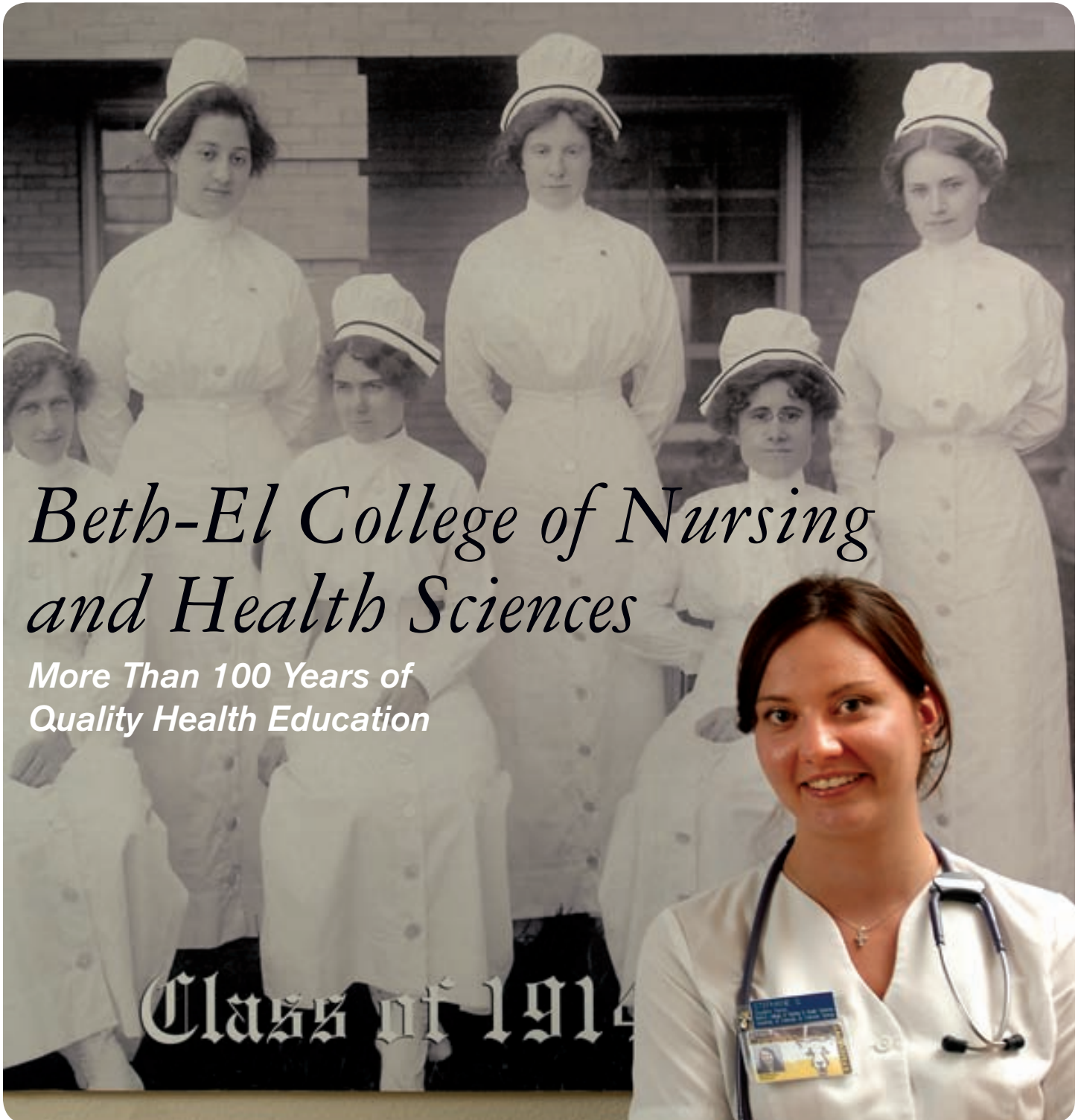


Creating Futures

University of Colorado *at Colorado Springs*



*Beth-El College of Nursing
and Health Sciences*

*More Than 100 Years of
Quality Health Education*

Class of 1914



The Health of Beth-El College of Nursing and Health Sciences is in Your Hands

You can help us:

