The Luther Student Nurses Association (LSNA) would like to extend a warm welcome to all prospective and current nursing students! LSNA is a student-led organization whose mission is to first and foremost support Luther nursing students through fellowship and fun. LSNA is also involved in the Decorah community through fundraising and volunteer events. Finally, LSNA encourages participation with the National Student Nurses Association (NSNA).

It is our hope that LSNA is a source of support, guidance, and information for you this upcoming school year. Because LSNA is student-led, we want to hear from you! Feel free to talk to any of the board members or nursing professors if you have questions, comments, or suggestions for future LSNA activities!

Lastly, we invite you to regularly check the LSNA website (http://www.luther.edu/lsna) and “Luther student nursing association” Facebook page to find out about upcoming gatherings and events. Our first meeting will be on September 17th at 7:30 pm! Best wishes with your studies and have a wonderful week!

WELCOME FROM LADONNA MCGOHAN

Welcome to the 2013-2014 academic year in the Department of Nursing at Luther College! While this is my first year as the Department Head here, I am not new to the college. I am a 1995 graduate of the school (don’t feel the need to seek my picture out anywhere!) and I also taught as adjunct faculty for a few years in Rochester. Most recently, I worked at Mayo Clinic with nursing programs that were not only affiliated with that health care system, but from around the country. It gave me the opportunity to see what’s happening with schools across the nation. Because of that, I was able to look at Luther College’s nursing program from a different perspective than I had before. It was that viewpoint that made me realize there was nowhere else I’d rather be than right here. In the spirit of true disclosure, I bleed blue - I have never stopped loving this school for not only what it has offered me, but also what it continues to do for the students, faculty, staff, and community. But being able to compare the school to others solidified my passion for what’s done at Luther College.

In the Luther College mission statement (which I’m sure you all have memorized!), it says, “As a residential college, Luther is a place of intersection. Founded where river, woodland, and prairie meet, we practice joyful stewardship of the resources that surround us, and we strive to be a community where students, faculty, and staff are enlivened and transformed by encounters with one another, by the exchange of ideas, and by the life of faith and learning.” You have chosen a place for your education that is not only transforming you into the next generation of leaders, but is doing so in a beautiful location. It’s incredibly unique here. I don’t think I realized that until years after I graduated.

As Luther College students, you have been required to take some religion courses. Something I learned during my classes, but wasn’t formally taught to me, was that in the Bible, right before a big announcement, someone would say, “Behold!” It’s not a word we typically use in our language anymore unless we are being sarcastic. We occasionally use it in my household to broadcast events: “Behold! Alex (my son) put his clothes in the laundry basket!” or “Behold! The cat didn’t pee on the couch this week!” Usually my kids meet the sentiment with rolling eyes. Parents can be pretty embarrassing, I guess. But as I think about the start of this school year, I think the word has appropriate use. Behold! Many wonderful things will be happening to you this year! Some of you will be wrapping up your initial formal nursing education, while others are more in the beginning and are just starting to see how great nursing can be. Nursing is an incredible journey that never ends. It’s also a difficult one, as you are already finding out. And that’s a good thing. I wouldn’t want nursing to be easy. If it was, anyone could do it. We don’t want just anyone to be a nurse.

As Henry Ford once said, “Whether you believe you can do a thing or not, you are right.” I believe this will be a great year for all of us. Behold!

Sincerely,
LaDonna McGohan
Say Hello to the New Nursing Department Secretary!

The nursing department is excited to welcome our new secretary, Tracy Elsbernd. To get to know her better, we asked Tracy to answer a few questions for us. Feel free to stop by the nursing office to say hello and introduce yourself!

1. How long have you worked at Luther?
I am starting my 11th year. I spent 10 years in Development.

2. What is your favorite place in Decorah?
Luther’s Campus. Perry Halse does such an amazing job with the landscaping—there is always something beautiful blooming spring through fall, and Bentdahl Commons is exceptionally beautiful.

3. What do you like to do in your spare time?
My husband and I enjoy golfing and dancing, and we also enjoy visiting our children.

4. Do you have any kids or pets?
My husband and I live on a farm by Calmar. We have 3 children - A daughter, April, in Dubuque, IA, that coaches volleyball and teaches at the University of Dubuque; a daughter, Amy, that is married and lives in Cedar Rapids - she teaches 8th grade math at Wilson Middle School, and coaches the sophomore volleyball team at Cedar Rapids Jefferson; and a son, Grant, who lives in North Liberty and is the Middle School Guidance Counselor at Clear Creek Amana. We also have a Dalmatian puppy that my son-in-law gave us.

5. What is your favorite thing to do with your family?
We enjoy our family gatherings - playing cards, going to baseball games, golfing and holidays - which seems harder and harder to get us all together for because of everyone's schedules!

6. Do you have a special talent?
I wouldn’t call it a special talent, but I enjoy baking!

7. What are you looking forward to in your new position?
My old position allowed me to meet many wonderful Luther alumni, so I am excited to work with you all as current students, and helping you maneuver through your four years here at Luther.

Top 10 FREE iPhone Apps
For Nursing Students

1. Kaplan NCLEX QBank
It’s never too early to start studying!

2. Mayo Clinic Lab Reference
Normal lab values & lab information

3. Micromedex
Drug reference guide

4. Flashcardlet
Create your own flashcards

5. Speed Anatomy Lite
Interactive anatomy quiz!

6. Epocrates
Free resources for current students

7. Mayo Clinic Patient
Current news and videos under the “Mayo Clinic Information” section.

8. National Student Nurses’ Association
Get information on the annual convention

9. Dropbox
Back-up all your important documents!

10. RxFlashCards
Refresh your pharmacology knowledge!

To join LSNA drop $5 off to Tracy in the nursing office

A Look Ahead
September 17 @ 7:30pm: LSNA Meeting
October 5: Homecoming Parade
TBA: Nursing Banquet