



# ST. VINCENT'S COLLEGE ALUMNI REPORT

THE **HEALTH CARE** COLLEGE

[www.stvincentscollege.edu](http://www.stvincentscollege.edu)

Spring 2010

## Recognizing board leader for passing on gift of lifetime learning

BRIDGEPORT—Passing on the gift of lifetime learning was the theme of the blessing and dedication of the new St. Vincent's College Student Learning Center, named for Sister Marie Burns, D.C.

More than 75 students, faculty and board members of the College and St. Vincent's Medical Center attended the ceremony and reception.

Describing Sister Marie Burns as a brilliant leader "with a passion for learning," Susan L. Davis, St. Vincent's Health Services CEO, challenged the students in attendance to respond to the gift of her dedication and lifelong service.

"The legacy Sister Marie Burns leaves is a place to develop the skills you will use throughout your life as lifetime learners," said Dr. Davis, who noted that Sister Marie Burns had degrees in both education and business and is known for her attention to detail and ability to read a balance sheet.

The Student Learning Center, located on the first floor of the College, is designed to serve as a quiet study space and an area where students can obtain assistance with academic skills including reading and writing, math, and academic management skills. Computers are also available. The new center is open for use by students seven days per week.

After helping to hang the plaque that formally names the new center in her honor, Sister Marie Burns recalled the advice of her father, who told her, "If you're going to do something, make sure you do it right."

She said her father's wisdom "gave her a passion for quality service," and she takes comfort

in knowing that for many years, the students of St. Vincent's College can learn to "do the right thing" by using the center and developing their learning skills.

St. Vincent's College President Martha K. Shouldis said that Sister Marie Burns has combined a lifelong interest in education with a ministry of service to the poor. "She has long been an advocate of education and healthcare for the poor and underserved. We're very grateful for the leadership and guidance she has provided as the College continues to grow," Dr. Shouldis said.

Sister Marie Burns has served as Chairperson of the St. Vincent's College Board of Trustees since 2004. She will formally step down in the summer of 2010.

In her more than 50 years as a Daughter of Charity, she has held many posts as a board member and chair of various Catholic hospitals and healthcare systems in western New York.

She also served as the director of the Kennedy Child Student Center in New York City and Astor Home in Rhinebeck, New York.

St. Vincent's College is the only two-year Catholic College in the State of

Connecticut offering an Associate in Science degree in nursing, radiography, medical assisting and general studies. It also offers a wide range of certificate and continuing education programs leading to health care careers.

St. Vincent's College offers classes in both the day and evening hours. Opportunities are offered for full- and part-time study with financial aid available to eligible students. For information on enrolling in St. Vincent's College, call 800.873.1013 or visit the college website at [www.stvincentscollege.edu](http://www.stvincentscollege.edu).





# Enrollment soars at St. Vincent's College

St. Vincent's College recorded a 24.4 % jump in student enrollment this year, far ahead of the average 3.6 % increase for colleges and universities across the state.

"A growing number of people are interested in healthcare careers," said Martha K. Shouldis, Ed.D., President of St. Vincent's College. "Opportunities for healthcare employment continue to grow, even in this economic downturn, and students are applying to colleges like St. Vincent's with a track record of success," she said. Last year, over 4,000 new jobs in healthcare were created in the state, and the demand for skilled professionals continues to grow.

St. Vincent's is also one of the best private college buys in the state with a tuition rate thousands of dollars below other private colleges and universities in the state.

Dr. Shouldis said that St. Vincent's College has one other advantage for students: a July 16 deadline for fall admissions giving students plenty of time to transfer from other colleges and universities.

St. Vincent's College provides Associate of Science degrees in Nursing, Radiography, Medical Assisting and General Studies. It also offers a wide range of short-term certificate programs leading to entry level healthcare positions.

**Editor:** Janice N. Faye, Director of Administrative Services

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The St. Vincent's College Alumni Report is published by St. Vincent's College to inform alumni about classmates, offer the latest news and information, and build support for the College. If you have story ideas, comments, or information about yourself or other alumni, please email [alumni@stvincentscollege.edu](mailto:alumni@stvincentscollege.edu). or call 203-576-6355.

Dear Alumni and Friends,

I'm pleased to present this Winter Issue of Alumni Report. From the surge in enrollment to the improvement of facilities, we have had many exciting developments in the past few months.

