

ALUMNI connections

FALL 2017

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Barb Shellian

BN'79, MN'83

They Smell like Sheep:
How we all can be leaders

Message from your Alumni Committee President



Kate Wong (top)
Zeeyaan Somani (bottom)

Future alumna joins executive for a year of reinvention

2017 WAS A HALLMARK YEAR FOR THE ALUMNI EXECUTIVE with the celebration of our 25th Annual Spring Luncheon and Silent Auction (see page 6). 2018 will be a year of reimagining how our group serves our diverse community of graduates.

Of course, with a new year ahead we acknowledge those whose service on the Alumni Executive has ended. Tyler Hume, BN'13, has completed his presidency and we sincerely thank him for his contributions and dedication to alumni. Welcome Dominic Chan, BN'14, as our new vice-president after two years as treasurer.

Joining us on the committee as a student rep is Zeeyaan Somani, who will complete her final practicum in December. "My interest in the alumni executive began in my first year, when I was matched with a committee member as a mentor as part of the Emerging Leaders Program," she says. "During my time on the committee, I have been exposed to the many ways the Alumni Committee gives back to students and acts as a unifying force to engage alumni."

The experience of joining a new committee with a diverse membership didn't intimidate Zeeyaan. Joining our executive gave her an opportunity to continue her previous service completed on the Undergraduate Nursing Society and the Year One Nursing Council.

Zeeyaan offers this advice to those who are looking to become engaged: "I would encourage you to get involved! My time with the committee has been fun and enjoyable; I am looking forward to returning next year and staying connected with the other members who share my passion for nursing."

Keep an eye on your email inboxes in the next year for new and exciting ways to re-engage with your alumni. We are a community of exceptional nurses who have helped shape our health-care system's past and will envision the future. 2018 will have something for everyone: take Zeeyaan's advice and connect!

Kate Wong, BN'12

“ I am looking forward to... staying connected with the other members who share my passion for nursing. ”



Schumacher lecture features visionary nurse

Nursing leader **Barb Shellian** is all prepared for her Schumacher lecture at the end of September entitled "They Smell like Sheep." We recently asked her five questions to provide insight into her talk, but also into Shellian as a leader.

What is this "smelling like sheep" really all about?

Leadership is a choice — a state of being, not doing. A great deal can be learned from leaders who smell like sheep — being involved and demonstrating caring and concern will get you farther than any credentials. We are all leaders in our place and in our time.

What would Marguerite Schumacher have to say about nursing leadership in 2017?

I had the great privilege of attending UCalgary when Dean Schumacher was at the faculty. Similar to me, she was president of both the Canadian Nurses Association and the Alberta Association of Registered Nurses. She would likely say leadership means involvement in professional associations! I knew her personally and admired her tenacity and vision. I would hazard a guess she would say that although the issues are different, the same attributes are needed today. I never knew her to be confrontational but she knew her facts and her timing for advocacy was impeccable — lessons for today indeed.

In your role as president of the Canadian Nurses Association, you help influence federal health policy and have met with the Prime Minister. So what is Justin Trudeau REALLY like?

I had some preconceived notions about what he would be like but I must say that he is impressive in terms of his ability to connect with people — the eye contact, the incredible briefing on details and the listening skills. He knew his stuff, he met without fanfare or pretention — sleeves rolled up with no security in the room. He knows how to engage people; I came away thinking that he is genuine and wants to do a good job.

How does a leader get downtime and what do you do with it when you get it?

A leader needs downtime and sleep doesn't count. I am fortunate I live in one of the most beautiful parts of the world; walking in the woods (with my bear spray) helps me be an interesting person. I also love music — all kinds, and I sing in a chorus that gives me joy. I cook for relaxation — the creation of a nice meal for friends is a perfect change of pace!

FACULTY OF NURSING

We can all be leaders. At every stage of our lives.



2017 Marguerite Schumacher
Memorial Alumni Lecture

Presents Barb Shellian, BN'79, MN'83
Join us to celebrate 43 years of nursing graduates

Saturday, September 30, 2017 | The Ranchmen's Club | 710 - 13 Avenue SW, Calgary
Please register by September 22, 2017 at: nursing.ucalgary.ca/alumni/schumacher



“ We come from such a privileged perspective, with access to so many resources, it just really made me appreciate what we have and want to work hard to help. That’s my big goal. ”

Boundless energy and enthusiasm fuel nursing grad’s impressive volunteer efforts

By Andrea Kingwell

Edited from original UToday story, published on June 5, 2017

NEW ALUMNA NILUFER HASANOVA, who is the fourth nursing student since 2008 to receive UCalgary’s President’s Award for Excellence in Student Leadership, combined her passion for improving children’s health and the quality of the student experience to impact communities locally and abroad.

Hasanova served as member of the Undergraduate Nursing Society, was vice-president (external) of the Azerbaijani Students’ Association, raised money for the United Way through the Amazing Campus Race and was vice-president (events) for Passion 4 Play, among many other duties. She was a community adviser in residence, winning the CA of the year award, a peer mentor and leader with Leadership and Student Engagement and a campus tour guide.

Hasanova volunteers off campus too. She has worked for more than a decade with the Calgary Bridge Foundation for Youth as a volunteer and mentor, sharing her own challenges and experiences as an immigrant youth. In 2015, she received the Immigrants of Distinction Award Youth Scholarship. She founded the non-profit Hope for Home to raise money for orphanages internationally, the first of which was in Turkey. As well, for four years she volunteered for the

Fitness Rehabilitation Program at the university’s fitness centre, helping people with disabilities. She has also been a fundraiser, volunteer and summer camp counsellor for Kids Cancer Care Foundation and regularly grows her hair to donate to Angel Hair for Kids.

