837-3489 ext. 3273.

Remembering Alumni no longer with us

If we hear of an alumnus who has passed away a member of the association attends the wake or funeral and brings a single red rose along with this note to give to the family:

"The Albany Medical Center Schools of Nursing Alumni Association, Inc. honors _____ and gives this red rose to symbolize that her (his) promise to nursing has been fulfilled. Nursing is giving of one's self to enhance the lives of others. We join you today to honor _____ and her (his) lifetime commitment to caring. We acknowledge her (his) nursing practice and know that her (his) accomplishments can be measured in the lives she affected through her knowledge, dedication and caring."

Since we normally hear of and can attend only local services, if you know of a distant alumnus who passes away feel free to attend in our stead and bring this note and a rose. If you let Shirley Myers know we can add the name of the deceased to our next newsletter as well.



CONTACT US



We love to hear from you! We welcome any ideas for future articles. Send us your memories of school and we'll publish them in the next issue. We'd also love to hear where your path has taken you after school professionally and personally. Send any thoughts or updates to Shirley Myers at ShirlyMyers@aol.com.

UPCOMING EVENTS:

Annual Board/Member Meeting: Thursday, September 27, 2018 at Albany Medical Center at 4:00 P.M.

Christmas Party: December 6, 2018 at Normanside Country Club in Delmar at 5:30 P.M.

2019 Reunion: Saturday, May 18 at Albany Medical Center honoring the classes of 1969 on their 50th anniversary, 1974 on their 45th, 1979 on their 40th, 1989 on their 30th. Save the date and plan to join us!



The Albany Medical Center
 Schools of Nursing
 Alumni Association, Inc.
 P.O. Box 272
 Guilderland Center, NY 12085

NONPROFIT
 ORGANIZATION
 U.S. POSTAGE
PAID
 ALBANY, NY
 PERMIT NO. XXXX

OBITUARIES

Our sincere sympathy is extended to the friends and families of the following alumni who are no longer with us:

DECEASED	CLASS	DATE OF DEATH
Jean Roach McMillan	unk	11/30/16
Barbara Jean Parry Leonard	1949	3/12/18
Emilie Riley King	1951	11/5/17
Anne Hobbs	1952	2/26/18
Patricia Kethchum LeVine	1958	August 2017
Katherine Zeitler	1953	August 2017
Janet Judge Johnson Montanye	1960	2015
Lois Parker Sawyer	1960	April 2018
Carol Hoyt Lull	1962	11/3/17
Phyllis Male Western	1966	11/5/17
Susan Olson MacMillan	1986	12/14/17

Dr. Katy Irani	12/22/17
Dr. John Abbuhl	1/6/18
Dr. Kenneth Pratt	5/12/18
Dr. Arthur Wallingford	6/7/18
Dr. David Pankin	6/13/18

PHYSICIANS

Dr. Adrian Grubs	8/22/17
Dr. Carolyn Fisk	9/30/17
Dr. Harvey Bernard	11/13/17



OUR SYMPATHY TO ALUMNI WHO LOST FAMILY MEMBERS THIS YEAR:

We also note with sadness the passing of these longtime AMC employees