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From the Program Directors desk ~ Dr. Jason Lowe.

"Therefore encourage one another and build each other up, just as in fact you are doing."
--1 Thessalonians 5:11 NIV

One of my greatest joys is seeing our students achieve success. Students sacrifice tremendous amounts of time and effort to pursue their passion of becoming nurse anesthetists. The commitment is sizeable and the path is long and difficult. The path can also be lonely if you are traveling alone!

That is why I chose these words from the Apostle Paul. It is very hard to appreciate the demands of nurse anesthesia training and that is where your classmates are so important. Your classmates understand the rigors of nurse anesthesia training and the "ups and downs." The support that you provide each other can be the difference between success and failure. After a tough day in the classroom or a difficult day in the operating room, some encouragement and building up can go a long way!

Our recent graduates have been hugely successful and are getting ready to start jobs as Certified Registered Nurse Anesthetists. They all worked hard to achieve success but the most inspiring part was how they supported each other through the ups and downs. Each of them could probably point to moment when a classmate helped them through a difficult time and helped contribute to their success. Congratulations to our 2017 graduates on a job well done! I hope that you maintain the strong relationships that you formed during the nurse anesthesia program. Please also continue to encourage and build up the classes of 2018, 2019 and 2020 when you see them at conferences and clinical rotations!

Class of 2017, you are now professional CRNAs and we all wish you the very best.

A bit of wit & Wisdom from your faculty.

"Let a smile be your umbrella and you'll get rain on your teeth" Dr. Haas



"The need for change bulldozed a road down the center of my mind". Maya Angelou
Dr. Becky Camel.

Reflecting on my ICU experience and now, my life as a nurse anesthetist, I realize that going to anesthesia school really meant "higher education for less defecation."
Professor Reed.