- **Educate more nurses and health science practitioners** in specialties from forensic nursing to sports nutrition
- **Upgrade our technology and facilities** to educate students on the latest techniques and instruments
- **Fill regional hospitals and clinics** with compassionate, capable care providers
- **Care for the underserved** including elderly and rural populations
- **Produce influential research** that drives health policy and practice on a national scale
- **Optimize the performance of athletes**, Olympic, elite, and recreational
- **Promote wellness habits** such as healthy diets, physical activity, and preventive screening
- **Help patients understand disease**, and provide paths to well-being

Your donation will help us build upon Beth-El's already-strong foundation, and bring these possibilities to life at the University of Colorado at Colorado Springs.

"When we reach our goals, Beth-El will be a comprehensive nursing and health sciences educational institution that seamlessly integrates practice and research, and is a hub for community partnerships that solve health care problems."

Nancy Smith
Dean, Beth-El College of
Nursing and Health Sciences



A Critical Time for Health Care

Few subjects are so hotly debated as health care, yet none have greater import. Health care's financial, structural, and care-delivery challenges have been subject to historic debate. But amid talk over complex systemic changes, a few trends are clear:

- **Our population is aging.** As lifespans increase, elderly populations demand more health resources and specialized care. This pressure will increase as more Baby Boomers retire.
- **We're a nation of extremes.** Obesity and cholesterol epidemics highlight the need for better nutrition, exercise and wellness education. Yet our athletes push their bodies to the limit, heightening demand for athletic training as well as sports nutrition and physiology services, especially in this active region.
- **Yesterday's physician is often today's nurse.** Increasingly, advance practice nurses are primary care providers. Able to typically handle 93 percent of primary care needs served by physicians, advance practice nurses are often front-line care providers in rural areas.
- **Colorado's practitioner shortage is acute.** The state's 12 percent nursing vacancy rate is twice the national average, with higher rates in rural areas. Yet nursing and health science schools are at capacity, nationally and at Beth-El. More resources will help us educate more practitioners.



Unless we increase nursing and health sciences resources to address these challenges, communities and underserved populations will be deprived of the health care they need. Fortunately, the Beth-El College of Nursing and Health Sciences—an integral catalyst for regional health care for more than 100 years—now can dramatically improve its programs and impact, and move into the next century of health-practitioner education. Your support for Beth-El will benefit citizens throughout Southern Colorado and beyond.



The research of UCCS professor and clinical nurse specialist **Jenenne Nelson**, a retired brigadier general, has led to new findings related to women in the military, tobacco use among Army personnel, and the psychosocial impact of breast cancer survivorship.



Beth-El: Innovation, Care, and Compassion

Serving nearly 1,000 students, Beth-El is poised for growth in student capacity, teaching capabilities, and community impact, building on strengths such as:

Storied local history: Beth-El began educating nurses in 1904—61 years before UCCS was established—and has educated more nurses than any other Southern Colorado institution.

Demonstrated quality: Beth-El graduates consistently attain the highest pass rates among Colorado's graduates on the NCLEX-RN licensing exam, and also earn strong evaluations at the region's largest hospitals. Beth-

When assistant health sciences professor **Nanna Meyer** is not teaching nutrition science at Beth-El, this former Swiss Alpine Ski Team member is a sports dietician for U.S. Speed Skating, USA Cycling, and the U.S. Olympic Training Center.



El's athletic trainers, sports nutritionists, and forensic nurses and scientists bolster the health and performance of Olympic athletes, and ensure justice in rape cases and autopsies.

Broad variety of focuses in emerging fields: Nearly a dozen accredited tracks include a doctorate of nursing practice degree (the field's most advanced clinical degree), athletic training, sports nutrition, and sexual assault nursing examiner certification. Along with the CU Aging Center, UCCS and Beth-El are leaders in the burgeoning field of gerontology.

Community connections: Beth-El partners with 400-plus hospitals, health care agencies, and offices regionwide, and with nonprofits, military, rural providers, and correctional agencies that promote community well-being, fill gaps, and save municipalities money.