We've also completed a Strategic Plan that points our way to the future and positions us for growth, as we continue to prepare a wide range of healthcare professionals to work in the community.

As we recognize the many achievements of the College and our students, I would also like to offer my thanks to the board members, donors, auxiliary members and others who make our work possible by offering their support and contributions throughout the year.

Sincerely,  
Martha Shouldis, Ed.D.  
President, St. Vincent's College

## Student Body Profile 2009

### Full & Part-Time Students

.....531

### Gender:

Male: .....65

Female: .....466

**Average Age:** .....28

### Ethnic Distribution:

White: .....379

Black: .....80

Asian: .....17

American Indian: .....1

Non-Resident Alien: .....3

### Geographic Distribution:

Students from more than 50 different towns in Connecticut are enrolled in St. Vincent's College. While 211 students are from the Greater Bridgeport Area, a growing number are coming from the Valley, the New Haven area and even as far away as Ledyard, Bloomfield and Oakville.



## Four local colleges to collaborate on emergency management plans

BRIDGEPORT--In order to more effectively respond to disasters, and to better protect the safety and well-being of the 20,000 students who attend their institutions, Fairfield University, Sacred Heart University, St. Vincent's College, and the University of Bridgeport announced that they will partner in a regional emergency management system developed by the state Department of Management and Homeland Security (DEMHS).

"The participating colleges and universities agree that in the event of a natural or man-made disaster or any situation that threatens life, safety or business continuity, we will assist each other in order to minimize the risk to students, faculty and staff," said Janice N. Faye, Director of Administrative Services of St. Vincent's College.

Under a memorandum of understanding signed November 9, 2009 the four schools will each develop and maintain emergency operations centers at their respective campuses to ensure that disaster-management techniques are maximized and that their institutional resources are fully

utilized for public safety.

Additionally, the colleges and universities will for the first time ever share resources by providing temporary housing, food, and other services to students from another campus who are evacuated or otherwise affected by an emergency. The institutions also will provide each other with emergency communications and information technology as needed, and offer space for education needs.

The agreement also permits the colleges and universities to contact DEMHS Region 1 for additional support in an emergency as part of their participation under the regional Emergency Support Function group for Law Enforcement and Campus Security.

April J. Vournelis, Executive Director of Campus Security for the University of Bridgeport, said international and other students who live far away "have no place to go if they have to leave campus as the result of an emergency. This agreement addresses the problem by allowing us to work together and provide temporary housing for them."

### Class of '60 Reunion

**Saturday, April 24, 2010**

PLACE: John J. Sullivan's Restaurant, Ansonia  
RESERVATIONS: Contact Kathy Banville for details at [banny19@charter.net](mailto:banny19@charter.net)

### Alumni Homecoming

**Sunday, April 25, 2010**

PLACE: Oronoque Country Club, Stratford

TIME: 11:00 a.m.

PROGRAM: Mass and Brunch

HONORED GUESTS: Class of 1960

RESERVATIONS: [alumni@stvincentscollege.edu](mailto:alumni@stvincentscollege.edu) or call 203-576-6355

Paul J. Healy, Director of Emergency Management & Department of Public Safety at Sacred Heart University, said the agreement equips the schools "with ties and logistics to assist each other. If one school has an incident that requires evacuation, the partner schools can become that off-site location until students are reunified with family members and the situation is remediated."

Todd A. Pelazza, Director of Public Safety for Fairfield University, also praised the agreement "for providing additional resources if one of the participating universities finds itself needing additional support."

## Sister Carol Keehan, D.C., President and CEO, Catholic Health Association to speak at St. Vincent's College Commencement



Sister Carol Keehan, D.C., President and CEO, Catholic Health Association of the United States will be the featured speaker at the 2010 Commencement Exercises of St. Vincent's College on Friday, May 21, 10:00 a.m. at the Regina A. Quick Center for the Arts at Fairfield University.

"During a time when the future of healthcare remains an important part of the national debate, we welcome

Sister Keehan's perspective as leader of the CHA," said Martha Shouldis, President of St. Vincent's College.

Sister Carol Keehan, D.C., is the ninth president and chief executive officer of the Catholic Health Association of the United States. She assumed her duties in October 2005. She is responsible for all association operations and leads CHA's staff at offices in Washington, DC, where she is based, and in St. Louis.