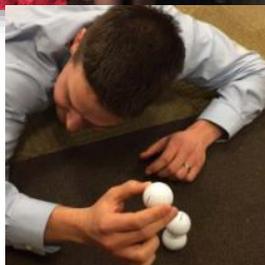


~~~~ It must be a very proud moment for each of you. All the hard work you have put in has paid off. Congratulations Grad. Your reward lies ahead. Have a successful future, and thank you for allowing me to share in your ride... Stacey

# Class of 2017

## *Congratulation to the Graduating Class of 2017*

Dustin Axe, Alexandria Brown, Adrienne Domanico, Dominique Stryker,  
Lindsay Sentz, Lauren Reynolds, Frederick Lincoln, Joanne Nguyen,  
Stephen Okoth, Roman Supan, Jonathan Sawers & Kayla Yantis



# Senior Class 2017 Celebrations

## Signing Final Transcripts



## 2017 Convocation / Graduation



Senior Class 2017 Celebrations

Continues.....

Graduation Reception @ The Country Club of York



Professor B & Lindsay



Class of 2016 Julie Linton w/Mom Robin



SOFA Foundation Alumni



Alex Brown & Roman Supan w/Family



The new: Mr. & Mrs. Dustin Axe



Alex Brown (SOFA Outstanding Clinical Excellence Scholarship)



The Class of 2017



Jonathan Sawers (SOFA Outstanding Clinical Excellence Scholarship)



Jonathan Sawers: The Richard Haas/Hungry Mind Scholarship Award



Lindsay Sentz (The Hazel Currier Scholarship Award presented by 2016 winner Julie Linton)



Dustin Axe: The Howard Burnett Clinical Excellence

## *Update & Words of Wisdom from our 2017 Graduates.*

### **Kayla Yantis**

School has taken me places I have never thought possible! Dr. Lowe sent me to Clearfield for a rotation during my junior year and let me tell you, I wasn't exactly looking forward to it... but it changed my life forever! I fell in love with the small town living and rural anesthesia!! My husband and I are now moving to Clearfield where I will begin my career as a CRNA. I am beyond excited and am scheduled to start May 29th! I am forever thankful for the experiences this program and our professors have provided me.

### **Dominique Stryker**

Update- moving to Mechanicsburg and working at Pinnacle Health West Shore Hospital

Advice -Don't think about what can happen in a month. Don't think about what can happen, in a year. Just focus on the 24hours in front of you and do what you can to get closer to where you want to be. Above all else, just keep swimming...

### **Roman Supan**

I will be working at Pinnacle Hospital Harrisburg campus. My wife, my son and I will be staying in the Hershey area. My advice for the students is to keep up the hard work before you know it you'll be graduating!

### **Dustin Axe**

I got married to Joni Hoffman on 5/12/17, I took a position in Wisconsin & I am moving to Oshkosh WI.

### **Lindsay Sentz**

My husband Rob and I will be staying in Hanover, Pennsylvania with our three cats and dog. Starting the end of June, I will be working at York Hospital with five of my other classmates! My advice for the seniors is to be each other's support system for the next year! Do not let your classmates doubt themselves and carry each other all the way to that big test! Don't blink, because your graduation will be here before you know it!

### **Stephen Okoth**

I will be working at York Hospital and plan to enjoy being a dad again. Hopefully coach basketball or soccer for my son's team.

My biggest advice for those in the program is to trust the process, even when things look like they aren't going like they should, trust the process and continue to give your all. Lastly be your brother's keeper. No one knows better exactly what you are you going through than your classmates, sometimes even more than your family. There is certainly no more competition once you graduate you will all be CRNAs.

### **Adrienne Domanico**

I'll be working for Anesthesia Associates of York at York Hospital, starting at the end of June. I have a fun-filled summer planned with traveling, concerts/festivals, and spending lots of time catching up with friends and family. My best advice to the juniors/seniors: Keep working hard in clinical! Every day, you can piece new bits of information together that can help you in future cases. Don't forget to take care of yourselves! Laugh a lot! Learn from mistakes, go to bed early when you need to, and take a day off from studying if you need it. It will be much more beneficial in the long run. And don't forget, the end is near! You'll be there before you know it!

### **Joanne Nguyen**

My advice to the current students is to stay focused and to use your time wisely. Take advantage of the time you have in clinical to learn and do as much as you can. Keep on top of your studies. But most importantly, maintain balance by also taking care of yourself! Joanne will be working at York Hospital.

### **Lauren Reynolds**

I am pleased to be working at Anesthesia Associate of York @ the York Hospital. Best of Luck to you all!