Accomplished faculty: The College's 30-plus full-time faculty promote a holistic, patient-focused approach, research innovative treatments and care-delivery models, and provide a sound foundation based on current and developing health practices.

Openness to nontraditional students via an RN refresher track (see back page) and evening, weekend, and online courses for UCCS students juggling school with jobs, family, or military service.

Supporting Beth-El People

You can help by contributing toward:

FACULTY: We need to graduate more students to meet demand for nurses, and to fill openings in fields ranging from health promotion to sports medicine to forensic science. Since our current faculty is not equipped to fully accommodate demand, more funding to increase faculty is Beth-El's top priority.

Recruiting faculty to UCCS can be hard because the compensation we offer has not kept pace with peer schools nationally or private industry. With fierce competition for health care educators and leaders, we risk losing talent to other institutions. Beth-El needs strong faculty members, who are magnets for additional capable students.

Endowed faculty chairs help us recruit and retain talented educators, support Beth-El in perpetuity, and honor the chairholder and donor. And support for **research, professional development and travel** will bring new insights to the field, new delivery models to the marketplace, and more grant funding into our region, and will enable our faculty to present insights at conferences and symposia.

The U.S. nursing shortage is projected to grow to 260,000 registered nurses by 2025: and projected enrollment increases will not meet projected demand for nurses. U.S. nursing schools turned away 49,948 qualified applicants in 2008 due to insufficient personnel, space, and financial resources.



STUDENTS: Beth-El students often overcome major impediments simply to apply and gain admission to the program. With 30 percent of UCCS students eligible for Pell Grants and 42 percent self-supporting, our students understand the value of a dollar earned. Since many students juggle coursework with full-time jobs or child care, they often need funding assistance to pursue and continue their education.

Quality health care education is not inexpensive. While Beth-El's tuition is less than that of most national peers, it exceeds that of other UCCS programs. Yet beyond the general UCCS scholarship pool (which itself cannot fully serve campus need), Beth-El has minimal designated scholarship support, and none explicitly for health sciences students. **Scholarships or graduate assistantships** will allow Beth-El to educate students regardless of means or circumstances.

OTHER NEEDS: Support Staff funding will help us augment community connections and bolster all facets of our operations. And funding for the **Beth-El Student Nurses Association** will help students better network with practitioners and one another, and hear insights from speakers on specialized health care subjects.

Supporting Beth-El Outreach

Beth-El's education and impact do not end at UCCS's boundaries. Beth-El collaborations reduce recidivism and violence against women, comfort the aging, and improve health in rural areas statewide. The partnerships on this page help us reach people from all walks of life.

Serving Assisted-Living Seniors Conveniently



A partnership between UCCS and the Palisades at Broadmoor Park senior-living development, residents have onsite access to wellness resources rare for senior-living centers, and supported by Beth-El faculty and students. While residents

benefit from a high caregiver/resident ratio, UCCS's participation keeps costs down, and students gain hands-on experience.

"The wellness program starts from the moment a person signs the lease, and is integrated into Palisades' philosophy. We had one daughter say we changed her mother's life for the better: she reengaged in life again."

**Assistant Professor Amy Silva-Smith,
Director of Clinical Services
Palisades at Broadmoor Park**

Providing Municipal Savings

Health care costs are a major component of any municipal budget. By opening a clinic staffed by Beth-El faculty, the City of Colorado Springs may save hundreds of thousands of dollars annually. Benefits for city employees and dependents include:

- Convenience and low costs
- Longer office visits
- Personalized attention
- Increased focus on preventive care



"This is cutting-edge, to partner with a municipality as Beth-El has. But it's part of our role to be involved with a community."

**Instructor Wendi Gilchrist
Clinic Services Manager
City of Colorado Springs Employee Medical Clinic**

Aiding a Rural Town's Health Care Workforce

It's hard to recruit health care professionals to Lamar, 160 miles southeast of Colorado Springs. But since Lamar's hospital is the only critical-care option within a 60-mile radius, it must grow its own through Lamar Community College's two-year associate RN track. The problem, says LCC Director of Nursing Sandy Summers, is "nurse educators must have a baccalaureate, master's or doctorate of nursing practice degree. Without nurse educators, we can't provide a nursing program."