Sister Carol has worked in administrative and governance positions at

hospitals sponsored by the Daughters of Charity for more than 35 years. Most recently, she was the board chair of Ascension Health's Sacred Heart Health System, Pensacola, FL. Previously, she served for 15 years as president and chief executive officer of Providence Hospital, which includes Carroll Manor Nursing and Rehabilitation Center, in Washington, DC. Sister Carol has held influential roles in the governance of a variety of healthcare, insurance, and educational organizations.

Sister Carol has received honorary doctorates from the College of the Holy Cross, Worcester, MA; The Catholic University of America, Washington, DC; Niagara University, NY; and St. John's University, Queens, NY. She earned a bachelor of science degree in nursing from St. Joseph's College, Emmitsburg, MD, where she graduated magna cum laude, and a master of science degree in business administration from the University of South Carolina, Columbia, SC, from which she received the School of Business Distinguished Alumna Award in 2000.

# Nursing... Why Not You?

## *A campaign to recruit more men into nursing*

BRIDGEPORT-- St. Vincent's College has joined other healthcare colleges and institutions across the country to get the word out that there's a place in nursing for men and that employment opportunities are excellent.

"Nursing... Why Not You?" is the theme of the St. Vincent's campaign that will soon be seen on billboards and in print ads in the region as the College highlights current students and recent graduates who are choosing nursing as a challenging, secure and rewarding career.

Today, patients and visitors to hospitals and healthcare facilities are routinely served by male nurses, but many officials say it's only a beginning. Just a little over 12 percent of the students enrolled in St. Vincent's College are men, and the College would like to see that number grow. In the meantime, the best advertisement for a nursing career are the men working in the community.

Dr. Susan Capasso, Dean of Academic Services at St. Vincent's, says there's a great and growing need for all nurses in the field, and that men could help alleviate the nursing shortage while adding much needed diversity.

Forty-five year old **Norman Weller of Trumbull** expects to graduate from St. Vincent's College this May. Married and the father of three grown children, and a recent grandfather, Norm worked in industry for over 20 years as a plastic injection mold maker. The first couple of layoffs weren't so tough to take, but soon the time between jobs grew longer as more industry moved out of the area, and Norm knew it was time for a career change.

How do you go from computerized numerical control to Nursing? Norm's own experience as a patient led the way. Shortly before entering St. Vincent's College, he had two shoulder surgeries. Both experiences were fine, but one of the nurses was outstanding in the way she handled things.

"The responses of the two nurses on two different occasions made a lasting impression on me. The better one made a huge difference in how I approached my care and recovery. I thought, if

one person can make such a difference that's the type of person I would like to be for someone else."

After being out of school a number of years, Norm enrolled in the college in 2006, but this time around he had his children to help him with his homework. His oldest son is a math genius at Virginia Tech and his daughter is enrolled in nursing at Southern Connecticut.

"I was fortunate to go back to school myself when I had two kids in college. I called them for help on my homework," he quips, adding that it

**"I was fortunate to go back to school myself when I had two kids in college. I called them for help on my homework."**

took a little adjustment but once he got back in the groove, he had fun and did well. When he graduates, he's looking forward to working in an ICU or Emergency Room.

Norm Weller says he's grateful to St. Vincent's College and the way it prepared him for his new career—and beyond that, he really liked the people. "I picked St. Vincent's because it was a small and personable setting and it was very appealing to me. I actually liked the fact that I could walk through the hall and know just about everyone, in contrast to my son who was at a campus of 20,000 people. I knew the instructors, staff and everyone in the building."

**Joe Sousa, RN, of Waterbury** graduated from St. Vincent's last May with a degree in Nursing. The 49-year old electrical engineer became interested in nursing when his mother was cared for in a hospital Intensive Care Unit, where he witnessed medical science and compassion coming together.

"I've always liked people and wanted to do something to help after the two months of care my mother received," says Sousa, a native of Portugal. He passed his board last July and is now looking at job possibilities in a local emergency department or ICU.

Going going back to school was tough at first,

says the Crosby High School graduate, who was working full time. Group study helped him to brush up on his skills, and he immediately enjoyed working with patients.

"Nursing is a challenging profession, but I enjoy working with the old people, many of whom no longer have families or spouses. Just spending a little time with them makes them really happy. That really touched with me."