It’s an astounding, exhausting list of extracurricular activities (and there are yet more), but it bears mentioning that on top of all that, Hasanova was also a serious and committed student, graduating with distinction, and an accomplished researcher, receiving both a Markin USRP one year and a PURE award in a subsequent year.

Now working as a registered nurse with Alberta Health Services, Hasanova returned in April from a three-month internship in Uganda at the Aga Khan University, the result of a Queen Elizabeth II Diamond Jubilee Scholarship. “It was a wonderful opportunity; I really admire the Ugandan nurses, working in tough conditions where there are huge populations and very few nurses,” Hasanova says with characteristic compassion.

“We come from such a privileged perspective, with access to so many resources, it just really made me appreciate what we have and want to work hard to help. That’s my big goal.”

NurseMentor

pilot program goes live



Here are five things you need to know

1 NurseMentor connects undergraduate students with alumni.

NurseMentor is an online mentorship program, developed by UCalgary's Faculty of Nursing with several key goals: to foster career development and professional success in undergraduate nursing students and provide an opportunity for alumni to share their accumulated wisdom with student nurses.

2 It is adapted from a university-created online mentorship platform called Cybermentor.

Created in 2001 in the Schulich School of Engineering, Cybermentor is a mentoring program for girls in grades 6–12 interested in potential careers in science, technology or engineering.

NurseMentor was adapted by the same software developers who work with Cybermentor and uses most of the functionality of that program. That doesn't mean it has been a walk in the park! It has taken over six months to design and code NurseMentor, not to mention more than two years of research and development within the faculty.

3 NurseMentor runs from September to April each year with the option for mentors and mentees to continue on in the program.

4 The program coordinator is an RN and a graphic designer.

We welcomed Claire Schulz, BN'17, in May as our program coordinator. Claire is uniquely suited to this role: as a recent grad, she understands the challenges of transition to practice, one of areas that we hope mentors in our program can help students navigate. She also holds a Bachelor of Graphic Design (2010) degree from ACAD and has a keen eye for the intricacies of web design.

5 The pilot has been launched!

In August, almost 20 mentors and mentees officially signed on to be part of the pilot project. For the next several months, we will test the functionality of the program and how well it meets the needs of our undergraduate students and their registered nurse alumni members. Stay tuned!



We launch our new strategic plan

Leading the Pursuit of Nursing Excellence

Recognizing that the profession of nursing is always evolving, the faculty is focusing its future on continually raising the bar for excellence in teaching, learning, research and community service.

On March 22, we presented our 2017–2020 strategic plan, Leading the Pursuit of Nursing Excellence, to a crowd of students, faculty, staff and partners whom we hope will work with us to impact the future of nursing.

The strategic priorities include:

- Leadership for nursing excellence
- Wellness for work and study
- Research to promote health across the lifespan in the areas of:
 - Advancement of nursing education
 - Child and family mental health
 - Living well with chronic conditions

“This strategic plan declares our commitment to the pursuit of nursing excellence as we partner and lead to advance nursing education, practice and research,” says Dianne Tapp, dean. “It is grounded in what we heard is important to our students, faculty and staff, internal stakeholders, key partners, and the clients and communities we serve.”

Celebrating 25 years of a great tradition

A quarter century of alumni luncheons was celebrated in style in May when over 60 guests visited the photo booth, bid on some great auction items and dined on a terrific meal. A highlight was the recapping of some alumni history from long-time friends and former Alumni Committee members Jan Arbour, BN'88; Arlene Johnston, BN'79, MEd'81; and Lorraine Watson, BN'79, MEd'82.





Food for thought: The Faculty of Nursing Breakfast Series

Welcome to Parenthood — Alberta: Combining neuroscience and mentorship to improve maternal mental health

Karen Benzies, RN PhD,
professor and associate dean
(research), Faculty of Nursing

Thursday Nov. 23, 2017
7 – 8:30 a.m.,
Senate Room, Hotel Alma

Karen Benzies is a professor and associate dean (research) with the Faculty of Nursing. She is also an adjunct research professor with the Department of Paediatrics at the Cumming School of Medicine. She leads a program of research at UCalgary in early parent and child relationships with a focus on children at risk for developmental delays, including behavioural problems.

Benzies has also published more than 60 articles in peer-reviewed journals, 40 technical reports and two book chapters. She has received numerous awards including, in 2010, the CARNA Nursing Excellence in Research Award, the highest honour for nurse scientists in Alberta.

nursing.ucalgary.ca/breakfast-series

Tweets from alumni



Barb Shellian
@barbshellian



Proud to be an alumni — where I learned about leadership
[@canadanurses](https://twitter.com/canadanurses)

22 Mar 2017



Lorelli Nowell
@lorelli_nowell



Proud [@ucalgarynursing](https://twitter.com/ucalgarynursing) grad who is thankful for scholarships received
— happy to make a donation today [#UCalgaryGivingDay](https://twitter.com/UCalgaryGivingDay)

27 Apr 2017



Karla Wyld
@WyldKarla



The time has come! 2017 University of Calgary Master of Nursing convocation!!! [#ucalgarygrad](https://twitter.com/ucalgarygrad) [@AlbertaRNs](https://twitter.com/AlbertaRNs) [@ucalgarynursing](https://twitter.com/ucalgarynursing)

11 May 2017

For more information
please contact us

T +1.403.220.8336
E nursing.connect@ucalgary.ca

Faculty of Nursing
University of Calgary
2500 University Drive NW
Calgary, AB T2N 1N4

nursing.ucalgary.ca

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Managing Editor
Karen Cook