### **Freddie Lincoln**

I will be working at Memorial Hospital in York. Best of Luck to Everyone.

# Junior Capstone Project

Subspecialties in Nurse Anesthesia Conference, Saturday, March 18<sup>th</sup>, 2017

Wellspan York Hospital / Glatfelter Auditorium

Guest Speakers: Robert Simon, MS, CRNA, Tertiary Pediatric Anesthesia, Erika Schreyer, MS, CRNA High Risk Obstetric Anesthesia, Bill Johnson, CRNA, DNAP Acute Pain Management, Mara Carpenter, MS, CRNA, CPT, AN Military Anesthesia.

Great job Erin Drumheller & Lina Ramos – Special Thank you to Professor Reed for her guidance.



Juniors: Erin Drumheller, SRNA & Lina Ramos, SRNA



Bonjo Batoon, MS, CRNA – Trauma Anesthesia



James Nell, MS, CRNA – Endoscopy Anesthesia



Nicole Grass, MS, CRNA – Electrophysiology Anesthesia

## Looking for a Meaningful Career? We can help.

**W**ellSpan does more than provide high-quality health care services to our patients. We can help you gain the training and expertise you need to start a rewarding career in health care. WellSpan York Hospital's Allied Health program trains students to work as nurse anesthetists or in the areas of phlebotomy, respiratory care, radiography or medical laboratory science.

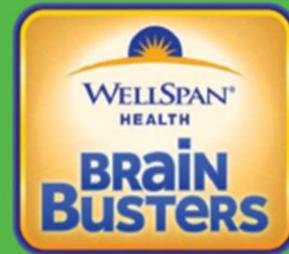
"Training and developing the health care professionals of tomorrow is an important and fundamental strategy for us," said Bob Batory, senior vice president at WellSpan Health and chief Human Resources officer. "We're training students who will help us provide the highest quality of care at WellSpan facilities in the future, and we're also helping develop well-trained health care professionals to work throughout the community and beyond."

If you enroll in one of our Allied Health programs, you can learn the necessary skills to do a variety of tasks in the clinical environment, including helping administer anesthesia, draw patients' blood, take X-rays, treat patients with respiratory problems and work in a medical laboratory.

"My educational and clinical experience through the nurse anesthetist program at WellSpan prepared me more than I ever imagined to go into the operating room and work independently," said Amy Reed, RN, BSN, who graduated from the program in 2014. She works as a nurse anesthetist at WellSpan York Hospital and enthusiastically recommends the program to other students. "Our program is small, so it really feels like a family. The students get a lot of personal attention, and the faculty members really want the students to succeed."

The programs vary depending on your area of interest. Phlebotomy training lasts seven weeks. The respiratory care, radiography and medical laboratory programs are done in conjunction with college courses and lead to bachelor's degrees. The nurse anesthetist program, which is offered in partnership with York College of Pennsylvania, recently received approval to grant Doctor of Nursing Practice degrees to students who successfully complete the 36-month training.

"WellSpan managers are always pleased when they hire students who went through our Allied Health programs because they are so well-trained," Batory said.



### High School Teams Compete for Cash and Bragging Rights

WellSpan is the presenting sponsor of an academic quiz television program for high school students throughout central Pennsylvania called *Brain Busters*. Hosted by Rich Rosen, this season of *WellSpan Brain Busters* airs on WGAL-TV through May 2017. The show features questions on a variety of subjects, including science, math, health, literature and sports. Each season culminates with a champion match that awards winning schools with a total of \$10,000.

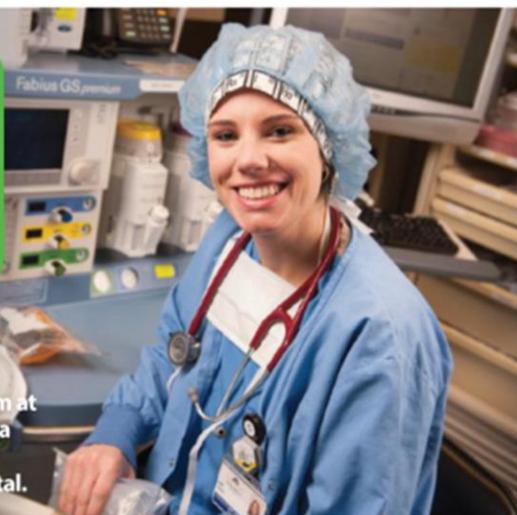
"We're working with *Brain Busters* to expose students interested in science, biology, technology, math or medicine to all the rewarding opportunities that are available in the health care industry," said Bob Batory, senior vice president at WellSpan Health and chief Human Resources officer.

The show also features stories about WellSpan clinicians and staff members who began their careers in one of WellSpan's Allied Health programs.

### Learn More

To learn more about careers at WellSpan and our education programs, visit [WellSpan.org/BrainBusters](http://WellSpan.org/BrainBusters).

Amy Reed, RN, participated in the Allied Health program at WellSpan and is now a nurse anesthetist at WellSpan York Hospital.