**Tom Saxa, RN, 39**, is a nursing veteran who graduated from St. Vincent's College in 2001. The

St. Mark's parish parishioner and father of two children, had considered following in his father's footsteps and becoming a policeman, but changed his mind after his father became terminally ill.

"I was working at the time as an OR tech but took some time off to care for my father. At one point, he said, 'Tom, maybe you should go into nursing, you'd make a good one.' So it was a kind of deathbed promise to him." Saxa, who is familiar to many who have been treated in the St. Vincent's Emergency Department, loves his job and gives a 100 percent every day because he never loses sight of the fact that the people he treats usually are in crisis.

"Compassion and empathy are absolute. The ability to step outside of your own problems is important. As an ER nurse, I see many people at one of the worst times in their lives, and I consider it an honor to be there for them. They look to us to have the skills, expertise and compassion to help them."

Saxa says St. Vincent's College was a gift to him, not only because it prepared him for the career that he loves, but also because he met so many great people, some of whom continue to work alongside him at St. Vincent's Medical Center.

"Without a doubt, I would recommend St. Vincent's to anyone interested in nursing. The college provides a comprehensive curriculum that prepares you well for licensure as a nurse and working in the real world. And clinically, I was exposed to a wide array of specialties and disease



**Alex Deguzman, 21**  
of Milford, Class of 2010  
Interest: Med Surg Nursing

*"I love the ethical part of it, helping other people... The clinical hours prepared me well for what I'm doing."*

**T.J. Wasikowski, 19**  
of Seymour, Class of 2011  
Interest: Emergency Room Nursing

*"I'm not a number here, I'm a student. Everyone is helpful and they really get to know you."*

**John Cooper, 38**  
of Milford, Class of 2010  
Interest: Hospice Nursing

*"I Would never be where I am without the College. It provided financial aid and the instructors were incredible. They were always there when I needed help."*

**Jose Portillo, 24**  
of Stratford, Class of 2011  
Interest: Anesthesia Nurse

*"I would love to work as an anesthesia nurse. For me, the best part is the interaction and communication with people."*

**Tom Saxa, RN, 39,**  
of Milford, Class of 2001  
ER Assistant Nurse Manager,  
St. Vincent's Medical Center

*"The college provides a comprehensive curriculum that prepares you well for license testing and working in the real world."*

processes. It prepared me to come out and be an effective nurse.

"It's an awesome job," says **Doug Telo, RN**, of his nursing career at Yale, where he is an operating room nurse. "The best part of the job is or seeing all the different surgeries and new technologies from robots to new implants," says Telo who trained an additional nine months at Yale for his position.

The native of Easton and 2008 graduate of the College started his nursing career after serving as an Active Duty 9 Delta Calvary Scout, Combat Arms in the U.S. Army, where he was trained on a Bradley Fighting Vehicle. After leaving the army he went to surgical tech school and then realized he could upgrade his career as a nurse.

Telo enjoys the patient and family contact, even though it is very brief in the OR setting. He usually only has 10 or 15 minutes with patients before and after surgery, but he tries to make the most of the time.

"I see them before anesthesia and when they

wake up, and I see the families in the holding area, or I call them from the OR to update them on the surgery. Most people are scared, even if they say they're not. I try to relax them and keep them calm."

**"If guys out there are interested, they're going to find that nursing is an awesome job."**

Telo says St. Vincent's was a great experience and he frequently recommends the College to people who ask him about a nursing career. "I've already referred a bunch of people to St. Vincent's. It was fantastic. I loved the teachers and instructors," says Telo, who notes that many men tend to go into ER or ICU nursing. "If guys out there are interested, they're going to find that nursing is an awesome job."

**John Cooper** of Milford is going into Hospice Nursing when he graduates this May. From the minute he volunteered at Connecticut Hospice, he knew that he had a gift for working with the

seriously ill and their families.

"I volunteered there and fell in love with the families and people. They don't lose their sense of humor and we had a great time. I think I was able to make people happy and see them smile right to the end."

The 38 year old cytogenetic technologist (chromosome analysis) said that going back to school was a challenge and that the nursing course of study was no push over, but the instructors were always helpful and would go out of their way to help.