A collaboration funded by the Helen K. and Arthur E. Johnson Foundation helps Beth-El use the latest technology to educate LCC students in their hometowns: keeping them serving their own hospitals, clinics, and classrooms. "We're creating an environment that motivates a student to continue here," Summers says. "There will be no reason to stop."



Supporting Beth-El

Programs and Facilities

Medical practice changes rapidly. To prepare practitioners for clinics, hospitals, and labs, we must invest in teaching, research, and program resources to help our proficiency match our potential.

You can contribute toward:

Expansion of Key Programs: We seek to expand resources to serve current student and industry demand.

Nutrition Teaching Lab: New, state-of-the-art spaces for nutrition will help improve student education, faculty research, and health outcomes for the community.

Forensic Science Lab: Facilities for forensic nursing, in which Beth-El is the first U.S. college to offer a graduate degree, and forensic science will enable Beth-El to better serve law enforcement, coroners, and corrections and emergency personnel.

High-Fidelity Human Simulation Mannequins:

Virtual human simulator patients give students detailed feedback on technique and procedure outside acute-care settings, and can help students develop clinical competencies, onsite at UCCS.

Online-Education Technology: Our graduate nursing programs are online-only, as many working adults demand timely, remote access to education. With few nursing schools serving southern Colorado, we need to reach even more students using online technology to broaden our ability to educate health practitioners statewide.



Beth-El provides standardized **Sexual Assault Nurse Examiner (SANE) education and training**. The 64 hours of comprehensive education address care of adults, adolescents, and children impacted by violence and abuse.

“Violence is epidemic, and the health consequences of violence are significant,” says Beth-El graduate research instructor Valerie Sievers, forensic clinical nurse specialist and Colorado SANE coordinator. **“Specialized forensic education promotes an expert response to the most vulnerable members of our communities.”**

Softening the Landing for Former Inmates

While mental health disorders, infectious diseases, poor nutrition, and nicotine abuse are common in the correctional system, former inmates often confront a world in which they lack health care, and need wellness intervention strategies. A partnership with ComCor, a local nonprofit community correction facility, helps reintegrate former inmates into the community. A collaborative health service program provides screenings, physician-location assistance, smoking cessation, acute health interventions, and other services to ensure a healthier post-incarceration life. This partnership offers practice opportunities for Beth-El health faculty and undergraduate nursing students.

UCCS also is establishing a new certificate program in correctional nursing to better prepare correctional workers for the health issues of modern inmates, jails, and prisons.



Help Us Build a Stronger Beth-El

To learn about the many ways you can make a gift:

Contact Megan Fisher

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www.cufund.org

One current Beth-El student, a helicopter pilot who already has served a tour of duty in Iraq, expects to return to Iraq in 2010 for another deployment. Even while simultaneously training out of Buckley Air Force Base in Denver, she is pursuing a degree at Beth-El. When she redeploys, she hopes to serve her country not only as a pilot, but also as a nurse.

She's just one of myriad Beth-El students with an above-and-beyond attitude, motivated to serve others. The escalating health needs of Southern Colorado and beyond demand no less.

By supporting Beth-El, not only will you help us improve nursing practice and scholarship, but also you will stake a claim for a healthier future. Please join us on this vital endeavor.

Giving Midcareer Nurses a Route Back

Many nursing graduates expect to consistently work in the field their entire lives, but sometimes life intervenes. Parenthood, military service, and other events can take nurses out of the workforce. To later regain state licensure, they must update their skills and become acquainted with new practices and technology.

Beth-El's RN refresher program helps midcareer nurses regain their comfort, recertify and/or relicense, and rejoin the health care workforce in just 16 weeks. Some Beth-El RN-refresher students come back after 20-plus years away. Says clinical nursing instructor Linda Weaver, "These students want to come back, and they're especially motivated to complete the class. They bring life experiences to the discussion."



All gifts should be payable to the University of Colorado Foundation, specifying the appropriate fund.

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