

Project BEYOND-2

Newsletter Spring 2021

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“Real change, enduring change, happens one step at a time.” **-Ruth Bader Ginsburg**

Project BEYOND-2 Team:

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Academic Year 20-21 has been a year with many twists, turns, and it's share of challenges. However, our students found ways to turn lemons into sweet lemonade! PB2 participants

continued to build community amongst each other with a mix of virtual and in-person, socially distanced covid circle gatherings, as well as maintaining involvement in the community, leadership activities, and achieving academic success. The NWD Eldercare Enhancement program, with a cohort of 10 PB2 students, has also completed its first year! PB2 is proud to recognize our student's experiences and achievements in this semester's newsletter and acknowledge our 23 graduating seniors below!

◆ **Olivia Osunkwo**

◆ **Lauren Klees**

◆ **Mia Arthur**

◆ **Juliana Vinci**

◆ **Skylar Senseny**

◆ **Kathy Song**

◆ **Steve Samuel**

◆ **Maddie McMillin**

◆ **Evelia Guerrero**

◆ **Madeline Peters**

◆ **Veronica Colon**

◆ **Madeline Peters**

◆ **Stephanie Perez**

◆ **Makena Walsh**

◆ **Jamie Astigarraga**

◆ **Renee Seguban**

◆ **Jon Oeltjen**

◆ **Katie Willis**

◆ **Vere Ledesma**

◆ **Elizabeth Murillo**

◆ **Bailey Birenbaum**

◆ **Jessica Mejorada**

◆ **Kristine Ricafrente**



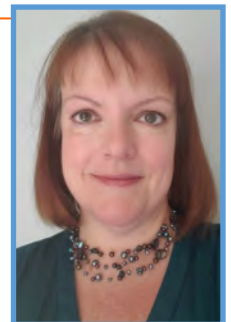
Building a Diverse Eldercare Workforce

Healthcare systems are desperately seeking nurses who understand how to care for older people. Rural and underserved communities have the greatest needs and yet the nurses who work there often do not reflect the diversity of their patients. Marquette's College of Nursing is offering a new 2-year Eldercare Enhancement program to address this problem. The program is supported by HRSA under grant number D19HP39728. With support from a federal grant, a select group of ten nursing students from Project BEYOND-2 were selected and awarded eldercare scholarships and stipends this year. Students also participated in weekly programs designed to build their eldercare expertise in preparation for job opportunities upon graduation. Below are a few examples of topics that students learned about this year.



Health Equity and Dementia

Gina Green-Harris, MBA, Director of the Wisconsin Alzheimer's Institute's Milwaukee Regional Office, described disparities in dementia diagnosis, treatment and research, and suggested steps we can take toward health equity.



Social Isolation & Loneliness

Stacy Barnes, PhD, Director of the Wisconsin Geriatric Education Center, discussed how widespread social isolation and loneliness are, groups most at risk, and what students can do to help themselves and their patients. This structured session allowed students to identify with their own experiences of isolation and loneliness during a pandemic year. This brought awareness and the opportunity to provide additional support for the students by the PB-2/E2 team.

Presentations, Topics Addressed & Student Comments

- **The 4M's of Quality Geriatric Care:** Presented by Kathryn Denson, MD & Stacy Barnes, PhD

- *Aging & Ageism*
- *Aging: It's Personal*
- *Myths & Stereotypes of Older Adults*
- *Dementia & Culture*
- *Reframing Aging*
- *Where do Seniors Live? An Examination of Senior Housing*

- **Impact of COVID-19 on Older Adults:** Presented by John Morley, MD

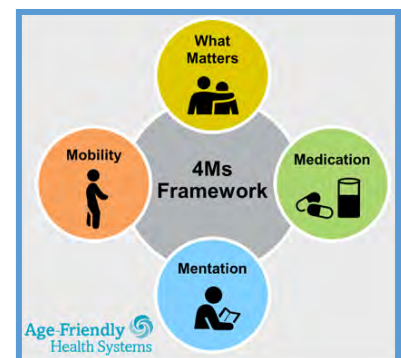
- **The Do's and Don'ts of Eldercare Communication:** Presented by Stacy Barnes, PhD

- **Eldercare Issues in Rural America:** Presented by Jennifer Kowalkowski, MSN, MPH, RN

"Older adults' biggest handicap is not physical, it is OUR limiting biases."
#olderadults #endageism -- Elsa

"Words matter. Reframing sentences and being more mindful of the language we use can change the narrative as we age."
#endageism -- Maryann

"Dementia might hide the person underneath, but that person deserves your love and attention."
#foodforthought -- Jordyn