"I would never be where I am without the College. It provided financial aid and the instructors were incredible. They were always there when we needed help," says Cooper who served an internship on the St. Vincent's Orthopedic Unit for three months. He's says the sky's the limit for men interested in nursing careers.

"It's a great job, there are great career opportunities and many men are considering a nursing career, but the bottom line is always having compassion for people."

# Going the distance for a nursing career

**Alienne Morrione of Bridgeport** has never let a challenge stop her from achieving her goals in life.

“My father told me don’t let anything stand in your way,” says the 33-year old nursing student at St. Vincent’s College.

The single mother, tri-athlete and future nurse has a busy life, working full-time and looking forward to her graduation in May 2010 and starting work as an oncology nurse. She’s also looking forward to maintaining an active life.

“I bike, I run, I swim,” she says about how she prefers to spend her leisure time. She ran the Park City Triathlon last summer and is training for the Lake Waramaug 50 Kilometer Run in April.

Training for a marathon is a big challenge for anyone, but particularly for a young woman who is struggling with rheumatoid arthritis and some neurological challenges. Alienne was first diagnosed with rheumatoid arthritis in 2006, and occasionally it gets so bad, she has to use a cane. But most of the time, she tries not to let it get in her way.

“Sometimes my body moves, sometime it doesn’t,” she says, noting that she has learned to be patient because she has been able to compete in a race after a day when she could barely walk.

“When I was first diagnosed, the doctor said that if I was lucky, I might be able to get on a bike again,” she says. No one expected her to run a marathon.

Alienne Morrione, who is a single mother, believes that her own struggles have made her better understand the cancer patients she serves in her job as office manager of the Yale Brain Tumor Clinic. She has worked there full-time while pursuing her degree. “What those people deal with is far worse than what I struggle with,” says Morrione, who lost both of her parents to cancer.

Her work with people with cancer, many seriously ill, has taught her the most important thing is to see them as people, not as patients. “It’s important to get beyond their diagnosis and learn their story. Many patients have a great sense of humor and want to share where they are in their lives. It’s important to listen.”

Morrione says she always had an interest in a healthcare career, but derailed her early dreams of a nursing career to run her own business. Now she’s happy to have caught up with her early dreams.

“My life has come full circle at St. Vincent’s. This is it for me,” she says of her career choice. She feels her parents would be pleased with her interest in Oncology Nursing. Her mother died when she was eleven and her father passed away in 2006 on the day she was scheduled to take the placement exam for St. Vincent’s College.

Morrione says that St. Vincent’s College helped her to succeed because of a supportive staff and students, small classes and one-on-one attention. “Their philosophy is not to leave students behind but to give

them the help and encouragement to get the work done,” she says.

Though physically challenged, Alienne Morrione is looking forward to more races and to serving patients for years to come.

“I made a bet with a higher power when I couldn’t walk. I asked, ‘Let me ride my bike one more time and I’ll never complain about illness again,’” she says and with a career in nursing and a new marathon to train for, she’s living up to her promise.



# Catching up with Alumni

**Sharon Makowski, Associate Professor of Nursing**, completed requirements for the degree of Doctorate of Nursing Practice in February from Case Western Reserve University in Cleveland, OH. Sharon earned her BSN and MSN from Western Connecticut State University and is a 1997 graduate of St. Vincent's College. Dr. Makowski's dissertation was entitled: "Variables Related to First Time Outcome on the NCLEX-RN Licensure Examination for Associate Degree Nursing Students."

**Barbara Glynn, an Adjunct Nursing Faculty Member** completed requirements for the degree of Doctorate of Nursing Practice in February from Case Western. The focus of her doctoral thesis was Lateral Violence Directed Toward Nursing Students by Nursing Staff. Barbara, a 1993 graduate of St. Vincent's College holds a BSN from Sacred Heart University and a MSN from Southern Connecticut State University.



**Maureen Collins Pelletier, RN, OCN ('80)**, Bridgeport, was presented the Swim Across the Sound "Breast Cancer Luncheon Award" at the 14 annual event held at the Holiday Inn in Bridgeport. She was presented the award for her strong dedication to breast cancer patients through her work at St. Vincent's Medical Center and as a Swim volunteer.

