



## Summer Olympics

Hoola-hooping, lawn darts, whiffle ball, oh my! What do all of those games have in common? Well, the annual York College NAP Summer Olympics of course! The competition was fierce as four teams-Myoclonic Jerks, Rae's of Sunshine, 2<sup>nd</sup> Gas Effect, and Team O.S.A. battled it out for first place competing in tricycle races, ultimate frisbee, tug-o-war, as well as the games mentioned above. The judges, who preferred to be called the Big Kahunas, had a tough time scoring the teams as the competition among teams was so close. Although it was a scorching summer day, it was filled with fun times and team building. We'd like to thank Dr. Klein for stopping by to experience the fun and craziness of the NAP annual Summer Olympics!

### In This Issue

- Summer Olympics...1
- Thank You .....2
- Simulations.....2
- New Graduate Program Director.....2
- Get to Know: Dr. Fenstermacher.....3
- PANA/MANA Fall Conferences.....4
- Personality FF.....4
- Alumni News.....5
- Dr. Haas' 60th Bday.6
- Fall Fest.....7
- Class of 2018.....8
- Calendar.....9





## Summer Simulations: Class of 2016

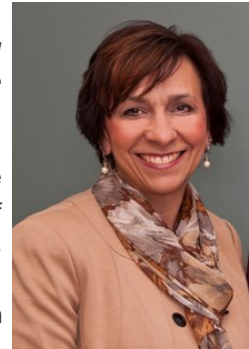
Novice to Junior. The ring of that sounds so nice! For those of you who have gone through the program know exactly what I mean; for those of you who are just starting out you too will soon appreciate it. The summer semester is a very mentally demanding semester; this semester is filled with a ton of new didactic information as well as learning a variety of new clinical skills, but is very rewarding as eager SRNA's have anticipated learning new anesthesia skills and material for two semesters. For 12 weeks, novice SRNA's spent observation time in the OR, practiced IV's, practiced in the simulation lab, and spent time in the classroom. The end of the semester is the start of something new. These new Junior SRNA's are looking forward to their next journey as they begin their much anticipated clinical rotations.

## Graduate Programs in Nursing Director



Richard Haas, PhD, CRNA served not only as the director of the NAP for the 2013-2014 academic year, but also took on the demanding role as the director of the Graduate Programs in Nursing and the DNP program. *Thank you Dr. Haas for your time, drive, hard work, and dedication to all our graduate programs, you are a wonderful representation of York College, nursing, and the NAP.*

Kimberly Fenstermacher, PhD, CRNP assumed the role as the director of the Graduate Programs in Nursing and as the director of the DNP program in June of this year. Dr. Fenstermacher teaches at the graduate level for both the masters and doctoral programs.



To get to know more about our new director of graduate program see the "Get to Know" section on page 3.



## A Big Thanks!

The York College Graduate Programs in Nursing would like to thank Sallie Denner, CRNA and Brandy Little, CRNA '10 for their generous donations to our Graduate Nursing Library. This established library serves as a great, invaluable resource for our graduate nursing students providing them easy access to a variety of education textbooks and materials. These resources are a great supplement to their learning. Students and faculty are thankful for the contributions to our ever growing library. Thank you Ms. Denner and Ms. Little for expanding our library resources and knowledge!



# Get to Know: Dr. Kim Fenstermacher

## **What was your first nursing job out of college? And where?**

After I graduated from Boston University, my first nursing job was as a Labor and Delivery nurse at Hanover Hospital. I was the only nurse on the unit with a BSN. I won't tell you what year!

## **What is your favorite class to teach?**

I enjoy all of my courses, but it's probably not a secret that I love to teach the Research course!

## **Where did you grow up?**

I grew up in Spring Grove, PA, not far from here. It is kind of amazing to me that after living in Boston, Baltimore, and Harrisburg, I finally settled back in the same school district that I lived in as a child to raise my own family. York County is a wonderful place to live!

## **What do you enjoy doing outside of work?**

I really enjoy spending time with my family. My husband Craig and I love to garden and go antiquing in our spare time when we aren't at a high school soccer game! Both of our children are very athletic and they each played two high school sports, so that has kept us really busy. This summer I was busy getting my daughter ready for college. She is a freshman at Palm Beach Atlantic University. We also visited colleges with our son who is a high school senior this year.

## **What is your favorite place to travel?**

Now that our daughter Anna is in college in West Palm Beach, Florida, that is my new favorite place to visit! West Palm Beach is absolutely beautiful. But I also love to go for a weekend get-away to Wellsboro, PA. Wellsboro is a quaint, lovely town about three hours north of here, with proximity to the mountains for hiking and fishing. While my husband fishes, I can read and relax.