## Lobby Day in Harrisburg, Pa. April 20<sup>th</sup>, 2017 ~ Novices Class 2019

Professor Burnett accompanies the Novices to Harrisburg to meet and interact with our PA politicians. The purpose is to demonstrate to the new generation of nurse anesthetists the importance of knowing where our profession is headed, as well as the legislative impacts effecting our future. This year, students provided legislators and their staffs with more information to encourage them to legally recognize CRNAs as Advanced Practice Nurses. Interacting with mentors also allowed the students to witness firsthand the complexities of making changes in state regulations and laws. They also provided information regarding the length and rigor of their education to the legislators. Their professional conduct and demeanor was present throughout the day, reflecting well on the program.



## Allegheny Anesthetist Conference

Once again the students of the York College/WellSpan Health Nurse Anesthetist Program made the trip to the Allegheny Anesthetist Conference held in Latrobe, PA at Saint Vincent College. For those that have never attended the conference, students from our program present on a variety of topics. The entire audience participates in scoring each presenter. The winners are awarded with prizes at the conclusion of the conference. The winner this year was our very own, **Sean Zajdel**, **he presented on CRISPR Cas-9 and its Application to Anesthesia**. York SRNA's also delivered two other excellent presentations on interesting topics, Matthew **MacDonald presented on Anesthesia for LVAD Patients** and **Dominique Stryker presented on Sugammadex**. All the presenters did an outstanding job. The Supporting Our Future Anesthetists Foundation (SOFA) held a pizza party for all students that attended the conference this year at the Ramada Inn in Ligonier, PA. Students, faculty, and alumni are encouraged to attend and this year's party was a success. Pizza, conversation, and good people made for an excellent night!

Thank you SOFA!



*Sofa Gala @ The Bond York Pa.  
April 1<sup>st</sup>, 2017*



Welcome to the Class of 2020  
DNP Nurse Anesthetist Students



Sally Wenger, Natalie Beccone, Amanda Hernandez, Nicole Berstler, Dean Mellott, Jessica Hammaker, Jessica Sadvari, Diane Farrell, Elizabeth Pritchard, Jonathan Humbert, Kristen Clark & Allen Arslanian



**2017 Fall Anesthesia Conference**  
**UPDATES IN ANESTHESIA:**  
**KEEPING UP WITH CURRENT TRENDS**  
**Saturday, September 16, 2017**

Wellspan Health York Hospital, Glatfelter Hall  
1001 S. George Street York, PA 17403

Topics to Include Anesthetic Considerations for:

Minimally Invasive Cardiac Surgery ~ Ventricular Assist Devices  
Renal Failure ~ CRISP/Cas-9 ~ Psychiatric Disease ~ Enhanced Recovery  
after Surgery ~ Diabetes ~ Suggamadex.

Please contact Sarah Rohrbaugh at  
[sarohrbaugh@gmail.com](mailto:sarohrbaugh@gmail.com) with question

Sponsored by:



Professor Kelly Martin is the newest faculty member @ YCP/WS Nurse Anesthetist Program. Professor Martin is a 2014 graduate of the YCP/WS Anesthetist Program, and comes to us from Anesthesia Associate of York. As the newest member of the faculty, Professor Martin was gracious enough to provide the NAP news with a “Get to know you” Interview.



#### What was your most challenging and rewarding part of being a student in the NAP?

The most challenging part of being a student is tackling the daily grind. As a nurse anesthesia student, you know that *most* days are going to be busy, challenging, and/or labor intensive. It can be difficult some days to be mentally “checked in.” But, you know you have to be! The most rewarding part of being a nurse anesthesia student is two-fold for me: (1) I made lifelong friends here at YCP/Wellspring; & (2) achieving the Program Director’s Clinical Excellence Award. I knew that I had worked hard during school/clinical; but all my classmates had! When they called my name for the award, I was in disbelief. It was an emotional moment for me.

#### What inspired you to want to teach?

For myself, there is always that “Aha!” moment when reading/learning about a topic. When I have these moments, I can’t wait to tell a friend or a colleague. I have been this way since my high school days. Some of the topics in anesthesia can be a bit challenging to learn. I like to present the information in a way that maybe the student hadn’t thought about it before.

#### What are your greatest accomplishments?

My greatest career accomplishment would be completing the nurse anesthesia program here at York; and then going on to become an integral member of the anesthesia community. I am also passionate about pain management, and I consider myself an exceptional regional anesthetist. With regards to this, I think the best is yet to come for me!

#### Family? Pets?

My parents are in a small town just south of Erie where I grew up. My older brother lives in Quincy, IL with his wife and 4 kids (who are the cutest little monsters imaginable). Outside of them, my other immediate family is my yellow lab, Bailey. She is just over 5 months old and is the new love of my life!