**Maria Duque-Ferreira, RN ('86)** of Bridgeport, was named the St. Vincent's Medical Center 2009 Employee of the Year. Surrounded by her family, Maria received the Pasquariello Award at the 51st Annual Employee Recognition Dinner held at the Waterview in Monroe. "Maria is an extremely competent nurse who consistently demonstrates the utmost compassion for patients and families," said St. Vincent's CEO Susan L. Davis. A wife and mother of three children, Maria is a native of Portugal and a parishioner of Our Lady of Fatima Parish in Bridgeport.



At the 10th Anniversary celebration of the St. Vincent's Rehab Unit **Debbie Gilbey, RN ('94)** of Bridgeport, and **Kara Emond Tzanetis, RN ('85)** of Fairfield were presented Values Recognition Awards for demonstrating patient advocacy and support above and beyond their responsibilities. Kara was also presented the Judith Watson Memorial Award for her commitment to patient care. More than 120 patients, families and their caregivers convened at Booth Park in Stratford to celebrate their success through Rehab.

**Ezechiel Dominique, RN of Stratford ('05)** a graduate of St. Vincent's College, was recently profiled on the front page of the Connecticut Post for braving the dangers and immediate aftermath of an earthquake to search for his mother-in-law, who was visiting relatives in Haiti when the earthquake struck. While many others who had family members could only wait and pray for news, Ezechiel took action by booking a quick flight to the Dominican Republic and driving 11 hours to Port-au-Prince over bad roads and scenes of devastation. He found his mother-in-law alive but badly injured with broken bones, dehydration and fever. She couldn't believe that he had come so far to save her life, and he couldn't believe the suffering and pain he saw all around him. "It looked like a nuclear blast," he told the Post reporter. But he and his mother-in-law were soon on a plane back to the U.S. for a tearful and joyous family reunion. In addition to working as a software engineer at Swiss Re in Armonk, New York, he serves as a nurse at Griffin Hospital in Derby.



**Donna Caserta, RN ('71)** came up with a novel way to celebrate her birthday and make a gift to the College. When many of her friends and colleagues at St. Vincent's Medical Center offered to throw her a party, she suggested that they hold the gifts and send the money they would have spent to the St. Vincent's College Scholarship Fund. Thanks, Donna and Happy Birthday!

St. Vincent's Corporate Vice President of Mission Services **Lorraine Fernandez Carrano, RN ('69)** of Trumbull retired last Spring after helping initiate and guide the Mission Services program. She was the first lay person to hold the title after serving in many different capacities including the Medical Outreach program at St. Vincent's Medical Center.



# St. Vincent's Auxiliary scholarship winners



St. Vincent's College students (Seated L to R) Sheba Ali of Milford, Radiography; Astrid Sanchez of Stamford, Nursing; Nicole Torony of Fairfield, Nursing; and Christine Peterlinz of Fairfield, Nursing. The students were presented \$4,000 Scholarships. (Standing (L-R) St. Vincent's College President Martha Shouldis; Keith Prazeres, Assistant Director of Financial Aid; Auxiliary Scholarship Committee member Pamela Conrad of Fairfield; Auxiliary Scholarship Committee Chairperson Ana Shanley of Easton; and Auxiliary Scholarship Committee member Margaret Coughlin of Shelton. "During this time of economic downturn, financial aid for students becomes even more important. The support of the St. Vincent's Medical Center Auxiliary will make it possible for more students to pursue their dreams of a healthcare career. We're very grateful for the Auxiliary's generous support," said Dr. Shouldis. The college offers Associate in Science degrees in Nursing, Medical Assisting, General Studies and Radiography, as well as a wide range of continuing education and certificate programs leading to healthcare careers. For more information call St. Vincent's at 1-800-873-1013, or register online at [www.stvincentscollege.edu](http://www.stvincentscollege.edu).

## Planning your gift!

Planned giving has always been part of the St. Vincent's College philanthropic tradition. For decades, many of our graduates who have spent their careers in healthcare have decided to encourage future generations of nurses and other allied health professionals by remembering the College in their wills.

If you're interested in joining this tradition, planned giving is a great way to make a lasting contribution while at the same time ensuring that you have the financial resources you need in the future.

There are many planned giving vehicles that provide tax benefits and income opportunities, while at the same time enabling you to make a contribution to the future of St. Vincent's College. Please call Michael J. Bisciglia, Vice President, St. Vincent's Foundation to learn more about our many planned giving programs and endowment opportunities (203-576-5451).



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