## **What was your favorite celebrity as a child?**

I hate to admit this, but growing up in the seventies, I had a terrible crush on David Cassidy from the Partridge Family. But then in my late teens early 20's, I discovered Mark Harmon....I mean, what's not to like about Mark Harmon?

## **What do you consider your greatest accomplishment?**

By far, my greatest accomplishment is being a wife to my husband Craig (21 years!) and a mother to my children, Anna and Andrew. There is no greater honor and I thank God every day for the privilege.

## **What word describes you best?**

This is the hardest question...I hope that people would think of me as being "genuine".

## **Any words of advice for graduate students?**

Don't sacrifice relationships and family, but instead, learn to budget your time and be very intentional about keeping your priorities well-ordered. There should be "joy in the journey", so even though graduate school is hard, it should also "make your heart sing". Earning a graduate degree is hard work...but it should be hard, otherwise, everyone would have a Master's or a Doctoral degree! Just remember, this is a season. Don't be too hard on yourself. Learn from your mistakes. Keep your eyes on the goal. You can do it and we are here to help you be successful.

## **If you weren't a nurse and/or educator, what would you be?**

Interesting question....I always wanted to be either a teacher or a nurse. Now I have had the chance to do both! But I have always thought it would be fun to be a wedding planner! I love celebrations and I love planning the perfect party.





## PANA & MANA Conferences

The bi-annual MANA/PANA conferences were held over the October 18-19. A good representation of our students attended both meetings.

Lindsay Sentz, novice student, describes several topics discussed at the MANA conference; "Topics that were discussed were CRNA reimbursement, injection safety, wellness of the CRNA, how to manage care of the HIV pt, how to deal with face/neck trauma, communication with patients and the slow-release liposomal bupivacaine."

Jon Sawers, novice student, summarizes his weekend in Bedford at the PANA conference "There were many great topics discussed such as the legal implications for surgeons working with CRNAs, negative pressure pulmonary edema, considerations in obstetric anesthesia, and updates on legal and business aspects regarding the AANA and PANA. We had the opportunity to visit with several YCP alumni and make new contacts. We learned a lot and are certainly looking forward to our next opportunity to go to an association meeting."



## What is your personality type?

The senior class had the opportunity to host the October 3rd Friday Forum. Speaker, Matthew Randall the Executive Director of York College's Center for Professional Excellence, led the workshop. The main focus of the workshop was to identify your personality type by completing the Myers-Briggs test and learn how other personalities work. This workshop clearly helped to identify potential barriers among personality types and taught the students how to work more effectively with your co-workers and colleagues. Matthew Randall's enthusiasm and educational workshop is easily transferable to the transitions within school and will be useful in the future as students transition out into the working world. Thank you Matthew Randall and the senior class for putting together this entertaining, life-learning experience!



## Welcome Baby Bullock!

Congratulations to Jeremy Bullock '12 and his wife Angie Bullock on the birth of first born, baby girl, Charley Grace Bullock. Wishing you all the best with your new addition to your family!



## SOFA Foundation

SOFA (Supporting Our Future Anesthetists) is an established foundation dedicated to serving, supporting, and nurturing growth within the York College/ WellSpan Nurse Anesthetist Program. Their mission is to financially serve and support current nurse anesthesia students enrolled in the NAP. Alumni currently serving on the SOFA board are CRNA's Robin Crowley (president), Hally Hellman (vice president), Jeremy Bullock (secretary), Katie Sullivan Jensen (treasurer), and Kara Witmer (liaison). Thank you for creating this wonderful, supportive foundation. As of 10/20/14, SOFA achieved 501c3 (non-profit) status. Check out their website at <http://www.sofafoundation.org>.

## To Have and To Hold!

Wedding bells rang as a few of our novice students got married between their acceptance and the start of their cohort. Congratulations!

**Alex (Bream) and Lenny Brown**, married this summer June 21st in Lancaster. The two met through a friend in 2010 in Hershey.

**Lindsay (Harman) and Rob Sentz**, married on May 31, 2014. The two met through a mutual friend.

**Lauren (Harris) and Chris Reynolds**, married December 7, 2013 in Lancaster. The two met at York College during undergraduate studies.





## Happy 60th Birthday Dr. Haas!

A big surprise was hosted at Heritage Hills on September 5, 2014 as part of the monthly Friday Forums. Junior, Julie Linton planned and hosted this big event as her capstone project. Dying to know what the big, secret surprise was? Dr. Haas' 60<sup>th</sup> Surprise Birthday dinner! But the surprises didn't end there... Dr. Haas had a surprise visitor, his long time friend and colleague Travis Johnson. The night was filled with food and fun. There were tears of happiness and the sounds of laughter throughout the banquet hall as Dr. Haas and Mr. Johnson reminisced their most memorable moments. Thanks to Julie, Professor Burtnett, and Professor Lowe for coordinating this event and pulling off such a wonderful surprise for our beloved and dedicated program director. A big thanks to those friends and colleagues who submitted videos and thank you to junior Mike Souhrada who took the time to put together the wonderful birthday video that aired at the birthday bash. Dr. Haas, we wish you a very Happy Birthday and a year filled with joy and prosperity.