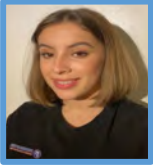


"Assuming older people are forgetful, grouchy, and frail → discrimination. Never make judgements based on someone's age."
#prejudices #stereotypes -- Emily

"Older African Americans are at much higher risk for Alzheimer's disease than older adults of other races."
#socialdeterminantsofhealth -- Veronica



Eldercare Student Reflections



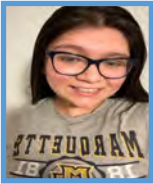
"The program has filled the gaps the average nursing curriculum fails to cover, like the longstanding issues in rural areas to the advancements of telehealth and everything in between."
— *Elsa, excerpt from NWD-E2 year end reflection*



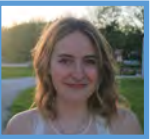
"I have learned so many new lessons... [such as] ageism among healthcare providers can affect [treatment] options and may result in disparities in healthcare for the elderly"
— *Emily, excerpt from NWD-E2 year end reflection*



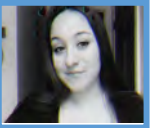
"NWD-E2 has had a positive impact on my knowledge of older adults in my nursing career. I now have a better understanding of the appropriate way to care and speak towards older adults when caring for them."
— *Ifunanya, excerpt from NWD-E2 year end reflection*



"NWD-E2 has helped me value and understand the importance of being able to break the continued cycle between stereotypes of older adults and our society."
— *Jacqueline, excerpt from NWD-E2 year end reflection*



"I think the actions we need to take do not have to be huge and groundbreaking, it starts with small acts"
— *Jordyn, excerpt from NWD-E2 year end reflection*



"The first year of the NWD-E2 program has been so informative and interesting. Having guest speakers is so much fun."
— *Jessica, excerpt from NWD-E2 year end reflection*



"I cannot wait until I get to use our teachings in practice to show society how wrong we are regarding these individuals and unveil how beautiful aging is."
— *Maria, excerpt from NWD-E2 year end reflection*



"NWD-E2 has impacted me a lot...I feel like a lot of the information are things that will stay with me for the rest of my career... I feel like it has changed my way of thinking"
— *Maryann, excerpt from NWD-E2 year end reflection*



"I have learned...that aging does not automatically make an individual person less healthy or capable. I recognize now that most older individuals do not need as much assistance as I once thought and that I very well could actually learn a thing or two from them."
— *Christofer, excerpt from Ageism assignment*



"I have gained so much knowledge about the older adult population that I would not have gained in any other place at Marquette."
— *Veronica, excerpt from NWD-E2 year end reflection*

PB2 Student Acknowledgements & Experiences



Project BEYOND-2 would like to shine light on a few students who have accepted new positions within university committees, received distinguishing awards, and participated in PB2 sponsored minority nursing student associations over the past year! Take a look at a few of our students accomplishments as well as excerpts from their experiences with Greater Milwaukee National Association of Hispanic Nurses (GMNAHN).

- **Isabella Ibarra**— *Equity & Inclusion Committee Undergrad Representative*
- **Steve Samuel**— *Future Nurse Leader Award* from the Wisconsin Nurses Association
- **Evelia Guerrero**— *Pedro Arrupe Award*
- **Elizabeth Murillo**— *Student Activities & Services Award & GMNAHN member*

“This organization also opened a lot of doors for unique opportunities, such as a photoshoot that I was recently invited to be a part of with a few other GMNAHN members to encourage local community members to get vaccinated. Overall, joining this organization has been one of the best decisions and I look forward to continuing being a part of it for years to come!”

- **Maryann Jimenez**— *GMNAHN member*

“Although COVID-19 got in the way, I feel as though the [Greater Milwaukee} National Association for Hispanic nurses (NAHN) was able to bring some enrichment into my life through the social support they provided. At the beginning my friend and I were able to attend a meeting in person, and it was really interesting to see people who were also Hispanic/Latinx. They provide so many opportunities and they put the effort into trying to get to know you personally which I feel is super admirable. “

- **Elsa Sanchez**- *GMNAHN member*

“Participating in NAHN, the National Association of Hispanic Nurses, was an incredibly rich experience. Although most of my experience was spent during this era of the COVID pandemic, in which genuine connection easily fostered in person was not opportune, the timing of my membership initiation was all the better. NAHN was an additional pillar of support during an unprecedented turbulent time. My experience was valuable because I had the opportunity to network and learn valuable insights from the membership virtually. “

Project BEYOND-2 Graduates Reflections & Advice



Take advantage of the endless opportunities at Marquette. You never know who you will meet and how you can grow! **-Makena Walsh**