#### Do you have any hobbies?

I enjoy golfing; which I never thought I would. But, I do! I grew up playing all sports but was very much into basketball. Of which, I played throughout college. In addition to sports, I enjoy hiking.

#### What is some advice you have for the NAP Students?

My advice is this: You were given a unique opportunity! Make the most of it. There are going to be days when you feel terribly overwhelmed. Just keep putting one foot in front of the other until you finish; and believe me, graduation day comes fast! The experience is invaluable and you will carry pieces of it with you for the rest of your life.

Who do you admire the most and why? My mom – because... she’s my mom. And she’s awesome!

**WELCOME BABY BOY LEONARD**

It's A BOY!!! Meet Leonard Douglas Brown. "Little Lenny." Born April 12th at 1:01am. 8 pounds 13 ounces, and 21 1/4 inches long. We had a very smooth labor and delivery thanks to an amazing epidural!! Everyone is healthy and we are so in love!!

Just wanted to say thank you for being so supportive  
Through this whole process. We couldn't have done  
It without you all and we really appreciate everything!

-Alex, Lenny, and Baby Lenny

Alex is a graduate of the class of 2017

*A baby fills a Place in your heart  
You never knew was empty*

-Unknown



**WELCOME BABY KENDELL**

Heather & Brian Baglio welcoming baby girl

Kendall Grace

Mom & Baby are doing well.

Heather is an YCP/WH Alumnus, Class of 2015



## Summer Picnic ~ Sam Lewis Park

Thank you Sarah Burkhardt & Casey Ammon

May 21<sup>st</sup> was the annual summer picnic. Great food, Great Fun.

Welcome to the new DNP Class / SOFA Scholarships Winners:

Lina Ramos & Michelle Harkanson



### SOFA Scholarship Winner

Each year the SOFA Foundation looks forward to being able to present scholarships to outstanding students enrolled in the program. Clinical preceptors at our multiple clinical sites are asked to evaluate the students based on their clinical performance as well as professionalism and ability to exemplify the programs motto: Vigilance, Knowledge and Compassion. This year the SOFA Foundation was excited to award the Outstanding Senior Nurse Anesthetist to Alexandria Brown & Jonathan Sawers at this year's graduation dinner. The Outstanding Junior Nurse Anesthetist scholarships were presented to Lina Ramos & Michelle Harkanson at the annual picnic.

Friday June 30, 2017 ~ Summer Olympics – YCP Ball Field 0830- 1200  
Monday, July 3, 2017 ~ No Class / Celebrate July 4<sup>th</sup> Holiday  
Thursday, August 10, 2017 ~ Capstone Presentation – Edgar Square 0900 - 1500  
Friday, August 11, 2017 ~ Summer Semester Ends  
Tuesday, August 29, 2017 ~ Fall Semester Starts  
Monday, September 4, 2017 ~ No Class / Celebrate Labor Day Holiday  
Saturday, September 16, 2017 ~ SOFA Fall Conference / York Hospital Glatfelter Hall  
Saturday, October 28, 2017 ~ SOFA 5K Fun Run @ YCP  
Friday, December 1, 2017 ~ Guest to be announced – Alumni Hall 0830  
Friday, December 1, 2017 ~ Junior Halfway Dinner ~ 5:30pm YCP Yorkview

\*\*\* **REMINDER:** Students interested in serving as the Student Liaison to the SOFA Foundation Board of Director please contact Katie Jensen @ [katiejensen@gmail.com](mailto:katiejensen@gmail.com)

**Contributors:**

Class of 2017 ~ Lindsay Sentz, Dustin Axe, Adrienne Domanico, Dominique Stryker, Roman Supan, Stephen Okoth, Kayla Yantis. Alexandra Brown & Freddie Lincoln

Class of 2018 ~ Erin Drumheller ~ Lina Ramos ~ Dani Filer ~ Matthew MacDonald

Class of 2019 ~ Lindsay Quirk, Nicholas Edler, Sean Zajdel, Sarah Burkhardt, Casey Ammon

Alumni ~ Katie Jensen, Heather Baglio, Kelly Martin, Amy Reed, Sarah Rohrbaugh

Chief Editor: Dr. Jason Lowe

Editor: Stacey Holtzman



**Deadline for next NAP News will be August 25<sup>th</sup>.**

Please forward any and all information you would like to share. Take pictures where ever you go! Did you travel somewhere? How about speaking engagement? Did you meet someone interesting? How about attending a meeting or conference that you would like to share information. Did you welcome a baby or get an award? I need to know all about it. Please forward all information to Stacey Holtzman, [sholtzman@ycp.edu](mailto:sholtzman@ycp.edu). We can never have enough news.



~~ Thank you to everyone that has gotten their camera's out to shot some pictures for me. I appreciate it very much. Keep up the great job capturing those special moments.

**FACEBOOK page**

~~~ Please check out our Facebook page at: <https://www.facebook.com/yorkcrnaprogram/>  
New posting every Monday. If you have an ideas or would like share something, please send it to me at sholtzman@ycp.edu. This is a great recruiting page, so send me your ideas. Thank you.