## Fall Fest & Wellness Day

Happy Halloween! On October 31, the annual fall festival was held at Smyers Farm in York, PA. This year the Junior class coordinated the activities as part of their designated Friday forum. The morning was filled with a hayride, blind folded corn maze race, fire pit, and pumpkin painting. To spice up the festivities, a costume competition was held and votes were given to the scariest, overall favorite, and funniest. Awards went to Colleen Amundson, the nun as funniest, Sarah Rohrbaugh, the Safarian as overall favorite, and Mike Souhrada, the elf/gnome as scariest. As part of giving back to our community, the students and faculty held a food drive to donate to New Hope Ministries in Mechanicsburg, PA. Our generosity was noted as we were able to donate a total of 198lbs of non-perishable items. Thanks for a fun Friday forum!





## Congratulations

The York College of Pennsylvania/WellSpan Health Nurse Anesthetist Program (NAP) held the Class of 2018 candidate interviews on Monday, October 13, 2014 and Tuesday, October 14, 2014. The cohort of fourteen students will begin fall 2015. *A special thank you to the Admissions Committee for their continued commitment to our program.*



Cara Baraldi—Chelmsford, MA



Melissa Dean—Duncannon, PA



Erin Drumheller—Hampstead, MD



Danielle Filer—Altoona, PA



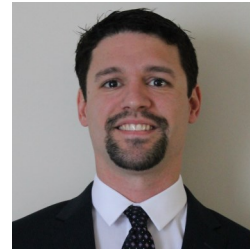
Michelle Harkanson—Lancaster, PA



Kelli Jones—Hagerstown, MD



Devin Knisley—York, PA



Matthew MacDonald—Easthampton, MA



Lina Ramos—Novi, MI



Laura Szabo—Harrisburg, PA



Deidre Weaver—Hanover, PA



Ashlee Wheeler—Owego, NY



Brianne Zander—Gainesville, FL & Houston, TX



Rachel Zelinske—York, PA



*Class of 2018*



## Clinical Site—Berlin Memorial Hospital

Dr. Haas visited Mr. Singh and staff at Berlin Memorial Hospital in Wisconsin on Friday, October 31st. Berlin Memorial is a 25 bed critical access hospital that YCP/WH SRNA's have the opportunity to do clinical rotations.



Class of 2015

### Mark Your Calendar

Spring Registration Begins—November 14, 2014  
 Students Only Friday Forum—December 5, 2014  
 Offices Closed—December 24, 2014 through January 2, 2015  
 Offices Closed—January 19, 2015  
 Spring New Student Orientation—January 13, 2015  
 Spring Semester Begins—January 21, 2015  
 Class of 2015 Graduation Applications Due—February 4, 2015  
 Friday Forum—February 27, 2015  
 Class of 2015 Class Photo—March 11, 2015  
 Class of 2015 Class Photo (Snow Date) - March 18, 2015  
 Students Only Friday Forum—March 27, 2015  
 Class of 2018 SRNA Orientation—April 17, 2015  
 Friday Forum—April 24, 2015  
 Summer New Student Orientation—May 5, 2015  
 Student Only Friday Forum—May 8, 2015  
 Class of 2015 Convocation—May 15, 2015  
 Class of 2015 Graduation Reception—May 15, 2015  
 Class of 2015 Commencement—May 16, 2015  
 Summer Semester Begins—May 19, 2015  
 Student Only Friday Forum—June 26, 2015  
 Friday Forum—July 31, 2015  
 Fall New Student Orientation—August 18, 2015  
 Fall Semester Begins—September 1, 2015

**Celebrate  
National CRNA Week**  
January 25-31, 2015

[www.future-of-anesthesia-care-today.com](http://www.future-of-anesthesia-care-today.com)



### Clothing Drive

**December 1st to January 26th**

### Non-Perishable Food Drive

**December 1st to January 26th**

*Look for donation boxes in the Graduate Area Study*

### Volleyball Tournament benefiting the Wounded Warriors

**Saturday, January 31st**



The annual NAP picnic was held on Saturday, September 6th in Alumni Hall due to thunderstorms. Food and fun were had by all!



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 Editor and Publisher: Diane Dube

Questions? Comments?  
 Suggestions?  
 News? Call us at 717.815.1462