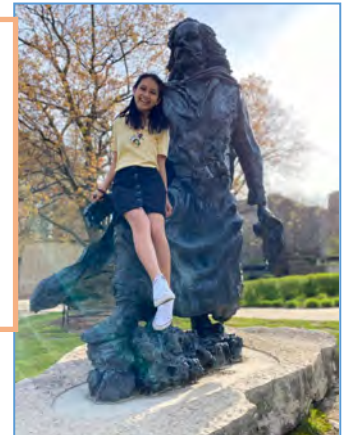


Katie Willis

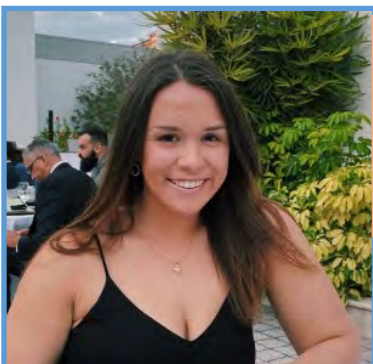


My words of advice for future students would be to follow these three concepts: become the master of time management, get involved on campus as much as possible, and don't focus on how/what others are doing. Your college experience is yours alone and you can make it whatever you want it to be. Don't graduate with any regrets of what could have been! **-Skylar Senseny**

"I have felt so much support and guidance from everyone at PB2, and I am so thankful to be a part of this great community. My advice would be to enjoy every moment you have here at Marquette, because time really does move fast. Have fun, take time to relax, and put yourself out there!" - **Renee Seguban**

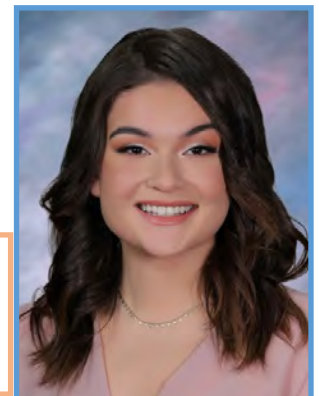


Make the most of your time while you're in school and be open to trying new things! **-Lauren Klees**



I am so thankful for everyone involved in PB2 and could not have made it through these past four years without each and every one of them! I cannot wait to continue my participation with PB2 as an alum. — **Bailey Birenbaum**

Know that it is you who will get you where you want to go, no one else. Accept responsibility for your life and work hard. **-Veronica Colon**

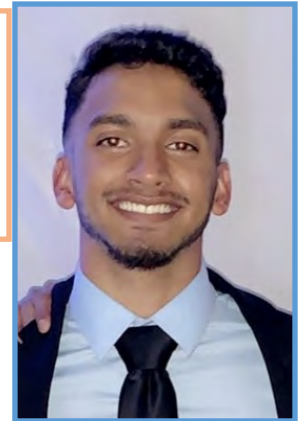


Project BEYOND-2 Graduates Reflections & Advice



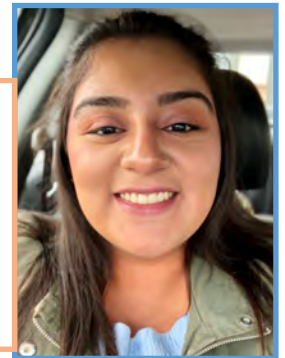
My advice to underclassmen would be to not be afraid to reach out for help to professors, upperclassman, and your peers. Over the last 4 years at Marquette, being a part of Project BEYOND-2 was one of the best experiences that I have had. I have met so many wonderful people and I am so grateful for the opportunities that I have had. - **Kathy Song**

It is never about the end result. It is always about the journey. Nursing school is the same way. Always emit good vibrations, make good friends, and give your 100% to everything. This is a foolproof way to walking away from anything with no regrets. - **Steve Samuel**



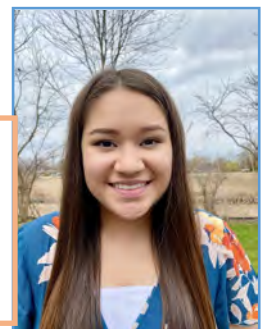
Nursing school can be mentally, emotionally, and physically draining. But it is important to stay strong and persevere through it all. You have people rooting for you, including me. - **Jessica Mejorada**

PB2 has played a huge role in my experience at Marquette by helping me gain confidence in the classroom, preparing me for the professional world of nursing, and supporting me through different transitions and hurdles that come with being first-generation and a student of color in nursing. I wouldn't be where I am today without them! -**Evelia Guerrero**



I am excited to get to use all of the skills I've gained throughout my whole time at Marquette to work alongside other amazing nurses! **Madeline Peters**

PB-2 welcomed me onto campus with open arms and introduced me to lifelong friends and mentors who have pushed and motivated me to become the best version of myself. Thank you PB-2! -**Jaime Astigarraga**



Happy Summer from the Project BEYOND-2 Team!

